**id 0**

President Barack Obama greets people outside one of his campaign offices in the Hyde Park neighborhood. (Brian Cassella, Chicago Tribune) In the Kenwood neighborhood, President Barack Obama's neighbors went about their daily business today -- voting, running errands, and entertaining children who were off from school -- as presidential security teams and an international news corps descended on their corner of the city. And the president went about his usual business on an election day: He played basketball with his buddies. In 2008, Obama played basketball with aides before winning the kickoff Iowa caucuses. The president and his aides decided to make the games an Election Day tradition after they lost the next contest -- the New Hampshire primary -- on a day when they didn't hit the court. Around 1 p.m., Obama's motorcade arrived at the Hope Athletic Center on the West Side where the president played basketball with staff and friends. A White House spokeswoman said he played with Education Secretary Arne Duncan, Reggie Love, Mike Ramos, Marty Nesbitt, White House Assistant Chef Sam Kass, Obama's brother-in-law Craig Robinson, and others. Alexi Giannoulias' Twitter account said he was also playing. He tweeted that he was on a team with Obama and former Bulls Scottie Pippen and Randy Brown. After basketball, Obama headed back to his South Side home, where he is expected to eat dinner with family tonight before heading to McCormick Place for a rally. Malia and Sasha Obama, the president's daughters, were flying to Chicago on Tuesday afternoon after attending classes at Sidwell Friends School in Washington, an aide to first lady Michelle Obama said. Both Chicago born, Malia, 14, is a 9th grader, Sasha, 11, is a 6th grader at the Quaker school -- an exclusive school with a demanding curriculum. When the president and first lady arrived in Chicago at 12:17 a.m. Tuesday to spend Election Day here, the couple stepped off Air Force One at O'Hare International Airport sans their girls. But the first daughters will be on hand with their parents at McCormick Place on Tuesday night, said Semonti Stephens, a Michelle Obama spokeswoman. The girls are traveling with first grandmother Marian Robinson, the first lady's mother. No word on whether they'll finish their homework before appearing on stage. The president also spent some time in and near his South Side neighborhood early today, visiting with supporters at a Hyde Park campaign field office. Outside Beulah Shoesmith Elementary School, a polling place just a few blocks from Obama's home, reporters nearly outnumbered voters at times. A van carrying journalists from six West African countries pulled up around 10 a.m., just as a tour bus packed with European reporters was getting ready to leave. The tour bus driver, Jeff Hankins, 55, a Wisconsin resident, said he had voted early, expecting a 14-hour day. The next stop on the tour: Obama's house -- or as close as he could get the bus. Streets around the president's home on Greenwood Avenue between 50th Street and Hyde Park Boulevard were blocked off, with Secret Service agents stationed at cement blockades, checking residents' identification. Ashley Bumpers, a 25-year-old telemarketer on her way home from casting her vote, approached a blockade at Hyde Park Boulevard and Ellis Avenue, with her driver's license in hand. By now, she said, she is used to the presidential hullaballoo. Bumpers said she has lived in the Obamas' neighborhood for six years -- including one day when she went down to find her car and discovered that it had been towed to another parking spot to make way for presidential security. Bumpers said that while she knows others may be less enthusiastic about this presidential race than they were in 2008, she did not consider staying home on election day this year. "You have to make sure that you vote," she said, "instead of leaving it in somebody else's hands." Besides, she said, "I don't want Romney." Inside his Hyde Park campaign office, President Obama, wearing a white shirt and striped blue tie, greeted about 30 volunteers with hugs and smiles. He then began making surprise calls to Wisconsin campaign volunteers, thanking them for their hard work during the election. Local campaign volunteers joined the President and made calls to battleground state voters, a volunteer said. "The great thing about these campaigns is after

**id 1**

When it comes to food, chimps only think of themselves A sense of fairness is an important part of human behaviour, yet a research team involving Queen Mary, University of London (UK) found it did not evolve from our closest living relatives. The study, published in the journal Biology Letters today (15 August) tested whether our great ape relatives, the chimpanzees and bonobos, have a sense of fairness like humans. The scientists, involving Professor Keith Jensen, from Queen Mary's School of Biological and Chemical Sciences, put the apes through a series of ultimatum games. One against the other, they had to choose whether to steal or leave the other's grapes. The games were set up in a variety of different ways involving equal proportions of grapes and others were split with a higher proportion given to one over the other. Professor Jensen explained: "In each scenario one ape had to choose whether to steal the grapes or leave a portion of grapes for the other. We found that consistently they would steal the food without taking into account whether their action would have an effect on their partner. "Neither the chimpanzees nor bonobos seemed to care whether food was stolen or not, or whether the outcomes were fair or not, as long as they got something. "Our findings support other studies of chimpanzees but also extend these to bonobos. Both apes have no concern for fairness or the effects that their choices may have on others; in stark contrast to the way humans behave. "We can therefore conclude that our results indicate that our sense of fairness is a derived trait and may be unique to the human race. "If fairness considerations are important for cooperative activities such as trading goods and services and sharing, the question then is, when did they evolve in our species? And if fairness is important only in humans, the question is why only in humans?" ### 'Theft is an ultimatum game' is published in the journal Biology Letters on 15 August 2012.

**id 2**

The Importance of Code Review Every developer knows the pain of banal mistakes. A wrong attribute here, a misspelled property there, an accidentally duplicated line of code which you missed because of the coffee-fueled 16 hour hackathon you've been on. Even a simple $ before the opening PHP tag which you accidentally put there because you started typing before the infernal Java-based IDE warmed up and re-positioned the cursor can leave you scratching your head for hours on end if you're tired and distracted. If only you had a fresh pair of eyes to look at what you did -- surely these mistakes could easily be avoided? Wikipedia defines code review as follows: Code review is systematic examination (often known as peer review) of computer source code. It is intended to find and fix mistakes overlooked in the initial development phase, improving both the overall quality of software and the developers' skills. Reviews are done in various forms such as pair programming, informal walkthroughs, and formal inspections. This definition is as precise as it gets -- in even more layman terms, code review is simply the act of having someone else look at your code to find the mistakes you missed. The Types of Code Review As the Wikipedia definition hints at, there are many different ways to review code for defects. Here's a quick break-down of a few of them: OTS (Over the Shoulder) Review -- This is how small teams usually handle code reviews. A developer will write a decent amount of code and call another developer over to have a look at it. The other developer sits there while the first one explains what he did, line by line. Through this narrative, the original developer notices some of his own mistakes and fixes them, and the OTS developer notices others, pointing them out to the first. They also share opinions on solutions to certain problems which the original developer will sometimes redo after the review process is done, calling for a review once again. This can also be easily done with screen sharing software and voice chat if the developers are remote. Tool-Assisted Review -- there are various tools both online and offline to assist with code review. While a detailed look at the various tools on offer is outside the scope of this article, we can generalize and say there are paid versions ( Atlassian Crucible , CodeCollaborator ), free versions ( Review Board ) or, if you're solo developer, the community version ( Stack Exchange Code Review ). Regardless of the tool used, each serves pretty much the same purpose -- it retrieves the most recent changes to source code and flags them as needing review. A peer -- that means a developer of equal or greater skill -- then reviews the code, flags it as reviewed or marks any errors that were found and makes suggestions, and either finishes or reinitiates the process by sending it back to the originating developer. It is also important to note that many popular IDEs have code review plugins. Pair Programming -- A very dynamic type of code review, pair programming is a hotseat "game" for two developers in which one developer codes and the other follows his progress by sitting beside him. After a couple hundred lines of code or after they reach a predetermined milestone, they take a short break and switch places. The one who was coding now observes while the one who previously observed now codes. This is extremely effective in avoiding bugs and improving overall code quality, but it costs twice the manpower. Many companies are not ready for such a risk and are unfortunately unable to think in terms other than "two people on two machines do more work than two people on one machine". It is precisely this type of review that yields the best results: not only are bugs avoided flat out, but the two developers directly collaborate and share ideas on solutions to problems they encounter as they progress. It is also worth nothing that this type of review is incredibly difficult to implement in teams that aren't used to it -- it mostly works on younger teams. As an aside, there is also a formal type of review, first introduced and researched by Michael Fagan in the 1970s (this method is also known as Fagan Inspection), now somewhat archaic and out of favor in the industry. Formal inspection is rarely used in small teams and mostly pertains to several-million dollar products as it is very mentally intense and expensive. It includes several people (up to six) sitting down with a projector and reviewing code together. Each participant is assigned a role (such as Reader, Moderator

**id 3**

DO YOU NEED TO GO TO PHARM TECH SCHOOL? Get new comments by email My Email You can cancel email alerts at anytime. Comments (32) Marissa in Sacramento, California 39 months ago Hi, I live in California, and I was wondering if it was a requirement to go to school and take classes and get a degree like aa for pharmacy tech. I keep on hearing on here how people just buy these books, study, and then pass the PTCB. If you are certified, can you start looking for jobs, or do you have to go to school? The PTCB is technican certification, I know for my company its not required, just your state license but it will be easier for you to find a job. I would go to one of the schools, either trade school, ROP, community college , the lowest cost and fastest way possible. Most schools send you out to sites where you can gain experience and get a feel for the job. If they like you, maybe you can get hired on. You can try to apply to one of the drug stores, Walgreens or CVS and apply for a clerk position, we are in the flu season now and pharmacies need the most help this time of year, its worth a try Oh thank you for responding but if you don't mind, let me tell you my situation and I can ask you a few more questions about things I am still unclear about. I just got my Bachelor's in Economics from Sac state. Will having my Bachelor's degree look good when applying for a pharm tech position? Second, so are you saying that taking the PTCB is not required by anyone, just having your license, but if you do take the test and pass, then will it look good to employers? What is required for your state license? Thirdly, I am pretty burnt out on school and my job, I am a server right now and I want to be a pharm tech as soon as possible, so are you saying that schooling is not required as well? What are my odds of getting a pharmacy tech position with just my Bachelor's degree and passing the PTCB test? I've heard that the pharmacies want people with experience. I have thought about starting out as a clerk as you mentioned to get my foot in the door, but I fear that they will just want to keep me in that position and then I will get stuck, and never move up to pharm tech position. I just graduated from Kaplan University Pharmacy Technician program and started working in Knights Drugs Inc. the next day. It really depends upon the person and what the company is looking for. If you go to a CVS that has maybe one Pharmacist and one Tech with little to no experience thery would more likely need a Tech who has say an educational background or certification to back them up or even train the new tech. If you were a manager would you want a Tech working for you that doesnt know how to fill a script yet or a Tech who has a degree and experience in the field? At the end of the day it all depends on the demands of the company you wish to work for but it is possible to become a Tech with little to no experience or schooling. The chances are slimmer to one who does have it. P.S. The schooling for Techs isn't long or hard at all.. It only took me 7 months and that was an online self paced course. I could have finished sooner but work, family, ect held me liable. I would highly consider it although you honestly don't need it for retail pharmacy. It will still grab the attention of the company and prepare you for the PTCB Exam. Neither one are really hard its just how you much you study and apply yourself. Kaplan University has one of the best online Pharmacy Technician Programs in the country.. If you really serious about getting into the field I would check them out and if you dont like it, like we said.. you can always get ont the job training. But I say go for it! Its one of the best/easiest careers you can have! As far as I know, the PTCB isnt required but it will look better to employers, as far as the job goes, I would apply to one of the chain stores, Rite Aid or Walgreens, put on your application that you will take anything right now. We had a girl at my work apply as a store cashier , then when someone would call in sick, we had that girl work in the pharmacy just on the register then she worked with us more, gradually learned the computer , still doing just clerk duties at that time. then she applied for tech license and got her PTCB cert

**id 4**

Description I live in Costitx in the heart of Mallorca, with my two daughters who are 7 and 8. We are a fun family and always seem to be on the go. My friends tell me I am a excellent, creative cook. We have 1 horse, dogs, a Cocker poo, and a Jack Russell. we ... more Description We are a family of four, Sue and i (Richard) are in our late forties and we have two daughters, we have been living in the beautiful mountainous area of the Axarquia for four years. Our home is an old 'Cortijo' traditional Spanish farm house set ... more Description We are a new family based project setting up in southern Spain. We are Tricia, Craig, Holly and baby Tao, 3 generations of nature lovers!- each with individual skills in practicing healthy living. We have 3 acres of land on which we aim to create a ... more Description Hi my name is Chris and my partner is Joanna. We live in the countryside about 4 miles from the beautiful town of Vejer de la Frontera and the same distance from some great beaches. ( We have two grown up children who occasionally visit ) Description We are a family living in rural, central Mallorca far from the busy tourist side of the island. Before settling on the island my husband, Scott and I spent 6 years travelling arround the world by boat. As a result our home regulaly has friends and ... more Description At a thousand meters above sea level, our ecological Guesthouse is an 'off-grid' destination for creatively minded travellers high in the mountains of Andalucia. In the heart of a beautiful Natural Park, this 'eco-chic' guest house and 47 acre ... more Description We are a spanish/german couple with an 4 years old boy and a 16 months old baby, running a little guesthouse on a farm with ecological garden (vegetables and olive trees) in inland Andalucia. The farm is situated in beautiful surroundings in the ... more Description At present just looking for a handyman, or someone with any of these abilities: plastering, sanding, plumbing, carpentry, construction or electricity skills, as until Christmas we have covered the English teacher position! Description Hi. Im an Irish Artist- painter and photographer based in Southern Andalucia, Chiclana de la Frontera. I live in the beautiful countryside with my 4 dogs just outside of town. Close to beaches and towns like Conil, and Cadiz and the mountain town ... more Description Helper with wall building skills in cement block, wall plastering covering and painting to build a wall about 1.5mt high and 9 meters long to close a terrace area in front of the bungalow. 2 people about 4 days work. Description We are a typical spanish family. A married couple with two sons and a grandmother. The eldest son is married and lives out in another city. The youngest one is a student at the University of Murcia. We live on a mountain, in Aguilas country by ... more Description IF YOU ARE INTERESTED IN BEING A small village and near mountains VILLABRE is a good choice. This is a nice house in the center of town. There are 18 neighbors. . Alli tenen three bedrooms, bathroom, kitchen and everything imaginable for an ... more Description Hello, Looking for people interested in coming from March on. We are family Hall: Malcolm and Susie, plus 2 rigorous kids (8 and 10), 4 dogs and 2 cats. We live in a lovely renovated (mostly!) finca in the beautiful south west of Mallorca. We ... more Description I live with my 13 year old son in a beautiful Finca in Mallorca/Spain and rent out three units from April until October.The rest of the year,we live here as well and some maintainance,gardening and housework has to be done.I can occupy a person who ... more Description FOR NOW: we need a CARPENTER or a practical skilled person for a construction of the extension of solar panel. We also need a workawayer with practical knowledge of independent solar systems. We are Maria and Mathieu living in Miravet - Spain for ... more Description We are a Spanish/German family located at 4 miles from Sevilla Centre. We offer private language tuition for kids & adults. To support and assist our small team we are looking for help mainly in the afternoons and a couple of hours in the ... more Description We live in Malaga province, just north of Antequera which is a stunning location and within easy reach of all the main Andalucian cities. Myself and my husband run an adventure sports company, as well as my

**id 5**

Ludwig von Mises Institute of Canada Doctors: 'Tax us. Canada is worth it.' A group of doctors wants the federal and provincial governments to tax the rich more, with a misleading slogan of 'Tax us. Canada's worth it' One might ask how this is misleading when they are asking for themselves to be taxed more, but they are really asking for ALL the rich to be taxed more. They make it sound like since they are rich and want to be taxed more, that it is the right thing to do, and that the rich in general agree. All this really shows is that they don't have a good understanding of economics. Anyone who has studied Austrian Economics knows that much of the money spent by the government is wasted and not spent efficiently. The article from which I got this information states that the federal government would get 3.5 billion from the plan, with Ontario making 1.7 billion itself. With the way governments spend money , the country would not get 3.5 billion in value, and since we don't choose how the government spends the money it extracts, it might not even go to the programs the doctors want funded These doctors are stating that they have extra money to spare, and this means it is alright for ALL rich people to be taxed more. But who is to say that all of the rich have this extra money? Maybe some rich people are earning a high revenue due to a business they started from money they originally borrowed, and are struggling to make the payments as it is. Why should they be punished for starting a business and helping grow the economy? There are also wealthy Canadians that use their extra money to invest in new businesses, or to expand a business already in place in the hopes of earning profits. If these people are taxed more, it means less jobs are created, and less growth in the economy (or a greater decline). In my interpretation of what they are saying, they want to give more money to the government to help fund its programs. I would like to see this put to the test. Have the government set up a branch of Revenue Canada that is financed by money donated voluntarily. It's objective will be to take in all donations, like a charity, from people who want to donate more of their money towards taxes. I'm willing to bet that most of these doctors would not be on the list of contributors, even if we were able to stipulate what programs we wanted to fund with this donated money This would especially be true if these doctors have ulterior motives. Since the programs they see needing this extra tax money includes health care, it's very possible some of them want the government to have more money from taxes so they can negotiate higher salaries through their unions. Effectively doctors within the Canadian Government monopoly health care system known as "single payer" are employees of the government. How credible do you think a group of highly paid bureaucrats with gold plated pensions and benefits would be if they put out a statement saying "raise taxes"? Of course these doctors should be careful what they wish for, people might begin to wonder how doctors, through the monopoly licensing system that the government enforces, have become so rich. Hey, they might find that Canadians might actually want a little competition to drive costs down and force the doctors to provide services at a free market price as opposed to the one set by the government, that enables doctors to be in of the the highest paid sectors in the Canadian Economy. It reminds me of when the CEO of Wal-Mart said minimum wages should be increased, and everyone thinking that he was saying this out of the desire to see workers better off, and that Wal-Mart was on the side of it's employees. The real motive was to stifle competition so that Wal-Mart keeps more of the market share. See this article by Lew Rockwell for more information on the matter. Regardless of whether they want to give money out of the goodness of their heart or want higher salaries, the point is that government spending does not help the economy. Private spending does. Remember that for every dollar the government spends, it's a minimum of a dollar that the people no longer spend; it's more than a dollar if the government first borrows the money. Lee is an entrepreneur in the business of LIFE, and a student of leadership. He wants to help create a better society by educating others on economics and freedom. While still an amateur when it comes to the Austrian theory, he is always striving to learn more, believing that only through educating ourselves can we hope to influence others. Leave

**id 6**

The Last Tuesday Society as part of Cairns' On Edge Festival! Melbourne performance phenomenon The Last Tuesday Society is coming to blow the top off the top end! Smashing together interstate artists and local acts to create a contemporary vaudeville event like no other. Come and witness theatrical feats of daring as we present stage chunks of wonderful for your eye/brains/bodies. The Last Tuesday features such award winning performers as The List Operators, Bron Batten and the Society's own Poet Laureate Telia Nevile as well as the cream of Cairns' performance underground.

**id 7**

Alex Paterson Event recap: Larry Summers sizes up the fiscal cliff in Ottawa November 10, 2012 8 November 2012 (Ottawa) -- Canada 2020 and TD brought renowned economist Lawrence H. Summers to Ottawa Thursday night for a free public lecture. His talk 'The Global Economy, the U.S. Election and the Fiscal Cliff' was delivered to a standing-room only crowd at Ottawa's Chteau Laurier Hotel. Dr. Summers, now the Charles Eliot University Professor at Harvard University, is one of the most distinguished economic minds of his generation with a long and celebrated career of both public service and academic excellence. He has held the posts of Undersecretary of the U.S. Treasury during the Clinton Administration, Chief Economist of the World Bank, President of Harvard University and Director of the White House National Economic Council for the Obama Administration. Following introductions from Canada 2020 Co-Founder Tim Barber, and TD Canada Trust President and CEO, Tim Hockey, Dr. Summers took the stage to the longest ovation ever heard at a Canada 2020 event. Standing casually beside the podium, Dr. Summers' demeanour was relaxed but his message was anything but: the fiscal cliff -- a confluence of legislated tax increases and spending cuts in the United States that would remove approximately $600B in demand from the American economy -- should be avoided at all costs. Dr. Summers opened with praise for the think tank community in north America, calling this one of its "great strengths". He then went on to outline three 'categories' of economic problems that the U.S, must address. The first is assuring rapid recovery -- primarily by targeting growth rates at or above a 2-2.5% pace (a minimum for starting to bring down unemployment). The second is placing the nation's finances on a long-term, sustainable path. In this regard, Dr. Summers called for investment, especially, in public infrastructure, to take advantage of historically low interest rates. The last, and perhaps most important, of the U.S. economic problems, is searching for a plan that addresses the structural issues that are plaguing the American economy and creating cyclical shocks and period of slow or stagnant growth. In this regard, Dr. Summers turned to investments in education and health -- both of which require a properly implemented plan that could cut costs, increase competitiveness, and even be a major source of employment. On a less optimistic note, he pointed out that in 1965, one in twenty American men between the ages of 25-54 were out of work. Now the figure is one in five. Even with a recovery, that is not likely to improve to more than one in six. This underlines the structural challenge face by the U.S. (and other mature economies). [Despite this, he later suggested that supporting manufacturing as a path to job creation made no sense, though he could see value in it because of links to technological progress.] In describing the fiscal cliff -- and how it came about -- Larry likened the current U.S. fiscal situation to that of an unsustainable business model. Whereas a business may, from time to time, borrow to cover prudent investments or one-off emergencies, borrowing to cover pay roll is simply not viable. It is worth quoting Dr. Summers in full here: "A business whose long-run plan includes borrowing to cover pay roll year after year even in good times is on a path to failure. And any rational projection of the U.S. fiscal situation, even if you assume a full economic recovery, on the current path not only are we borrowing, not only are we spending more than taxing, but we are doing so in way that leaves our debt in relation to any interesting denominator -- our income, our number of people, our size of government -- to be behaving explosively. That is a situation where adjustment is necessary, and it is best that those adjustments be put in place with substantial lead times so as to give confidence, and to avoid the need for wrenching change. That is the motivation for the fiscal cliff -- but if you think about it, the fiscal cliff is an odd thing. It's not a hurricane, it's not a war -- it's a catastrophe that we legislated in order to spur ourselves to action. It's a little like the theory of automobile safety that recommends putting daggers in steering wheels, because if there were just daggers in steering wheels people would drive more prudently, then there wouldn't be any accidents. That

**id 8**

Black Dynamite , if you're unlucky enough not to have caught it so far, is a blaxploitation spoof in which BD, on the trail of his brother's killer, foils a dastardly plot involving Anaconda malt liquor, the kung-fu island of Fiendish Dr Wu, and Nixon's White House. Arsenio Hall co-starred as Tasty Freeze, with Bokeem Woodbine as Black Hand Jack and Tommy Davidson as Cream Corn. If you want further adventures from those characters, there's an animated spin-off, but next? "In the inception of Black Dynamite , there were a few types of ideas we were going to do," White tells CraveOnline. "Kind of like Monty Python, [we thought we might] use the same cast but do different types of movies. We had discussed, and it looks like we're getting close to a decision on something that would be a Western comedy in the spirit of Blazing Saddles , mixed with Buck And The Preacher ." Blazing Saddles , of course, is Mel Brooks' masterpiece, officially voted the twelfth funniest film of all time by Empire readers . Buck And The Preacher meanwhile, was Sidney Poitier's directorial debut, in which he co-starred with Harry Belafonte, protecting a wagon train from racist posse of bounty hunters. Still a comedy, it's not quite as mad as the Rock Ridge saga. Black Dynamite 2 - whatever it turns out to be - isn't quite up and running yet, but sounds as if it's in pretty active development. Expect much the same cast as previously with, presumably, Scott Sanders re-establishing his place behind the camera when shooting eventually starts. Subscribe To Empire Today And Get Far Cry 3! Subscribe to a year of Empire for 39.99 this month and not only will you get the world's greatest movie magazine delivered to your door, but you will get the hotly anticipated Far Cry 3 for Xbox or PS3.

**id 9**

George Monbiot The Knights Carbonic November 23, 2009 Yes, the hacked climate emails are damaging. But here's the one you'd need to see if you wanted to show that manmade global warming is a scam. By George Monbiot, published in the Guardian, 23rd November 2009 It's no use pretending that this isn't a major blow. The emails extracted by a hacker from the climatic research unit at the University of East Anglia could scarcely be more damaging( 1 ). I am now convinced that they are genuine, and I'm dismayed and deeply shaken by them. Yes, the messages were obtained illegally. Yes, all of us say things in emails that would be excruciating if made public. Yes, some of the comments have been taken out of context. But there are some messages that require no spin to make them look bad. There appears to be evidence here of attempts to prevent scientific data from being released( 2 , 3 ), and even to destroy material that was subject to a freedom of information request( 4 ). Worse still, some of the emails suggest efforts to prevent the publication of work by climate sceptics( 5 , 6 ), or to keep it out of a report by the Intergovernmental Panel on Climate Change( 7 ). I believe that the head of the unit, Phil Jones, should now resign. Some of the data discussed in the emails should be re-analysed. But do these revelations justify the sceptics' claims that this is "the final nail in the coffin" of global warming theory?( 8 , 9 ) Not at all. They damage the credibility of three or four scientists. They raise questions about the integrity of one or perhaps two out of several hundred lines of evidence. To bury manmade climate change, a far wider conspiracy would have to be revealed. Luckily for the sceptics, and to my intense disappointment, I have now been passed the damning email which confirms that the entire science of global warming is indeed a scam. Had I known that it was this easy to rig the evidence, I wouldn't have wasted years of my life promoting a bogus discipline. In the interests of open discourse, I feel obliged to reproduce it here. Gentlemen, the culmination of our great plan approaches fast. What the Master called "the ordering of men's affairs by a transcendent world state, ordained by God and answerable to no man", which we now know as Communist World Government, advances towards its climax at Copenhagen. For 185 years since the Master, known to the laity as Joseph Fourier, launched his scheme for world domination, the entire physical science community has been working towards this moment. The early phases of the plan worked magnificently. First the Master's initial thesis -- that the release of infrared radiation is delayed by the atmosphere -- had to be accepted by the scientific establishment. I will not bother you with details of the gold paid, the threats made and the blood spilt to achieve this end. But the result was the elimination of the naysayers and the disgrace or incarceration of the Master's rivals. Within 35 years the 3rd Warden of the Grand Temple of the Knights Carbonic (our revered prophet John Tyndall) was able to "demonstrate" the Master's thesis. Our control of physical science was by then so tight that no major objections were sustained. More resistence was encountered (and swiftly despatched) when we sought to install the 6th Warden (Svante Arrhenius) first as professor of physics at Stockholm University, then as rector. From this position he was able to project the Master's second grand law -- that the infrared radiation trapped in a planet's atmosphere increases in line with the quantity of carbon dioxide the atmosphere contains. He and his followers (led by the Junior Warden Max Planck) were then able to adapt the entire canon of physical and chemical science to sustain the second law. Then began the most hazardous task of all: our attempt to control the instrumental record. Securing the consent of the scientific establishment was a simple matter. But thermometers had by then become widely available, and amateur meteorologists were making their own readings. We needed to show a steady rise as industrialisation proceeded, but some of these unfortunates had other ideas. The global co-option of police and coroners required unprecedented resources, but so far we have been able to cover our

**id 10**

October 2003, Primates Meeting: 'If his (Robinson's) consecration proceeds, we recognise that we have reached a crucial and critical point in the life of the Anglican Communion and we have had to conclude that the future of the Communion itself will be put in jeopardy. In this case, the ministry of this one bishop will not be recognised by most of the Anglican world, and many provinces are likely to consider themselves to be out of Communion with the Episcopal Church (USA). This will tear the fabric of our Communion at its deepest level (our emphasis ed.), and may lead to further division on this and further issues as provinces have to decide in consequence whether they can remain in communion with provinces that choose not to break communion with the Episcopal Church (USA). Similar considerations apply to the situation pertaining in the Diocese of New Westminster.' November 2003, Gay Bishop: Ordination of Victoria Eugenia (baptismal name) Gene Robinson, first openly gay priest to the bishopric of New Hampshire October 2004, Windsor Report: ' Actions to move towards the authorisation of such rites (of blessing same-sex unions) in the face of opposition from the wider Anglican Communion constitutes a denial of the bonds of Communion. In order for these bonds to be properly acknowledged and addressed, the churches proposing to take action must be able, as a beginning, to demonstrate to the rest of the Communion why their proposal meets the criteria of scripture, tradition and reason.' February 2005, Primates Meeting Dromantine : Twelve primates do not take Communion with Presiding Bishop of The Episcopal Church. 'We request that the Episcopal Church (USA) and the Anglican Church of Canada voluntarily withdraw their members from the Anglican Consultative Council for the period leading up to the next Lambeth Conference. During that period we request that both churches respond through their relevant constitutional bodies to the questions specifically addressed to them in the Windsor Report as they consider their place within the Anglican Communion.' September 2006, Kigali: ~Road to Lambeth' published for Council of Anglican Provinces of Africa (CAPA). 'We will definitely not attend any Lambeth Conference to which the violators of the Lambeth Resolution are also invited as participants or observers.' November 2006, Changing Attitude notes official same-sex blessing policies in the US: Dioceses in the states of Arkansas, California, Delaware, Long Island, Nevada, New Hampshire, North Carolina, Vermont and Washington now have written guidelines on the performance of same-gender blessings. February 2007, Tanzania: Eight primates do not take Communion with Presiding Bishop of The Episcopal Church. 'The Primates request, through the Presiding Bishop, that the House of Bishops of the Episcopal Church 1) make an unequivocal common covenant that the bishops will not authorise any Rite of Blessing for same-sex unions in their dioceses, or through General Convention, (The Windsor Report Paras 143,144) and 2) confirm that the passing of Resolution BO33 of the 75th General Convention means that a candidate for Episcopal orders living in a same-sex union shall not receive the necessary consent (The Windsor Report Para 134), unless some new consensus on these matters emerges across the Communion. The Primates request that the answer of the House of Bishops is conveyed to the Primates by 30th September 2007. If the reassurances requested of the House of Bishops cannot in good conscience be given, the relationship between The Episcopal Church and the Anglican Communion remains damaged at best, and this has consequences for the full participation of the Church in the life of the Communion.' February 2007 Tanzania Communique, The Recognition of AMiA and CANA: ' Although there are particular difficulties associated with AMiA and CANA, the Pastoral Council should negotiate with them and the Primates currently ministering to them to find a place within these provisions. We believe that with goodwill this may be possible.' February 25 2007 The Episcopal Church presses on with 'Gay Marriages'.\_ Far from exercising a moratorium, The Episcopal Church is clearly pressing on with its agenda as evidenced by this civil union ceremony in a Church of Cindy Meneghin & Maureen Kilian (View report here ) March 2007, TEC House of Bishops: ' We believe that there is an urgent need for us to meet face to

**id 11**

Welcome to the Ac/Dc Tabs page. It's A Long Way To The Top 2 song has been written by Ac/Dc. You can play this song on the acoustic or electric guitar; using capo. Get Tabs lyrics by following the link above. Transcribed by: Russell Edwards roemcs@melb.alexia.net.au [A] Riding down the highway Going to a show Stop in all the by-ways Playing rock 'n' roll Getting robbed Getting stoned Getting beat up Broken boned Getting had Getting took I tell you folks, it's harder than it looks Chorus: It's a [A]long way to the [G]top if you wan[D]na rock 'n' [A]roll x 2 If you [A]think it's easy doing one night stands [D] Try playing in a rock 'n' roll band It's a [G]long way to the [D]top if you wanna to rock 'n' [A]roll Break: [A] [G] [D] [A] x 4 [A] Quiet Hotel, motel Make you want to cry Lady do the hard sell Know the reason why Getting old Heavy Getting grey Getting ripped off Under paid Getting sold Second hand That's how it goes, playing in a band Chorus: It's a [A]long way to the [G]top if you wan[D]na rock 'n' [A]roll x 2 If you [A]wanna be a star of stage and screen [D] Look out, it's rough and mean It's a [G]long way to the [D]top if you wanna to rock 'n' [A]roll x 4 It's a long way Repeat & ad-lib Add your comment: All tabs, chords & lyrics are the author's own work and represents their interpretation of the song. You may only use this popular tab for private study, scholarship, research or language learning purposes.

**id 12**

Employees with excessive job demands who feel no security in the workplace can be as distressed as someone who is unemployed, a new study that compared data from Australian and the UK found. Image: JohnnyLye/iStockphoto Having a job with poor working conditions can be just as bad for a person's mental health as being unemployed, according to new research published in Psychological Medicine . The study, led by Associate Professor Peter Butterworth from the ANU College of Medicine, Biology and Environment, is the first to use nationally representative data from England to compare the mental health of those who are unemployed with those in jobs of differing psychosocial quality. Associate Professor Butterworth said the study's findings support the hypothesis that the mental health benefits of work are restricted to good quality jobs, and that the poorest quality work is comparable to unemployment as a risk factor for poor mental health. "Our analysis clearly established that there was no difference in the rates of common mental disorders, such as anxiety and depression, between those who were unemployed and those who were in the poorest quality jobs," Associate Professor Butterworth said. "Both of these groups of individuals were more likely to experience a common mental disorder than those who were in high quality work. "Importantly, the results from this analysis of UK data confirm previous findings from analysis of Australian data. "They add to a growing body of research highlighting the need to address the psychosocial aspects of the work environment as part of national government plans to reduce mental illness in the community. "Policy efforts to improve community mental health should consider psychosocial job quality in conjunction with efforts to increase employment rates. "The improvement of psychosocial work conditions, such as reducing job demands, and increasing job control, security, and esteem can flow on to improvements in employees' mental health and reduce the burden of illness on public health systems." The study draws on data from the 2007 English Adult Psychiatric Morbidity Survey. The final sample size for the analysis was 2,603 respondent

**id 13**

So the collectors edition skin is going to be the Ultralisk? Why? The least use Zerg unit in WoL and from the way HoTS beta forum posts are going, the least used Zerg unit in HoTS? Couldn't it have been the Viper? The Thor was a new unit, why not give a skin to one of the new units. Queen, Roach, Overseer, Broodlord, Corruptor, Infestor...? Ultralisks are great in TvZ... ZvP is the only matchup where they're not viable, kind of like how the thor isn't viable in TvP but is in TvZ and TvT. Seems like the most perfect analogue to the CE Thor that there is. Ultralisks are already good units. Watch a terran make a perfect viking/raven/marine/medivac/tank composition to finally dispatch an infestor/broodlord army... then zerg SUUUUUUUUUUUUUUUUUUUUUUs and rolls over the terran with 20 ultras. Symbol also made good use of them in ZvP alongside infestors and banelings. Ultras crush FFs, fungal holds things still, banelings kill everything. So the collectors edition skin is going to be the Ultralisk? Why? The least use Zerg unit in WoL and from the way HoTS beta forum posts are going, the least used Zerg unit in HoTS? Couldn't it have been the Viper? The Thor was a new unit, why not give a skin to one of the new units. Queen, Roach, Overseer, Broodlord, Corruptor, Infestor...? Ultralisks are already good units. Watch a terran make a perfect viking/raven/marine/medivac/tank composition to finally dispatch an infestor/broodlord army... then zerg SUUUUUUUUUUUUUUUUUUUUUUs and rolls over the terran with 20 ultras. Ultralisks are good against that specific combination if there is a low tank count, which is why terrans will still be making marauders for the follow-up tech switch, or just go mech where every unit except the hellion beats ultralisks per supply. Symbol also made good use of them in ZvP alongside infestors and banelings. Ultras crush FFs, fungal holds things still, banelings kill everything. Care to post those games? I've never seen ultralisks do well in high-level ZvP. The problem is that there are very few units which actually do lose to ultralisks per cost or per supply. Immortals crush them, as do colossi, chargelots, archons, etc. I think the only units that actually do lose to them are high templar (unmerged) and mass sentry. I could point to the jjakji vs puzzle GSL matches to say "the thor kills everything TvP!", but realistically most of the time the thor is going to lose to just about anything the toss throws at it. Ultralisks are good against that specific combination if there is a low tank count, which is why terrans will still be making marauders for the follow-up tech switch, or just go mech where every unit except the hellion beats ultralisks per supply.

**id 14**

Need Help? Registration at biocodershub.net is very easy. If you need help feel free to contact us from our contact page. Make sure you fill all required fields to have your account approved. The benefits of membership: Biocodershub.net members are very qualified and brilliant, by being member you will connect with them, learn a lot and help people in need. Our approach of learning by example will let you meet people who share same interests. Not a member yet? Signing up is easy and takes less and 3 minutes. Take a moment to create a user and get verified instantly. Register now to join the best bioinformatics community on the web. Get the most of your ChIP-Seq experiments ChIP-seq is now widely used to profile the enrichment of a DNA-binding protein on a genome. It is a mature computational field and there are a lot of tools out there to get the most of the row data generated depending on the biological context and the study. It is of high interest to compare the binding differences of a histone mark or transcription factor between two contrasting conditions, such as disease vs. control, or let's call them to be enough general Condition 1 vs Condition 2. Getting to know the differentially enriched regions might help understanding the biology of Transcription Factor binding, which is a field that, despite all studies in the literature, has not yet revealed all its secrets. I came through a lot of publications lately on the nature of binding itself, some papers dealing with the binding site structure and characteristics, to make the most of your ChIP-Seq experiments it is crucial to relate this binding in case of stimulus caused by a disease or a genomic alteration, the real question though is whatever change we can observe on the data, is this change the cause of a phenotype, or a consequence of the real alteration that might not be captured by ChIP-Seq experiments. I was trying to compare some differentially distributed ChIP experiment on the Human genome, and thought it might be useful to anyone interested or doing the same thing, to have a list of tools that help achieving such process, this is not a complete list but you might add your favorite method, package or software to make the list more interesting. "diffReps is developed to serve this purpose. It scans the whole genome using a sliding window, performing millions of statistical tests and report the significant hits. diffReps takes into account the biological variations within a group of samples and uses that information to enhance the statistical power. Considering biological variation is of high importance, especiallly for in vivo brain tissues" DiffBind : differential binding analysis of ChIP-Seq peak data "DiffBind works primarily with peaksets, which are sets of genomic intervals representing candidate protein binding sites. Each interval consists of a chromosome, a start and end position, and usually a score of some type indicating confidence in, or strength of, the peak. Associated with each peakset are metadata relating to the experiment from which the peakset was derived. Additionally, files containing mapped sequencing reads (BAM//BED) can be associated with each peakset (one for the ChIP data, and optionally another representing a control dataset). " Rcade : R-based analysis of ChIP-seq And Differential Expression data "Rcade is a tool that analyses ChIP-seq data and couples the results to an existing Differential Expression (DE) analysis. A key application of Rcade is in inferring the direct targets of a transcription factor (TF) -- these targets should exhibit TF binding activity, and their expression levels should change in response to a perturbation of the TF. " DESeq DIME: R-package for Identifying Differential ChIP-seq Based on an Ensemble of Mixture Models. "R package that considers an ensemble of finite mixture models combined with a local false discovery rate (fdr) for analyzing ChIP-seq data comparing two samples. This package can also be used to identify differential in other high throughput data such as microarray and DNA methylation." EdgeR : "edgeR is an R/Bioconductor software package for statistical analysis of replicated count data. Methods are designed for assessing differential expression in comparative RNA-Seq experiments, but are generally applicable to count data from other genome-scale platforms

**id 15**

Should I file bankruptcy as soon as my divorce judgment is final? I am close to signing a divorce judgment. There are no assets in the marriage, only debt. Almost all of the debt in the marriage is in my soon to to be ex-husbands name. In the judgment, we have agreeded to split the debt in half. I am not going to be able to meet the monthly minimums for the numerous credit cards owed on. Am I better off filing for bankruptcy right away? How does it work since most of the debt is in his name and I have agreeded to take half because of California's community property law. Attorney answers (5) Answered November 13, 2012 13:14 . Depending on how your Marital Settlement Agreement was drafted you could find yourself with a lawsuit from your husband after you file. If as you say, most of the debts are in your husband's name the creditors will look to your husband for repayment of those debts. If you cannot pay the debts and agree to take them on with the goal of filing for bankruptcy immediately, you are being less than honest with your husband and the divorce court. It is much better to get your husband to agree to file as well so that all the debts can be discharged prior to your divorce being final. Remember that on this forum attorneys try to answer your questions with limited facts available to them. My... more Remember that on this forum attorneys try to answer your questions with limited facts available to them. My answer should in no way be considered legal advice. No attorney client relationship has been formed by any answer give here. less Answered November 13, 2012 13:49 . Get your husband to join on a joint bankruptcy. You may even do a chapter 13 and each of you could pay a prorated portion to the Trustee. Think outside the box. Do not violate the Divorce Court Order. Take care and talk to your local BK Counsel. Best of luck This answer is provided by Manuel A. Juarez, Esq., aka El Abogado de Divocios de California: 510-206-4492. It... more This answer is provided by Manuel A. Juarez, Esq., aka El Abogado de Divocios de California: 510-206-4492. It is of a general context and is not intended to form an attorney client relationship. I am licensed only in California. This information is good only in California and it is not to be taken as legal advice on divorce, family matters, bankruptcy or in any other type of situation. Esta respuesta es del Abogado de Bancarrotas, Manuel A. Jurez, 510-206-4492. Abogado Hispano de Divorcios, Abogado Latino de Accidentes, y Abogado de Bancarrotas de Oakland, Hayward, San Francisco, y California. Estas respuesta son solo para informacin general y no consisten en consejo legal sobre divorcios, mantencin de esposas, mantencin de hijos o bancarrotas. Las respuestas son comentarios legales que no forman una relacin de abogado y cliente. Manuel Juarez, Esq., esta licenciado solo en el Estado de California. less Answered November 13, 2012 14:06 . The wording of your Marital Settlement Agreement may have an impact on your ability to discharge debts. Especially given community property statutes, I'd suggest taking a copy of the proposed property division with you to a local BK attorney and see what they recommend. Best of luck! Answered November 13, 2012 14:07 . There is a six month look back for abuse of discretion in a bankruptcy filing and six months being late may severely hurt your credit. Also if discharged, then your husband can seek other monetary recourse from a post-judgment modification upon proper motion. You and your ex, should work with a financial planner/counselor to best address these issues, as it effects you both and regardless of past feelings you need to know that your both in a sinking boat together and its going to take two to paddle to shore. I hope this answer and analogy was HELPFUL, as I always strive to have askers learn from my advice and view and mark it as the BEST ANSWER. Attorney Williams practices FAMILY LAW throughout the State of California and may be reached at (831) 233-3558 and... more Attorney Williams practices FAMILY LAW throughout the State of California and may be reached at (831) 233-3558 and offers free consultations. The response provided in this forum is not intended to create an attorney-client relationship. The information offered in this response is for general informational purpose

**id 16**

31 Oct 2012 How to: Cat-eye liner We know that cat-eye liner can put the fear into even the steadiest of hands, but before you place this make-up look in the 'too hard basket', check out our how-to guide for easy-peasy cat-eye perfection. Not only does a swipe of liquid liner elongate and accentuate the eye, it lends a touch of retro-inspired glamour to your look, like gorgeous It girl Emma Stone at the 2012 Oscars . ModelCo is an Australian cult beauty brand renowned for premium, quick-fix, smart-beauty solutions that combine cutting-edge creativity and technical innovation. www.modelco.com.au. Here you will find posts about beauty,fashion, art, music, culture and more - our blog is a collation of everything that inspires us and we hope it inspires you too.

**id 17**

What to do if You Find a Sick, Injured or Orphaned Wild Animal If you see what you think may be sick, injured or orphaned wildlife, don't remove it from its natural habitat. The bird or animal may not need assistance and you could actually do more harm in your attempt to help. Where an animal is in need of help, it requires specialized care to recover and return to the wild. You cannot keep wildlife in captivity without approval from the Ministry of Natural Resources. However, a person may possess a wild animal for up to 24 hours to transport it to a wildlife rehabilitator or veterinarian. Determining if Wildlife is Orphaned Some species leave their offspring alone temporarily, especially during the day. For example, deer and cottontail rabbits spend much of the day away from their well-camouflaged offspring to minimize the chance of predators finding them. To determine if young wildlife is truly orphaned, check the animal periodically for 24 to 48 hours to see if it is still around. Keep your distance. Keep cats and dogs away from the area inhabited by the young animal; the adult may not return if it is noisy or if predators or people are close by. Figuring out what to do Contact your local Ministry of Natural Resources office for help in assessing the situation and on what action you should take. If you must handle the animal, take care to minimize the risk of injury to yourself and to the animal. Wear protective clothing and equipment, such as leather gloves, to avoid bites or scratches; wash your hands well after handling the animal. Signs of injury or illness Blood, wounds or swelling on the body Body covered in fleas Unusual or uneven loss of fur or feathers Difficult or raspy breathing or sneezing A dangling leg or wing Closed eyes; head tucked under wing Care Necessary To Help The Animal Contact a wildlife rehabilitator who can help you assess the situation and provide advice on what action to take. If specialized and immediate care is necessary to help the animal, take it to a wildlife rehabilitator or a veterinarian within 24 hours of capture. If you must handle the animal, follow the instructions provided by the wildlife rehabilitator on how to minimize risk of injury to yourself and to the animal. Wear protective clothing and equipment, such as leather gloves, to avoid bites or scratches, and wash hands well after handling the animal. It is important to recognize that many of the volunteer-operated organizations have limited capacity to accept animals, especially during the spring. Diseased or Dead Wildlife To report dead animals, including birds or bats, contact the Canadian Cooperative Wildlife Health Centre ( www.ccwhc.ca ) at 1-866-673-4781. If you suspect there is a public health risk from a sick wild animal, such as rabies, or you or your pet had contact with a suspected rabid animal, contact your local Public Health Unit immediately. Rabies is fatal for humans and animals if not treated. Symptoms of rabies and several other diseases in animals can include tremors, aggressive behaviour, partial paralysis, convulsions, and loss of fear of humans.

**id 18**

Sign up to receive flood warnings direct to your phone. To sign up to the Floodline direct warning service you will need to have the postcode for the property that you wish to receive flood messages for. SEPA can provide two different types of warning messages depending on your property location. When you enter your postcode, the system will check and confirm which warning service is available for your area. If your property is within an area covered by a SEPA flood monitoring system, you will be able to sign up to receive a targeted Flood Warning message for your local area; If your property is not within a Warning target area, you can sign up to receive a more general Flood Alert message for the wider geographical area, usually representing Local Authority boundaries.

**id 19**

[WE ARE NOT ALONE] by terry on 13 September 2012 If there is one thing guaranteed to boost self-confidence and stroke the ego it is expert confirmation of our opinions. Whenever we say of a product that it is the best we can't help having a nagging suspicion that we might be wrong, or at least over-stating the case. So it is with great relief and satisfaction that we report the results of this year's EISA awards. EISA is the European Imaging and Sound Association which every year hands out its awards to the best cameras, TVs, amplifiers, smart phones and so on, and the 2012 -- 2013 award list is at www.eisa.eu In the camera category the top gong goes to the Nikon D800. "This year's best camera is the Nikon D800..." What did we tell you? In our review we said: "This is the best camera for general use (as distinct from the special requirements of professional sports photographers, for instance) that we have ever handled." "The best" always feels like a big claim that is begging to be challenged but now we can relax. In the compact system camera category of mirrorless interchangeable lens cameras EISA gives the award to the Olympus OMD E-M5, the beautiful retro-styled camera that is selling faster than Olympus can make them. The judges love the styling, the sharp flip-out LCD, the fast auto-focus and, naturally, the image quality. We said: "The OMD E-M5 is a landmark camera...it changes the game. Such pictures from such a small camera. Bliss!" The compact category prize goes to the Sony Cybershot DSC-RX100, a camera that we also reckoned was a game-changer. The Europeans like the output from its larger sensor and the ability to record RAW. They like the high resolution LCD and the Zeiss lens that can "provide very good image quality even in low light." Our experience exactly. The judges think the Olympus Tough TG-1 "is an outstanding outdoor camera that has been designed to be stylish as well as practical." It delivered "excellent quality pictures and low levels of noise in tests." Our verdict was: "Olympus now has an indestructible camera able to mix it with the best from Canon, Nikon and Panasonic. We feel that some earlier attempts at the form by Olympus have not been up to the mark but the TG-1 is a beauty. Anyone looking for a good all-purpose compact that can stand a lot of rough use should look first at these little units." In the printer category EISA gives the prize to the Canon Pixma Pro-1. So did we. In our opinion it "is simply the best pigment ink printer that we have tested. We have produced consistent output with no annoying and costly mismatch of monitor and print." The EISA judges say the Pro-1 is "the perfect choice for making long-lasting prints of outstanding quality." Absolutely. Couldn't agree more.

**id 20**

Abstract Objective: Although numerous studies describe the quantity and nature of tobacco marketing in stores, fewer studies examine the industry's attempts to reach youth at the point of sale. This study examines whether cigarette marketing is more prevalent in stores where adolescents shop frequently. Design, setting, and participants: Trained coders counted cigarette ads, products, and other marketing materials in a census of stores that sell tobacco in Tracy, California (n ?=? 50). A combination of data from focus groups and in-class surveys of middle school students (n ?=? 2125) determined which of the stores adolescents visited most frequently. Main outcome measures: Amount of marketing materials and shelf space measured separately for the three cigarette brands most popular with adolescent smokers and for other brands combined. Results: Compared to other stores in the same community, stores where adolescents shopped frequently contained almost three times more marketing materials for Marlboro, Camel, and Newport, and significantly more shelf space devoted to these brands. Conclusions: Regardless of whether tobacco companies intentionally target youth at the point of sale, these findings underscore the importance of strategies to reduce the quantity and impact of cigarette marketing materials in this venue.

**id 21**

Gartner is one of the most famous and prestigious agencies which carry out the analysis of high-tech market, has released report about product sales in the second quarter of 2012 . The framework for the PC segment is not good. Globally, the situation is static, with a decline of 0.1% compared to total sales made during the same period last year. A further subject to the decline was mainly the two U.S. giants, HP and Dell , who have seen a narrowing of its market share and a decrease in growth of respectively 12.1 and 11 .5% , bending not compensated by the growth of other major actors as Asus, Acer or Lenovo . In fact, despite all these producers have recorded strong growth increments (14.9% Lenovo, Acer 3.6%, even Asus 38.6%) their overall market shares are still well below those of two U.S. companies and therefore can not bring the budget in surplus Global. Just in the U.S. the rest is recorded the strongest decline in the PC market, as opposed to global, stable, has seen acollapse of sales by as much as 5% . To take advantage of the whole situation, as always in these cases, it is Apple that grows in fact almost the same size, with an increase in sales by 4.3%, though always speaking of total volumes much smaller than those of HP and Dell. Maybe the debut of the new processors Intel Ivy Bridge and many new models ultrabook had hoped for better but i do not want to seem to have come true. A key to still be tied to waiting for the debut of Microsoft Windows 8 . The fact that the new operating system from Redmond comes on the market long after the Intel CPU and ultrabook second generation should not have in fact helped the sales of either, especially since in recent years the focus on the part of consumers has moved increasingly more hardware to software . With so much cleverer users is not so hard to imagine that many are waiting and have no intention of buying new products, even though equipped with the latest hardware solutions, then if there is still an operating system on old and not suitable for use through touch as Windows 7. Lenovo atom netbook discontinue sale online Although this does not necessarily imply the definitive exit from the segment, the decision by Lenovo to discontinue sale on online channel for netbook systems, reveals ...

**id 22**

Twenty three and a half hours Author: Lou 9 Oct I love this cartoon.A Says it all. I'm becoming increasingly interested in, or worried about, actually,A the lack of exercise we all tend to do in this country.A Physical INactivity is much more important than most people realise -- and that's not just the opinion of one sports massage therapist and running coach who is tut tutting at people who don't run 10 miles a day. Scotland has a 'physical activity champion'. His name is Dr Andrew Murray and his is a government role working with Scotland's Chief Medical Officer.A In an interview in episode 129 of Marathon Talk he states, "Physical inactivity is the fundamental health challenge of our age."A He went on, "The number one determinant of how long you live and your quality of life is your levels of fitness. So the fitter you are the longer you live." Ok, so far, this is good stuff, but the best is yet to come.A Dr Murray continues: " The World Health Organisation recognises that physical inactivity is the fourth biggest risk factor for death worldwide after high blood pressure, smoking and high blood sugar (diabetes, effectively) ." And there's more. Dr Murray says that, according to a study led by Dr Steven N Blair and published in the British Journal of Sports Medicine, " a low level of fitness has been shown to kill more people than smoking, diabetes and obesity combined." A So we might urge a smoker to give up the fags, encourage an overweight person to lose weight and someone who drinks too much to cut down the drinking. A But it's the norm for so many people not to do any physical activity at all, yet this kills more people than smoking, diabetes and obesity put together . Do listen to that interview (it comes about half way through the podcast).A It's certainly prompted me to look into the subject more. I suppose that if you're reading this the chances are that you are physically active. But we all know people who aren't and I for one think we all need to start taking responsibility for prompting the people around us to get moving.A Here's a short, compelling video that might help.

**id 23**

Resources Information The History of Floorball Floorball was created in the 1970s in Gothenburg, Sweden. It was developed from the game of ball hockey and started as something played for fun at schools. Soon floorball began to become popular in Scandinavian countries like Finland, Sweden and Norway. It was then developed into a sport. Soon many countries had national associations, and in 1986 the IFF was founded. There are many other names floorball is known as, such as salibandy (in Finland), unihockey (in Switzerland) and innebandy (in Sweden). Bandy is a sport similar to hockey, and the names 'innebandy' and 'salibandy' translate to 'indoor bandy'. In 1986, one of the world's largest floorball leagues, Finland's Salibandyliiga was formed. Floorball was recognised by 7 countries by 1990 and the first European Floorball Championships was held in 1994, when there were 14 countries recognising floorball. In 1996, the first men's world championships were held, and 20 nations played floorball, 12 of which participated. Now, in 2009, floorball is played in almost 80 countries. Of which, 49 have national floorball associations. There is at least one national association on each continent of the world, excluding Antarctica. Floorball was recognised by the IOC in 2009 and the IFF hopes that floorball will be included as a demonstration sport at the 2013 Special Olympics World Winter Games. The IFF intends that floorball will be in the 2020 Summer Olympic games.

**id 24**

Vinca Minor is a Seattle artist Matt Menovcik, blending classical piano with electronic-influenced synth for a hugely surreal, utterly drowning sound. Within "The Time Of You", off his new album Capital Of Sorrow , an intense piano soundscape is backed by heavy drone-like tones. The song is minimal but encompassing; a fully instrumental, soundtrack-like tune. Capital of Sorrow was not only composed by Menovcik, he also created a short film to accompany the work (starring, of course, himself). So, as you can imagine, "The Time Of You" is highly cinematic. How does the rest of Capital of Sorrow stack up? Well, wereas "The Time Of You" is instrumental, in other songs there are vocals: a hint raspy, highly emotive and also very centered around film. Share this: Author: Fense Andy Fenstermaker (aka Fense) is a Digital Strategist at a brand enhancement firm in Mount Vernon, WA. He is an avid blogger, independent music lover, and social media enthusiast. He has run the music blog FensePost since its founding in 2006, and can be heard Friday nights locally on the Skagit Valley College radio stations KSVR and KSVU from 10pm to midnight. About FensePost FensePost is an indie music blog created by Andy Fenstermaker in 2006 and devoted to the love of discovering great underground music. Based in Mount Vernon, WA, the heart of Skagit County, we are located in the fertile tulip and potato-filled lands between Seattle, WA and Vancouver, BC.

**id 25**

Thanks to everyone who helped this mammoth show come to fruition. Especially: the Blue Oyster team in Dunedin, Craig, Greg, Clarke,Charlotte and Emma in Wellington. None of this would have been possible with Jamie Hanton's expert direction and curatorship as well. Below are a few words about the show from the Blue Oyster site (http://www.blueoyster.org.nz) Layers of Edin is a new installation by The Edge of the Grid Collective, incorporating the work of photographic artist James Voller, architect Robin Aitken and film and theatre sound artist Tane Upjohn-Beatson. The installation aims to build on a previous collaboration between Voller and Aitken, Edge of the Grid at Migalaxy in Wellington 2010, which used photography and architectural sculpture to investigate the edge condition (a phenomena that describes emerging areas of the city) at the edge of the modern city, specifically Wellington. Edin incorporates work Voller undertook overseas which interrogates history, urban growth, and the layers of cities. The project also continues Aitken's interest in the relationship between the edge condition and the city centre, and in particular the idea that for a city to grow, it must be fuelled by what lies beyond its edge. Bringing photographic imagery from Edinburgh to Dunedin, Edin will interpret the weight, history and layers of twinned cites Edinburgh and Dunedin. The installation will solidify and condense the city centre into an object that has human scale, a tangible weight, and a strong relationship with the ground. But rather than presenting a factual account of the functions and history of the two cities, Edin will provide a new imagined / abstracted space that aims to acknowledge the shared lineage between both sites. Exploring the contrasting material and immaterial weights through installation and Upjohn-Beatson's soundscape will highlight the migratory link between the two cities and bring about a voice of in-between thereby allowing visitors to acknowledge aspects of their own place and the place from which it has come.

**id 26**

NEW back in the swing cookbook "In The Back in the Swing Cookbook, all the research is done, from fabulous foods to eat and recipes to prepare, to options to get you moving and ways to feel good every day." - Rachel S. Beller. MS, RD Founder, Beller Nutritional Institute just released! The life-affirming book full of 150 feel-good, easy-to-prepare recipes, includes fabulous food and drinks and "recipes for life" tips on exercise, nature, meditation, relaxation, positive emotions, pets, friendships, and more - that set it apart from any other cookbook. It is a unique gift of goodness for you, a friend, a co-worker, or a family member to reap joyful, healthy rewards for a lifetime. Proceeds benefit the national grassroots nonprofit organization Back in the Swing USAr, dedicated to improving and protecting our health by supporting education for consumers and healthcare providers, and access to personalized, comprehensive, survivorship clinical healthcare. meet the authors Author Barbara C. Unell is the founder of Back in the Swing USA , and the author of a dozen books about health family living. She has been an educator and media contributor on social issues around the country, appearing on Oprah , NPR, Good Morning America , and NBC Nightly News , and in the New York Times . Co-author Judith Fertig is a food lifestyle writer and author of more than 20 cookbooks, including Heartland: the Cook . Her work has appeared in Beeter Homes and Gardens , Bon Appetit , Cooking Light , Saveur , and Vegetarian Times .

**id 27**

Bike Shepherd - Scanner USING THE SCANNER After downloading, open the application on your phone, and hold the phone over the PULSE tag so you can view it in your phone screen. It will link to the website and shows the bike details. If that bike bike is stolen, simply clicking on the CONTACT OWNER button will immediately inform us and the owner where the bike is. BECOME A BIKE DETECTIVE! Join our growing army of Bike Detectives. Anybody with a smartphone and the free app can scan bikes tagged with PULSE ID tags. If you see a suspicious bike tagged with a PULSE ID tag, use your phone to scan the bike. This links to our website and will tell you if the bike is stolen. If it is, click the CONTACT US button and provide us with the location details. Alerts will go out to the police, local clubs, shops and our army of Bike Detectives. BUYING A SECOND HAND BIKE? Check to see if it's stolen. If it's tagged, scan it. If it's not tagged, enter the serial number into our database and see its status before handing over the money. If it's stolen, report it immediately. Bicycle ID Kit Protect your bike with the Bicycle ID Kit, which includes 3 Pulse ID tags in a pack.

**id 28**

The menu element One of the less talked about elements that is included in the HTML5 specification is the menu element . This is probably due to the fact that most browsers either don't support it at all, or only fleetingly. Here I will take a quick look at this element and how it can be used. As its name suggests, the function of the menu element is to mark-up a menu. On first glance I initially thought that a menu is just navigation and surely the new nav element would suffice? But of course I was thinking about websites and not webapps where menus, akin to those contained in desktop applications, are a distinct reality. Another possible use for this element is in the definition of popup menus on a mobile application. The element The menu element is defined in the W3C as representing a list of commands. The menu element can take two attributes; label and type . The label attribute assigns a label to the menu for identification purposes. The type attribute specifies the type of menu that is being defined and can be one of: list, toolbar or context. If this attribute is missing, then a value of list is assumed. A list menu type indicates that the menu is either an unordered list of li elements or that it contains a number of commands that the user can carry out. A context menu contains commands of a context menu which can only be interactied with if that context menu is active. This can be a sub-menu within a menu. The label used for a context menu should be connected to the context that activates it via the label. This has only been a quick look at the menu element and how it might be used. Since no browsers supprt it fully at the moment, its usage is limited but hopefully it's given you an idea of how it could be used in the future. I have also purposely not mentioned the command element which can be used in conjunction with the menu element. That's for a future article. One Response Thanks Ian for this, It's a shame the support for this element is so fleeting! I'm currently developing a web app where using such a control container makes a whole load of sense; as usual it seems I'll have to resort to magic and tomfoolery {ie. scripting and css} to make things work cross-[platform,browser,device]! Props to Buce Lawson (@brucel) for the heads-up tweet!

**id 29**

Follow request sent! ey guys! just seen a disgusting page on facebook that i have reported & i am trying to get more people to report it so that it gets taken down. these little tools have created a page about a poor little girl with deformaties & they are saying terrible things about her. when i told them they were maggots they abused me. so i've reported the page. the page is Adalia Rose is Ugly. please log on to facebook & go to the page & report it asap? Follow request sent! I don't have Facebook but my sister dose and she has already reported it. I took a look at it the other day and it's soo wrong some people are so heartless. My sister also said something to them and the abused her too. Follow request sent! OMG that page is awful It made me cry how could anyone be so nasty about an innocent child? Could someone please tell me how to report it? I went on the page but I don't know how never had to report fb page before. Follow request sent! Mum2onebub wrote : OMG that page is awful It made me cry how could anyone be so nasty about an innocent child? Could someone please tell me how to report it? I went on the page but I don't know how never had to report fb page before. You click the arrow by message and a drop down appears and you select report and just follow instructions.

**id 30**

If You Really Want To Be My Friend Lyrics - The Rolling Stones If you really want to be my friend Let me live it up like I used to do If you really want to understand me There's some giving up we got to do I know ev'rybody wants to be your man I don't want to tie you up, go ahead, you're free And I never want to scar you with my brand We could live it up, just a you and me If you really want to understand a man Let him off the lead sometimes, set him free If you really, really want to be my friend Give me the look of love, not jealousy I know you think that life is a thriller You play the vamp, I play the killer Now baby, what's the use of fighting? By the last reel we'll be cryin' cryin', cryin If you really want to be my man Get your nails out of my back Stop using me You know I really, really want to be your friend But just a little faith is all we need I don't want no dog eat dog world for you and me Get your nails out, stop bleeding me You know, people tell me you are a vulture Say you're a sore in a cancer culture Ay, but you got a little charm around you I'll be there when they finally hound you Hound you, hound you If you really want to be my friend And I really want to understand you baby If you really want to be my friend If you really want to understand me I really want to be your man I want to try to give you a helping hand I really want to be your friend I want to push you when you're up And pull you when you're down If you really want you to understand me I'll tell you something, that love can't thrive on jealousy I really want to understand you I really want to be your man 'Cause understanding is something ev'rybody needs I really want to be your friend And I love you, love you, yes, I do

**id 31**

Get Our Newsletter How To Cook With Anaheim Peppers Positives Easy to follow instruction Negatives Not for none chilli lovers Bottom Line There are several varieties of chili peppers and Anaheim is among the list. These chilies are long, green and somewhat large. Because they are not very hot, they can be easily added to many different recipes. Anaheim peppers have thick skins which are difficult to cut, but if you put them on a hot burner [...] There are several varieties of chili peppers and Anaheim is among the list. These chilies are long, green and somewhat large. Because they are not very hot, they can be easily added to many different recipes. Anaheim peppers have thick skins which are difficult to cut, but if you put them on a hot burner and let them burn, the skin will peel off easily. These chilies are great as salsa base, as garnish, for soup ingredients and are frequently used in almost all Mexican dishes. Anaheim Varieties The Anaheim chili pepper can grow from 6-10 inches long. Although they are of medium heat, their heat is dependent on where they are grown. The New Mexico varieties are hotter than the Californian ones, and ripe red ones are hotter than the green ones. They have a savory taste and although usually used when green, they can be used when ripened to a red color. The common variety will have a dark green, reddish color when ripe. However other varieties are full red, when ripe. The red varieties are used to make ristras after they are strung together in pods and dried. Anaheim Chilies Maturity: They reach maturity in 75-80 days. Uses: They are great when stuffed and cooked whole with rice and cheese-based cream. They taste great too. Storing: Line plastic bags with paper towels. Place Anaheim chilies in bag and then store in fridge. They can be kept for weeks in the fridge. Preparing: Use a knife to cut off the top. Take out the seeds and the white pith with a sharp but small knife. Fill the peppers with the stuffing of your choice and put the top back on. Always wear gloves when preparing chilies for cooking. Cooking: Place your stuffed Anaheim chilies in an oven and bake at for 20-30 minutes at 180C for 20- 30 minutes or until tender. Buying Tips Your local grocery store will have ample supply of Anaheim peppers in the produce area. Although they are used when ripe, Anaheim peppers are mostly used when they are green. When purchasing fresh Anaheim peppers, choose the ones that have deep colors and firm and unblemished skin. Canned chilies are also available in grocery stores. Anaheim in Recipes There are many ways in which the Anaheim can be used in different recipes. They are especially tasty when served stuffed. Seeds and pith must be removed before cooking Anaheim Chilies are mild, and are tasty when added to salsas, chili recipes, and dips. Remove seeds and pith. Stuff them with lots of cheese; soak in batter and then deep fry. Anaheim peppers can be roasted on an outdoor grill. Peppers should be turned for even cooking. However if cooking on an open flame check peppers frequently. Anaheim chilies can be stuffed with Mexican cheese. Roll stuffed chilies in beaten egg and flour and fry in pan until golden brown. Cook up a stew with potatoes, zucchini, ground beef, and Anaheim chilies. Anaheim can be used to make creamy chili pepper sauce to add flavor to meat and or cheese dishes. Incoming search terms: anaheim peppers Harry Hey I am a reviewer at Stuff I Review and you can be too. If you agree or dis agree with any of my reviews then please leave your version in comment box and but forget to grab your "StuffIReview" badge to show the world. I you have something you would like to be reviewed then contact us or leave a comment or even register and add it yourself :) Share your honest review with the world here it's Free to join. Stuff I Review We bring you honest Reviews by you the people. Here anyone can write a review on pretty much anything. If there is not a category for you review no problem suggest one :) Grab your STUFFIREVIEW badge to show off your critics skills you family and friends, display it proudly on you websites.

**id 32**

Shane Howard, Other Side of the Rock The founding member of the band Goanna - who during their heyday in the eighties were responsible for hits like Solid Rock (Sacred Ground) and numerous albums - Howard has also written several solo records, and worked as a producer for a variety of prominent Aboriginal artists that include Archie Roach, the Pigram Brothers and Joe Geia. ...Other Side of the Rock is Howard's twelfth album, and is a collection of highlight songs picked from his thirty year long career. Re-recording the tracks in sessions at Sing Sing Studios in Melbourne, Howard also devised a plan that saw him re-record his classic track Solid Rock in the Indigenous language of the APY lands, Pitjantjatjara. Breathing new life into Solid Rock, the updated version entitled Puli Kunpungka features children from the APY lands, and Australian singers Archie Roach, Emma Donavan and more. Capturing the spirit of Australia through words and music like no other, Shane Howard's ... Other Side of the Rock is our Album of the Week on ABC Local Radio across the Territory.

**id 33**

Listen to METZ's Dbut Album The Toronto trio METZ is rude, severe, and excellent. They make rock music, all of it loud, most of it precise without feeling checked. It's raucous stuff, heavily indebted to music recorded for the Chicago label Tough & Go in the eighties, and recordings made in the nineties for the D.C. label Dischord. We are happy to be streaming their self-titled dbut album, exclusively, until Wednesday. A few days ago, I spoke on the phone with the band's guitarist and singer, Alex Edkins. Can you give me a brief history of the band? [The drummer] Hayden [Menzies] and I started playing music together in Ottawa when we were pretty young. We started METZ there with one other guy, about five years ago. We decided a change of scenery would be a good idea, so we moved down to Toronto four years ago. The other guy decided to stay in Ottawa. The moment you started playing together was five years ago? Yeah. But that's before we met [the bassist] Chris [Slorach]. We found Chris in Toronto, and that's when the real band came together and we started to put out records. Ottawa is a great town for live music. It is. I feel really fortunate to have started there, because, at the time, it was just an amazing place for punk rock and hardcore, a real tight-knit community. There's nothing better than being in the community center, or wherever it was, and seeing these bands that are not getting paid much, if anything. It was a small group of people, but man, was it ever the best thing. Those guys and girls just went crazy. It's what we know, and we can't really conceive of doing it any other way when we get up there to play. Do Toronto and Ottawa have specific musical tendencies? Well, yeah. Ottawa is the capital city; it's the government city. You either work for the government or you serve the people who work for the government. And there's not much night life, everyone's in bed early, so we just kind of had to make our own thing. That's when the punk scene in Ottawa came out of. And it's not as political as D.C., the conditions aren't anything like the same, but I do think the fact that it was kind of like a sleepy government city made the perfect condition for an actual real community to come about and to spawn some really cool stuff. I think our record, lyrically, is a complete product of living in Toronto. Most of it is dealing with the modern way of life in a gigantic city and feeling some of those conditions starting to weigh down on you: the anxiety, the hysteria, the speed at which you. That's where the lyrics are coming from. How do you guys work when you put songs together? It's a hundred per cent collective. We very rarely will come to the rehearsal space with even a segment of a song. We usually come in with nothing and the three of us will make something from scratch, all in the same room, all at the same time . We always try to make the bass and the guitar sound like one thing, not to sound like there's a couple of different parts, but make the whole entire song to sound like there's just one wave of sound. We find being in the same room and doing it together makes for something different than if I was to stay at home and put it down in the computer and then try to layer the bass track underneath or something like that; you don't have the same immediacy and the same feeling, so we just do it that way. And it's part of the reason the record took so damn long, because it's not fast. It's a lot of banging your head against the wall, it's a lot of walking out of the space with nothing accomplished. We all got really excited about trying to write songs that had moments of standard song arrangements . We love pop music, we love all styles of music. We wanted it to be well-arranged songs, but with the moments of craziness to be totally under control and totally blatant, and then being able to rein it back at the same time. It's a hundred per cent collective the way we write, and then I write the lyrics after. Are there words that you guys use a lot when you're talking about the work you do together? Yes, but I'm not comfortable saying them. You know all about it; there's that band talk

**id 34**

JOIN NOW FOR FREE save up to 80% on luxury hotels and holidays. Email: Modern hotel close to the Albert Dock! An ideal choice for business visitors or tourists, this comfortable and stylish three star hotel is well located near the iconic Albert Docks. With an excellent business suite which can cater for all corporate needs and great services including a 24 hour reception, a lovely, relaxing lobby bar, banqueting facilities, express check in/out and a currency exchange, this hotel has everything you need to make your stay just so. All rooms feature air conditioning, cable TV which is viewed on the flat screen LCD TV, complimentary toiletries in the en suite bathroom, tea and coffee making facilities, a work desk with a lamp and a high speed internet connection, a hairdryer, ironing facilities and daily housekeeping. Our top picks close to this hotel For families A grand tour of Liverpool FC and Museum is a real treat for any footie fan, regardless of who you support. The guides are enthusiastic and knowledgeable and really know their stuff about the history of this successful club. Expect first class treatment all the way. For romance The Freshfields Squirrel Reserve is home to many beautiful little red squirrels that are protected as much as possible from the more aggressive grey squirrel. The animals are happy to skip around you and the setting is simply stunning and the beach behind the reserve is a lovely place to stretch out and relax on, on a hot day. For culture The landmark Liver Building presides over its waterfront and defines the city of Liverpool. This building is to Liverpool what The Empire State Building is to New York and neglecting to make the effort to see it is tantamount to a half baked Liverpool experience. For shopping Raiders Vintage Clothing is a really, really, really great vintage shop. Selling an exciting and varied range of clothes, hats, shoes, bags and accessories this shop is a magpies delight and a must do for any fan of clothes from past times and eras. For eating out Maharaja gives up the most delightful food from the coastal Kerala region of India. The restaurant is located just a couple of minutes walk from Lime Street Train Station. Delicate and light, the food served here is sublime and is bursting with zingy, fresh flavours which are quite simply lip smacking. For nightlife Only one club sums up the Liverpool music scene and that is The Cavern Club. This place is the birthplace of many musical greats but none more than The Beatles. Evocative and spirited, The Cavern Club is a thriving destination and is alive with new talent and the up and coming star of the future.

**id 35**

Benefits of Outsourcing There are many companies nowadays that are looking for outsourcing services in order to hire automatic staff Benefits of Outsourcing that will secure the other responsibilities of business employees and to actually experience the Benefits of Outsourcing. In fact, even successful businesses still need to hire outsourcing companies because they really serve great purpose for the success and efficiency of a corporate establishment. One of the main attractions of outsourcing services is the cheapness of the deal. More than that, there are other Benefits of Outsourcing that you have to know. Saves Time and Enhances Other Aspects of Businesses as Benefits of Outsourcing Through outsourcing services, actual employees or even business owners are able to focus in the other aspects of their business. This is one of the Benefits of Outsourcing that you have to know. Business owners are no longer required to devote too much attention when it comes to customer relations and answering every query of their clients. By simply focusing on the other aspects of the business, it will make the venture flow smoothly and with utmost efficiency. Thus, possible business expansion will happen in the future. Able to Increase the Market of the Business In addition to that, among the other Benefits of Outsourcing is that this will help business owners to increase the audience for their business. Generally, outsourcing agents are globally competitive. Furthermore, they are efficient in terms of dealing with international customers and business agencies. Therefore, companies that will take advantage of outsourcing services are assured that these professionals will work in order to capture the interest of international market. Thus, this will make the business earn more profits than the usual. Other Benefits of Outsourcing saves Time in Hiring Walk-in Staff Time is very important in companies. It is a must that every single hour is maximized. If you will be availing outsourcing services, rest assured that you can save much of your time needed in looking for competent staffs for your business locally. Outsourcing companies are the ones responsible in the hiring process. In addition to that, they are also responsible in ensuring that the staffs that will he hired are competent enough. Saving much of your time will also help you devote your attention to the other aspects and needs of your business to make it run more efficiently. In order for you to experience such Benefits of Outsourcing, we recommend you to take advantage of the 4-week trial that we are offering. Our company is an Australian-owned one and has a branch in the Philippines. The 4-week offer that we have in store for you will not require you too much expenses because you only have to pay $4 per hour. We are proud to tell you that out agents are highly skilled and have the best work ethics. If you have some queries about our services, you can freely give us a call at 07 31072772 or at +617 31072772. Surely, you will be entertained by hospitable customer representatives. On the other hand, you can also click the link at Call Centre if you want to know more about the Benefits of Outsourcing.

**id 36**

Why... Why... Why? This blog is dedicated to documenting error resolution and other tidbits that I discover while working as a Consultant in the Oracle EPM (Hyperion) field. As much of my job revolves around issue resolution, I see an opportunity to supplement the typical troubleshooting avenues such as the Oracle Knowledgebase and Oracle Forums with more pinpointed information about specific errors as they are encountered. Beware, the information found in this blog is for informational purposes only and comes without any warranty or guarantee of accuracy. Sunday, January 1, 2012 HFM - Registry Key that has been Marked for Deletion Problem Description: HFM Application will not open from workspace - this was not reported by the end users and caught before it was an issue - error recieived is: Warning Illegal operation attempted on a registry key that has been marked for deletion. Code: -2147023878 Resolution: Symptoms In Financial Management (HFM) application , you may receive the following error message when attempting various HFM related operations such as Journal Entries, connecting via Smartview to HFM, or with Financial Reporting: Illegal operation attempted on a registry key that has been marked for deletion. An error has occurred. Please contact your administrator. Error Number:70 Error Description:Permission denied Error Source:Microsoft VBScript runtime error Page On which Error Occurred:/hfm/loadextract/ExtractJournal\\... Changes This issue occurs only in EPM systems deployed on Windows 2008 server, so if a OS upgrade had occurred, this error may be thrown. Cause The identity user initially logged on to the server when the application launched. The issue happens when the identity user logs off and the COM+ application can no longer read registry keys in the profile of the identity user because of a new User Profile Service functionality of forcing the unload of the user profile on Windows 2008 when the user logs off. Solution To resolve this issue, make the following change on all Financial Management servers in the environment: 1. Run group policy editor (gpedit.msc) 2. Expand to: Computer Configuration -&gt; Administrative Templates -&gt; System -&gt; UserProfiles -&gt; Do not forcefully unload the user registry at user logoff 3. Check the settings and change it from "Not Configured" to "Enabled" 4. Reboot the servers 2 comments: I ran into this error this afternoon while working on some HFM Servers in a new build. I rememberd us talking about this error a couple weeks back. I applied your recommendation and the issue is resolved. Thanks.

**id 37**

How to Make A Corset Corsetmaking College Online Running A Business Become A Member Now! If you want to learn how to make a corset - a real corset - Foundations RevealedT is going to rock your world. Whether you're an enthusiastic amateur or a seasoned pro, this site will bring you all the corset making instruction you've always wished you could find on the Internet, but that no-one was willing to reveal. Let us encourage you to have a go - the very best way to learn how to make a corset is to jump in and do it! Introduction In this article we are going to look at a simple method for how to make a corset, one that is ideal for beginners. By following the steps you will learn about some of the key principles of a corset. Keep it simple Following a small set of basic rules can be a very worthwhile approach for corsetieres both new and old, and here's number one: Simplicity is good. Simplicity of cut and construction can be inspirational, in fact. It is worth noting to new makers that the more you have going on in the corset (figure 2), the more there is to potentially go wrong! The challenges of more complex corsets can, I fear, put many people off very early in their corsetry studies. By beginning with simple construction, you'll hopefully feel rewarded and encouraged enough to continue past your first few efforts. Figure 2: A Sparklewren midbust. It looks rather simple, but the processes required are actually quite involved. Patterning and Fitting In this article, I will be focussing on construction rather than patterning. I will be using one of my own old prototype corset patterns (right), and I'd recommend that you look to the following sources for good beginner's corset patterns: For those who want to learn more about how a flat pattern becomes a 3D garment, I suggest following our free Beginners' Drafting Tutorial . You will learn a lot following this process, but it is clear/simple enough to follow, even for absolute beginners. For those who find flat patterns or mathematical alterations daunting, I would suggest using the Truly Victorian 110 pattern , with a toile or two. I have seen beautiful results with this pattern, even in the given "standard" sizes, and in my opinion it is the most prettily shaped of the commercially available multi-size patterns (caveat: I haven't tried this pattern myself, so can't comment on the enclosed instructions, etc.) For those who have a few pennies to spare and really want to get straight to the fitting stage, it may be possible to find a corsetmaker who produces custom/bespoke patterns to order. Try searching the livejournal corsetry community or etsy . But please do your research before making a purchase. Let's Begin This corset is about simplicity. With that in mind, it will have a closed front and pared down construction, and is loosely based upon my spot broche coutil corset dresses (below). I have explored corset dresses in both ornate (figure 4) and simple (figure 5) styles, but each idea has been built around the functional beauty of spot broche coutil fabric. This incredible fabric, especially designed for making corsets with, is thick and heavy without being difficult to handle or sew. Readily available in white, mid-grey, black, butterscotch, mid-nude and so on, it can also be dyed easily. It wears beautifully, is perfect for foundation wear, and is a dream to press and sew. It is simple and clear to find, and straighten, the grain. Cutting broche is very easy. Whilst many new students ignore broche on account of its price tag, it is in fact one of the best and easiest corsetry fabrics to learn on. I firmly believe that one toile made with a proper corsetry-appropriate fabric is worth twenty made with fabrics that are not, in terms of how quickly you will learn and how happy you will be with the corsets you make (even if only for yourself for parties here and there!). The ease with which you can great results with broche make it actually a rather cost-effective way to learn in the long run and I would actively encourage people to buy and try broche so that we may assist in keeping these mills and machines running . Using spot broche coutil allows us to focus on simplicity of construction. But even with

**id 38**

Instead of being nicely spread out over the years, stadium openings tend to come and go with waves. We recently dedicated an article to the particularly prolific year of 1923, but the early 1920s have not been the only period of frantic stadium construction in the last 150 years. These periods did not arrive at exactly the same moment in every country though. We all know that England already had proper football temples when matches in continental Europe were still played at bare pitches, and the last two decades have seen a lot of new stadiums rising up in some countries, but not so much in others. To get more insight into the path each country has taken in terms of stadium development, we looked into our database for the opening dates of all stadiums, and then made a nice chart of them (further below). Some things that attract the attention are obviously the early start of England, but then also the five decades of drought following the 1930s. We see that the 1920s and 1930s were very important years for stadium development on the continent, and that the Germans and Spanish were somewhat ahead of the Italians and Dutch. What becomes very clear is how important the Italian fascist regime has been for stadium development in Italy, and the negative impact of the Second World War is also unmistakeable. The Spanish Civil War, of course, took place in the 1930s. We had expected to see a significant bump of stadium construction in the post-War years as well, but this instead turned out to be spread out over various decades, before the crisis years of the late 1970s and 1980s set in. The 1982 World Cup made that at least in Spain a few new stadiums opened in those years. We are all aware of the new generation of stadiums that got built in the 1990s and 2000s, but while the 1990s were particularly important for England and Holland, German stadium development took almost exclusively place in the 2000s. For the French, on the other hand, the present decade seems to turn into their golden decade of stadium development. See below for the chart. The columns are not the actual number of openings, but the relative contribution of each decade to stadium development, so that all countries use the same scale and can be easily compared. Subscribe to stadiumguide.com Top stories It is time for a new journey along the construction sites of the world and see how works are progressing on a few stadiums. We always start with the next stadium to open, which is now the Grmio Arena. It is set to open on the 8th of December with a show and a friendly match between [...] On Saturday, Sweden proudly opened their new national stadium, the Friends Arena. No football was played yet though, as instead was chosen for a night of Swedish artists. The Friends Arena is Sweden's first large modern arena, and is another example of what [...] Liverpool have confirmed their plans to stay at Anfield, and as a result reject the option of building a new stadium at nearby Stanley Park. The announcement comes as little surprise for those who have followed the movements of the club in recent [...] At the end of last Sunday's member's assembly, Real Madrid chairman Florentina Prez had a little surprise for the socios. These were four models of four different proposals for the redevelopment of Estadio Santiago Bernabu. The models had been vigorously kept secret [...] Popular stadiums Recent keepers The story of Valencia's Nuevo Mestalla is one of ups and downs. In the last year we have twice reported on good news and renewed hope that construction of the new stadium may finally resume again, but this is every time followed by a setback. What's more, the latest [...] Feyenoord has chosen to build an entirely new stadium next to its current stadium De Kuip. In recent months, the club had been investigating two different options proposed by consortia led by construction firms, but today announced that they have chosen the [...] For years, the attendances of Lille have been a source of mockery for the rest of France. Of course, first Stade Grimonprez-Jooris and later Stade Lille-Mtropole were poor homes, but a city the size of Lille, with over a million inhabitants, surely should [...] Popular blog posts This is part three in a series where we look back at past new stadium proposals that were never realised. You can find the other two instalments here and here, and we will use this one to look at the basket cases [...] Instead of being nicely spread out over the years, stadium openings tend to come and go with waves. We recently dedicated an article to the particularly prolific year of 1923, but the early 1920s have not been the only period of frantic stadium

**id 39**

Although I think the Cerbera is a magnificent car, I've never quite managed to find the same love for it as I do the Chimaera. We had a couple of days last week touring Somerset and the love is beginning to grow. A mixture of Trunk, A and B roads were dealt with suitably well. Towns were explored and even a monumental traffic jam on the A303 was swallowed without any issues (apart maybe headlights - see other thread). Certainly the queuing followed by brief blasts then more damn queuing put the Raceproved Slave to the test and it passed with flying colours. The Cerb is not always easy to drive really smoothly, or particularly slowly ((;) but it handled everything with aplomb. The love is growing. I was just fishing to see if he had a problem with the car. 400bhp and no weight should make for fairly easy GT motoring. The only problem with the Cerb is rev matching with a very light flywheel and fast reving engine. Once engaged however it should trundle all day long at 1500 rpm if required It'll go at 30mph in 5th so it's not so much an issue as it just likes to be given it legs. In fact it's better than the Chimaera in that respect. When you have that power it's a shame not to use it for the smoothly bit the other poster got it bang on. I was wearing heavier footwear than I normally do and they are a little wider for the narrow fit down in the footwell, hence pedal juggling was a bit more tricky.

**id 40**

Hunter Syndrome Genetics MPS II (or Hunter Syndrome) is a genetic disorder caused by a mutation to the I2S (iduronate-2-sulfatase) gene -- this can be caused by inheriting the mutated gene, or by a mutation to the gene during egg and sperm formation. The latter case is rare, and the chance of the same mutation occurring in subsequent generations is low as neither the mother nor the father themselves carry the recessive gene. MPS II most often affects males, as it is what is referred to as a sex-linked disease. This means that the I2S gene is located on the X chromosome, and not the Y. Since females have two X chromosomes, they are more likely to have a dominant X gene which supersedes the recessive (mutated) gene; males, having only one X chromosome, do not have this advantage and thus if they have the recessive gene, they will express the disease. Women are carriers, but very rarely develop MPS II, and generally MPS II only occurs in males. There are approximately 2,000 people with Hunter Syndrome worldwide. Effects The mutation to the I2S gene means that the protein produced by the gene cannot function normally, and therefore the enzyme iduronate-2-sulfatase (I2S) is either absent or deficient. Enzymatic functions within the body are crucial to normal functioning as enzymes are the power-houses of the cell: they catalyze and facilitate reactions which allow the body to function normally. The I2S enzyme is one which breaks down and recycles specific mucopolysaccharides, also known as glycosaminoglycans (GAGs); Hunter Syndrome is one of several lysosomal storage diseases. Due to the absence or inability of the I2S enzyme to function properly, GAGs builds up in cells throughout the body. This build-up interferes with the way the cells, and consequently organs, of the body function and leads to a variety of serious symptoms. Due to the fact that the symptoms are due to the buildup of GAGs, Hunter Syndrome is progressive: the symptoms get worse as the individual ages. The symptoms usually begin to appear in the first year of life, but many are also common in "healthy" children, and seem unrelated to physicians not familiar with MPS II. However, as the child ages, the severity of the symptoms increase, and the doctors begin to order testing. Some of these symptoms include: coarse facial features, enlarged abdomen (due to enlarged organs), abnormal skeleton and stunted growth, progressive joint stiffness, developmental delays, and loss of hearing. There is no "date" for the onset of signs and symptoms, and not everyone with Hunter Syndrome is affected in exactly the same way; the rate of symptom progression varies widely. But one thing is clear: Hunter Syndrome is always severe, progressive, and shortens a child's life span considerably. Due to the progressive nature of the disorder, there are chronic signs and symptoms of Hunter Syndrome which increase in severity with age and include: obstructive airway disease, frequent pneumonia, progressive skeletal dysplasia (limited movement), cardiac and valvular heart disease, progressive hearing loss, and central nervous system involvement. The central nervous system involvement is due to the storage of GAGs in the brain, which can cause delayed development. Treatment Due to the specific nature of the illness, treatment is difficult. For a long time, bone marrow grafts were used as a way to provide a source of the missing I2S for patients with MPS II, but the treatment is nearly totally inefficient against the neurological symptoms of Hunter Syndrome patients. Not to mention the fact that bone marrow grafts are a major surgical operation, and this treatment option has decreased. In 2006, a drug company called Shire Human Genetic Therapies Ltd. developed a drug called Elaprase (Idursulfase), which is a synthetic version of the enzyme iduronate-2-sulfatase (I2S) and is produced by recombinant DNA technology. Elaprase provides most or all of the advantages of bone marrow grafts without some of the drawbacks. This kind of treatment is referred to as ERT -- enzyme replacement therapy. There is a broad range in the severity of symptoms of Hunter Syndrome, and although physicians distinguish between mild and more severe manifestation

**id 41**

Perez: I'll be fighting for title in two or three years Sergio Perez: In the future my goal is to be in a big team and to be fighting for race victories. Sergio Perez thinks he will be running right at the front in two or three years and challenging the likes of Sebastian Vettel for the F1 drivers' crown. Perez, who took a brilliant second place finish in Malaysia last weekend, looked like he would go all the way in his Sauber and beat Fernando Alonso to the victory at Sepang, until he made a mistake late on and ran wide. Following that performance it has intensified speculation he will go to Ferrari in the not-to-distant future and replace the under-performing Felipe Massa. "In the future my goal is to be in a big team and to be fighting for race victories. The most important thing is having a car that gives me the chance to win races," the Sauber driver told NDTV . "I believe that in two or three years I will be fighting for the World Championship," he added. Meanwhile, his drive seven days ago in the wet and changeable conditions in Malaysia, has led some to compare him to the late great three-time F1 world champion, Ayrton Senna, as both hail from Latin America. Perez though, while flattered, said that is a bit premature: "It makes me proud that people compare me to someone like Senna, but I've still got a lot to do in my career to receive that kind of praise."

**id 42**

For most of the past fifty years, the Chinese communist government made the decisions affecting people's lives. But increasingly that is changing. Thanks to the economic boom in China , more and more people can buy what they want, eat what they like, and choose where they work. But they cannot choose their government. So what role does choice play in modern China? The Big Question: How much choice do the people of China have? Used with permission "You can buy almost everything you want in Shanghai!" says Elyn, a university graduate, who takes Emma on a Shanghai shopping spree : from the exclusive designer boutiques where a pair of trousers can cost twice the average Shanghai monthly salary, to the packed department stores and the crowded street markets. It is a stark contrast with the China of Mao Zedong where there was no place for individual choice, as Professor Shen Dingli of Fudan University tells the Big Question . "Chairman Mao thought there were a few Chinese people who dreamed to bring capitalism to China. He wanted to remove them and launched the Cultural Revolution . He used the ordinary people to use the revolutionary way to remove these highly placed officials." Used with permission Like millions of Chinese people who were sent to labour in the countryside, Professor Shen's father was sent to work in an open-cast coal mine and his mother lost her job in an opera troupe. "That system cared only about the revolution. It didn't deliver anything good to the people." Under the Iron Rice Bowl system of guaranteed employment in the state sector, the Communist Party was able to keep a tight control over people's lives. From housing to food allocation, from family life to job prospects, the state left little room for individual choice. After Mao's death and under Deng Xiaoping , Professor Shen says, "China launched a campaign to be self-critical, to review our history. We considered we had wasted a great amount of time - now is the time to learn from the industrialised west and develop our economy." Used with permission "Advertising is the perfect example of the big changes taking place in China," says Xu Jianxin, co-founder of Shanghai-based Skylighting ad company. "20 years ago, there weren't any adverts, because there were so few products to buy. 10 years ago, there were lots of adverts, especially in cities like Shanghai, but most of them were foreign-made. Now most of the ads are designed by Chinese talent with Chinese characteristics!" "For instance, 5 or 10 years ago, the state-owned hospitals didn't have to advertise because patients didn't have any choice about where to go," adds his colleague, Li Keqi. "Now though, there are so many private clinics, they have to attract more clients." "Our job is to help the customer make up their minds." And, like in many other countries, not everyone finds that easy, says psychologist, Lin Zi. Used with permission "The array of choices facing us adds stress to our lives. Lots of people are realising they don't know what kind of life they want to lead and they don't know how to measure success. I have a client who graduated from university three years ago. He was an excellent student, but he's already changed his job six times. He was confused about what to do with his life."Lin Zi, who runs one of a growing number of counselling services , points to a huge generation gap between today's young and their parents, who grew up during the Cultural Revolution. "This generation is unprecedented in Chinese history. They don't have a map to guide them." And television journalist and media executive, Yang Lan worries this generation may not have as many choices as they think. This she attributes to a government policy which has, in turn, restricted their parents options - the policy that allowed just one child per family . Used with permission "If you only have one child, parents give all the resources, energy and time to this one child. Many kids can't handle the love and the pressure. Their parents just have too many expectations. Sometimes they have to live up to the dreams of six adults, including the grandparents." "It always looks like we have many possibilities but in reality we don't have many choices," says 20 year-old Elyn, Emma's shopping guide. "We don't have choices in our [political] leadership , our party." The state may have loosened control of the economy, but there is little sign of the Communist Party giving up

**id 43**

Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Book Description In this short but powerful book of interlinked essays, noted cultural critic Vijay Prashad examines the contradictions of the American economy. Prashad assesses a range of related issues: the oft-vaunted US economy, propped up by the rising debt of poor and middle-class workers; welfare policies that punish those attempting to escape the grip of debt and poverty; and a prison industry that regulates and houses the unemployed, as well as a reserve army of laborers. In Keeping Up with the Dow Joneses , Prashad argues that the advent of mass production and advertising has converted citizens into consumers whose desires are captured by the phrase "keeping up with the Joneses." Yet, as Prashad so persuasively demonstrates, keeping up with the Joneses is a trap: Americans have gone into massive consumer debt, with the poorest forty percent of the public borrowing money to compensate for stagnant incomes, not to spend on luxuries. Only the richest twenty percent borrow money to invest in stocks. Not surprisingly, in the last few years, income and wealth differentials have risen to record highs. By making crystal-clear connections between the economy, welfare reform and the profit-driven prison industrial complex, Prashad offers a vision for a sustainable and vital anti-imperialist movement. Vijay Prashad is Associate Professor and Director of International Studies, Trinity College. He is the author of several books including Everybody Was Kung Fu Fighting: Afro-Asian Connections and the Myth of Cultural Purity, Fat Cats and Running Dogs and The Karma of Brown Folk. Each was included in the Village Voice's "25 Best Books of the Year" list. In this short but powerful book of interlinked essays, noted cultural critic Vijay Prashad examines the contradictions of the American economy. Prashad assesses a range of related issues: the oft-vaunted US economy, propped up by the rising debt of poor and middle-class workers; welfare policies that punish those attempting to escape the grip of debt and poverty; and a prison industry that regulates and houses the unemployed, as well as a reserve army of laborers. In Keeping Up with the Dow Joneses , Prashad argues that the advent of mass production and advertising has converted citizens into consumers whose desires are captured by the phrase "keeping up with the Joneses." Yet, as Prashad so persuasively demonstrates, keeping up with the Joneses is a trap: Americans have gone into massive consumer debt, with the poorest forty percent of the public borrowing money to compensate for stagnant incomes, not to spend on luxuries. Only the richest twenty percent borrow money to invest in stocks. Not surprisingly, in the last few years, income and wealth differentials have risen to record highs. By making crystal-clear connections between the economy, welfare reform and the profit-driven prison industrial complex, Prashad offers a vision for a sustainable and vital anti-imperialist movement. Vijay Prashad is Associate Professor and Director of International Studies, Trinity College. He is the author of several books including Everybody Was Kung Fu Fighting: Afro-Asian Connections and the Myth of Cultural Purity, Fat Cats and Running Dogs and The Karma of Brown Folk. Each was included in the Village Voice's "25 Best Books of the Year" list. Special Offers and Product Promotions Giving this item as a gift? If Amazon.com is the seller, we can wrap it for you for the special price of $2.99. Just choose the gift-wrap option when available at checkout, and let Amazon.com help make your holiday season hassle-free. {"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 avail

**id 44**

Floor installation should be the final step after any other decoration work. Be sure the sub floor is completely dry, clean, flat, and sound before starting. Vacuum or sweep the floor thoroughly to get it free from dirt or any other substance. See ill. No.1. If the sub floor is concrete, it should be older than 30 days (this is for a "new" build or newly poured cement slab). The preferred room temperature is 21? (70 ?) with a relative humidity of 35%~60%. The cork floor planks need to be acclimatized for 24 to 48 hours within the job site. Check for flatness. Any bumps or hollows exceeding more than 4mm within 1 square meter area (the length of one flooring plank) below or above the standard level should be sanded down or filled with filler. See ill. No.2. Cork floating floors are intended for indoor use (as with any other flooring system such as laminate flooring). Installing floating floors in humid areas such as bathrooms or laundry rooms is not recommended. Cork tiles (glue down flooring) should be used in such instances. Installation: Step 1. Step 1. Lay the planks lengthwise with the direction of sunlight. Check for color harmony and consistency in the flooring. This can be done when allowing your materials to acclimatize beforehand. Manage abrupt patterns by relocating planks. This allows for a more natural transition between color variances in the cork. See ill. No.3. Step 2 . Installing over a concrete sub-floor usually requires some form of moisture barrier. This can be in the form of polyurethane sheeting. Most hardware stores will be able to direct you to the right product for the job. This is especially true when working in a basement or any other room that is below-grade. Step 3. Measure your room and divide by the width of a flooring plank. This will determine the number of the planks needed to cover the floor. If your measurements leave you with space of more than 2.5inches on you long wall (63mm) you should start with a partial board (cut the board to size) in the first row to ensure the stability of the floor. Step 4 . Leave a 3/8inch (10mm) expansion gap between the flooring and each wall, or other obstacles such as a door frame or cabinetry, using spacers (scrap wood or waste product works well). Working left to right in the room: "brick" or stagger your planks to reduce the visual appearance of the seams. The tiles along the edge should be the same width along all the walls. This is where your "pre-placement" of your planks is going to pay-off. Place the first plank in the left - hand corner of the room (leaving your spacing to the wall) with both tongue sides facing the wall . Complete the first row by angling the planks together one at a time. Try to install the tiles so that they form a single line when you click them together. See Figures A & B. See Ill. No.4. Step 5. Start of second row: Insert the tongue ridge of the next plank to the groove of the first plank at a 20-30 degree angle to the floor -- this is where you will place the cut plank from row 1 to ensure the staggered seams. Press downwards with your hands allowing the plank to "click" into place and lay flat on the floor (Figures A & B). Fig. B Fig. A Should you need to "straighten" a row or "tighten" the seams you can use a scrap of the planking as a "tapping block". By using the tapping block (which you have so cleverly created with a piece of scrap tongue and groove flooring) and your rubber mallet you will save the edges on the flooring from any damaging blows. See ill. No.5,6. . Step 6 . Once you have reached the end of the row, you may have to use have to use the crowbar and mallet to tap the last piece into place (space against the wall will be tight). See ill. No.7 See ill. No.8. Step 8 . Proceed the same way for subsequent rows. See ill. No.9. Step 9 . The last row: Hopefully the gap between your flooring and your wall will be uniform along its length. You can ensure the gap is uniform by measuring at both

**id 45**

OCS International Facilities Management Services In most market sectors, businesses and organisations rely on us to provide the essential day to day property support services such as cleaning, catering, security, waste disposal and grounds maintenance, leaving them free to concentrate on core activities. But the provision of individual services only scratches the surface of what we do; our management teams are experienced in working within your organisation to become a seamless extension of your business, working with you to provide a total facilities management service. We have the experience and capability to help you achieve compliance, benefit from the best in class technology and reduce your carbon footprint. We have developed our model over a long period of time and in certain market sectors such as healthcare, aviation and retail we have continually adjusted the way we work to become part of the fabric of our clients' organisations. Contact us today to learn more about our how our facilities management services can help you.

**id 46**

Welcome to our blog If you would like to find out how do professional portrait photographers take that perfect portrait then read on. A lot of people make the mistake of thinking that in order to get that perfect portrait or headshot, all they just need to do is position the subject at the center of the frame. They think that as long as the subject is right smack in the center of the frame and that there are no red eyes, if the subject did not blink and if the subject smiled anyway, it's already the perfect portrait. While it's true that it would be best if the subject also smiles, that basically does not make up the best or perfect portrait. Here are 7 quick and easy tips on how to get the perfect portrait. Note that these are tips followed by professional portrait photographers the world over. It will certainly not hurt if you follow one, two or even all of them! Check these out. 1. Change your perspective. This means that you need not just sit and be at eye level with your subject. Many newbie photographers do this. While it's the "standard" thing to do (not to mention pretty formal thing to do), it's really not necessary. You can completely change your perspective and shoot from a different angle. Try this -- if you want to take a photo of someone who's busy working on his or her laptop, why not grab a chair, pull it in front of your subject, stand on that chair and take a photo from "above" your subject? Your subject can then just look at you and you will have a different perspective. Your photo will also be interesting since it will also include your subject laptop and other items that may be around your subject. 2. Don't be afraid to NOT establish eye contact. Your subject may look straight into your camera lens, yes, but it can also be more dramatic if your subject DOES NOT look into your camera lens. Ask your subject to look off the camera. Perhaps your subject can focus on something on his or her left, something unseen or something outside the field of view of your camera. This will definitely help create a dramatic feel to the photo. It will also help create a "candid" feel to the portrait. 3. Experiment with lighting. Lighting can be a photographer's best friend if done and executed pretty well. There really are a lot of possibilities to a portrait if lighting is used. What you can do is conduct side lighting -- this will help set a certain mood. You can also experiment with backlight or silhouetting. This will add that "wow" factor to the photo. 4. Don't be too strict with the rule of thirds. As previously mentioned, you need not put your subject dead center. You can experiment with the photo composition. You can place your subject on the right or you can even place your subject on the edge of a shot. These techniques will help create depth for your photo. 5. Use a venue that isn't familiar for your subject. Usually, subjects are placed or photographed in places or venues that are familiar to them -- home, a photo studio or an urban environment. However, why don't you try placing your subject in a place that's out of their comfort zone? More often than not, subjects will feel a little uncomfortable at first but if you know how to make your subject feel at home and if you know how to explain to your subject what you want for the photo, chances are the subject will gladly step out of their comfort zone and do something pretty awesome. Who knows, the subject may start jumping up and down, giving a really nice smile or posing as if he or she is a professional model! 6. Use a prop. Adding a prop into your portraitures can help enhance a shot. While it's true that the use of a prop may take the "attention" away from your main subject, it will also add sense to the photo. The portrait will have more meaning, in a way. Examples of these props are a subject's favorite gadget, favorite toy or perhaps something that he or she uses every single day. 7. The last tip is particularly helpful if you want to have as many candid shots as possible -- take a series of shots! Shoot portraits in "burst" or "continuous shooting" mode. This way, you will be able to get as many beautiful portraits as possible. A lot of professional photographers find this particularly helpful when they take portraits of kids.

**id 47**

Posted: Sat Nov 17, 2012 9:18 am Post subject: why not meet up on this site ..if you can! Well here we go!...why do people not try and connect with eachother on this site? You hear everyone talking about meeting someone and how hard it can be..then why if the people that would like a bit of romance ..not try here?..there is so many interesting people here..i'm sure one or two might be right for eachother I have been talking to one or two people on this site..but sadly they are only interested in friendship ..but still nice to just chat about all the stuff we go through in life ..but any nice young ladies interested in meeting someone that would like to be like me and hope to meet a nice person to maybe take things a little more romantic....and you live in the UK i would love to hear from you..hope this does not sound too cheeky Try this one as well Eligible Odd-Bods! - The Premier Aspergian Singles List http://www.wrongplanet.net/postt62.html \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you are either a loyal friend or you aren't my friend at all Trust thyself only, and another shall not betray thee We're all fairly weird on this site bar a couple of us. Some are weirder than others yes but we can't escape some of our quirks and social awkwardness! There's a couple of threads for hooking up right here in the L&D board (which have been mentioned). \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "A man is but the product of his thoughts - what he thinks, he becomes." - Mahatma Gandhi

**id 48**

Avibase - Bird Checklists of the World Palearctic This checklist includes all bird species found in Palearctic , based on the best information available at this time. It is based on a wide variety of sources that I collated over many years. I am pleased to offer these checklists as a service to birdwatchers. If you find any error, please do not hesitate to . The taxonomic order and nomenclature follows Clements 6th edition (updated 2011) . If you prefer to view the list based on a different authority, click on one of the list available below. Globally threatened species (status in red) were identified by Birdlife International in Threatened Birds of the World (Birds to Watch 3). Bird Checklists of the World is part of Avibase and Bird links to the World, which are designed and maintained by Denis Lepage, and hosted by Bird Studies Canada, which is a co-partner of Birdlife International.

**id 49**

Festival popping up all over the show Ol Ola is one of a variety of arts and cultural events being brought to Queenstown and Glenorchy by the Festival of Colour. Photo supplied. Queenstown and Glenorchy residents will be able to enjoy musical, dance and theatrical shows in their home towns when the Festival of Colour expands from Wanaka to the Wakatipu. The Queenstown Memorial Hall will host the world premiere of Rita and Douglas on April 12, the touching story of the relationship between New Zealand artist Rita Angus and musician and composer Douglas Lilburn. Told through the letters written by Angus to Lilburn and the music composed at the time by Lilburn, played by pianist Michael Houstoun, the performance explores a complicated relationship between the two. Latin passion will spark when a dozen dancers and musicians perform in Ol Ola on April 14, taking audiences on a high-energy journey from Cuba to Argentina and Brazil with the lambada, salsa, chacha and more. New Zealand band the Phoenix Foundation plays in the memorial hall fresh from its successful European tour on April 15. Families can enjoy the quirky antics of Linsey Pollack in Passing Wind on April 13, also in Queenstown, as he makes and plays instruments using everyday items such as carrots, rubber gloves and a garden hose. The Glenorchy Hall will stage two of the programme's comedy highlights: the highly acclaimed and outrageously funny Guru of Chai - which won Jacob Rajan a 2010 actor of the year award - on April 15, and, on April 16, a revival of the play C'mon Black, based on the 1995 Rugby World Cup year. The festival's touring programme will also take performances to other centres across the Southern Lakes area, including Hawea, Luggate and Cromwell. The full programme is on the festival's website, www.festivalofcolour.co.nz . Tickets are available through the website, by calling 03 443-4162, or from i-Site Visitor Centre Queenstown.

**id 50**

Resolved Question How do I deal with the fact I'm going to be alone forever? Never had girlfriend cause of the way I look I have had sex once that's z cause we were both very drunk and she regretted it the morning after I've tryed everything to get a gf nothing works every girlfriend every girl rejects me btw I'm 25 and feel so alone and feel I have missed out on a lot I just don't no what to do :( Best Answer - Chosen by Voters Sorry to be tough but here goes. You are only 25 - thats still young. Be glad ur not 35 and saying this same thing. There are 7 billion people in the world. You must think ur pretty ugly if there is no one for you. I find that hard to believe. The only way you are going to find a girl is ..... 1. Take chances and risk rejection 2. Get out and socialize 3. Have a positive attitude (so people want to be around you) 4. Work out and get in great shape 5. Dress the best you can and always make a good impression 6. Be friendly and show an interest in the other party (girl your trying to impress) 7. Don't put yourself down in front of other people (if you think ur a loser they will too) 8. Be a friend first - worry about the dating part later Define the problem - no girlfriend Make a plan - to get the girl Take action - see results Everyone has a soulmate don't think u will be alone for ever its just girls this days watch crap on tv and are looking for looks instead off a wounderfull conection just be patient and don't worry about sleazy girls. And about being alone u won't be soon there is someone for u just consetrate on ur self and life and it will come to u g luck You are fuckin so negative. Beauty doesn't matter at all. \*\*\*\* those people who thing you are ugly and don't hang around with you. Respect the body which god gave you. \*\*\*\* those girls who thinks you are ugly.. Why do you need a relationship??? Why are you inviting 100000s of problems in your life???? If you need a sex then just go to the prostitude or massage parlour... Girlfriend will waste your hell lot of time and money.... People are a\*\*holes. I mean really every one is beautiful/handsome. And outter beauty doesn't really matter. I mean if your emotionally attached to a person then they can look past your outer flaws:) try a dating site. Post your picture and just have a great attitude.. you'll find some one ..good luck!!:D Source(s): Alvacado\_chik@ymail.com... let me know how it goes:) or email me for my number I'll help you out!!!:))

**id 51**

You are here : Home In the news Cell phones account for more than 1,700 crashes in Texas Cell phones account for more than 1,700 crashes in Texas Posted on April 16, 2010, 1:26 PM, by Text'nDrive, under In the news . The Texas Department of Transportation has released the number of car crashes related to a hand-held cell phone, and it isn't a pretty picture. Since 2005, over 1,700 drivers were involved in a car crash while using their cell phone. In 2009, they were responsible for almost 700 crashes. Four of them were deadly. According to Dan Ronan, spokesman for AAA Texas, cell phones are the biggest cause in terms of distracted driving: "You're looking at the keyboard, looking at the screen, processing the information, going back and forth, and you're trying to do this at 70 miles per hour on the George Bush Turnpike." At the moment, Texas does not have a state-wide ban of texting while driving . So far, HB 339 prohibits drivers under the age of 17 of using a cell phone while driving, and some cities like Dallas, Austin, and Galveston have banned cell phones and text messaging in school zone. The state still condones texting while driving , even without a specific legislation on it. In October 2009, a Texas woman was sentenced to 10 years probation, a $10,000 fine, and 400 hours of community service after she was convicted of criminally negligent homicide. She was involved in a car crash, killing a 25 year old truck driver in the process, which may have been caused because she was on her cell phone moments prior to the accident.

**id 52**

First stage of Lawrence Heights transformation gets green light November 6, 2012 TORONTO, November 6, 2012 -- Toronto Community Housing's transformation of the Lawrence Heights neighbourhood took an important step from vision to reality with the unanimous approval of the phase one by-law amendments today. During his deputation at North York Community Council, Toronto Community Housing President and CEO Gene Jones noted that this planning approval for phase one is a crucial step forward for the Lawrence Heights revitalization, which will transform the neighbourhood into a vibrant, mixed-use community. The first phase of the Lawrence Heights revitalization will include 233 new rental units and 828 market condominiums and townhomes, as well as new retail space and three times more parkland. When complete, revitalization will replace the 1,208 aging social housing units in Lawrence Heights with new, quality, energy-efficient homes side-by-side with 4,100 new units of market housing. In addition to the new housing, the revitalization will bring new retail services, community amenities, green spaces, private sector investment, and jobs and training opportunities. The revitalization follows years of input and involvement with Lawrence Heights residents, community organizations and the City of Toronto. Toronto Community Housing is in the process of procuring a development and construction partner for Lawrence Heights. The new partner is expected to be announced early in the New Year. Toronto Community Housing has unique experience in making revitalization happen, and is working with private sector developers in Allenbury Gardens (FRAM Building Group), Alexandra Park (Tridel), Leslie Nymark (Tridel), Railway Lands (Context) and Regent Park (The Daniels Corporation) to revitalize communities by building new, quality replacement social housing, attracting new community amenities, and creating job and training opportunities for residents. Quotes "We have seen what we can accomplish when we all work together -- housing providers, developers, charitable organizations, community groups, and all levels of government. In Regent Park, we have proven that revitalization works. And now, we're excited to apply our knowledge from that experience in Lawrence Heights. "Phase one will kick-start the rebirth of the entire Lawrence Heights community. It will see this part of Lawrence Heights transformed into a mixed-use community that is fully integrated into the surrounding neighbourhoods. Toronto Community Housing is proud to be the catalyst for transforming this neighbourhood into a vital, healthy and economically vibrant part of the city." -- Gene Jones, President and CEO, Toronto Community Housing Key Facts Phase one of the Lawrence Heights revitalization will cover 25.6 acres (10.4 hectares). The location is adjacent to the Yorkdale subway station and a short distance from the Lawrence West station, with convenient access to the Allen Road Expressway and Highway 401. When phase one is complete, the area will include 233 rent-geared-to-income units and 828 market units in mid-rise buildings and townhomes. Construction of the first buildings in phase one could begin as early as 2014. Toronto Community Housing is leading the revitalization and, through the sale of market housing with the private sector, will invest an estimated $65 million in new social housing in phase one. Toronto City Council endorsed the Lawrence-Allen Secondary Plan on November 30, 2011. About Toronto Community Housing Toronto Community Housing is Canada's largest social housing provider and home to more than 164,000 tenants with low and moderate incomes -- about six per cent of Toronto's population. Toronto Community Housing and its subsidiaries employ 1,400 staff in a broad range of jobs, who deliver its mission to provide affordable housing, connect tenants to services and opportunities, and work together to build healthy communities.

**id 53**

Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Special Features None. Editorial Reviews A group of old college friends work through their long-standing sexual tensions when they reunite for a wedding in this comedy-drama. Bob (Alexis Arquette), a student at George Washington University, has a mad crush on his buff, beautiful roommate, Brendan (Christian Maelen). Brendan senses the attraction, but rejects Bob violently during a play wrestling match that goes a little too far. A few years later, the young men's mutual friends -- Matt (Jamie Harrold) and Carol (Lauren Velez) -- decide to tie the knot, and the old gang reassembles. TV writer Bob brings along his conceited soap-star boyfriend, Sterling (Tuc Watkins). Brendan comes dateless, but old flame Sarah (Marianne Hagan) -- now a conservative senator's aide -- puts the moves on him. Meanwhile, their friend Eric (Guillermo Diaz) vacillates between hooking up with long-lost lady friend Beth (Maddie Corman) or with the nubile sister of the bride. During the wedding reception, Brendan corners Bob and confesses that he, too, is now gay -- and that he's in love with Bob. This doesn't sit well with the newly self-sufficient Bob, who's finally found a backbone and doesn't want to relive painful college memories. But with stick-in-the-mud Sterling around to remind him that his new life isn't exactly perfect, Bob soon finds himself alone in a hotel room with the object of his youthful affection. The debut feature from writer/director Brian Sloan, I Think I Do was produced by Lane Janger, a fellow participant in the Boys Life anthology series. Janger would go on to cast Guillermo Diaz in his own debut feature, Just One Time. Actress/singer Marni Nixon has a cameo as Carol's wise old Aunt Alice -- her first screen role since appearing in 1965's The Sound of Music. ~ Brian J. Dillard, Rovi In the following review, I'm not going to tell the plot of this wonderful, warm movie because almost everyone else on this board has told highlights of the plot. However I'm going to tell you what this fillm means to me on a personal level. This is one of my all time favorite movies. It is a movie I view when I'm happy, when I'm sad, when I'm depressed, when I'm discontented,, when I'm contented when I'm grumpy, when I'm feeling older than god, etc.--in other words, no matter what state of mind I'm in, this movie makes me feel better, happier and yes, even younger. (By the way, I'm a whole lot older than the characters in the movie.) I really can't say how many time I've viewed "I Think I Do" it must be, going on, at least, a hundred times. I love all of the characters. It's just an integral part of my life. In the course of a day, I'm forever thinking of some line from the film that I particularly like and find amusing (e.g., "Advil and sleep" "Oh Bob, I'm scared, you've been writing for that soap-opera too long" "So making out

**id 54**

Although fish may not seem at first glance as the most interesting or photography subjects they can provide some wonderful examples of wildlife (kind of) images. With a myriad of colours, shapes, sizes and personalities you can capture countless images of these little (in some cases not so little!) guys for your portfolio. Clean out the tank An aquarium will look it's best when clean (pretty obvious). This will also give you the opportunity to arrange any plants, rocks etc to your photographic requirements (kind of like a studio set). Allow time for the water to become clear again as this will be murky straight after your clean out. Remove any unsightly moss or algae from rocks and plants and clean the inside of the glass thoroughly as by doing this you will eliminate any spots that would impede your shots. Credit: Hinesh Patel/Barry Chignell Feed the fish Feed your fish about 20 minutes prior to the shoot. They will be more calm in the way in which they swim around the tank and not going berserk every time you approach the tank thinking that they are about to be fed (unless, like my fish, they are ALWAYS hungry!). Feeding them about 20 minutes prior to the shoot also enables any particles of food which are not eaten to sink to the bottom of the tank or be sucked up by the filter, this in turn means that the water will return to it's clearest state. Clean the glass As well as cleaning the glass on the inside, don't forget to clean the outside of the tank as well for the same reasons as those above. Finger marks and dust may not be hugely evident to the naked eye but when taking photos, these will be picked up and if obvious, will have to be removed in post processing (annoying). Turn on the lights in the tank An obvious one but the more light you have to work with, the less likely it will be that you will require a flash. You can select the type of light that gives the best illumination for photo shoots from your stockist if you are planning on taking loads of shots over time, if not then just making sure that it/they are turned on will help. The light (especially certain types of bulb) will also enhance the fish's colours which in turn will enhance your photos. Turn off the lights in the room By turning off the lights in the room where the tank is housed will minimise reflections, this is an important one! Having little or no light in the room will also reduce any problem whereby the fish are startled by something moving outside of the tank. Don't use a flash if possible Using a flash has a couple of drawbacks; It will cause a serious reflection if taking the shots from straight on to the tank. Colours may appear washed out within the frame The fishes eyes reflect the light back and look a bit weird The flash will show up EVERY scratch and scrape on the surface of the glass. Take photo from an angle if flash required If you have to use a flash then make sure you take the photos from an angle to avoid the reflection of the flash destroying your photos. If you have the option, reduce the power of the flash as much as possible and use other camera settings to compensate (see below). Use a quick lens and set up the camera Taking the shots of your fish will require a certain degree of experimentation due to the number of different elements which effect the shoots (light, fish movement, size of tank etc). Set your camera to 'Manual' mode, this will allow you to control the shutter speed and aperture for best results (after some test shots). If you have a quick lens and you can select a large aperture such as F1.8 then great, if not then select the largest aperture that the lens will allow, you can also adjust the shutter speed (however be sure to retain a shutter speed fast enough to capture the fish without blurring) and the ISO (watch out for graininess on high ISO settings) if required. If you can, rest the camera on a support, this doesn't necessarily have to be a tripod, just something to reduce camera shake.s Research online for ideas Looking on line prior to or between shoots for examples of other peoples work is a great source of inspiration too. There are plenty of forums and sites dedicated to aquarium photography that you can not only peruse, but also get involved with, share your work and discuss how others achieve their results, some sites are; Shoot in burst mode where possible, this will increase your chances of capturing a non blur

**id 55**

Cookies on The Couple Connection: The couple connection uses cookies to ensure that we give you the best experience on our website. If you continue to use the couple connection, we will assume that you are happy to receive all cookies from this site. Having an affair but can't leave marriage I really need someone to put my life back on track, to turn me back into the mother and wife I once was... a year ago, all that matters to me was my family whom I took pride in and would do a lot for them without expecting anything in return. After all, love is unconditional and as a mother, its my job to love, care and protect them. I didn't even ask a lot from my husband nor did he expect a lot from me. We were just in a good marriage, hardly any arguments between us and we took pride in our parenting and are proud of our beautiful, bright children. It all started when a single dad at school confessed to me that he finds me attractive and admitted fancying me for a while. It all came as a big surprise to me as I do not expect a mum like me to still have "admirers". Although I turned him down but since then my confidence grew and I started enjoying the fact that I can still attract male attention. Six months ago, I met William. I was very much attracted to him, physically and sexually. We started off texting back and forth, first with light and gentle flirting. We met up for a few drinks now and again and have a good time laughing and flirting. Then it soon developed into a bit more and more and then more. I am not one into casual flings or reckless, irresponsible behaviour but then suddenly before I realise, I found myself having an affair with William. A proper full blown affair. By the time I asked myself "what have I done?", it was too late. I have already slept with him. I know it was all principally and morally wrong. I know I have done something very bad and my husband would not forgive me if he knows what had happened. I asked myself what do I want from this relationship with William? Is it just purely for sex? Physically, we both look good together and we are both in lust with each other although William said its not just about that. He said he cares about me and wanted to see me every weekend. He kept telling me he misses me whenever he is not with me and he would send me daily texts messages which were all very sweet to read. I thought I was falling for William because I can't get him out of my mind and I really love being with him. I am so attracted to him that no one else can catch my attention because my heart and mind is just set on him alone. The problem is I can't seem to leave my marriage because I don't want to break my family apart and let my kids and husband down. What I have is beautiful and to destroy it could be the biggest mistake and regret in my life. Yet I can't stop contact with William no matter how hard I tried, I always ended up going back to him again and again. It is like an addiction. Maybe I am in love with him but I am just in self denial. Although William has told me he loves me but he doesnt convince me enough that our relationship has a future. Although I can see myself (on my own) with him but I can't see my children in the picture. William is a single guy, still living a bachelor life and there is no way he would swap his convertible two seater sports car into a family car. Everything in his life is that of a bachelor; even his bachelor pad is so unchild-friendly and immaculate that I can't even imagine my kids sitting on his leather creamy sofa. I can't even see him swapping his bachelor pad to a family home. All signs are telling me is I am a "current" girl he is currently seeing until he finds himself a single girl he is willing to settle down with. I have somehow raised that issue in a joking way with him and of course he denied it. I didn't press him more because I don't want to spoil the fun between us. Also I felt I have no right to press him for commitment when I myself am still married. He did say to me before that I should make my mind up on what I want in life or with my relationship and he is jealous to imagine sharing me. There is no sharing. I have become even more emotionally and physically detached from my husband. Thinking back over the years, we have grown apart emotionally and intimately. There is hard

**id 56**

Jim Rogers graduated from Yale University and has a degree in philosophy, politics and economics from Oxford University. Jimmy Rogers became a Wall street legend when he and George Soros founded the Quantum Fund.After his career as a hedge fund manager and investor,Jim Rogers now periodically teaches finance at Columbia University, and appears regularly on the CNBC Cable Network. Tuesday, October 30, 2012 If You Have A Dream, You Have To Try It If there`s one thing I have learned in going around the world, it`s that societies become rich, swagger around for a few years, decades, or centuries, and then their hour is done. The other thing I have learned is that even when all the wealth is gone, life goes on. More important, I`ve also learned that if you have got a dream, you have to try it; you must get it out of your system. You will never have another chance. If you want to change your life, do it. - in Investment Biker Jim Rogers is a bestselling author, financial commentator and successful international investor. Rogers was a co-founder of the Quantum Fund (considered to be the first truly international fund of its kind) and is the creator of the Rogers International Commodities Index (RICI).

**id 57**

My brother died two years ago Other Qs & As Question My brother died two years ago. He was diagnosed four months previously with new variant CJD . I am still trying to come to terms with the tragedy and I am finding it very difficult to get on with my life. I am haunted with the images of my brother during his illness and the awful deterioration of his health and life. He was just 26. I am very tearful and I get very low. I noticed that at the time of his illness my concentration was very low and my memory was terrible. This has only improved slightly. I went to my GP about a year ago, but came away feeling a bit silly and as though it was to be expected. I am wondering if this is still normal or if I have depression . I have lost a lot of confidence in myself and my motivation is very low. This is what bothers me the most as it is affecting my work. I feel sick whenever CJD is on the news and I cant bear to hear about farmers or cows -- I know this sounds a bit silly really. I feel awful resentment towards my family (aunts and cousins, not immediate family) and I can only seem to direct anger at them for eating beef rather than doing something more active like get involved with family meetings with other victims of CJD. I sometimes feel like I need counselling but I don't feel that anyone will understand as the disease is so unlike others, it doesn't feel like a usual loss. I have recently started taking rhodiola rosea which I heard helps with depression, but I don't feel much better. Do you know anything about rhodiola? I used to take St John's wort until I heard about bad side affects. Answer David writes: This must have been absolutely terrible for you. I'm so sorry to hear about it. It's a bit sad that you came away from your GP feeling 'silly'. I hope he didn't make you feel this. It's obvious that -- like the majority of people who are exposed to terrible sights and events - you would benefit from some sort of counselling . I don't know anything about rhodiola. The only herbal remedy which has been shown to help depression is St John's wort . But what you need now is urgent counselling. Christine adds: I can't imagine how awful it must have been for you to see your brother die of this horrible disease. I am deeply sorry that this has happened and also about how desperately sad you feel. I agree totally that you need counselling. You mention meeting up with other families who have been affected by this awful disease. I wonder if any of them could recommend some experienced counsellor to you? In any event, I do feel you should go back to your GP . He/she must surely understand that after two years you need some very definite help to get you back to normal again. The anger you feel towards your family must be difficult to cope with, but is entirely normal and understandable. You probably feel that it's completely unfair that they are still living -- and eating beef -- while your much younger brother has died this appalling death. I'm sure you could also get significant help from Cruse, which is the organisation for all bereaved people. You are right in saying that many people will not understand the specifics of how your brother died, and what that means to you, but Cruse are experts in grief counselling and I am sure they'll be able to help you. You have been part of a heart breaking tragedy. You need help. I hope that you'll make sure you get that help very soon and start to feel better. The materials in this web site are in no way intended to replace the professional medical care, advice, diagnosis or treatment of a doctor. The web site does not have answers to all problems. Answers to specific problems may not apply to everyone. If you notice medical symptoms or feel ill, you should consult your doctor - for further information see our Terms and conditions .

**id 58**

Pages DOWN TO EARTH FORUM If you would like to join a friendly online community of people who are living simply, or trying to, click here to join . It's free and there are no rude or annoying posters. At the Down to Earth Forum you will be supported and encouraged in your simple choices by others who are working towards a more sustainable life. I invite you to join us. 22 August 2007 Get the most out of each day It is is helpful to think about your week before it happens. I noticed that Jenny likes to organise herself on Monday mornings so that after she thinks about her week, she's ready for what is ahead. I organise myself on Tuesday afternoons because I work on Monday and Tuesday so by Tuesday afternoon I have a pretty good idea what needs doing in the coming five days. At work, I have a book and write everything I need to know in it. I put the date at the top of the page and all my important things are written there. In this book I also have personal page, so that while I'm at work and also when I'm at home, if I think of anything that needs to be done the following week, it's written on this page to be dealt with when I organise myself on Tuesday afternoons. Then, about an hour before I finish work, I write a report in our work book about what happened and what needs to happen later in the week. After that report, I write up my own list for the coming week from what I've written on my personal page. As I drive home I think about that list and how I'll spend the coming five days. It doesn't take much time but it helps prepare me for what's ahead. I think having a list makes it a bit easier and it often stops doubling up on things as you can plan your trips out to include everything you need, instead of making several trips for just one thing. If you work outside the home most days then this sort of organisation would be even more important. Once you have yourself organised with your list you'll have an idea of what you'll be doing each day. I get the most out of my days if I do my heavy chores in the morning when I'm fresh, and that leaves the afternoons for writing, sewing, gardening or relaxing. Don't be afraid to organise yourself however it suits you, even though others might think it's a bit odd. Simple living is all about customising your own life to suit you so that along with getting your work done, you also find as much pleasure and enjoyment as you can in your day. I'm currently changing our meal times so that we eat our main meal at lunchtime and have a sandwich or light snack in the evening. I don't care that this is uncommon in Australia, this suits us at this stage of our lives, so that's what we're doing. Thinking about how you live, getting the best from yourself, organising each day, finding pleasure in the ordinary things you do, being open to whatever your day brings, is all part of living simply. It is being mindful of how you spend your hours so they are truly lived and not lost through multitasking, boredom or being too busy to be aware of what you're doing. Try to make a conscious effort to slow down, even when you're at work. When you can, take time for yourself, even if that's just making a good cup of coffee, or sitting outside to enjoy the fresh air. Those breaks allow you recover a bit and help you remain focused for what's ahead. Do whatever you do to the best of your ability so that at the end of each day instead of being thankful you got through it, you feel pleased with what you achieved. Now I have a challenge for you. I challenge you to organise your day tomorrow, no matter what you are doing, to be as productive and pleasurable as you can make it. I wish you the best and hope you enjoy your day. If you have time, let me know what you did. You can either leave a comment or send and email to rhondahetzel @ gmail . com - take out the spaces in that address. This is my plan for today. We have storm force winds and rain forecast today so I'm going to reorganise my undercover clothes line. It's a bit too high for me at the moment, so I'll ask H to help me lower it. I want to make it a permanent feature on the back verandah where I have plenty of room to hang clothes when it's raining, so I never have to use the dryer. I'm going to tidy up out there as I

**id 59**

If this is your first visit, be sure to check out the FAQ . You may have to register before you can post, and to remove certain ads. To start viewing messages, head to the forum and select a message you wish to view. elp coming up with a 750 point space wolves team ello, I am new to the hobby and have yet to play my first game and am still working on assembling and painting my first army, The LGS where I live has warhammer 40k on sundays where they play 750 points, paint figures, build terrain all that fun stuff. I currently have 1 dreadnought done, ragnar blackmane, an iron priest, the battle force, and 1 box of fenrisian wolves. (rune priest on order) I was wondering if anyone had any thoughts on a good army I could craft out of those? Nah i live in the middle of nowhere we have a local gamestore but things have to be ordered, and I could order it online myself but I like to support them, so it would be however fast they could get them. Woot a hi ya fellow blood claw, i myself am new to this and i only played one match, which went well, anyways i really suggest that you get some support, ie long fangs, and Rune Preist Rock!!!, i myself i had had a small calary to have fun with my oppnets fire warriors, my wolf lord helped with that while my rune preist went with the greyhunter, just an idea, but like i said im still a blood claw xd Oooooh LOL yea! I wasn't thinking! took it down so sry, thanks for pointing it out. mind lapse Here is the rest of my post minus the list Welcome to the wolf pack Rune priests are great low pt game HQs. In fact, pt for pt they are one of the best psykers in the game. The greyhunter dbl plasma and banner is great buy for the pts, can't go wrong there in 6th Longfangs = space marine devastators + wolf bits from the wolf pack box or sw battleforce sprue. If your store has a box of devs in your prob have the other stuff you need to make them already. The real issue however is getting them equipped how you like. this can take time and searching for the right heavy weapon bits, or a bunch of money. so they might not make it to this sunday's game. but ultimately they are another one of the wolves great assets, splitting their heavy weapons fire, so you will certainly want to leverage that option in the future. okay for this sunday here is a 750 pt footslogging army that uses all your models except a drop pod, a wolf, and ragnar. 10 GH with 2 plasma to back them up, keep them away from CC if possible (but they still get counter attack and +1 attack for having two CC weapons so they are not bad at CC either way) Take the scouts from the battle box as an elite choice, swap all 5 to boltguns for free and swap one bolt pistol to meltagun. Hold them in reserve and infiltrate with them, if you don't enter play in melta range you'll have 5x scouts firing rapid fire from cover, or infiltrate them closer for a shot at popping a tank with the melta. Dont waste them on anything less than their cost (85 pts) and if you can't trade them for a more expensive tank, use them as in-cover flanking support fire to control your opponents options or make him use up resources to take them out instead of on your more expensive units. Take the iron priest as an elite choice, and proxy four fenrisian wolves as cyberwolves to accompany him (hidden thunderhammer). Attach him to your first GH squad for a massive CC boost when combined with the banner. Alternatively, proxy the iron priest as a wolf priest and attach him to the GH squad for the more rerolls on hits instead of the extra attacks and extra wounds the wolves bring. (either way its 110 for the iron priest + 4 wolves, or 100 for the wolf priest) Take the rune priest as your HQ, use the SW codex for his powers and attach him to the second GH unit. Oooooh LOL yea! I wasn't thinking! took it down so sry, thanks for pointing it out. mind lapse Here is the rest of my post minus the list Welcome

**id 60**

Its a part of 'the pill' birth control -- most pills you take are hormonal but every month you get 5 days of 'sugar pills', -- if you skip the sugar pills you can skip your period for that month. Check with your doctor if its okay for you first though. Its a part of 'the pill' birth control - most pills you take are hormonal but every month you get 5 days of 'sugar pills', - if you skip the sugar pills you can skip your period for that month. Check with your doctor if its okay for you first though. If you're on the pill I would also skip your period. If you're not or don't want to do that. I would bring stuff from home, that one of those things that could be very annoying to end up not being able to find your preferred brand. And as a bonus, after you use them you'll have more space in your suitcase to bring stuff home. If you're on the pill I would also skip your period. If you're not or don't want to do that. I would bring stuff from home, that one of those things that could be very annoying to end up not being able to find your preferred brand. And as a bonus, after you use them you'll have more space in your suitcase to bring stuff home. ive used norethisterone (pill) -- you take it 3 -5 days before your period is due, the pill delays your period -- you keep taking once a day, once you stop taking the pill, your period usually comes 1-3 days afterwards. its great for holidays. ive used norethisterone (pill) - you take it 3 -5 days before your period is due, the pill delays your period - you keep taking once a day, once you stop taking the pill, your period usually comes 1-3 days afterwards. its great for holidays. I intended to do the whole pill thing where you miss that dreaded week while I was in NZ. Had a new stock of pills and everything. One night I forgot to take it (don't worry I didn't get knocked up) but my friend did come early and with a vengeance. So I suggest if you're going to take the pill and intend to skip the sugar week, there's always a chance that with you're very busy contiki schedule of sightseeing every day and parties all night you may forget. So bring a stash of pads/tampons with you no matter what (one in you carry on bag/ bag on the bus at all times -- you don't want to be going around asking all your new friends for a pad). I'm a good girl and very prepared -- I'm usually the one handing them out lol !! And bring naprogesic -- it's a girls best friend while travelling. Much more effective than panadol -- You don't want to miss a moment of sight-seeing because your monthly friend is being a pain!! I intended to do the whole pill thing where you miss that dreaded week while I was in NZ. Had a new stock of pills and everything. One night I forgot to take it (don't worry I didn't get knocked up) but my friend did come early and with a vengeance. So I suggest if you're going to take the pill and intend to skip the sugar week, there's always a chance that with you're very busy contiki schedule of sightseeing every day and parties all night you may forget. So bring a stash of pads/tampons with you no matter what (one in you carry on bag/ bag on the bus at all times - you don't want to be going around asking all your new friends for a pad). I'm a good girl and very prepared - I'm usually the one handing them out \*lol\*!! And bring naprogesic - it's a girls best friend while travelling. Much more effective than panadol - You don't want to miss a moment of sight-seeing because your monthly friend is being a pain!! Oh yea -- Naprogesic is a lifesaver :D. I'm going to end up with a bag full of pills now the pill Naprogesic Neurofen Cold n Flu tablets (the good ones not the herbal ones) Multivitamins Imodium .....can't think of anything else right now -- only that with this many pills I better take the packaging so I can explain if I get stopped at customs! Oh yea - Naprogesic is a lifesaver :D. I'm going to end up with a bag full of pills now the

**id 61**

How To Make A Feature Film With No Money -- Part 1 Got a question for you: Have you ever thought, "I reckon I could make a movie better than that. How hard can it be?". Another question: Would you do it? Go out there, suck up your pride and make a movie of your own? Then I'm talking to the right people; my kind of people! Now, would you like to be privy to the harrowing tales of how a pair of insane optimists set out to make a no-budget independent feature film with over 50 cast, 100 extras, 50 crew and 30 locations? A blow-by-blow account of making Bound By Blue (how else do you think we could have pulled it off?) (please excuse the double innuendo). This is the beginning of a different kind of how-to blog. I prefer to call it the how-not-to blog. We aren't big award winners or making millions in the industry. We don't have family connections or mountains of experience in our prospective roles. My Producer, Kate Talbot, and I just wanted to make a feature film. And in these posts we hope to pass on all of the mistakes that we made for any of you out there who are equally as insane as we are! I may as well start right now. Why don't I begin by answering the single most common question I have been asked: Why did I make a feature-length film with no money? In 2010, after attending the opening night film screening of one of Australia's foremost festivals, I began ranting again (this seems to be a recurring issue with me). I told everyone who asked exactly what I thought of the film, and very quickly people stopped asking. "If that film had been dragged to life by the sheer determination of the filmmakers then I would give them a standing ovation. But to create such uninspired and poorly produced crap when you have money and support being handed to you is a joke." Believe it or not my wife got a little sick of hearing this over and again, particularly when I began to add "I could make a better film than that with my eyes shut." And so she told me what she thought of my opinions, "Do it. Stop complaining and do it." "A challenge" I thought. Gee, has my wife regretted saying that. And so began our epic battle against the overwhelming forces of money, logistics and encroaching insanity to make a big little film called Bound By Blue. Alrighty. Who thinks that making a 70 minute film with no money isn't challenging enough? Seriously. That's the way I think. So, as ever, I decided to make it more complicated; everybody makes a no-budget movie about 2 guys in a room. If everybody does it I'll do something different... how about lots of actors? And heaps of location? But not the inside of some student's dorm room. What about big, fancy and expensive locations? And two cameras? And a bespoke score? Hell, that's not hard enough. I'm sure I can top this. Got it! If we're going to make a film that nobody is going to watch then I need to ensure the steepest learning curve possible. My biggest fear is actors, and crossing the chasm of knowledge that I know lays between a DOP and a Director. So instead of a script I'll just use one paragraph action plans, and then get the actors to improvise. But not in rehearsal. We'll improv on set. In addition, as a cinematographer I had often been on the receiving end of ridiculous requests from wannabe feature directors, "Yeah, so the shoot will be 6 days a week for 6 weeks. But you'll get a DVD at the end. Maybe your landlord will take it in lieu of rent?" There seems to be a ludicrous expectancy that others should suffer so that one person can get their break. Not us. We will organise the schedule completely around the availability of the cast and crew; even it takes us 2 whole months. Lastly I don't have the money I need and I'm not going to fester away, waiting years to source the financing. So we will make a stoic pact not to pay anybody (have to be fair across the board) and to work with anything and everything that is given to us. Beggars can't be choosers (love an old clich!). Yep, who needs enemies? (wow, these cliches

**id 62**

The Power Of Niche Marketing -- What Works And Why Video Transcription I used to come from the world of supermarkets where choice, too much choice was overwhelming, and supermarkets made some trade off decisions because they only had so much cubic air to allow products to sit on. But here's the beautiful thing about the internet; there's infinite shelf space. And also infinite overwhelm. So how are you going to stand out? How are you going to get to that number one position on Google. You're going to have a video, an MP3, have a .doc, have a Google doc, you're going to have a PDF. You're going to have any suffix you can for the same content. Now, it's easy to make money on that isn't it? I'm going to demonstrate this to you maybe tomorrow. I'll demonstrate how it actually works. But this is why it's important and it's the only thing I really want to labour on today, and it's about search engine marketing. Search engine marketing. So you've got to think about, what's the person that you're targeting thinking when they're sat at their computer. The problem is, as we learned yesterday, they think many things. And they think different things at different times of the day, and they think different things depending on whatever role they're sitting down to think about. You with me? So they might be looking for, I came home last night while you guys were doing your board break, and my new wife is sitting there and she's looking at Halloween costumes for our son. Earlier on she'll have been doing something else, looking for something else. Earlier on, she'll have been on looking for insurance for a car that she's got being delivered. So different modes, different wants, different ways of searching. But universally, we've been taught to go online and look and do our search online, first for information an then if it's an expensive item we then go along to the shop. It must really cheese off the shops because you walk in and somebody says, "Can I help you sir?" and you say "No, no thank you I'm just looking for the Sony CamCorder X550 that's on sale at the moment for 399.99 instead of 525. Could you show me where they are please?" And they go, oh there's my commission gone. It's all about search engine marketing and it's about database search for keywords and it's the keywords that get indexed. It's the words that get indexed. These little robots, the things that Google use called spiders, they look for words. They look for language. And language is all about marketing and it's low cost conversion. Now, I'll labour a little bit more about keywords. Markets are communities of people and they have market specific language. There's the first clue. If you're trying to sell something to a target market, work out what their language is. Work out what works for them in that language. It's not the language that you think it is by the way. So go and find out what that is. Ask them. Pretty much. Ask them. I do a lot of product development on Linkedin. I've got a lot of sales products as you might understand for businesses, and you know, one of the things is the top ten things of why sales people lose. So I can solve those top ten problems why sales people lose. People find that interesting. That whole product was built on asking a question on Linkedin. What are the top ten sales people lose? And, how can you solve that? And I got like a hundred and fifty answers, and I went, there's my product, cool. I just need to build on their ideas. You can do the same thing on Twitter. You can do the same thing on Facebook. Ask questions. Keywords. There's a picture of my new bride. Those of you that remember me from August, I was just about to get married the week after that seminar. It went ahead. I didn't get out of it. It was quite successful and I just use that to sort of demonstrate that if you're trying to target the weddings market, Shin Yi's back isn't she?, you inspired this. So, Shin Yi jumped up last time because she's in the weddings market and wanted to know a little bit more information for herself, that was cool. So if you're targeting the weddings market, these are the keywords that people will search for, right? The market niche as

**id 63**

London Charing Cross Station (Northern and Bakerloo Underground Lines) Take the exit marked -- PALL MALL -- go through the subway and come up the stairs, go around the left. Walk along Pall Mall until you come to Waterloo Place, turn left and walk to the far end and turn right onto Carlton House Terrace. London Victoria (District & Circle Underground Lines) Join the Circle or District Line to St James Square and then it is a short walk through St James' Park to the College. You could also walk direct from London Victoria to the College, which would take about 20 minutes. London Paddington (District & Circle and Bakerloo Underground Lines) Join the Bakerloo line to Piccadilly Circus. Take the exit marked -- LOWER REGENT STREET -- Walk down Lower Regent Street until you join Waterloo Place, walk to the far end and turn right onto Carlton House Terrace. London Liverpool Street (Hammersmith and City, Circle and Metropolitan Underground Line) Join the Central Line and change at Holborn for the Piccadilly line. London Euston (Northern and Victoria Underground Lines) Join the Northern Line to Charing Cross (see above) or the Victoria Line to Green Park then it is a short walk via Piccadilly. Walk along Piccadilly towards Piccadilly Circus. Walk down Lower Regent Street until you join Waterloo Place, walk to the far end and turn right onto Carlton House Terrace. BY AIR Gatwick Airport The Gatwick Express runs every 15 minutes to London Victoria -- journey time is 30 minutes (35 minutes on Sundays). Once you have arrived at Victoria, you can join the Circle or District Underground Line to St James Park and then it is a short walk through St James' Park to the College. You could also walk direct from London Victoria to the College, which would take about 20 minutes. Heathrow Airport The Heathrow Express runs every 15 minutes to London Paddington -- journey time is 15 minutes (23 minutes to Terminal 4). We use cookies to ensure that we give you the best experience on our website. If you continue without changing your settings, we'll assume that you are happy to receive all cookies on the The Royal College of Pathologists website. To find out more about the cookies, see our privacy policy .

**id 64**

Garrett Morgan 1877-1963 Gas Mask and Traffic Signal Garrett Morgan was an inventor and businessman from Cleveland who is best known for inventing a device called the Morgan safety hood and smoke protector in 1914. Garrett Morgan - Biography The son of former slaves, Garrett Morgan was born in Paris, Kentucky on March 4, 1877. His early childhood was spent attending school and working on the family farm with his brothers and sisters. While still a teenager, he left Kentucky and moved north to Cincinnati, Ohio in search of opportunity. Although Garrett Morgan's formal education never took him beyond elementary school, he hired a tutor while living in Cincinnati and continued his studies in English grammar. In 1895, Morgan moved to Cleveland, Ohio, where he went to work as a sewing machine repair man for a clothing manufacturer. News of his proficiency for fixing things and experimenting traveled fast and led to numerous job offers from various manufacturing firms in the Cleveland area. In 1907, the inventor opened his own sewing equipment and repair shop. It was the first of several businesses he would establish. In 1909, he expanded the enterprise to include a tailoring shop that employed 32 employees. The new company turned out coats, suits and dresses, all sewn with equipment that Garrett Morgan himself had made. In 1920, Garrett Morgan moved into the newspaper business when he established the Cleveland Call. As the years went on, he became a prosperous and widely respected business man, and he was able to purchase a home and an automobile. Indeed it was Morgan's experience while driving along the streets of Cleveland that inspired him to invent an improvement to traffic signals. Gas Mask On July 25, 1916, Garrett Morgan made national news for using his gas mask to rescue 32 men trapped during an explosion in an underground tunnel 250 feet beneath Lake Erie. Morgan and a team of volunteers donned the new "gas masks" and went to the rescue. After the rescue, Morgan's company received requests from fire departments around the country who wished to purchase the new masks. The Morgan gas mask was later refined for use by U.S. Army during World War I. In 1914, Garrett Morgan was awarded a patent for a Safety Hood and Smoke Protector. Two years later, a refined model of his early gas mask won a gold medal at the International Exposition of Sanitation and Safety, and another gold medal from the International Association of Fire Chiefs. The Morgan Traffic Signal The first American-made automobiles were introduced to U.S. consumers shortly before the turn of the century. The Ford Motor Company was founded in 1903 and with it American consumers began to discover the adventures of the open road. In the early years of the 20th century it was not uncommon for bicycles, animal-powered wagons, and new gasoline-powered motor vehicles to share the same streets and roadways with pedestrians. Accidents were frequent. After witnessing a collision between an automobile and a horse-drawn carriage, Garrett Morgan took his turn at inventing a traffic signal. Other inventors had experimented with, marketed, and even patented traffic signals, however, Garrett Morgan was one of the first to apply for and acquire a U.S. patent for an inexpensive to produce traffic signal. The patent was granted on November 20, 1923. Garrett Morgan also had his invention patented in Great Britain and Canada. Garrett Morgan stated in his patent for the traffic signal, "This invention relates to traffic signals, and particularly to those which are adapted to be positioned adjacent the intersection of two or more streets and are manually operable for directing the flow of traffic... In addition, my invention contemplates the provision of a signal which may be readily and cheaply manufactured." The Morgan traffic signal was a T-shaped pole unit that featured three positions: Stop, Go and an all-directional stop position. This "third position" halted traffic in all directions to allow pedestrians to cross streets more safely. Garrett Morgan's hand-cranked semaphore traffic management device was in use throughout North America until all manual traffic signals were replaced by the automatic red, yellow, and green-light traffic signals currently used around the world. The inventor sold the rights to his traffic signal to the General Electric Corporation for $40,000. Shortly before his death in 1963, Garrett Morgan was awarded a citation for his traffic signal by the United States Government. Other Inventions Garrett

**id 65**

Best Answer - Chosen by Asker Its like this, bullet with its speed/velocity is thus shooting up in the sky. You do need to take in consideration the other forces acting on that bullet, like air resistance and even the wind. So If we try to imagine that its a free falling body which means we neglect air resistance, the bullet would then travel up and up until its velocity reaches 0m/s. So if we want to be really scientific, we need to know what its initial velocity and also the time or its distance. So if you're serious about trying this experiment or something, try to be careful and stuff. So back to the problem, what then would happen to the bullet? so while the bullet travels up in neglecting air resistance, it will slowly slow down due to the acceleration due to gravity which is 9.8m/s2. So when the bullet does comes to a stop or reaches a final velocity of 0m/s, then the bullet would then travel downwards now with acceleration due to gravity acting upon it. So the time it takes the bullet to travel to its highest peak, or when it does reach 0m/s. it would also be the time it would take for it to reach the ground. So now the weird part of this thing is that, when you do shoot a bullet to the sky, when it does fall back to the groud, it would still have that much power just like a normal gun shot if it is perfectly pointed up wards. So if it was the real world, where we do need to take air resistance and wind, then the bullet falling back to the ground would be like a normal gunshot, but it would then slow a bit down due to air resistance, but do take note (i bet it still hurts). :) Final reminder, this reason works if the bullet is shot directly upwards, if it does have an angle, then we would then go into projectile, but yeah its still amazing to think that the bullets someone shot up would still be as deadly as a normal gun shot. :) Other Answers (20) it's difficult to fire a gun directly "up" (it's an awkward position to adopt), so the bullets generally travel in an arc, which would account for them, a) not hitting you on the head, to your great displeasure, and, b) being difficult to find (they're little things, too). if fired directly up, and falling directly down, the bullet isn't likely to cause death. fired at an arc, however slight, though (and, again, this is what usually happens), allows the bullet to travel faster than mere terminal velocity, and, thereby, kill. don't shoot guns off into the air. "Occasionally the MythBusters will give more than one designation to a myth. In "Bullets Fired Up", for example, they tested if a bullet fired straight up can fall and kill the shooter or innocent bystanders. They gave the myth all three designations: "Busted", "Plausible", and "Confirmed". This urban legend was "Busted", because bullets fired straight up will tumble to the ground at a non-lethal velocity; "Plausible", because a shooter is much more likely to fire at a slight angle, wherein the bullet will maintain its ballistic trajectory and be potentially lethal when it comes back down; and "Confirmed", because there are many eyewitness accounts of falling bullets killing people. In fact, many municipalities have laws explicitly prohibiting firing weapons into the air for that reason." Having a gun aimed up at a perfect 90 degrees from the earth in order to have it fall in your area is rare. Because of the velocity and the long distance bullets travel, even a few degrees off, the bullet will land hundreds of yards away. Look at it this way, how many times has a bird flying over, hit you with it's gift. There are alot more birds than bullets. When you shoot a bullet into the air it DOES come back down. Laws of gravity. BUT as a rule it will never come back straight down as for this to happen you would have to shoot the gun perfectly straight up. Most times the guns are at an angle so the bullet goes up and comes back down at an angle so it will land some distance away. YES someone can get hurt if not killed by doing this. what goes up, must come

**id 66**

Content on this page requires a newer version of Adobe Flash Player. With Paypal you can feel secure in the knowledge that your financial details are always safe. What attracts men and women What attracts men and women to each other? The answer can be elusive because each individual desires different traits. While there may be a loose universal standard of attractiveness, beauty is still very much in the eye of the beholder. Do men value physical appearance? Do women value status and power? These may be unfair generalisations because what attracts men and women differs from person to person We asked over 100 people what attracts men and women ? Here are some of the responses: Sex appeal Its different everytime Personality Sense of humour Intelligence Cute face Nice smile Physically - a great smile; personality - a giving heart Their body Face/hair Attitude Their smell Nice teeth Confidence Common interests The eyes It is interesting to note that many respondents said that a persons personality attracts them. It seems that for many people attraction extends beyond physical appearances. When it comes to what attracts men and women - what's inside really does count.

**id 67**

If I proc for a guildie, I let them just have the proc since they are usually trying to get a piece of gear that will help with raiding. I have somebody that buys my CD off of me and pays an extra 100g for procs. His idea, not mine, but I gladly accepted it. Other than these few situations I've never had it come up before but I would keep the proc and offer it to them at a discounted price. I always give my procs to whoever's mats they are (though I also only ever xmute for myself or guildies/friends so). I'd still give them the mats if I procced it in trade to be clear as it was their mats and not mine it should be their proc and not mine. I always keep a living steel on me. I give them the living steel and they give me their mats. I then make the Living Steel and keep procs. Far easier for both parties. They have zero chance of getting scammed since all the items involved in the trade are in the trade window at the same time, and I don't have to deal with somebody whining about transmute procs. This is different of course if they were asking for a transmute master, but I just normally don't respond to those calls. I just never transmute in front of anyone. I have one of the resulting items ready to trade.. they put mats in trade window (and whatever gold), I put resulting product in trade window, and complete the trade. This saves me from being accused of a) running away with mats or b) stealing the product when they refuse whatever gold price was agreed upon. When they aren't in the group (next day, sometimes), I transmute it and keep my procs. Myself i've few trnasmuters between my account and gf account (all transmute masters), so i just buy everything in bulk, transmute few days then sell. At worst i'm getting about 100g profit/transmute, but at 4 transmutes a day extras accumulate pretty fast. Althought i dunno why i bother with it given how much i made with JC/Ench during past expansivon... Guess i just can't pass on easy money. I usually give my CDs to guildies, and in that case they get the proc. When trading with randoms, I usually have one bar ready for trade and only give them the chance to get procs if they were specifically asking for transmute master.

**id 68**

Parent Talk: When is the best time to choose a baby name? People have different ideas about when they choose their baby's name. Some people like to start thinking about boy and girl names from the first trimester, others wait until they've had a second trimester scan that confirms the sex of their baby and still others will wait until the baby is born to find out if the name suits their wee one's personality. So tell us: When do YOU think is a good time to name a baby? Today's prize: Leading haircare brand Pantene has launched a new range of products designed to restore hair health and protect all hair types from the daily torture we expose it to -- without that heavy weighed down feeling. The prize pack includes: Pantene Daily Moisture Renewal Shampoo Pantene Daily Moisture Renewal Conditioner Pantene Daily Moisture Renewal Intensive Hair Masque By commenting below, you agree to our Terms and Conditions The winner will be emailed on Friday July 13 and announced here. 48 Responses to "Parent Talk: When is the best time to choose a baby name?" thefantail Jul 13 2012, 3:19pm 0 0 I had my childrens names sorted before they were born and I am always surprised by how many babies I get to register in my job as "baby of ..." because their parents still haven't chosen a name. With each pregnancy, I thought I had my favourite names sussed... however it isn't until you set eyes on your little beauty that you can really feel at ease and know that they 'suit' their name!. Each of our children has ended up with a completely different name to the one that was intended in utero! we thought about it even before we had our little girl and I have to say it was the best feeling when she came out and we knew exactly her name and could introduce her to her family!! stuggling a bit with number 2 and as both times have been a surprise it does make it a bit more difficult. I don't think it matters much when you think you have chosen your name. If you keep it to yourself you can re think it again and again. Then you have something to announce when the baby is born. In saying that though, I really thought about it and then ended up changing the spelling of my baby when she was nearly two anyway!! We chose our children's names at about 20 weeks but we kept it a secret. We did let everyone know what gender we were having and had a boy's name picked out just in case the scan was wrong. Everyone is different. You need to do what feels right for you. jodie3 Jul 11 2012, 1:36pm 0 0 I dont know that there us a 'right' time to choose, everyone is different and some people like to see their baby before deciding. With all my 3 children, we chose names shortly after finding out the sex at the 20week scan. melandg1 Jul 10 2012, 9:16pm 0 0 Whenever you're ready! andyandy Jul 10 2012, 10:42am 0 0 'Best' for me was very early on before we had told many people. I love names and day-dreaming about who I might be carrying and what we might call them was part of making it all real for me. Later on I was busy with the practicalities of getting ready for the new person and for the birth. goddess588 Jul 10 2012, 8:30am 0 0 There is no best time. Personally I think most people start thinking about names before they get pregnant but ideas can change for numerous reasons. It's probably best to name them before you have to send in the birth certificate though! Andypandy Jul 9 2012, 9:55pm 0 0 When you have decided on a name prior to be birth you can use it whilst taking to your baby why they are still inside you. This is a nice start in getting to know each other. sarahrowen Jul 9 2012, 4:17pm 0 0 ave a few girl and boy names in mind. once baby is born, see what name matches. you will be able to tell when u see the little one, what they match perfectly. I think it is a good idea to have it decided before the birth, but we are 5 weeks away from having our 3rd son and have no name yet!! we need to start cutting down the list!! kr2 Jul 8 2012, 7:25pm 0 0 I think having a rough idea (even down to final 2 of each sex) should be sorted before birth. I know a few babies born lately where names haven't been sorted for more than a week (oh and agree with Fander's comment re picking decent names -- so often you see hideous names chosen to a

**id 69**

Wrecking Ball Marking his 17th studio album, Wrecking Ball features 11 new Springsteen recordings and was produced by Ron Aniello with Bruce Springsteen and executive producer Jon Landau. Said long-time manager Landau, "Bruce has dug down as deep as he can to come up with this vision of modern life. The lyrics tell a story you can't hear anywhere else, and the music is his most innovative of recent years. The writing is some of the best of his career, and both veteran fans and those who are new to Bruce will find much to love on Wrecking Ball ." Lyrics I been knocking on the door that holds the throne I been looking for the map that leads me home I been stumbling on good hearts turned to stone The road of good intentions has gone dry as a bone We take care of our own We take care of our own Wherever this flag's flown We take care of our own From Chicago to New Orleans From the muscle to the bone From the shotgun shack to the Superdome There ain't no help, the cavalry stayed home There ain't no one hearing the bugle blowin' We take care of our own We take care of our own Wherever this flag's flown We take care of our own Where're the eyes, the eyes with the will to see Where're the hearts that run over with mercy Where's the love that has not forsaken me Where's the work that'll set my hands, my soul free Where's the spirit that'll reign over me Where's the promise from sea to shining sea Where's the promise from sea to shining sea Wherever this flag is flown Wherever this flag is flown Wherever this flag is flown We take care of our own We take care of our own Wherever this flag's flown We take care of our own We take care of our own We take care of our own Wherever this flag's flown We take care of our own Lyrics You put on your coat, I'll put on my hat You put out the dog, I'll put out the cat You put on your red dress for me tonight honey We're going on the town now Looking for easy money There's nothing to it mister You won't hear a sound When your whole world comes tumbling down And all them fat cats, they'll just think it's funny I'm goin' on the town now, lookin' for easy money I got a Smith & Wesson 38 I got a hellfire burning and I got me a date Got me a date on the far shore Where it's bright and sunny I'm goin' on the town tonight, lookin' for easy money You put on your coat, I'll put on my hat You put out the dog, I'll put out the cat You put on your red dress You're lookin' real good honey We're going on the town now Looking for easy money We're going on the town tonight Looking for easy money Lyrics I'll mow your lawn, clean the leaves out' your drain I'll mend your roof, to keep out the rain I take the work that God provides I'm a jack of all trades, honey we'll be all right I'll hammer the nails, I'll set the stone I'll harvest your crops, when they're ripe and grown I'll pull that engine apart, and patch'er up 'til she's running right I'm a jack of all trades, we'll be all right The hurricane blows, brings the hard rain When the blue sky breaks It feels like the world's gonna change And we'll start caring for each other Like Jesus said that we might I'm a jack of all trades, we'll be all right The banker man grows fat, working man grows thin It's all happened before and it'll happen again It'll happen again, yeah they'll bet your life I'm a jack of all trades, darling we'll be all right Now sometimes tomorrow comes soaked in treasure and blood We stood the drought, now we'll stand the flood There's a new world coming, I can see the light I'm a jack of all trades, we'll be all right So you use what you've got and you learn to make do You take the old, you make it new If I had me a gun, I'd find the bastards and shoot 'em on sight I'm a jack of all trades, we'll be all right I'

**id 70**

And Dreiling isn't Manolo Blahnik Shoes with the two interceptions that Turner threw. The two Christian Louboutin Ronron Patent Pumps were the sophomore signal callers first of the season as Turner came into the Carroll contest having completed 18 of 34 attempts (53 percent) for 510 yards and six touchdowns. Dreiling chalked Turner's first interception up to an athletic play by Alec Maly, while the second one with 47.5 seconds left in the first half was a product of Dreiling's play call. "On that one he was rushed and it was my fault," Dreiling said. "I was trying to get something out of nothing right before the half. Trevor's done a great job all year of making sure that if we can't catch the ball, nobody else can." As he said Friday following the game, Christian Louboutin Round-Toe Pump reiterated that he was also to blame for the abnormal offensive performance. "I didn't run enough of our option game," Dreiling said. "We ran too much power game and just not enough option. We hurt them with the option game and, for whatever reason, I felt like getting away from it." Despite the uncharacteristic performance, the Salthawks head into Friday's matchup with the Mustangs confident. Christian Louboutin royal blue suede "Madame Claude" d"orsay scored 60 points and rolled up 472 of its 548 yards of total offense on the ground against Salina Central earlier in the season. "We beat one of the best teams in the state with seven turnovers," Heeney said. This entry was posted on Wednesday, December 1st, 2010 at 3:02 pm and is filed under Uncategorized . You can follow any responses to this entry through the RSS 2.0 feed. Responses are currently closed, but you can trackback from your own site.

**id 71**

The Need For A New Oil Video: The New Petroleum The world uses a cubic mile of petroleum every single year. As we burn this petroleum, we release toxic emissions into our environment and create a huge carbon debt. How do we break the world's oil addiction without disrupting our infrastructure? The answer is algae, the "New Petroleum", which can be refined into identical fuels to those we use today. Global Oil Product Demand Now Exceeds Supply Click to enlarge Exponential Demand for Oil Petroleum has fueled the world's energy needs for the past century. Today, rapid industrialization in once-developing countries, such as China and India, is dramatically increasing worldwide oil consumption. In 2007, global oil demand rose twice as fast as it had the year before, reaching 36 billion barrels per year and a critical price point of more than $140 per barrel before finally pulling back in late 2008. The Energy Information Association predicts global oil demand of 43 billion barrels per year by 2030. Global Fossil Carbon Emissions Rising Rapidly Click to enlarge Old Oil is a Problem Unfortunately, oil supplies are decreasing. Producers are now drilling in ever-more-remote, war-torn and environmentally sensitive areas. On the way to running out of oil altogether, the world will experience serious shortages that will cause catastrophic economic dislocation and decades of continued fighting over the last remaining reserves. In addition to being a fast-depleting resource, oil is a dangerous polluter and a major contributor to global warming when it is burned as a fuel -- emitting over 3 billion metric tons of carbon dioxide per year into the atmosphere. Oil Production may Peak in 2026 Click to enlarge Replacing Oil Is a Challenge Alternatives like electric cars, hybrids and hydrogen as an automotive fuel are attractive but will take decades to phase in because they will require new infrastructure. Petroleum still powers the world today in the form of gasoline, diesel, and jet fuel, as well as chemical products like plastics, solvents, fertilizers and pesticides. Trillions of dollars are invested in the world's oil infrastructure. The only viable replacement is a new fuel that is cost-competitive with petroleum and can be used directly in the existing oil network. The world needs a new oil.

**id 72**

The Tribuna of the Uffizi 1772-7 Oil on canvas 123.5 x 155.0 cm Painted for Queen Charlotte In the summer of 1772 Zoffany set off for Florence with 300, letters of introduction and a commission from the Queen to paint highlights of the Grand Duke of Tuscany's collection shown within the Tribuna of the Uffizi Palace. The inspiration for the commission could have been the Cabinet of Paintings (Royal Collection, now given to Formentrou), then attributed to Gonzales Coques, which hung in Queen Charlotte's work-room at Kew. Progress was slow and painful: according to Lord Winchilsea, one of the sitters, the task was: 'really one of the Most laborious undertakings I ever saw. For he not only Copies a great Many Pictures & Statues & the Room &c. which is a great deal to do, but even the Frames & every the most minute thing Possible the small bronzes, the Table &c. to make it be a compleat & exact representation of the Room.' (letter to Lady Charlotte Finch, 2 January 1773) It is clear that Zoffany had planned from the outset to introduce real people, as Horace Mann, was already mentioning 'small figures (portraits) as spectators' in August 1772 (Horace Mann letter to Horace Walpole, 25 August 1772). Fairly soon these spectators came to seem inappropriate: Mann wrote to Walpole on 23 August 1774: 'The one-eyed German, Zoffany [Mann here alludes to the artist's squint], who was sent by the King to paint a perspective view of the Tribuna in the Gallery, has succeeded amazingly well in many parts of that and in many portraits he has made here. The former is too much crowded with (for the most part) uninteresting portraits of English travellers then here.' By the time the work was complete in 1777 and brought back to London in 1778 the error in judgement was generally acknowledged: Mann wrote again: 'I told him often of the impropriety of sticking so many figures in it, and pointed out to him, the Great Duke and Dutchess, one or two of their children, if he thought the variety more pictoresque, and Lord Cowper. . . If what he said is true, that the Queen sent him to Florence to do that picture, and gave him a large sum for his journey, the impropriety of crowding so many unknown figures was still greater.' (letter to Horace Walpole, 10 December 1779) The Royal family took the same view: Joseph Farington reported in 1804 that: 'The King spoke of Zoffany's picture of the Florentine Gallery painted for him, & expressed wonder at Zoffany having done so improper a thing as to introduce the portraits of Sir Horace Man -- Patch, & others. -- He sd. The Queen wd. not suffer the picture to be placed in any of her apartments.' ( Diary for 15 December 1804) Zoffany was certainly paid handsomely for the work and to cover his stay in Florence (though the actual sum is disputed) however he never again worked for the Royal Family. The painting hung briefly at Kew Palace and is recorded, with The Academicians at the Upper Library at Buckingham House in 1819. A 'tribune' ( tribuna in Italian) is the semicircular (or semi-polygonal) domed end of a basilican church; the Tribuna is the hexagonal domed room created in 1585-9 by Bernardo Buontalenti (1536-1608) at the Uffizi palace for the display of the masterpieces in the Medici collection. The idea of the space and the name was that the room (which originally had a single entrance) had the character of a chapel and formed a sort of Holy of Holies within the palace: indeed, it has remarkably similar shape and proportions to the much larger Capella dei Principi, Medicean funeral chapel begun in 1602, also with involvement of Buontalenti, next to the church of San Lorenzo in Florence. Both steep-domed hexagons are of course based on Brunelleschi's cupola of Florence cathedral, completed in 1436. It is perhaps not a coincidence that George III favourite architect, William Chambers, had recently created two octagonal temples to the Muses: the Great Room at the Society of Arts in 1759; and the Octa

**id 73**

Indigenous talent mentors Mark Grose and Michael Hohnen have been named joint Northern Territory Australian of Year 2013 in recognition of their commitment to nurturing Indigenous talent. As co-founders and co-directors of the Darwin based record label Skinnyfish Music, the extraordinary partnership of Mark Grose and Michael Hohnen has nurtured Indigenous performers from Tasmania, the Tiwi Islands and Timor Leste. For 14 years they have mentored bands through business development, connected the most remote communities with mainstream music markets and made an outstanding contribution to the preservation of indigenous language and culture. Their work with artists including Nabarlek, Saltwater Band, George Rrurrambu, Tom E Lewis and Geoffrey Gurrumul Yunupingu has brought a new generation and genre of performers to the world's attention. For Mark and Michael, music is the key to unlocking potential. It has the power to motivate a new generation to pursue careers that offer economic independence, benefitting individuals, their families and the communities of remote Northern Australia. Their business is established on a platform of training and community development, harnessing music, sport and festivals to promote healthy lifestyle messages to young people. Determined but unassuming, Mark and Michael are a quiet force behind the vast, Indigenous talent they present to the world. Dr Sadhana Mahajani was awarded Northern Territory Senior Australian of the Year 2013 for her work as a community physician. For the past 40 years, Indian-born Dr Sadhana Mahajani has made Darwin her home and the health and wellbeing of Territorians her greatest priority. In 1974 she helped establish Darwin's first community health centre only to see it destroyed by Cyclone Tracey. Undeterred, she continued to provide medical services from a demountable building, before later opening another six health centres. She also started making bush visits to the communities of La Belle Station, Annaburroo and Daly River winning the respect and trust of the Aboriginal people and providing Pap smears to women living in the most remote parts of the Territory. Selfless and never judgmental, Dr Mahajani's career includes working in drug and rehabilitation services, women's cancer prevention, breast screening and sexual assault services. Colleagues and patients alike speak of her calming presence, her wealth of knowledge and her practical approach in a crisis. Over the past 25 years, she has devoted her considerable energy and time to the care of the elderly particularly in the diagnosis and treatment of dementia. The Northern Territory Young Australian of the Year 2013 is 23 year old singer and actor Jessica Mauboy for her creative success and her commitment to promoting reconciliation, multiculturalism and healthy living . Raised on a diet of country music singers like Charlie Pride and Patsy Cline, Jessica Mauboy's stellar singing career has certainly blossomed since she leapt into the limelight as runner-up in Australian Idol in 2006.Growing up in a multicultural family -- her father Ferdi is of Indonesian descent and her mother Therese is an Indigenous Australian -- Jessica started singing early with her grandmother in the church choir. Since her Idol days, she has released three acclaimed albums and also had a No 1 hit with Burn. She has also starred in two films, Bran Nue Dae and most recently The Sapphires -- a true story about four Aboriginal women who performed for the troops in Vietnam -- which saw her treading the red carpet at the Cannes Film Festival at the age of just 23. Away from the microphone, Jessica uses her high public profile to support community organisations and promote reconciliation, multiculturalism and healthy living. She works closely with young people in regional and remote communities, harnessing the power of music to connect and inspire. The Northern Territory Local Hero 2013 is youth campaigner Peter Fletcher recognised for his work in improving the lives of those living in remote areas of the Top End. Born and raised in the small community of Ngukurr, 330 kilometres south-east of Katherine, Peter Fletcher is forging a career aimed at improving the lives of the people who live in this remote part of Australia. Only 24 years old, Peter has already completed a double degree in criminology and psychology. Using this knowledge, he works with local police to help build more positive relationships with young people and in particular to curb binge drinking. It is no surprise that Peter has chosen to settle in the Northern Territory as his mother has been involved in remote area health for more than 30 years. Peter is dedicated to empowering Aboriginal people to

**id 74**

Breakthrough In Technology Carbon Nanotubes Nothing in the universe stays in its original state is the case with the elements. There are various forms of a single element. Allotropy or heterozygous are the two sides of the same coin. Being an allotrope or exhibiting allotropy means existing is multiple forms or states. This is the wonderful show of nature and can easily be observed in case of carbon. The word allotropy was first used in 1850. So this phenomenon is quite old. One of the allotropes of carbon is named as carbon nano-tube. Carbon nano-tube varies from all other allotropes because of its distinct length to diameter ratio. It exhibits cylindrical nano-structure. Because of this ravishing nanostructure, carbon nano-tubes can be accommodated for a variety of purposes i.e. in optics, electronics, transistors, lights, solar powered cells, etc. This has made life rather wonderful; this is a new landmark in technology. Carbon nano-tubes are part of the fullerene diversity. There are other members of this family too but amongst all carbon nano-tubes have the maximum usage in multiple electronic and products of domestic usage. On the basis of structure it can be classified in to a diversity of types, i.e. single walled, multi-walled, torus shaped, nanobud, peapod, cup stacked, extreme carbon nanotubes, etc. Amongst the single walled configuration lies further subdivisions known as Armchair, zigzag, and Chiral, Graphene nanoribbon, etc. Single walled nanotubes are comparatively inexpensive due to the continuous decrement in their prices. This is due to the introduction of multi-walled carbon naotubes, which are comparatively expensive because of the complexity of their structure, their manufacturing cost and their high usage. Carbon tubes have highly advance and complex electrical, physiochemical and magnetic properties. They can be used to absorb electromagnetic radiations, etc. Thus with the advancement in technology small allotropes like carbon nanotubes can do a whole new variety of functions are turn the world upside down.

**id 75**

How To Write A Blog Post Some of my blog posts have taken a long time to materialise. If I am to continue writing for this site then I need to get a better grip on the amount of time I spend creating the content. The problem is all to do with my current process! If I don't set myself a regular deadline then I don't get around to writing. There is always something more important... Even with a deadline I have a tendency to leave writing the post until the last minute. The basic idea would already be in my head and then I just sit down and start writing... Quite often I find things tend to veer away from the initial idea as it was too vague. This can be interesting as my subconcious starts coming out to play and the ideas for future topics can soon multiply, but this is far from ideal. The post tends to grow very rapidly and then requires heavy editing to try and focus the point a bit. This can lead to a lot more time than there should be going into each post... Posts on a specific, targeted topic, tend to be more interesting anyway. To help with this in future I need to create a more focused approach to writing posts. Putting your head down a letting the words wander off wherever they want should definitely be a part of the process but there should also be some structure. Hopefully this might be useful to other budding bloggers but also will become a reference for myself when creating future posts. Overview OK so what's the best way to write a post in a restricted amount of time? One solution would be to write shorter posts, which do not need much structure and so should be quicker to write. I find that my posts tend to average out to around 1000 -- 1500 words no matter how long I spend on them. This could be due to my wandering off topic but even if I spend some time on a post then that seems to be the happy medium between a worthwhile read and still easily readable in a reasonable amount of time. If I can get ahead of myself then I might try varying the length of the post depending on the topic. Some ideas are more of a quick comment and these wouldn't need a full blown essay, others may require a lot more detail to be of any use. Either way, from experience, the majority of my posts are likely to gravitate towards that happy medium. That being the case it's time to take a look at what is involved in creating an average sized post. I'm going to put down an estimated amount of time for each section but this is completely untested as of yet. I just want an idea of what to expect and then I can update this as I start to use this process. Obviously these timings are purely a guide and you do not have to follow them. It all depends on how much time you can spare and how important you deem each post. Some posts are likely worth a lot more of your time and some may be worth a lot less, it's a matter of priorities and experience... Find A Topic You need to have something to write about. Trying to pick an idea out of thin air can be a bit tricky so it's best to create a list of ideas. Brainstorm new ideas -- 20 minutes -- Set aside some time for brainstorming ideas at regular intervals, maybe once a month depending on how often you plan on posting. Grab a pen and paper, or your preferred medium, and then make yourself comfortable. Some people find music helps inspire them, others find focus in silence so this is entirely on you. Then just start writing down ideas as soon as they pop into your head. You could just create a straightforward list or you might prefer a mindmap type structure where you could link ideas together into groups or topics. The possibilities are endless so you may need a bit of trial and error to find out what works best for you... Collate your ideas -- 10 minutes -- Spend the next 10 minutes going through the list. Tidy up and ideas that don't really feel right for whatever reason, maybe you don't have anything to say on a subject or you don't know enough yet. Thinking about the items you created in a bit more detail may very well help you add to the list. Just remember that the goal is to have a decent list of possible topics for future blog posts at the end of those 30 minutes. Select a topic -- 5 minutes -- When it comes to starting a new post simply look through the list of possibilities and pick one that resonates with you at that moment in time and then you are ready to start creating a post on that topic. Draft Post There are two parts to drafting a post, creating a basic structure and then adding some words.

**id 76**

Nov 2, 2012 I've been away for the month so I haven't had a chance to announce my super special collaboration with BHLDN ! Over the late summer I worked on a very limited edition of 12 large silver zag trays. I was really happy with how they turned out and so excited to sell them exclusively through BHLDN. The trays are about twice as large as the gold originals, so it was a bit of a challenge to get the scale right & keep the bottom flat and crack free. I loved getting to work on something a little different and definitely want to offer this larger size in the future. Jul 31, 2012 Jul 18, 2012 One of the best parts of sharing a studio with my great friend Sarah of Cursive Design is that I get to see new pieces before everyone else. I walked into the studio a few weeks ago and saw these puppies hanging on the wall and was instantly in love. The balance of shapes and color is just spot on. Happily they are now available for sale! Jul 13, 2012 I'm thrilled to say that the gorgeous Brooklyn shop Mociun is now carrying Up in the Air Somewhere! Caitlin, the designer/owner of Mociun posted some fun shots of my work in the shop on Instagram. It's always a treat to see how people display these guys. Jun 22, 2012 I'm excited to be a part of a show opening tonight at Living Room Gallery . Curator Eve Fineman selected works by Chicago artists in an effort to explore what's currently happening in the city. I'm curious to see how my work fits in the context of other Chicago artists; I can't wait to see how it all came together. Apr 29, 2012 One day soon we'll finally have all the photos together from our wedding back in September, but I thought I'd share a picture of the little favors I made for our guests. I commissioned a custom stamp and dipped the edges of each dish in a variety of colors: peach, aqua and yellow (of course!) They were a lot of fun to make and have me toying with the idea of doing more freeform glazing techniques in the future.

**id 77**

( Originally Posted by Rosey2 ) if you're interested in a career in law of course it always useful to do legal work experience... duh! Yeah, my question is, would it be better doing work experience before starting a law degree, or is it better to do it whilst at university? i.e. do I have better chances on getting experience then? Is it more worthwhile and fruitful whilst at university? I'm just asking because I have heard that getting work experience in a legal firm is not worth it prior to university, seeing as they just make you file stuff and photocopy, and that future employers know this which is why they don't take it into account. Yeah, my question is, would it be better doing work experience before starting a law degree, or is it better to do it whilst at university? i.e. do I have better chances on getting experience then? Is it more worthwhile and fruitful whilst at university? I'm just asking because I have heard that getting work experience in a legal firm is not worth it prior to university , seeing as they just make you file stuff and photocopy , and that future employers know this which is why they don't take it into account. Sounds like excellent prep for a TC to me, chance to really hone that copying technique. And it would be useful, obviously it won't look as good as a vac scheme but legal work experience proves you know the realities of the job and that it's for you. However, law firms and chambers are hardly struggling for work experience students and it might not be particularly easy to find. ( Originally Posted by slylee ) Of course! my cousins girlfriend graduated without gaining any work experience (Law degree) and shes still unemployed two years later. Edit: 3 years later what uni did she go to ? did she get a 2:1 or better ? she only has her self to blame and that applies to all degrees not just law; getting nothing done other than what you're studying throughout uni will obviously be at your disadvantage after graduating in the eyes of any top employers If you intend to do it to sate your curiosity then by all means do, but my personal experience is that it really isn't all that relevant prior to having commenced your legal studies. You are unlikely to meaningfully grasp what is going on unless you are shadowing a very patient solicitor who is willing to explain the legalities to you, and from experience these are hard to come by! I would suggest that you enjoy your summer (it's the last you'll have chance to) and aim to get the work experience during your first and second years of university. At that point you will have the foundation knowledge to meaningfully engage with the material and, perhaps more importantly, those you meet. ( Originally Posted by Advocatus ) If you intend to do it to sate your curiosity then by all means do, but my personal experience is that it really isn't all that relevant prior to having commenced your legal studies. You are unlikely to meaningfully grasp what is going on unless you are shadowing a very patient solicitor who is willing to explain the legalities to you, and from experience these are hard to come by! I would suggest that you enjoy your summer (it's the last you'll have chance to) and aim to get the work experience during your first and second years of university. At that point you will have the foundation knowledge to meaningfully engage with the material and, perhaps more importantly, those you meet. This was posted from The Student Room's iPhone/iPad App ( Originally Posted by thecrimsonidol ) From a recruitment perspective it's usually seen as essential. Go for it, the more you can get the better. Hm, two conflicting opinions. Advocatus, you are right in saying such placements will be hard to come by, though I guess there is no harm in trying. But then again, if its not essential, then I can use that time to prep. reading material for the law course in advance. thecrimsonidol is absolutely correct in saying that it is essential to have on your CV if you are considering a career in law, I am merely suggesting that it may be more worthwhile to concentrate your endeavours on other pursuits at this stage, and attempt to gain a vacation placement or mini-pupillage after you have a foundation knowledge of the legal system, ie after having completed part of your law degree. You will find it much more worthwhile at that stage because you will be able to engage with the work, rather than passively observe. I do concede, however, that it would not in anyway harm your prospect

**id 78**

Management consulting is both challenging and rewarding. Photograph: Colorblind/Getty Images Consulting is considered a prestige career choice by many graduates as it offers intellectual challenges and financial rewards. Firms can offer services in IT, finance and HR in areas as diverse as pharmaceuticals and the public sector. Many larger empoloyers offer graduate training programmes, but while an outstanding academic background is usually a given, the type of degree is less important. A recent Management Consultancies Association (MCA) survey reported two out of three young consultants rating their job satisfaction good or very good. Getting in Stephen Isherwood, head of graduate recruitment at Ernst & Young There are three things we look for: bright people who have the practical intelligence to solve complex problems; people who work well with others; and drive. There can be tight deadlines and pressure, so people must be prepared to work long hours. We also look for flexibility. Consulting isn't for someone who likes to map their diary out for the next six months -- sometimes you can't plan a meal out tomorrow because you might be needed urgently. Consulting is very unpredictable: I know one person who hasn't been in his office for two years because he's been at client sites. Our graduate programme lasts for 18 months and trainees will usually do rotational work. Getting on Paul Thompson, head of talent at Deloitte When it comes to career progression, we look for three elements: core consulting skills, such as basic analysis, how to engage with clients, and how to run projects; content skills because you have to know what it is you consult about; and the industry elements -- consultants need to demonstrate expertise in a sector. A successful person is one who will address all three. To progress you have to take advantage of your opportunities and consider something a few degrees from where you want to be, as you may still get to where you want. People leave a consulting firm because they want some time in industry or a change in lifestyle, but check if your company offers that indirectly through a secondment or a transfer. If you set up on your own, the remuneration and independence can be good, but you might miss the development opportunities. View from the inside Rob Edmonds, member of the Young MCA and graduate trainee at CSC I studied computer science at university and a master's in information systems. After a short spell working in online media I applied to three different consulting firms and chose to work at CSC based on its assessment centre, where I liked the people I met and what they said about the company. Consulting seems best suited to people who want to put a lot in and get a lot out of their work. I'm 18 months into a two-year graduate training programme and initially, work at a big American company was a bit of a culture shock. But it is constantly challenging and stimulating and you get to meet a lot of fantastic people in fantastic places. The work is project-based but you can have several different workstreams at the same time, so it never gets boring. There's something for everyone too, from cloud computing in the finance sector to IT delivery. The thing about consultancy experience is that you don't lose it. I've found it's helped me in a wide range of things, both inside and outside the work market. But why is there no woman's view of the profession given that an awful lot of us work, or have worked, in consultancy? Female graduates also out-earn male peers at entry level. Yet many recent articles here about decently-paid careers only spoke to men. (Discussion of downshifting into insecure, erratic income paths that don't challenge the boys' rights to either their employed jobs or their male provider role is perfectly fine, of course). Therefore content such as "something for everyone" being "from cloud computing to IT delivery" reflects a narrow and misleading world view, instead of the broad vision you expect in the field. I should add that management consultancy does not require any hard skills. You could actually go straight from a good set of GCSEs to working as a consultant (if they'd have you) - main requirements - report writing, common sense, and an ability to use Google, excel and word. These consultancies do the work that people in government / nhs / town councils should really be doing. I worked in a small consultancy that was awarded contracts worth 100s of k worth of local authority money every year to do very basic excel spreadsheets and write reports. Really simple work and a waste of taxpayer money. (not like the work wasn't worth doing - I believe it was - just

**id 79**

Any way to get a line installed quicker? Hi I am in the process of moving offices and have just been informed by BT openreach that they can not get the line installed by my the move date. This is a total nightmare as we need to have broadband active on the line on the day we move. The order is through my ISP who have in turn placed an order through BT openreach. I was just wondering if anyone had any tricks to get install dates moved forward. They currently want to put the line in 3 days after we move which will mean broadband takes a further 3 days. Any advice would be greatly appreciated. BT are busy dealing with backlogs caused by flooding (allegedly) and so long lead times are normal in some areas at the moment. Apparently an ISP can escalate the install/get it expedited if it's a business connection. So changing to a business package with a business line might be an option. Your other option is Virgin Media cable if you can get it. To be honest, 6 days without broadband is actually quiite good for a home move, others have waited weeks or months. Thanks for your reply, should have mentioned this is for a business and is business lines that have been ordered. BT also claim it's the Olympics that is delaying things, as an official sponsor you'd have thought they would be more prepared. I think I'm just going to have to keep on pestering openreach.

**id 80**

"The Harper Conservatives are framing this issue and legislation in terms of 'getting rid of criminals faster,' said May, "but it is really designed to give the Minister of Immigration more 'discretionary' power and completely remove many individuals' right to due process." Bill C-43 amends the Immigration and Refugee Protection Act to give the minister immense power to decide whether an individual is ineligible to become a temporary resident for three years, based on absurdly vague and broad "public policy considerations." Where the Act now deems an applicant inadmissible if found to have engaged in acts of subversion against democratic governments, this has been expanded to the again vague and undefined "espionage that is against Canada or contrary to Canada's interests." The new family provisions allow the minister to deem someone inadmissible on the basis of family links or ties -- again undefined -- very probably leading to guilt by association. Previously access to an independent tribunal (the Immigration Appeal Division) was barred when an individual had been sentenced to more than two years. This will be lowered to 6 months. Shoplifters beware. Canada needs independent, non-political decision-makers to review whether certain circumstances justify the removal of those guilty of lesser offences. Some of them may have been raised and educated here. "The government seems to be afraid of delegating the task of formulating just and appropriate solutions to objective, thoughtful, and, most important, independent decision-makers who can consider all the circumstances of a case. Instead it seems to be intent on introducing cookie-cutter justice where one size fits all. This will be a recipe for disaster for many individuals," said Don Galloway, a founding member of the Canadian Association of Refugee Lawyers (CARL) and Green Party candidate in the upcoming Victoria by-election. "Slowly, but surely, the Conservatives are moving Canada away from being a country based on the rule of law to one based on the rule of one minister. We are also replacing compassion with arbitrary and punitive treatment," concluded May. "All Canadians should be worried about this."

**id 81**

Top Opinion Evidence has emerged that the 'ancients' were more advanced than we thought - specifically the Egyptians. And there are whispers that there were some even more advanced, though no evidence has been shown proving that. Primitive versions of computers, for example - not with wires, but with intricate gears - have emerged. And the Egyptians and Romans alike had medical knowledge and instruments similar to our own - minus the machines that can keep us alive artificially. Their skills with surgery were impressive. And let's not forget that the Romans were amazing with farming, irrigation and the like. They had indoor plumbing! So ... it depends on what you mean by 'technological'. Not like us, no. But far more advanced than we once thought. The truth is that the chances are that Atlantis was likely to be much smaller than that If the oceans were (as we suspect) a lot lower than today then the shape of the Caribbean and it's islands would have been vastly different. (try using google maps on google earth filter switched on). All of the sea shelf would have been dry land with the gulf of mexico as a sea much like the Mediterranean... Indeed there have been extensive towns found underwater around the Bahamas... ;) It's all too confusing to me. Doesn't it seem to you that the world lost its memory sometime during its chaotic history? I mean...it literally seems that everyone lost their memory. What the heck happened? if we only focus on technology as we think of it now - computers, GPS, advanced medical procedures, transportation etc. There are hints of technological things from way way back, such as the pyramids, Stonehenge etc. Overall, I am betting we are more advanced now, as it should be. The world hinges on forward progress and it makes sense that we are more advanced now and that the future will bring even higher technology. I think there's a lot about history that we don't know. I have a hunch (that can't quite be backed up) that human society is much older than we realize. I think a lot of them disappeared over the years. In this form, using microchips and the like, no. In some other form, entirely possible. After all, the Egyptian pyramids are still a mystery to us, and we can't build them as fast as they did with modern technology... Brings us back to the whole alien conspiracy... The great thing about time (and glaciation) is that has the habit of wiping out any evidence older than around 15,000 years old. Equally advanced technological societies have a habit of cremating their dead and also digging up stuff that would have otherwise remained protected from the ravages of time. Horns of Jericho doesn't bring the images of sonic weaponry to mind? Sodom and Gommorah and weapons of mass destruction such as fusion bombs? the Philistines pinched the ark of the covenant and gave it back 7 months later because every where they took it people started becoming ill and dying from symptoms that today we would associate with radiation sickness... Somebody on the next page has even posted a biblical reference that states that the "End times" society will be exactly the same as the one destroyed by Noahs flood... It has taken around a 1000 years to go from low tech to high tech - with a delay because of the dark ages. Given that man has been around several hundred thousand years it is not so far fetched to believe that one of the natural cycles that exist on this planet is one where man spreads to every part of it before reaping the consequences of that advancement. There are four glacial events in this geological period - much as described by the Hopi Indians. whose legends also refer to an ancient civilisation that blew themselves up... I know where your coming from, but where is the evidence? Where is the advanced tech? If a WWII plane can be found encased in ice or the H.L Hunley at the bottom of the sea as a reminder of our technology, shouldn't an highly advanced civilization have tech that is much more durable and stand the test of time better? It's a interesting subject to discuss and hypothesize about, but I find it unlikely. How about a microwave, stove, engine block from a car, an electric motor, items made from stainless steel any number of things that don't really decay. Those kinds of things would survive an event that would just wipe on people. An

**id 82**

Post navigation Is there an accepted protocol for managing peri-implantitis? The following question was submitted by a practising dentist: Is there an accepted protocol for the treatment/management of peri-implantitis and associated bone loss? JCDA Editorial Consultant Dr. Anastasia Cholakis of the University of Manitoba provided these initial comments for consideration: At this time, prevention of peri-implantitis seems to be the safest bet. According to the latest consensus of the 7th European Workshop on Periodontology "clinical and radiographic data should routinely be obtained after prosthesis installation on implants in order to establish a baseline for the diagnosis of peri-implantitis during maintenance of implant patients." A proper in-office peri-implant maintenance protocol is extremely important. Once the diagnosis of peri-implantitis has been confirmed with increasing clinical probing depths, bleeding on probing and progressive bone loss the recommended treatment is varied. According to Esposito's 2012 Cochrane systematic review : "There is no reliable evidence suggesting which could be the most effective interventions for treating peri-implantitis." The issue appears to be the high rate of recurrence reported between 50-100% at 1-5 years. My 7 year clinical experience with treating peri-implantitis has been to remove the implant if more than 50% bone loss has occurred, or if the conditions for debridement and decontamination are poor (eg. proximity to other implants, severe angulations etc). I prefer a surgical approach in the treatment of peri-implantitis as this allows for better access to the implant surface and the bony defect. Decontamination of the implant surface can vary. The use of local antimicrobials, antibiotics, implantoplasty, air abrasives or lasers have all been recommended. Once the implant surface has been cleansed either GBR is attempted or the flap is apically positioned leaving threads exposed. I will frequently also perform a connective tissue graft if no keratinized tissue is present. At this point the evidence we have is empirical at best and should be adapted to a case-by-case situation. The patient should be advised of the possibility of recurrence. Editorial Consultant Dr. Sylvia Todescan, also of the University of Manitoba, added the following : There is not yet an accepted protocol. Nonsurgical therapy of peri-implantitis, such as scaling and root planning, has not been successful. Another nonsurgical option for the treatment of peri-implantitis is local administration of Arestin [minocycline hydrochloride microspheres 1 mg (Ora-Pharma, Horsham, PA)].That treatment led to slight improvements in clinical and microbiological parameters for up to 12 months. Other treatments, such as erbium-doped yttrium aluminum garnet (Er:YAG) laser therapy or use of air abrasives or diode laser irradiation, have been investigated as methods to decontaminate the implant surface. However, only limited data are available in the literature, and so far there is no definitive evidence that any of these methods improve clinical conditions in cases of peri-implantitis. Caution is advised if the practitioner uses techniques with an insufficient evidence base. Surgical interventions that have been used to treat peri-implantitis include resection associated with implantoplasty or regenerative therapy. Surface decontamination is important during treatment of peri-implantitis, but decontamination alone will not lead to substantial re-osseointegration on a previously contaminated implant surface. So far, there is no consensus in the literature about which treatment is better for peri-implantitis. This information is from an article by Dr. Todescan, Dr. Cholakis and Professor Salme Lavigne on the topic of peri-implantitis, that will be published soon in the JCDA. Please look out for it. Follow-up: Readers are invited to comment on this initial response and provide further insights by posting in the comment box which you will find by clicking on " Leave a reply " below. Comments come directly to me for approval prior to posting. You are welcome to remain anonymous. We will never post your email address in any response. John 2 thoughts on " Is there an accepted protocol for managing peri-implantitis? " There are obviously patient specific and site variables that must be taken into account when assessing how to treat a

**id 83**

Recommended Procedures for Increasing the Number of Minority Persons and Women on College and University Faculty The report that follows was approved by the Association's Committee on Women in the Academic Profession and adopted by the Association's Council in June 1983. What is sought in the idea of affirmative action is essentially the revision of standards and practices to ensure that institutions are in fact drawing from the largest marketplace of human resources in staffing their faculties and a critical review of appointment and advancement criteria to ensure that they do not inadvertently foreclose consideration of the best-qualified persons by untested presuppositions which operate to exclude women and minorities. -- Affirmative Action in Higher Education: A Report by the Council Committee on Discrimination Since this report was issued in 1973, the commitment of the American Association of UniversityProfessors to affirmative action in higher education has remained strong. Our concern has been heightened, in fact, by a number of worrisome trends: Although some faculty members have vigorously supported affirmative action, faculty members have too often abrogated their traditional role in institutional policy formulation and implementation by allowing administrators to assume major responsibility for affirmative-action requirements. The administrations of many institutions have promulgated rules that not only intrude into the academic decision-making process, but also are counterproductive to the aims of affirmative action Insufficient progress has been made in removing the vestiges of discrimination and achieving equality. Failure of many universities and colleges to end discriminatory policies and practices or to provide effective internal means of redress has led faculty members to resort to federal agencies and the courts. At the same time, enforcement activities have been viewed as unwarranted interference with institutional autonomy. Criticism of affirmative action -- from litigation attacking the use of race as a criterion in student admissions policies to political initiatives restricting the consideration of diversity as a factor in hiring at public institutions -- has been widespread. Affirmative action has provided a handy target for the critics of government regulation of academic institutions, although other aspects of government regulation may in fact be far more intrusive and expensive to implement. AAUP Policies In view of these concerns, now is an appropriate time for the AAUP not only to reaffirm its stand in support of affirmative action, but also to suggest ways that affirmative action might be implemented in such a fashion as to be both effective and consonant with AAUP standards. The AAUP has long endorsed the principle of nondiscrimination, and the 1973 report of the Council Committee on Discrimination saw affirmative action as a necessary corollary to that principle. 1 Although affirmative action involves the identification of groups, such identification need not and should not imply a remedy that sacrifices individual rights to purported group entitlements. The AAUP has consistently supported the rights of individuals, advocating that an individual receive neither more nor less favorable treatment simply because of his or her race or sex. 2 We believe that the following forms of affirmative action are consistent with the principle of nondiscrimination in the protection of individual rights. 1. Examination of policies to be certain that they are scrupulously nondiscriminatory in principle and in practice, followed by corrective action where needed. Included would be a review of recruitment practices to ensure all qualified candidates for a position an opportunity to be considered fairly; to eliminate stereotyping assumptions, such as a belief that women with young children will be unable to devote themselves adequately to their profession; and to provide adequate internal grievance procedures for those who perceive that they have been the victims of discrimination. 2. Examination of policies and procedures that, while facially neutral, have an adverse impact onwomen or minorities. Whenever possible, they should be eliminated or replaced by less exclusionary policies designed to accomplish the same legitimate purpose. 3 The goal is to do away with gratuitous barriers to the fair consideration of women and minorities. Examples would be the narrowing of anti-nepotism policies or the liberalization of childbearing and child-rearing leave policies. Another, less direct, action might be provision for day-care facilities, the absence of which tends to have a heavier impact on women than on men. 3. Race- or sex-sensitive selectivity. Awareness of race or sex in the appointment and retention process reach

**id 84**

Newsfeed Our Community Breadcrumb trail Main Content Eschewing the Fat: While Fat is Part of a Healthy Diet, Don't Over Do It By Teresa Taillefer In Diabetes Dialogue, Fall 1999 Which is better for you - butter or margarine? This question is frequently asked by people who visit a registered dietitian's office. Often people describe hearing, viewing or reading a news report that one is a healthier option that the other. It almost seems that there's a different recommendation weekly! The fact is that nutrition is a young science and because of this, research is discussed frequently on television and in the newspapers. Individual research studies do not necessarily draw clear conclusions. Scientists are required to piece together many different studies to draw a true picture and make recommendations. Researchers look at the quality of the study and the strength of the conclusions made. When a new study is published, healthy food choice recommendations may not change. When a number of studies make the same conclusions, the scientists debate the current recommendations and make changes. To date, we do know that a diet low in total, saturated and trans fats and cholesterol, but high in fibre, reduces the risk of heart attacks, some types of cancer, type 2 diabetes and obesity. There is no need to stop eating any one food. Instead, look at your total diet. Canadian food consumption studies show that we consume most of the fat in our diet as added fats, such as butter, margarine and oil. Identify which high-fat foods you choose on a regular basis and try to cut down. See the chart for some tips to eat less fat. Low-fat Eating Tips Enjoy low-fat milk products Enjoy smaller portions and leaner cuts of meat. Use butter, margarine, oils and salad dressings sparingly. Instead of mayonnaise on your sandwiches, try substitutions that are lower in fat, such as mustard. Once you have lowered the total amount of fat in your diet, turn to improving the amount of good blood cholesterol (HDL) compared to the amount of bad blood cholesterol (LDL). Research shows that, of the fats you do eat, it's best to consume less saturated fats and trans fats. Butter is about half saturated fats, while some margarines are high in trans fats. Margarines are made in different ways using different ingredients. Each margarine has to be individually assessed to see if it is low in saturated and trans fats. Reading the food label is the key to assessing a margarine. Look for the term 'hydrogenated' on the margarine label. Hydrogenation is a process used in making margarine harder (more saturated). This process can lead to the formation of trans fats, which are the latest fats to hit the media. Food labels describe the amount of fat types in grams. Add up the grams of monounsaturated and polyunsaturated fats in one brand of margarine and compare it to other brands. The larger the amount of these 'good' fats per serving, the better. Just keep in mind that, just because a margarine is high in monounsaturated and polyunsaturated fats, this doesn't mean it is low in total fat. It still contains fat, but it's just more of a less harmful type. People with diabetes need to watch their total fat intake, not just their intake of 'bad' fats. To sum up, eat less fat in general. When you do eat fat, pick products that are higher in monounsaturated and polyunsaturated fats. Choose fewer products that are high in saturated and trans fats. Restricting fat is not the only way to lower blood cholesterol. Eating more fibre can also help. Aim to eat 25 to 30 grams of fibre daily. Grain products, vegetables, fruits and some meat alternatives such as peas, lentils or beans are the best sources of dietary fibre. See the second chart on this page for some tips to help add fibre to your diet. Increase your intake of fibre slowly to minimize gastric discomfort, and be sure to drink more water as you eat more fibre. High-fibre Eating Tips Start your day with a low-fat breakfast cereal topped with fresh fruit such as apples or strawberries. Add dried fruit such as raisins, apricots or cranberries to homemade muffins or cookies. Reading food labels and making healthy choices can be difficult. Contact your local diabetes education centre or a Registered Dietitian to obtain

**id 85**

Welcome to the home of great tasting alternatives, dairy-free recipes, advice and information Spiced Hot Chocolate And Cranberry, Coconut And Lemon Triangles Hello readers! I am happy to be popping by to see you all again especially because I have some yummy treats to share with you! First of all I want to talk hot chocolate, now if you're like me when the winter months come calling and the smell of cold is in the air, I love nothing more than a steaming hot chocolate to warm my bones. But if you don't drink cow's milk or soya then you're pretty stuck when you're out and about so I have the answer - stay at home and make your own! To be honest, this is a much better idea especially when there are cookies involved, but more on that in a bit, first of all the hot chocolate: I find these single packs of chocolate Rice Dream perfect for a hot choc fix, but you can go big with the one-litre pack if you like! Put the carton of chocolate Rice Dream in a pan on a low heat then add a tsp of cocoa (extra chocolate is always good!). I also added 1/2 a tsp of this hot chocolate spice mix which was given to me to give it an extra kick! Mix through, it only takes a few minutes to heat up, pour into a mug and enjoy with some cookies maybe? I guess this the perfect time to share my next recipe with you....... Cranberry, Coconut and Lemon Triangles (grain, dairy and processed sugar free) Combine all the dry ingredients together, in separate bowl combine the egg and honey. Add wet to dry and make a dough. Make into round discs about an inch thick, then cut each one like a pizza. Bake for about 10 minutes on gas mark 4. Cool and enjoy with your hot chocolate! As you can see these are pretty healthy so you can indulge yourself guilt free!

**id 86**

Cline platforms can only do so much: After years of poor posture, 5'2" writer Coco Myers learns she's coming up short. Here, her three-month guide to growing taller BY Coco Myers May 24, 2012 Related Links You have lousy posture," a guy I'd been dating tells me after we break up. The arrow strikes, and it hurts. Then, adding insult to injury, I get measured at a routine doctor's appointment, only to learn I've lost a quarter of an inch over the past few years. I can't be shrinking, according to the doc?I'm too healthy, so I must be slouching. And at 5'2", I can't afford to lose a millimeter. Suddenly I find myself obsessing over my posture?standing in line at H&M, sitting at my computer?and find that yes, the ex is right. I'm often rounded forward, scrunching. Not only am I shortening myself, I'm apparently shortchanging myself, according to psychologist Dana Carney, PhD, assistant professor of management at the Haas School of Business, University of California, Berkeley. Her research found that when people "expand to take up more space," such as when they stand up straight, they were perceived as being more powerful and secure compared with when they were slouching. The power posers also felt better too: Saliva samples taken after subjects were asked to straighten up revealed a rise in testosterone. Of course I want people, including men I might date, to view me as confident. I wonder, if I were to straighten up, might I not only appear taller and more secure, but actually feel more powerful, more graceful? To get an objective analysis of my alignment, I visit Sinead FitzGibbon, a Long Island?based physical therapist known for working with triathletes to improve their form. FitzGibbon takes out a self-leveling laser light, the type used by construction workers, and beams a vertical red line up a blank white wall. She has me stand in profile along the red light to track where it intersects my body. Ideally, she says, we should see a plumb line from the middle of my ear through the shoulder, hip, knee, and ankle. We don't. My shoulders are well in front of the bright stripe and my ankles far on the other side. "You push your chest and stomach out and arch your back. Your body is like a question mark," she says, noting that I also stand with more weight on one foot. Next she measures the rise of my shoulders when I lie flat on a table: one is two inches high, the other two and a half (more typical is one and a half). So I'm rounded forward and lopsided, which explains the band of tension I often feel across my back. Chronic postural imbalance stresses muscle tissue, potentially leading to micro-trauma to bones and joints, a factor in arthritis. Chest-opening stretches and other exercises can help, FitzGibbon says, but to really make a lasting change, I'm going to have to undo deeply ingrained patterns?to rethink, literally, how I stand. It's enough to make me want to stay in bed. I've heard that we are tallest upon waking, shortest before bed?not unlike how astronauts gain a few inches while in zero gravity and shrink when back on solid ground. But can the spine really be so malleable? Yes, says physiotherapist Clare Frank, DPT, an orthopedic specialist at Kaiser Permanente's Movement Science Fellowship in Los Angeles. The normal daily stresses of sitting and standing, plus the pull of gravity, compress the collagen-rich discs between vertebrae, causing us to lose millimeters each day. While we sleep, the fluid between the discs is replenished, plumping the discs up like a sponge in water, lengthening the spine. Starting in our forties, the discs begin to shrink permanently. Once you factor in bone loss, most people lose up to two inches by the time they're in their eighties. But that's a long way off for me, and I'm determined to be an upright old lady. So which posture path to pursue? If years of twice-weekly weight training and semiregula

**id 87**

Elsewhere on this web site, I have outlined in some detail explanations of both the American political system [ click here ] and the British political system [ click here ]. As someone who is intensely interested in politics generally, and British and American politics most especially, I am fascinated by the many differences between the political scenes on the two sides of the Atlantic. Inevitably, I am oversimplifying somewhat, but the following differences strike me as instructive. THE CONSTITUTION Perhaps the most fundamental difference between the American and British political systems is the constitution - or the lack of one. The United States has a written constitution as does the vast majority of nation states. The UK does not have a single document called the constitution but instead its constitutional provisions are scattered over various Acts of Parliament. The American constitution is hard to change and, in current political circumstances, perhaps impossible to change in any meaningful respect. The Equal Rights Amendment - which sought to provide equal rights for women - failed and there has been no succesful amendment of the US Constitution - except for one technical measure - since 1971. What for practical purposes constitutes the British Constitution - various Acts of Parliament - can be changed by a simple majority in the legislature. For instance, the current Coalition Government introduced fixed terms for the House fo Commons by passing the necessary legislation. In the United States, political discourse frequently makes reference to the constitution - typically Republicans arguing that Democratic initiatives are 'unconstitutional'. Besides the fact that the UK does not have a constitution as such, it is rare for British politicians to argue that the actions or proposals of their opponents are illegal or ultra vires . A defining feature of the American constitution is the strict separation of the powers of the executive, the legislature and the judiciary. The British political system has no such formal separation of the powers - indeed until recently one person was a member of all three arms of government, since the Lord Chancellor was a member of the Cabinet (the executive), a member of the House of Lords (the legislature) and the head of the legal system (the judiciary). In the United States, because of the separation of the powers, no Cabinet member is allowed to be a member of the Congress. In Britain, every Government Minister must be a member of one of the two Houses of Parliament and, if he or she is not already in the Parliament, he or she is made a peer. THE EXECUTIVE The most obvious - and certainly the most visible - of the differences between the American and British political systems is that the USA is a presidential system, with the apex of power in a directly-elected President, whereas the UK is a parliamentary system, with the Prime Minister holding office and power only so long as he or she commands a majority of votes in the House of Commons. In theory then, the American President has much more power than the British Prime Minister - he is the commander-in-chief and has the power to issue executive orders which have the full force of law. However, the constitutional system of 'checks and balances' seriously circumscribes the power of the US President who often finds it really difficult to push legislation through Congress. By contrast, a British Prime Minister usually heads a government with a majority of seats in the House of Commons and the ability to pass almost any legislation that he wishes. In the United States, the transition period between the election of a new president and that person's inaugration is two and half months. In Britain, the changeover of Prime Ministers is virtually immediate - within hours of the election result, one person leaves 10 Downing Street and within the following hour the successor enters it. In the US, government is highly partisan with the President appointing to the executive colleagues who are almost exclusively from within his own party. In the UK, government is normally equally partisan with all Ministers coming from the governing party but, in 2010, exceptionally the Conservatives were required to go into a coalition with the Liberal Democrats and grant them 17 ministerial positions. In the United States, the incoming President and his aides make a total of around 7,000 political appointments. In Britain, the Prime Minister appoints around 100 members of the Government and members of the Cabinet each appoint a couple of Special Advisers, so the total number of political appointments is around 150. In the United States, all the most senior appointments are subject to confirmation hearings and votes in the Senate. In Britain, there is no procedural method of challenging the appointment of a particular Minister although, in

**id 88**

Plantation Life Plantations had been used with great effect long before the Europeans settled in the Americas. Sugar cane plantations, for example, had thrived around the Mediterranean in the late Middle Ages, supplying an expensive sweetener for Europe's lites. So when European merchants and adventurers began to sail and trade around the Atlantic, they took the plantation model with them and transplanted it into a string of new settlements -- above all, in sugar. The plantation model The Spanish and Portuguese first began sugar cultivation on plantations on the Atlantic islands -- the Canaries, Cape Verde and Madeira -- then on Sao Tom and Principe in the Gulf of Guinea. On those islands, close to the African coast, they also began to use African slaves, which were shipped a relatively short distance from the kingdom of Kongo. The sugar produced, shipped north to Europe, stimulated the European taste and demand for ever more sugar. But the giant leap in the popularity of the plantation model occurred with the transfer of it to the Americas. Columbus carried sugar cane on his second transatlantic voyage in 1493. Within a decade, it was being cultivated in Santo Domingo on Hispaniola (now Haiti and the Dominican Republic) by men trained in this form of agriculture in the Canaries. From there, the Spanish developed sugar plantations in Jamaica and Puerto Rico. But sugar plantations really took off in Brazil under the Portuguese and Dutch, the cane initially being transplanted from Madeira in the 1540s. Two decades later, Brazil was producing 2,500 tons of sugar a year. The rise of the Brazilian sugar industry in the 16th century confirmed the importance of the plantation. Not surprisingly, it was copied by other European colonial powers when they settled their own tropical colonies in the Americas. Portuguese and Dutch experience in Brazil, and Dutch finance for investment, helped others to turn to the lucrative business of sugar production. The first British settlements in the Caribbean (in St Kitts and Barbados) tried a range of crops before settling on sugar. After 1655, the new possession of Jamaica joined the list of British sugar producers, sugar again pushing aside other crops to become the island's dominant cultivation. The demand for slave labour T he early plantations used a mix of labour: European settlers, local indigenous peoples and African slaves. This combination was rarely successful in sugar: Europeans disliked the work and the indigenous peoples refused to do it. Thus sugar soon came to depend overwhelmingly on forced African slave labour. As sugar came to dominate the landscape, plantations became bigger. And as they proliferated and as demand for sugar in Europe increased, the plantations' demand for Africans grew proportionally. Wherever a colony produced increased volumes of sugar, there we find massive importations of enslaved Africans. By 1600, perhaps 200,000 Africans had been shipped from West Africa as slaves. Fifty years later, that figure had increased to 800,000. This was not true of sugar. In North America, the British turned to slavery for the cultivation of tobacco on plantations clustered around the Virginia, which provided an easy maritime route to Europe and, increasingly, to the centre of the tobacco trade in Glasgow. By 1750, some 145,000 enslaved Africans worked in the region. Later, when the British began rice cultivation in the Carolinas, they again turned to the plantation model and the number of slaves grew rapidly: by 1750, 40,000 had been trafficked there. American cotton plantations This massive expansion of the enslaved population of the Americas was all made possible, of course, by the transatlantic slave trade. In some regions, however, the enslaved population began to increase with the birth of children born on the plantations and planters came to rely less and less on arrivals from Africa. This was especially striking in North America. The rise of cotton in the United States came late in the history of slavery. After 1800, plantations growing this crop began to spread across a huge stretch of the American South, as far west at the what is now New Mexico's border. The plantation was once again the key to local commercial success. By 1860, there were 4 million slaves in the US, some 60% of whom worked in cotton. But the plantation has a much broader importance than simply the history of sugar: it was the organisational tool that enabled European settlers to develop key areas of the

**id 89**

Suddenly, unbelievably, Mary Ellen O'Rourke could - and so her wonderful husband and beautiful baby girl were alive and well. Now all she had to do was keep them that way. If only she knew how.. But maybe she did. Because a strange encounter with an unusual ring had brought Mary into this parallel world, one in which Daniel and Hope - and she - were the family she'd always dreamed of being. Because it seemed that this time, she had acted differently on that fateful day. So was this new life a dream? Mary didn't care. She'd spent six years praying for a second chance - and she wasn't going to waste a single minute of it!

**id 90**

The first look at The Last Class The first look at The Last Class. Stan Howe photo BARRIE - Georgian College made history Aug. 23 as it opened the doors for staff to The First Class (TFC) cafe and The Last Class (TLC) student lounge. TLC, in its new location since 1997, has been renovated twice to keep up with student enrollment. Its 668 square-metre facility now holds up to 600 people, and expects 250,000 customers this school year. The sneak peek for college staff involved an opening ceremony and ribbon cutting in the newly renovated facility that now features a private meeting and dining room and rooftop patio. Mick Kingston, General Manager of Food and Beverage Operations, said, "Now we are set up to keep pace with the number of students we have on campus. We can provide faster service, meaning students can come in, get their lunch or snack and be sure to get to class on time." The new private meeting and dining rooms will result in increased catering services for meetings, birthdays, anniversaries and other gatherings. "It's huge for our community partners and conference services," Kingston said. MaryLynn West-Moynes, in her third week as new President of Georgian College, spoke at the ceremony. Of the success of TLC, she said, "It's about the relationship. It's about the magic that has been created by staff." Board of Governors Student Representative Shaun McCracken explained that all profits go to student activities run by the Students' Administrative Council (SAC), who operate TFC and TLC. McCracken also said that last year TFC and TLC made $1.5 million. "We pride ourselves on being a second home for students when they're here on campus," McCracken said. "This is a result of the dedication of staff and students involved in SAC." The facility also announced that this year would bring 150 year round student jobs to TFC and TLC. Kingston said, "Most importantly, this is a service for the students first and a business second." McCracken, West-Moynes and incoming SAC president Katrina Sutton cut the ribbon to what West-Moynes called "a new part of our history." The cafe and lounge officially open to students and the public Sept. 4.

**id 91**

"The DPRK is the Juche-oriented socialist state which embodies the idea and leadership of Comrade Kim II Sung, the founder of the Republic and the father of socialist Korea." DPR Of Korea The Democratic People's Republic of Korea is a genuine workers' state in which all the people are completely liberated from exploitation and oppression. The workers, peasants, soldiers and intellectuals are the true masters of their destiny and are in a unique position to defend their interests. KFA Delegation KFA trips have become popular amongst our KFA members as well as other people, who are welcome to join, to experience North Korea outside the tourist trail and have interaction with North Korean citizens first hand.A visitor joining the KFA Delegation is not treated as a tourist but as a friend of the DPRK, having access to places, information, insights and events not allowed for regular visitors

**id 92**

What Harry told Sally was right: Why a man can never be just friends with a woman... attraction gets in the way PUBLISHED: 10:56 EST, 24 July 2012 | UPDATED: 03:44 EST, 25 July 2012 It turns out that Harry was right when he told Sally that men can't be 'just friends' with women. Researchers have found that men's friendships with the opposite sex are driven by sexual attraction, regardless of whether they are single. Women, however, are more likely to consider their friendships with men as platonic -- and only hoped for more if their own relationship was in trouble. Oops: A new study shows that sexual attraction does usually interfere in platonic relationships despite what some may think The scientists' findings mirror the plot of 1989 film When Harry Met Sally, in which Harry, played by Billy Crystal, tells Meg Ryan's Sally: 'Men and women can't be friends because the sex part always gets in the way.' The researchers said the study had 'potential negative consequences' for people in long-term relationships. They said the impact of work, hobbies and university has seen friendships between men and women reach unprecedented levels. But our mating instincts, which have evolved over hundreds of thousands of years, may get in the way. In a survey, 88 pairs of young male and female friends were asked to rate their attraction to each other in a confidential questionnaire. Men -- whether attached or single -- were more likely to be attracted to their female friends and want to go on a date with them than the other way around. They also assumed their female friends were more romantically interested in them than they actually were -- and women tended to be unaware of this. Just good friends: The study revealed men consistently and mistakenly assume that their female friends are attracted to them more than they actually are Single and attached women showed the same level of attraction to their male friend. But attached women tended only to want something to come of that attraction if their relationship was in trouble. Women were also less attracted to attached men. A second questionnaire for 140 middle-aged people, who were almost all married, found levels of attraction between male and female friends fairly equal. Middle-aged men's attraction to their female friends was much lower than that of the younger men, except among those who were single. For women, levels of attraction had stayed the same. Participants of both questionnaires said they gained benefits from friendship with the opposite sex including getting good advice and boosting their confidence, according to the study in the Journal of Social and Personal Relationships. Those who did harbour a secret crush were five times more likely to see it as a potential problem than a benefit. But more men than women saw it as a perk. The authors of the study, from the University of Wisconsin, said films and television programmes had helped instill the idea that normal friends can easily become 'friends with benefits' -- friends who have sex with each other. In When Harry Met Sally, Harry says that sexual tension gets in the way of friendship even with girls he finds unattractive. Sally disagrees and is furious when Harry tells her she is attractive. After many chance meetings over the years, Harry proposes they become friends. But the two eventually fall in love. you know it's true that SEX will always get in the way but if it's dealt with when it happens, the relation might get to normal. it's just that sometimes women are misleading. I knew a girl once and i asked her out but she said she has a boyfriend, i thought OK. But then we came really close as friends and i enjoyed that, then she started to hold my hands and stuff like that and when i confronted her she got all upset on me. I mean, i'm not the one that started holding hands and giving signs. GEEEEEZ. Don't mislead the guy and he'll be straight with you. I have never had many close female friends and growing up and through college I always had more guy friends. But now in my mid 20s it seems less appropriate as I never want to make other guys girlfriends or wives jealous. Best bet is to make friends with the girlfriends too, even if I find them unbearably annoying and catty at times. Very true in some situations, not true in others. I have had many relationships (platonic) with women who I found completely unattractive (although most of them told me later they had a crush on me). It never bothered me. However, my wife had a platonic relationship with a guy who

**id 93**

Joining me today is author Scott Mariani, author of the successful Ben Hope series and the Vampire Federation series. Born in Scotland he saw the light and moved to West Wales, croeso I Gymru! An ardent nature lover and advocate of conservation, he supports charities such as The Woodland Trust and The World Wildlife Fund. Why do you write? What do you see as the main purpose of your writing? I write, principally, because doing this job enables me to not have to live in a town or city, put on a suit and tie and hack through traffic to and from an office every day, a way of life I'd do pretty much anything to avoid! I write because it allows me to be 'me' in a way that no other occupation can. And also, I guess, because I have stories inside me that need to come out. But that's not a creative or artistic whimsy on my part -- I firmly view what I write as a product, and the main purpose of creating it is to support myself, my home and my immediate circle. It's just what I do. If there was no such thing as literature, how would your life differ? Then I'd be writing screenplays... which is something I'd like to be doing. What kind of relationship do you have with your protagonists? Do you eat, breathe and sleep Ben Hope wondering what mess you can get him into next? The Sacred Sword I think it's pretty unavoidable, when you spend months and months totally, intensely immersed in the lives of your characters, that the process starts seeping into your pores and taking over your life. It's one of the occupational hazards of writing -- there is no factory whistle to set you free at the end of a day's work. You're on duty 24/7. I very often find myself dwelling on Ben and his variable fortunes over dinner, all through the evening and into the night when thoughts of plots and subplots and twists and all kinds of maddening details can start to invade my dreams. I sometimes wonder whether this is partly why writers have traditionally been more prone to depression and suicide than most normal folks -- maybe carrying a headful of characters and storylines around with you all the time is enough to drive you completely around the bend! These days I'm careful to take more time out for myself, to unwind and detach my mind from it all. Ironically, that's often when the best ideas strike me, and I find myself getting drawn right back in again... Ben Hope has been the main protagonist of your novels for several years now, The Sacred Sword being his seventh outing. How much would you say the character has developed over the years? Do you see him any differently now than when the series began? Yes, Ben's been part of my life for a while now. Even though I can't quite visualise him in the same clear way that I can see some of the lesser characters who've appeared in the books, I feel I know him very, very well -- to the extent that he feels like a real person to me. Like any real, living person, he's constantly developing and evolving. In the first books he was a little wilder and ragged-edged, and despite all the good things he did to help those in need, he was deeply unhappy with life. Now he's a little older and some things have changed for him, that rawness has healed to a degree. He's less of a loner, and has gradually amassed a circle of people around him that he cares about. He's not drinking quite so much and is less crazy. Where in the earlier books he wouldn't hesitate before wading in, guns blazing, against insane odds, now he'll maybe hesitate for about half a second... he's still very much Ben Hope. What's the hardest part of writing a Ben Hope book? Although it's a process I'm becoming pretty familiar with, none of the elements that go together to write a Ben Hope book are easily achieved. Every book (with the exception of the prequel Passenger 13 ) has a historical backdrop or mystery that I spend a lot of time figuring out. It has to be interesting in its own right and also relate believably to the modern day. Bad guys have to have cause to care about it, and Ben Hope himself has to have a reason for getting involved with it. This is the real engine room of the book. The process of figuring it all out then generates roles for secondary

**id 94**

Welcome to pink fish media. You are currently viewing the site as a guest. By joining our community you will be able to post topics, use the search facility, communicate privately with other members, respond to polls, buy records, use our commerce area etc. Have a read of our FAQ to gain a little more information as to how pfm works. The FAQ also contains the site's Acceptable Usage Policy. Registration is fast, simple and free, so why not join us? Just like politicians we get the audio dealers we deserve. They are in business because we continue to give them our cash. As an industry the hi-fi consumer is over credulous and usually easily taken advantage of. Many dealers like Walrus in London are great but many others are extremely rude, delusional and exploitative. I once spoke to a dealer with initials SH at AC who when I refused to consider spending a third of my budget on cables became extremely rude and dismissive and started making up stories I had called him before many times and owned an Orbe and was just a time waster. Needless to say I have never owned that deck and had never called him before in my life yet he went off on some paranoid rant. I asked him to demonstrate of the value of spending that amount on cables versus Maplin cables and he refused saying I was an idiot and I should just take his word for it as he knew far more than me and I was quite possibly deaf as the improvement was so obvious. I said if it was that obvious then I should hear it easily then he started mumbling about subtle differences only audible to someone with his expertise blah blah blah. If I cant hear it then it isn't worth spending money on! I made some remarks about the 90% mark-up on cables and then it all went a bit sour. He also was only interested in selling a complete system using all of my money rather than me shopping around or I could go hang. As a punter, I feel increasingly sorry for traders. I don't think that changes in the law were intended to allow hobbyists to try samples of goods, without any genuine intention of buying them. I come across more examples of 'bad' consumers than I do lousy traders.Some of the advice above seems right, travel to the dealer, if you want to try goods be honest and straight forward about it, make sure you and the dealer understand what you have agreed.Don't rely on a narrow intepretation of the law in order to act with bad faith. BTW: I am not suggesting that anyone on this thread has acted badly. But it can and does happen. Good post. There's usually two sides to every story. As an occasional kit-swapper, I have come to dread selling equipment to people who buy blind, and wholeheartedly encourage buyers to visit my home (even lending them a diving suit ), to hear for themselves, and sometimes even take the gear to them to try if they're not too far from my usual circuit. Failing to do this all too often results in the equipment rapidly finding its way back onto the classifieds again and aforementioned transient-owner forever after badmouthing it as "rubbish", when it merely failed to suit tastes, expectation or system synergy! The hifi industry is populated by some colourful (by which I mean crazy, arrogant, rude, egomanical and dishonest) characters, but there are some decent folk in the mix, too. We don't often see eye-to-eye on technical matters, but Purit and Audiosmile, for instance, I would trust to do business with. By the same token, audiophile customers are among the fussiest, ficklest, touchiest and most mercurial in the marketplace - but we've met some real gentlemen (and one or two ladies) in our time with whom we've shared great music and long thought-provoking conversations. If you're dealing with a crook, don't: there are several brands in the UK whose products I respect greatly, but I know their distributors or dealers to be scoundrels. I have a long list of names. We don't touch them with a bargepole. If you find a dealer who you can talk to, and trust, stick with them if you want any pre-sale advice or after sales service. Otherwise, you're probably better off dealing with a large company like Amazon or Richer Sounds and buying something mainstream backed by cast

**id 95**

Sculptor Antony Gormley explains how his installations explore the way humans act, react and interact Your recent installations have explored human behaviour. Can you describe one of them? I had a work called Clay and the Collective Body , which involved putting a 100-tonne mass of clay, measuring 6 metres by 6 metres by 2.5 metres, in the middle of a well-lit, humid space, measuring 36 m by 36 m and 30 m high. It ran for 10 days. Everybody had to pre-book four-hour slots, and there were up to 100 people in the space at a time. You could say, where was your responsibility for the form of that piece? Well, it was in making sure that the conditions were constant and right within the frame that I had thought up. So people could play with the clay but you controlled the variables? The space had no windows and a slightly high atmospheric pressure of 1.5 atmospheres. It took place in Helsinki, where the temperature was -15 C outside and 24 C inside. You entered the space down a tunnel as if you were going down a birth canal. You went through airlocked doors and found yourself in this very bright, very large space with this dark material. From then on, it was a random human experiment. How did people react? This very precisely engineered context gave rise to an extraordinary and explosive outpouring of, you could say, collective unconsciousness. People communicated with each other non-verbally. At first, they would come in and be terrified by the "great clay", but there was a bunch of philosophers from Helsinki University who decided they were going to infect the place with a logical system. They started making tiny balls that they put on the floor in a 20-centimetre grid. The order they imposed was in absolute contrast to this huge mass of black clay. And then there was a group of girls elsewhere in the room who were trying to make an invocation of their grandmother, who looked terrifying - very few teeth and screaming. How did the experiment progress? The thing then turned into people engaging with other people's engagement. There were these conversations between people - through objects or through the process of creating - that were totally non-verbal and about communities of affection, interest or intrigue. You could apply game theory - you could apply all kinds of social analysis to this. Were there any concerns about how people might behave? There were huge worries that people would start fucking each other or piss in the clay. We had to have two psychiatrists to make sure no one went nuts. Did people go nuts? It was absolutely extraordinary, the way that people found each other, looked after each other, but also encouraged and extended each other's experience. There was a bunch of crazy French people who took all their clothes off and started behaving in a slightly destructive way. But, actually, everybody thought they were quite funny and when they weren't funny any more, they were made to feel it. Have any of your other works brought people together this way? In Horizon Field Hamburg , we create a space for 100 people on an unstable, reflective black platform hanging 7.5 m off the ground from eight 22-millimetre cables. It is a very destabilising and disorientating experience, but it's important that it is so. How does the platform affect people? Some people seem to be highly physical, doing cartwheels and yoga and Pilates and a whole load of other things - trying, for instance, to stand when the whole platform is oscillating, and even managing to do so - while others lie and watch or simply meditate on the experience of being in, but not of, the world. The platform creates the experience of the space at large - space as an expanding condition - and the social nature of space. They can look out of the windows at a distant horizon where the cityscape and the sky interact. They can also sense the collective movement, because every footfall, every movement of everybody on that platform is transmitted through this thin, tensile surface. Why destabilise people? I use shock tactics, but only to the extent of putting somebody in a position of reflexivity to create a point at which value might arise. I don't want to illustrate things that are already known. So a lot of the time, I'm trying to engineer experiences. And they are often experiences about which I'm not sure myself, as the author, what the outcome will be. So how did people behave? What's absolutely beautiful is the way that people have occupied that space and become the

**id 96**

Be a part of it - join Social Enterprise UK today! More and more social enterprises, local authority teams, spin-outs, charities and private sector supporters are joining Social Enterprise UK. You can too, from just 75. In return you will get a fantastic package of support.... ...services, promotion, benefits and special offers. All sorts of things you need to be a great social enterprise -- or a great supporter and champion of social enterprise. Tap into our collective buying power and get heavily discounted products and services through deals we broker for our members. Let us publicise your events and news to our marketplace of almost 10,000 people, or get you featured in the media (including the nationals!), give you free or heavily discounted places at our networking, learning and training events. When you need us we also offer individual advice, information and support. Soon we will be launching a campaign to get our members buying from each other. It's a 'buy-in to social enterprise' campaign. And we are currently developing a new badge to identify you as a social enterprise or supporter member. Visit our member pages today and join Social Enterprise UK. Or call Samantha on 020 3589 4958. About SEUK We are the national body for social enterprise. Social enterprises are businesses that are changing the world.

**id 97**

Twenty five years ago, on 4 December 1986, the international community adopted the Declaration on the Right to Development. It remains a landmark statement of the right of all people to participate in, contribute to and enjoy economic, social, cultural and political development. In September 2011, around 150 representatives from national human rights institutions, governments, civil society organisations and UN agencies from across the Asia Pacific region will meet in Bangkok to take stock of progress and challenges in implementing the right to development. Participants at the first APF Biennial Conference will also share examples of good practice involving national human rights institutions and their role to monitor implementation of the Declaration on the Right to Development in their respective countries. A series of parallel discussions will draw on the expertise of national and regional non-governmental organisations on a range of related topics, including: uman rights defenders and the right to development the role of the media and development natural resources and development. The ideas and feedback from these sessions will help guide and inform the broader conference discussions. As part of the two-day conference, participants will also examine the situation facing lesbian, gay, bisexual and transgender people in the Asia Pacific region, as well as steps being taken by national human rights institutions to advance their human rights. In addition, a conference session will explore the important and unique contribution that national human rights institutions can make to the work of the UN Human Rights Council. The 2011 APF Biennial Conference will be held on 7-8 September 2011 and hosted by the National Human Rights Commission of Thailand. The event, which had previously been held on an annual basis, is one of the largest regular human rights gatherings in the region. The APF Annual Meeting will be held on 6 September, prior to the conference, with the APF's Senior Executive Officers Network meeting in parallel on the first day of the conference. Confirmed speakers, background papers and other information will be made available on the APF website in the coming weeks. Closing date for registrations for the APF Biennial Conference is 6 August 2011 .

**id 98**

Festival's artistic laboratory a hive of all-star talent The HIVE Lab is an innovative experiment in connecting some of Australia's most interesting artists. And there's a history of artistic result. What do you get when you put Bill Henson, Lally Katz, Eddie Perfect, Sophie Raymond, Cat Jones and Natasha Pincus in a room together? -- ?plus another dozen artists, directors, writers, filmmakers and producers? We'll find out at the end of this weekend, at the completion of the HIVE Lab as part of the Melbourne Festival. The HIVE Lab? -- ?an initiative of the Adelaide Film Festival, Screen Australia, South Australian Film Corporation, ABC TV and the Australia Council for the Arts? -- ? is a kind of mix-and-match artistic collaboration hothouse, bringing together 18 of Australia's brightest talents across the worlds of film, theatre, art and literature. The aim is to "stimulate the development of new work for cinema and TV that is shaped and crafted by an artistic vision and process, ideally with new creative partnerships". Each of the presenting bodies has pledged $200,000 towards the program. You could say this is all an exercise in name-dropping and "super-group" style star collaboration. But that doesn't seem to be the vibe coming from participants. Playwright Katz, for instance, told Crikey yesterday "there's some really interesting people there" and that "it's really fun". " Usually I write for theatre, so I guess it's about getting people to try different mediums," she said. "I've written some television episodes and a bit of stuff, but yeah not that much really." " We heard about everybody's ideas today which were all really exciting, and really different. They were all people that I've certainly heard about, and so it's exciting to be in a room with everyone." The idea for the HIVE Lab stems from the fertile imagination of ABC drama executive Katrina Sedgwick. Sedgwick proved herself a nimble and clever director during a decade at the helm of the Adelaide Film Festival , and her 2011 HIVE lab looks set to bear fruit with three projects premiering at the 2013 festival , including a feature-length rock musical to be directed by Michael Kantor entitled The Boy Castaways . Another project emerging from the 2011 collaboration is an hour-long documentary, Tender , featuring artist Lynette Wallworth. She's also involved in this year's HIVE Lab. "It's a sort of creative lab which invites some really fantastic artists working across many mediums, to imagine if they have an interest in working in the moving image with an outcome that could be broadcast on ABC TV and at the Adelaide Film Festival," Wallworth said. " I guess it's the equivalent of the novel in the drawer. These are people who haven't necessarily worked in film. It's the possibility of a film idea that many of these people might have, who are highly talented and highly skilled and their skills could be transferred into film. " The other aspect of it that's invaluable is what's very likely to emerge is incredibly interesting collaborations from putting those sort of people together. I think this is where the original idea came from from Katrina. Film enters into all these art forms, and then if you flip it back and ask what might filmmakers do if they took their skills and work in an interactive environment?" Wallworth is particularly excited about the possibilities of longer-term, cross-art form collaboration that the lab offers: "There's a long-term investment in really wonderful artists, giving them this opportunity to meet one another? -- ?because you don't necessarily meet people working in a medium different to your own." The HIVE Labs continues as part of the Melbourne Festival until Sunday.

**id 99**

Have you ever had one of those days? ad you ever had one of those days where you can't seem to hoop well? This has been the past two days for me, and i'm just trying to shake it off and write it up as a bad day, but it got really hard today. tricks i could do in my sleep i couldn't even execute today, it's just hard when you hit that point. I bought a new hoop that's lighter and it's like relearning everything just became a challenge. but even with my old hoop i still couldn't do anything. I think i'm just babbling, sorry for that, but i needed to get it off my chest. Changing hoops always means re-adjusting. I told one of my friend recently that you can give yourself permission to fail a trick. In my opinion it is better to try and fail rather than not try at all and sometimes you will be surprised at the result. You are probably tensing up like Danielle said if you are frustrated and anticipating failure. I had the same thing the other day. Sunday I was able to do everything I normally do and even a few new things, then Monday, I couldn't even do the stuff I've been doing for ages, let alone the new things. I finally had to quit because I was getting too frustrated. I decided that sore muscles and work tension were the culprits; it had been a while since I hooped, and I was feeling it in my legs and back. The nine-hour work day didn't help matters either. Oh ya. Definitely. I will hit those days where I pick the hoop up, and it's just smacking me in the face for what seems like absolutely no reason. It makes me really angry and frustrated, which of course doesn't help things, and I usually end up throwing my hoops down and storming off like it's the most dramatic thing in the world, lol. I find it does help to calm down and breathe and just focus for a minute. Like just stop and stretch first, warm your body up, put on some slower music, and bend, breathe, reach. Get to the point where you feel a little more comfortable in your body, and you'll feel better in the hoop. At least, that's how it works for me, as I am realizing a connection.. if I'm having a bad hoop session, it's usually because I'm disconnected as a whole, stressed, got other things on my mind, etc, and hooping isn't letting me let it go, it's becoming part of the problem. But after I take a few minutes to re-group, I feel a lot better, even if I don't try to pick the hoop up again. i tried you method the other day when i was getting really frustrated again.. and it work really nicely.. just putting on a slow song enjoying the process.. feeling that connection.. it was nice.. thanks you for the advice everyone! I am relearning how to hoop. I just completely stopped for almost a year because I was so busy with college, work, and just life in general. I started back up last week, and while things are coming back to me, it's really frustrating how little I can do. My hoop keeps getting caught on my bun and smacking me in the face...it helps to just stop trying to nail tricks and do what comes naturally to get the feel going again.

**id 100**

Capital High: School Board to meet, will weigh public support for hoops coach Galloway's reinstatement The Olympia School Board will meet in executive session tonight to reconsider the school district's decision to not renew Capital High School boys basketball coach Doug Galloway's contract, and it will likely hear from dozens of parents and students who plan to attend its earlier regular meeting to show support for the coach. As of Friday, district spokesman Ryan Betz said the Olympia School District had received 19 formal citizen complaints -- one that was signed by a group of 45 parents and community members -- urging them to reinstate Galloway, who was dismissed after the district's investigation of a hazing incident involving Capital basketball team members at a Western Washington University camp in Bellingham in June. School Board members say they've received numerous phone calls from their constituents as well. "A lot of the people have had him as a coach or a teacher, and really like him as a person and a mentor," said Olympia School Board president Mark Campeau. "They feel really strongly in support of him." He said the executive session, which will follow the regular board meeting and is not open to the public, is the first chance for a quorum of the board to get together to talk about the issue. Although several parents commented on the ordeal during the board's Aug. 27 meeting, board members weren't allowed to discuss it because it wasn't an agenda item and it involved a personnel matter, Campeau said. "We haven't really met about it, and with the rules and laws that we live by, we have not had the ability to have a discussion about it," he said. "We, really, as a board have not been able to speak about it as a group." Campeau said the executive session also will give board members a chance to hear from all of the administrators who were involved with the situation. "There's been lots of investigation, lots of interviews, lots of information, and a lot that we have not been privy to," he said. Several Capital High School parents and community members have launched a campaign to fight for Galloway's reinstatement. They've called School Board members, written to the state Office of Superintendent of Public Instruction, and filed citizen complaints with the district. In addition, a Facebook page titled "Support Coach Doug Galloway" was created Aug. 24, and has received 2,200 "likes." A large group is planning to attend tonight's meeting to ask for Galloway's reinstatement. Capital High parent Shelly Davis said the district made a mistake letting the coach go. On Aug. 22, the district announced that Galloway had been stripped of his basketball coaching duties because he didn't provide adequate supervision during the camp at Western, where campus police investigated "forced sexual contact" between students. Galloway also failed to submit permission forms for the camp, which would have outlined a supervision plan, Betz said. Galloway was allowed to continue as a teacher and as Capital's girls golf coach. The Whatcom County Prosecuting Attorney's Office declined to file criminal charges in connection with the June 29 incident, saying that one of the victim's parents did not want to pursue criminal charges. Galloway told the investigating campus police officer that several younger boys were in a dorm room when eight older players stormed a room and wrestled three of the younger boys to the ground. One of the boys said that an older boy "put his finger in his butt." The district hired former administrator Kevin Evoy to conduct a separate investigation. Betz said officials did not factor the police investigation in its disciplinary decisions for Galloway or the students. Betz has not provided specific information about the students who were disciplined, but said they received both athletic and academic sanctions. School Board member Justin Montermini said he's heard from many of his constituents, and the majority have been in support of Galloway's reinstatement. But that doesn't make reinstating Galloway a slam-dunk decision, he said. "It's a pretty heated and complicated issue, and my hope is that we can figure out a way we can resolve it as amicably as possible for all the parties involved," Montermini said. "There are really two sides to this, and we have to look at the families and students involved and make sure to honor their concerns." Wednesday was the first day of school at Capital, and Galloway said he was glad to be back teaching, being around students and around the basketball

**id 101**

Being a mother to a child under three is rewarding, but it can also be a real strain. Here are some tips from experts on how to get the most out of motherhood ? and it starts with learning to value the experience, feeling that what you're doing is important and finding ways to make it more enjoyable. Admit you're stressed Motherhood isn't warm and fuzzy all the time ? the sooner you realise this, the better off you will be. Removing the pressure to be a perfect mum all the time will make the journey a much smoother one. "It's okay to feel frustrated, angry or irritable sometimes," says Dr Peter Ubel, a professor of medicine and psychology from the University of Michigan, USA. "You're not a bad parent. It's not even a bad parenting experience. It's just normal." Get enough shut-eye We've all heard the saying that money can't buy happiness, but did you know that a good night's sleep just might? The author of a University of Michigan study, Norbert Schwarz, says, "Making $60,000 or more in annual income has less of an effect on your daily happiness than getting one extra hour of sleep a night." So how do you factor in a little more shut-eye? Ask your partner, friend or family to help out so you can sleep in. Prioritise Is cleaning the house or making the beds really that important? Do you really need to run those errands or can it wait until another day? By reconsidering your priorities you will, more than likely, be able to free up valuable time in your day to spend with your children. Dr Ubel advises structuring your day to include more of the things that you enjoy, rather than the long lists of jobs you feel you have to get through. "It's how you spend your time that counts," he says. "If you have any financial flexibility that lets you maximise your family time, use it now. For instance, do you really need to be the one to clean the house? How about paying someone to help out?" It may seem like a luxury, but if it allows you more quality time with your family, it is surely money well spent. Make the most of now Your children won't want to sit on your lap forever, so savour every moment and learn to make the most of now. Getting down to your child's level and becoming more engaged with their activities will have positive repercussions for you both. Sharing the load During the early years, it's important that both partners take on the child-rearing responsibilities. Learning to keep the lines of communication open is vital (even just discussing how stressed you are can help), as is spending time together.

**id 102**

Poll - Did you have a good sleep last night? Best Answer - Chosen by Asker Yes thanks for asking. I'm sorry u didn't here's some tips to sleep better: How you feel during your waking hours hinges on how well you sleep at night. Similarly, the cure for sleep difficulties can often be found in your daily routine. Your sleep schedule, bedtime habits, and day -- to -- day lifestyle choices can make an enormous difference to the quality of your nightly rest. The following sleep tips will help you optimize your nightly rest so you can be productive, mentally sharp, emotionally balanced, and full of energy all day long. The secret to getting good sleep every night Good sleep strategies are essential to deep, restorative sleep you can count on, night after night. By learning to avoid common enemies of sleep and trying out a variety of healthy sleep-promoting techniques, you can discover your personal prescription to a good night's rest. The key is to experiment. What works for some might not work as well for others. It's important to find the sleep strategies that work best for you. The first step to improving the quality of your rest is finding out how much sleep you need. How much sleep is enough? While sleep requirements vary slightly from person to person, most healthy adults need at least 8 hours of sleep each night to function at their best. How to sleep better tip 1: Keep a regular sleep schedule Getting back in sync with your body's natural sleep -- wake cycle -- your circadian rhythm -- is one of the most important strategies for achieving good sleep. If you keep a regular sleep schedule, going to bed and getting up at the same time each day, you will feel much more refreshed and energized than if you sleep the same number of hours at different times. This holds true even if you alter your sleep schedule by only an hour or two. Consistency is important. Set a regular bedtime. Go to bed at the same time every night. Choose a time when you normally feel tired, so that you don't toss and turn. Try not to break this routine on weekends when it may be tempting to stay up late. If you want to change your bedtime, help your body adjust by making the change in small daily increments, such as 15 minutes earlier or later each day. Wake up at the same time every day. If you're getting enough sleep, you should wake up naturally without an alarm. If you need an alarm clock to wake up on time, you may need to set an earlier bedtime. As with your bedtime, try to maintain your regular wake -- time even on weekends. Nap to make up for lost sleep. If you need to make up for a few lost hours, opt for a daytime nap rather than sleeping late. This strategy allows you to pay off your sleep debt without disturbing your natural sleep -- wake rhythm, which often backfires in insomnia and throws you off for days. Be smart about napping. While taking a nap can be a great way to recharge, especially for older adults, it can make insomnia worse. If insomnia is a problem for you, consider eliminating napping. If you must nap, do it in the early afternoon, and limit it to thirty minutes. Fight after -- dinner drowsiness. If you find yourself getting sleepy way before your bedtime, get off the couch and do something mildly stimulating to avoid falling asleep, such as washing the dishes, calling a friend, or getting clothes ready for the next day. If you give in to the drowsiness, you may wake up later in the night and have trouble getting back to sleep. Other Answers (14) Yes. When I do fall asleep, it's pretty sound & fast but it's like I have a sixth sense to where I'll wake up or sleep lightly when something is up or going on. Nothing going on last night (as in someone up or up to something different the than average terrible things we are going thru & living in), so I slept sound & fast. I call it the grace of God that He helps me sleep soundly & fast while we're going thru what we are. Sorry to hear about your fretful night. Do you have any idea why that was?

**id 103**

Getting out of debt and staying out of debt is not easy. Chances are, you're reading this article because you've already amassed a fair amount of debt and are thinking it will be impossible to ever get out from under it all. Learn how to stop incurring new debt and change your life forever. Stop increasing your debt . If you have any credit cards that are maxed out, cut them in half. If you have more than one remaining credit card, cut them up. When you finish, you should have no more than one credit card. Also cut up any "convenience" cards, such as gas cards, department store cards, etc. You will use your one credit card only to buy "emergency things", and things that you know you will be able to pay off in a short amount of time until you can get your spending fully under control. 2 Record your spending . The idea of writing down what you spend is a concept most people find annoying at best and useless at worst. However, this is actually your key to getting out of debt. You're in debt because you spent money you didn't have. If you're like many people, your debt didn't come from one single huge purchase; it was trickles of spending amassed over time. Avoiding more debt starts with knowing what you are spending your money on. Each day for one month (at least), write down every penny you spend, no matter how small. 3 Categorize your spending . Categorize your monthly expenses into logical groups of "Must have," "Should have," and "Like to have." "Must haves" are things that will cause harm if you don't buy them, such as food, rent, medicine, pet food, etc. "Should haves" are things that you need, but can do without for a little while, e.g., new clothes for work, gym membership, etc. "Like to haves" are things that you don't need, but enhance your life, e.g., magazine subscriptions, newspaper, cable tv, weekly coffee with friends, IM on your phone, etc. By doing this, you'll have a good idea of what you spend your money on, and you'll be able to figure out where you might need to cut back on spending. You don't want to eliminate all of the "should haves" and the "like to haves," but take a look at those first. One of your expenses will be paying off your debt. You will want to always pay more than the minimum required, otherwise it will take an extremely long time to eliminate your debt. For example, a single credit card with just a $1,000 balance and 19% interest will take about five years to pay off by making only the minimum payment of $26. Paying the minimum, you will spend $1556.40, with the Total Interest Paid: $556.40. Paying only the minimum payment will equate to giving them 55% more than you actually borrowed. 4 Make a budget based on your spending record . Write down the amount you spent in each category of spending last month as you budget for spending for the next month. Don't sweat if you feel like the amount is too much. For now, just write it down. If you spent $250 on clothes last month, write it down. If you spent $200 on gas for your car last month, write it down. 5 Figure out your debt paydown fund amount . Looking at your new budget, you're going to be able to see areas where you might be able to cut back. You might also see categories where you need to increase spending. In doing this step, no one is suggesting that you come up with budget amounts that are unlivable. Think about going on a diet. If you try to restrict your calories excessively, what's the first thing you want to do? Krispy Kreme here you come, right? The key here is to be realistic. Are you paying money for a gym membership you never use, despite your best intentions? What about the $4 a day, every day, morning coffee you get before work, or your 5-cans-of-Diet-Coke-a-day habit? Chances are, your budget has some fat that can be trimmed. At the end of this exercise, you should have come up with a figure, a number of dollars that can be put toward debt paydown. Make a note of this figure. Day-to-day, if you don't want to keep taking note of all your expenditures, just write down what you spend in the categories you are trying to cut back. This will give

**id 104**

One year follow-up in a group of half-marathon runners with type-1 diabetes treated with insulin analogues. Source Abstract AIM: The objective was to describe the strategies that type-1 diabetic runners treated with insulin analogues apply in a half-marathon race and the changes after a year of experience participating in long-distance athletic competitions. METHODS: Fourteen male amateur athletes with type-1 diabetes treated with insulin analogues, participating in two consecutive editions of the same half-marathon were assessed. Data about insulin dosage and carbohydrate intake from their regular daily training and from the two half-marathons were compared. Capillary glycemic values from throughout the competition and in the following 24 h period were monitored and the frequency of hypoglycemia and glucose fluctuations was compared, using MAGE method. RESULTS: During the half-marathon day, athletes reduced total insulin doses a 18.3% in 2006 and 14.2% in 2007, with a reduction of basal insulin (23.3% in 2006 vs 20.4% in 2007, P&lt;0.05) and of short-insulin at breakfast prior to the competition (31.7% in 2006 vs 15.3% in 2007, P&lt;0.001). Carbohydrate consumption during competition was higher in second edition (49.016.4 g vs 59.111.2 g, P&lt;0.05). Glycaemic excursions, assessed by MAGE, were higher in the first edition (108.147.3 mg/dL vs 62.245.6 mg/dL, P&lt;0.05). CONCLUSION: Type-1 diabetes athletes, treated with insulin analogues, participating in half-marathon competitions exhibited less insulin reduction in comparison with traditional guidelines and they needed to take an important quantity of carbohydrate supplements to avoid hypoglycemia during and after the competition. We suggest reconsidering traditional recommendations of insulin therapy and carbohydrate supplementation (amount and timing) to athletes treated with current insulin analogues participating in long-distance competitions. [The influence of long-term therapy with the insulin pump (CSII) in patients with type 1 diabetes mellitus on metabolic compensation and on the incidence of hypoglycaemia. Comparison with intensified conventional insulin therapy (MDI)]. Related information Calculated set of PubMed citations closely related to the selected article(s) retrieved using a word weight algorithm. Related articles are displayed in ranked order from most to least relevant, with the "linked from" citation displayed first.

**id 105**

I wondered how their prices could be so much less. I ordered one box of items for my first order and checked every product expiration date thinking maybe they are selling items that are close to expiring. All of the items had one or two years before they expired. Plus they have a huge selection of products to choose from, including protein powders to every kind of vitamin you can think of. Bottom-line is S wansonvitmins.com is one alternative to helping you save some cash. If you can wait to get your products shipped to your home you can really save some money.

**id 106**

This was never the way I planned Not my intention I got so brave, drink in hand Lost my discretion It's not what I'm used to Just wanna try you on I'm curious for you Caught my attention (Chorus) I kissed a girl and I liked it The taste of her cherry chapstick I kissed a girl just to try it I hope my boyfriend don't mind it It felt so wrong It felt so right Don't mean I'm in love tonight I kissed a girl and I liked it I liked it Comparisons are easily done Once you've had a taste of perfection Like an apple hanging from a tree I picked the ripest one I still got the seed You said move on Where do I go I guess second best Is all I will know (Chorus) 'Cause when I'm with him I am thinking of you Thinking of you What you would do if You were the one Who was spending the night Oh I wish that I Was looking into your eyes You're like an Indian summer In the middle of winter Like a hard candy With a surprise center How do I get better Once I've had the best You said there's Tons of fish in the water So the waters I will test He kissed my lips I taste your mouth He pulled me in I was disgusted with myself (Chorus) You're the best And yes I do regret How I could let myself Let you go Now the lesson's learned I touched it; I was burned Oh I think you should know (Chorus) Your eyes Looking into your eyes Looking into your eyes Oh won't you walk through And bust in the door and Take me away Oh no more mistakes 'Cause in your eyes I'd like to stay (Chorus) Ur so gay and you don't even like boys No you don't even like No you don't even like No you don't even like boys Ur so gay and you don't even like boys No you don't even like No you don't even like No you don't even like... You're so sad maybe you should buy a happy meal You're so skinny you should really Super Size the deal Secretly you're so amused That nobody understands you I'm so mean 'cause I cannot get you outta your head I'm so angry 'cause you'd rather MySpace instead I can't believe I fell in love with someone that wears more makeup than... (Chorus) You walk around like you're oh so debonair You pull 'em down and there's really nothing there I wish you would just be real with me (Chorus) No you don't even like Oh no no no no no no no Ur so gay and you don't even like boys No you don't even like No you don't even like No you don't even like boys Ur so gay and you don't even like boys No you don't even like No you don't even like No you don't even like... PENIS You change your mind Like a girl changes clothes Yeah you P.M.S. Like a bitch I would know And you over-think Always speak cryptically I should know That you're no good for me (Chorus) 'Cause you're hot then you're cold You're yes then you're no You're in then you're out You're up then you're down You're wrong when it's right It's black and it's white We fight we break up We kiss we make up You, you don't really wanna stay no You, but you don't really wanna go o You're hot then you're cold You're yes then you're no You're in then you're out You're up then you're down We used to be Just like twins So in sync The same energy Now's a dead battery Used to laugh About nothing Now you're plain boring I should know That you're not gonna change (Chorus) Someone call the doctor Got a case of love bipolar Stuck on a roller coaster And I can't get off this ride... If you want me The cherry on top The pick of the pack The crme de la crop If you want me you better do better than that tonight Oh oh If you want me It takes more than a wink More than a drink More than you think If you want me you're gonna have to break the bank tonight 'Cause some don't have the patience Some call me high maintenance But you pay the bill 'Cause that's the deal (Chorus) If you

**id 107**

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. Chicken in the face I had to go to bloody iceland the other day as the missus wanted a load of frozen stuff for the weekend, I hate the place! Anyway the que at the tills was huge as usual and they only had 2 open, nightmare! Suddenly I spotted a guy opening a third checkout so over I rush to try and get out of the hell hole. Some bloke who was in front of me with his shopping (usual council shit, must have been giro day) turns round and jokingly says "Fuck me how desperate are you to be served" to which I joked back "you snooze you lose mate" he responded with something which was equally witty. I then thought to myself have I forgotten anything so mumbled the shopping list semi out loud to try and remember, the same bloke spins round and says "Do me a favour and hurry up and get out of my face". Before I could reply some Neanderthal behind me pushed past, grabbed a frozen chicken from my trolley and smashed me in the face! Next thing I remember is waking up surrounded by Iceland workers. If the prick in front of me hadn't thought himself a comedian then none of this would have happened. I hope they banned him for life.

**id 108**

Seven reasons babies cry and how to soothe them Why do babies cry? All babies cry sometimes (Sheridan 2008) . It's perfectly normal. Most small babies cry for between one hour and three hours each day. Your baby can't do anything for herself and relies on you to provide her with the food, warmth and comfort that she needs. Crying is your baby's way of communicating any or all of those needs (Farrell and Sittlington 2009, ICAN 2007) and ensuring a response from you (Farrell and Sittlington 2009) . It's sometimes hard to work out what your baby is telling you . But in time you will learn to recognise what your baby needs (Farrell and Sittlington 2009) . And as your baby grows she'll learn other ways of communicating with you. She'll get better at eye contact , making noises and smiling , all of which reduce her need to cry for attention. Hunger is one of the most common reasons that your newborn baby will cry (PRODIGY 2007) . The younger your baby is, the more likely it is that she's hungry. Your baby's small stomach can't hold very much, so if she cries, try offering her some milk. She may be hungry, even if her last feed doesn't seem very long ago. It's likely that you will be feeding often and regularly in the first day or so to help your breastmilk to come in anyway. If you are formula feeding your baby she may not be hungry if she has been fed within the last two hours. She may not stop crying immediately, but let her keep feeding if she wants to. I just feel like crying If your baby is younger than about five months old, she may cry in the late afternoon and evenings . This is normal, and doesn't mean there's anything wrong with your baby (St James-Roberts 2008) . The unhappiness can range from short periods of inconsolable crying to several hours at a stretch. While she's crying, your baby may become flushed and frustrated, and refuse your efforts to comfort her. Your baby may clench her fists, draw up her knees, or arch her back (NCCWCH 2007b, PRODIGY 2007) . It's upsetting when it seems you can't do anything to ease your baby's distress. However hard it is at the time, rest assured that your baby will grow out of this trying phase. Persistent and inconsolable crying in an otherwise healthy baby is traditionally called colic (PRODIGY 2007) . Some people also associate colic with wind and tummy or digestive problems. These may be due to an allergy or intolerance to certain substances in breastmilk or formula milk (Buchanan 2002, Kanabar 2001, Lucassen et al 1998, NHS 2009) . These days, though, we have a greater understanding of how normal this pattern of baby crying is and that it isn't necessarily linked to tummy troubles. Ronald Barr, an expert on baby crying, has proposed a new term for this phase of crying. Barr calls it the "period of PURPLE cryingr" , where the letters PURPLE stand for common characteristics of the crying (Barr 2007) . (It doesn't mean your baby turns purple from crying so hard!). The emphasis is on the word "period", as you can be assured that your baby's persistent crying will not last forever. The letters in PURPLE stand for: P for p eak of crying: your baby may cry more each week, the most at two months of age, then less at between three months and five months. U for u nexpected: crying can come and go and you don't know why. R for r esists soothing: your baby may not stop crying, no matter what you try. P for p ain-like face: a crying baby may look as if she is in pain, even when she is not. L for l ong-lasting: crying can last for several hours a day. E for e vening: your baby may cry more in the late afternoon and evening. Living with a baby who regularly cries inconsolably can be very stressful, but there are things you can do to help you to cope with the crying. See our section below: "My baby's still crying. What can I do?" So it may be that she just wants to be held. Try a baby s

**id 109**

This week it rolled out "Facebook Camera." Every smartphone needs a camera application. Facebook's camera app, which has some filters and loads straight to Facebook would check that box. (It's also about to own Instagram , which is a pretty good camera app in its own right.) It has a "Facebook Messages" application . This would be Facebook's answer to BBM, iMessage, or even text messages. Other core apps like contacts and a calendar are already baked into Facebook. The only biggie that's missing is Maps. Facebook is close with Microsoft, so it could probably get a Bing-based mapping app. We don't know when, or even if, Facebook will actually release a phone. But, if it does happen, it will have had plenty of experience figuring out the basic applications every smartphone needs to be successful. Summary Facebook is one of the largest websites in the world, with more than 500 million monthly users. The site was started in 2004 by founder and CEO Mark Zuckerberg when he was an undergraduate student at Harvard. Facebook became a... More

**id 110**

Tipping - Europe Tipping in the USA , Canada and to a lesser extent Europe, is very much part of the culture and you can easily offend people and make life more difficult for yourself by not observing this custom. Knowing when and how to tip can often cause some discomfort and uncertainty though. Where to Tip As with the USA and Canada , tipping in Europe is a normal part of life, however, unlike the USA , tipping rates vary from country to country so knowing what to tip and where is a little trickier and it can be a little uncomfortable not to know when, where or how much to tip. In countries like Hungary and Egypt it is normal to tip almost anyone and everyone who provides service for you (even including professional jobs like doctors) while in places like France and Germany , a relatively small tip is considered polite for people in the service industry only. In Switzerland tipping is not necessary and not a common practice (although it's not rude to do so and it's very much appreciated). The service industry and culture of service in Europe is no where near as large or important as it is in the US and Canada. Restaurants and Cafes As a general rule 12.5% of the total bill is considered a good tip in the service industry. This rate is much lower than the 18-20% considered to be industry standard in the US and Canada, however, as anyone who has lived or traveled in both regions of the world will tell you, generally the level of service in Europe is noticeably lower than that in North America. Many restaurants in Europe (particularly in Italy and Finland add roughly a 12.5% 'service charge' to their bills and this is their way of making it easier for you to tip. Some restaurants may also charge a 'cover charge' for you to sit down and eat at their establishment ( Venice and Italy in general is notorious for doing this) and you should most certainly check your bill to avoid 'double tipping' servers. If you are unsure, 10% is considered a polite tip and is much easier to calculate than 12.5%. In countries like France and Germany and almost all of Europe this will be very well received indeed. Bars and Clubs Unlike bars and clubs in the USA and Canada, tipping your bar staff well generally won't increase your chances of being served faster in a bar of a club. Likewise, some European countries have legal restrictions on the size of their pours so tipping more generally won't get you stronger drinks either. Leaving any change less than a Euro or tipping 1 or 2\_ per round would be considered a good tip for bar staff in Europe. Taxis A few Euros is considered a good tip for taxi drivers throughout Europe. Rounding up the fare, letting the driver keep the change or 2-5\_ for longer journeys is sufficient. Restrooms This is the one place where people really feel uncomfortable about tipping and are usually very unsure about the correct etiquette. Most people are used to free public restrooms in most parts of the world, however in Europe this may sometimes not be the case. Many public restrooms actually charge a set rate for you to use their facilities while others often leave a plate or baskets on a table near the entry for you to tip the staff. The logic behind this is that the money goes to pay for the upkeep, maintenance and for someone to clean the restrooms. As anyone who has traveled and used unkempt restrooms will attest -- it's worth a few cents for clean restrooms. Again, this varies greatly from country to country and rest room to rest room. Some restrooms are totally free, some charge you 50 cents and then give you a ticket for 50 cents off if you but something in their store, others simply charge a set rate while others operate on a tip system for restroom attendants. If there is a set rate, there will be a sign or a turnstile and you pay the set rate and then use the bathroom. However if there is a tips system in place, it's usually more comfortable to use the restroom first and tip on the way out -- if the rest rooms are not clean they why tip someone for not doing their job. Usually rest room cleaners work for tips only (ie they are not otherwise paid) so how much you tip is up to you. Usually 20-50 cents is more than enough though. As with all tipping though, it is not compulsory. This is also sometimes the case in clubs and high end bars (as is often the case some Friday and Saturday nights even in London pubs). There may be a bathroom attendant not only cleaning the restrooms but

**id 111**

A little bit of India in Edinburgh Posted by LindaJ - October 09, 2012 I've been to India once and absolutely adored it. It's tremendously colourful and so different to anywhere else I've ever been. So, I was delighted to discover that the National Portrait Gallery has a photographic exhibition by Scottish photographer Fred Bremner called Lucknow to Lahore | Fred Bremner's Vision of India . Bremner left Scotland in 1882 and spent over 40 years in India photographing every day life there. His beautiful black and white images depict Indian life from 1882 to 1922, but many of these scenes of rural life could have been taken yesterday. The above image of a wodcarver was taken around 1900.

**id 112**

Application procedure The TEEME consortium will select applicants to the programme on the basis of high academic achievement, the fit of research projects with the TEEME expectations (see Research profile ), and an assessment of each candidate's potential and commitment to complete high quality research. Candidates will normally be expected to hold a second-cycle degree which was awarded the best or second best grade available in their national system in any area of literature, history or cultural studies. Applicants from other Humanities or Social Science subjects will also be considered. Candidates will need to demonstrate their eligibility and academic achievement through the submission of relevant documentation, including: detailed transcripts with grades and degree classification a copy of your degree certificates a current CV (European format) a certificate of language ability a statement of purpose (500 words max) a research proposal including justification of the proposed mobility pathway (1500 words max) the names of two referees who will attest to the applicant's academic standing and potential You will be asked for all these documents during the electronic application process, so make sure you have them available in a form that can be uploaded onto the web. Please also consult the application guidelines below. All candidates will also be expected to indicate that they have understood, and are committed to, the integrated mobility. Please also remember that Erasmus Mundus guidelines state that candidates are not allowed to apply to more than three different EMJDs in any one round. Application guidelines The TEEME consortium wants you to make the best possible case for you and your project in your application. The most important of the documents you are asked to submit is your research proposal. The assessors of your application will scrutinize this very carefully, so make sure that it represents your project and your ideas as accurately and as convincingly as possible. We also place great emphasis on your CV, on your statement of purpose, and on your previous experience. There is no single route to a place on this programme; indeed, there are many experiences, academic or otherwise, that may have prepared you for a TEEME doctorate. We value diversity very highly and will honour all the knowledge and skills that you have acquired in a variety of different contexts. Also important in your application will be the judgement of your referees: they will have to attest to the quality of your work and to your potential as a researcher, so select them carefully. Throughout the application we will be assessing the quality of your written expression, so we want to see you use the best English that you are capable of. Our selection criteria are specified in the tab on The selection process (on this page). In what follows we give you some further advice on the individual documents you will be asked to submit as part of your application. All of them will have to be uploaded onto the web during the electronic application process (see the How to apply tab on this page), so make sure you have these documents in a format that allows easy uploads. Please note : You will be applying through the University of Kent online application system. There is a generic online 'application checklist' available on the general admissions page which you are encouraged to consult for further advice on the various stages of the application. But please be aware that this checklist is used for over 200 different programmes of study within the University of Kent, so it may not at all points correspond to the advice given on this page. If you encounter any differences, the information on the TEEME pages is to be considered authoritative. Application cover sheet This cover sheet is mainly informative and will ask you for your personal details, your main places of residence in the past five years (required to check your eligibility in case you are applying for an Erasmus Mundus Fellowship), for your two preferred supervisors (please consult the participating staff page for an updated list of available TEEME supervisors), and for your suggested mobility pathway. You should indicate one alternative to your preferred pathway in which at least one of your chosen universities is a different institution. Please take particular care to give us your accurate contact details for the interview date (phone number including international dialling code from the UK; skypename, if applicable. See also Important dates tab on this page). Detailed transcripts We will require these transcripts with a clear indication of your grades and degree classification. Please give us as much information as possible on your past academic experience to enable us to compare your record fairly with that of other candidates. Please also make sure that your record of transcripts is available in a format than can be uploaded onto the web during the online application process (preferably pdf). If you need to submit multiple documents you will have to put

**id 113**

Share this page Have you been where the Queen's been? Queen Elizabeth II is probably the best-travelled monarch in history. To mark her Diamond Jubilee we have plotted Her Majesty's state and official visits to major cities around the globe over the past 60 years. Use the map or list to compare how many countries you have been to with the number visited by the Queen - 116 (excluding the UK). Then share the result and watch highlights of her tours in the videos below. How to count your countries Select countries you have been to from the list . You will see the the number of countries change in the panel below. Selecting a country on the list highlights its capital on the map. Click on it again to undo. You can also select cities from the map . Only the number of countries will change, so it doesn't matter if you click on several cities in the same country. Sixty years of overseas tours: the highlights 1954: Return from six-month Commonwealth tour Queen Elizabeth's reign began with her longest ever tour of Commonwealth nations. Between November 1953 and May 1954, the Royal Family visited 13 countries in the West Indies, Australasia, Asia, and Africa, covering more than 40,000 miles by land, air and sea. On its return, thousands flocked to the banks of the River Thames to see the Royal Yacht Britannia bringing home the Queen. 1961: Royal couple visit Taj Mahal Her Majesty and Prince Philip spent six weeks touring the Commonwealth countries of India and Pakistan as well as making a state visit to Nepal. This clip shows the Queen visiting the Taj Mahal, south-west of the city then known as Delhi. She would go on to make two more state visits to India, in 1983 and 1997. There is no sound on this clip 1977: Cheers and protests in Sydney, Australia The Queen has visited Australia 16 times - 10 of those visits as head of state. This clip shows her arriving on the Royal Yacht Britannia, and later on, anti-monarchy protesters make their voices heard. Republicanism continued to be hotly debated in Australia until a 1999 referendum which resulted in victory for monarchists. 1980: Historic visit to the Pope in the Vatican The Queen was the first British monarch to make a state visit to the Vatican. It was seen as a big step towards forging relations between the Church of England and Roman Catholics. Two years later, Pope John Paul II was welcomed by Her Majesty at Buckingham Palace during a historic visit to Great Britain. The Queen returned to the Vatican in 2000. Keith Graves reports. 1995: Queen marks peace in Belfast The Queen and Duke of Edinburgh's symbolic visit to Northern Ireland was their first since the IRA and Loyalist ceasefires came into effect the previous year. It was also the first meeting between the Queen and the Roman Catholic Primate of all Ireland, Cardinal Cahal Daly, as well as his Anglican counterpart, Archbishop Robin Eames. Denis Murray reports from Belfast. 2007: Bush honours Queen at White House During the Queen's state visit to the USA, President George W Bush made one of his famous gaffes when he fluffed his lines and suggested that the British monarch had been on the throne since the 18th century. Realising his mistake, he turned to the monarch and winked at her. How did Her Majesty react? "She gave me a look that only a mother could give a child," said the president. This page is best viewed in an up-to-date web browser with style sheets (CSS) enabled. While you will be able to view the content of this page in your current browser, you will not be able to get the full visual experience. Please consider upgrading your browser software or enabling style sheets (CSS) if you are able to do so.

**id 114**

Please increase the number of console players? I would think that at least 16 vs 16 players will be good for players on PS3 and Xbox 360. The Armored Kill maps are huge and we need more players, as well as for the Back To Karkand and Close Quarters map packs. I would really hope anybody that made this game would see this and explain if there is a way that Re: Please increase the number of console players? I would think that at least 16 vs 16 players will be good for players on PS3 and Xbox 360. The Armored Kill maps are huge and we need more players, as well as for the Back To Karkand and Close Quarters map packs. I would really hope anybody that made this game would see this and explain if there is a way that Re: Please increase the number of console players? I would think that at least 16 vs 16 players will be good for players on PS3 and Xbox 360. The Armored Kill maps are huge and we need more players, as well as for the Back To Karkand and Close Quarters map packs. I would really hope anybody that made this game would see this and explain if there is a way that DICE will increase the number of console players in the future . More than likely the the number of players will not be increased to hardware and bandwith limitations, however the next-gen console will be able to support more players due to it's superior hardware! Don't forget that the PS3 and Xbox are coming on seven years old now. But I'm pretty sure the nintendo wii-u will have battlefield 3 though no word on the player cap as yet.

**id 115**

Related articles Related tv shows Welcome to Random Roles , wherein we talk to actors about the characters who defined their careers. The catch: They don't know beforehand what roles we'll ask them to talk about. The actor: Kelly Lynch started in local theater in Minneapolis, then moved to New York and stumbled into a stint as a model for Elite. By the end of the '80s, she'd achieved the near-impossible feat of being both a mainstream bombshell (thanks to memorably sexy turns in Cocktail and Road House ), and an arthouse diva, courtesy of Gus Van Sant 's Drugstore Cowboy . Since then, Lynch has continued to split her time between film and television work, often working with her husband, writer/director Mitch Glazer. She can currently seen in the ensemble of his Starz series, Magic City , the first season of which is now on DVD and Blu-ray. Magic City (2012-present) -- "Meg Bannock" Kelly Lynch: When Mitch created the show, there were a lot of different ideas about it. One was that it would be a movie, one was that it would be a miniseries, and then that it would be a series. At one point, there was talk that it was going to be a broadcast-network TV show, but then all the powers that be said they couldn't actually tell the story that Mitch wanted to tell. It was more of a premium-cable story. And then [Starz CEO] Chris Albrecht read it when he went over to Starz and went crazy for it. After that, there were two different characters that he was interested for me to play. Of course, I had to sleep with the showrunner to get the part, but... [Laughs.] Anyway, it was either the Miramar Playa house photographer who was also sort of a spy for Ike [Jeffrey Dean Morgan's character] as well a gal-Friday/best-friend kind of thing, or Meg Bannock. And the more we talked about it, Meg just seemed to be the part. She's this sort of Doris Duke/Grace Kelly throwback, the ultra-WASP who's part of Ike's earlier life, to sort of compare and contrast the Jewish hotel world, which even at that time -- although no one realized it -- was sort of dying as it kept coming up again and again that the WASP persona in America was being viewed as "the real Americans." Meg's a nice person, but she's a person of her world, where Jewish people aren't invited into their country clubs, and the South Beach area isn't integrated. There are colored and white drinking fountains, and this all seems kind of normal in Meg's world. So I think with her affection for Ike and her being accepted into his family more and more, she's seeing her world open up a bit. It's cool to play a woman from that era who's extremely wealthy. Her parents are gone; she's an heiress like Doris Duke, with something like a billion dollars in today's money. She's got no children and has just said goodbye to husband No. 2, so she can swim the waters of the world like a man. I mean, you want family and you want relationships, but she doesn't need a man to take care of her. She just doesn't need that. Whereas I just did a movie right before I came back to Magic City , a contemporary-set film called A Dark Plan , where I play a woman of today who's a complete throwback, a housewife and a mother, and loses both of those definitions in the course of her story and has an affair with a very young guy and is just completely rebuilding herself. So it's interesting for me to have done those two things back-to-back. The A.V. Club: Although it hasn't really developed into anything beyond flirtation at this point, the sexual tension between Meg and Ike is formidable. You and Jeffrey Dean Morgan have some serious onscreen chemistry. KL: You know, it's one of those things... It happened with Matt Dillon , too, on Drugstore Cowboy , but chemistry is one of those things you can't... It just happens. And the camera is aware of it and picks it up, the people in the room are aware of it, the two actors become aware of it. But it was something we weren

**id 116**

We use cookies to ensure that we give you the best experience on our website. If you continue without changing your settings, we'll assume that you are happy to receive cookies on our website. Continue or Find Out more Harvard System Welcome to our Guide to the Harvard System of Referencing. The University Library has released a new edition of the Guide to Referencing in the Harvard Style. This is written by Library staff at Anglia Ruskin to support students' information skills here, but the Guide is frequently cited as a valuable source on the Internet. The new edition includes some changes, in particular the recommendations for citing multiple authors. In the full reference, at the end of a piece of work, all the authors should be included. While for intext citations, where there are four or more authors, only the first should be quoted followed by et al., but upto three authors can be included in the intext reference, following guidance offered by the BS ISO 690:2012. We have also produced a Harvard Quick Guide (.pdf) which covers the basics of Harvard Referencing. Student services have a guide with examples of how to cite in text (.pdf). If you are using this guide in conjunction with Refworks select the output style "Anglia Ruskin Harvard Style v4". Although written by Library staff at Anglia Ruskin to support students' information skills here, the Guide is frequently cited as a valuable source on the Internet. If you wish to re-use the Guide you may do so under the terms of the Creative Commons licence as long as your use is restricted to non-commercial purposes and the source is acknowledged. If you wish to re-use the Guide please contact us first. Sections can be opened and printed, or you may download a pdf version . This is the fourth edition of the guide compiled by the University Library. The main changes that have been made to this edition are:- Use of et al discontinued in full reference list Additional examples have been added to certain document types, Referencing online resources available only through the University Library have been harmonised. The sources quoted in this guide have been compiled and shown in red for the purposes of illustration only. Any similarity with published work is coincidental. In-text referencing examples are included for additional help where appropriate. This guide has been compiled with reference to a number of British Standards. The most recent being BS ISO 690:2010 Information and documentation - guidelines for bibliographic references and citations to information resources The layout has been informed by (Harvard style) conventions currently being followed in UK Universities. To show anyone who reads your work that you understand the topic and can demonstrate your own thoughts on this. To demonstrate that you have read widely and deeply. To enable the reader to locate where you obtained each quote or idea. By providing the original source you are acknowledging that you have read the work and recognise the original author(s) ideas. How do I provide references in my work? The rest of this guide will provide detailed information on how to provide references in a variety of different circumstances. The most important thing to remember is to be consistent in the way you record your references. Academic Honesty If you understand the reasons for referencing it is evident why you should not pass off work of others as your own. Failing to reference appropriately could result in your assessors thinking you are guilty of plagiarism - the act of using somebody else's work or ideas as your own. You will find information relating to academic honesty in various student documentation including module guides and student handbooks. The university has recently introduced Turnitin to assist you in identifying where you have used original material so that you can ensure it is correctly referenced in your submission. For more information, go to: http://web.anglia.ac.uk/anet/students/tu\\... During the course of writing an essay, report or other assignment it is usual to support arguments by referring to, or citing , information produced by other authors. This information could be presented in journal or newspaper articles, government reports, books or specific chapters of books, research dissertations or theses, material over the internet etc. When you cite someone's work in the text of your essay (an in-text citation ), you also need to create a full reference for it at the end of your work. This gives the full details for the information source so that it can be traced by anyone who reads your work. There are many systems for the citation of references: most Faculties at Anglia Ruskin University expect students to use the Harvard style of referencing which

**id 117**

The Sense of an Ending, by Julian Barnes I'm retired now. I have my flat with my possessions. I keep up with a few drinking pals, and have some women friends -- platonic, of course. (And they are not part of the story either.) I'm a member of the local history society, though less excited than some about what the metal detectors unearth. A while ago, I volunteered to run the library at the local hospital; I go round the wards delivering, collecting, recommending. It gets me out, and it's good to do something useful; also, I meet some new people. Sick people, of course; dying people as well. But at least I shall know my way around the hospital when my turn comes. And that's a life, isn't it? Some achievements and some disappointments. It's been interesting to me, though I wouldn't complain or be amazed if others found it less so. Maybe, in a way, Adrian knew what he was doing. Not that I would have missed my own life for anything, you understand. Review copy courtesy Random House Canada That quote comes from the end of the first section of Julian Barnes' engaging novel/novella The Sense of an Ending (it is only 150 pages in my version) -- I have bumped the quote to the top of this review because it is a concise summary of the life of the narrator, Tony Webster. Now in his early sixties, he is contemplating his approaching end, but that also means looking back at what was, or, even more important, what might have been. As the title of the novel implies, this is a memory book. And, as the quote makes clear, Tony will be ignoring the mundane which has dominated his life ("they are not part of the story, either"). Rather, he will be considering the exceptional that has floated to the top as he looks backward at a life lived. Here is his summary of what is motivating him in this project: And no, it wasn't shame I now felt, or guilt, but something rarer in my life and stronger than both: remorse. A feeling which is more complicated, curdled, and primeval. Whose chief charcteristic is that nothing can be done about it: too much time has passed, too much damage has been done, for amends to be made. Even so, forty years on, I sent Veronica an email apologising for my letter. Barnes has drawn a powerful scale for measuring the impact of things we wish we haven't done with that paragraph. "Shame" is relatively easy to deal with, "guilt" can be assuaged at least to a point, "remorse" is the emotion that we cannot escape as a result of some things we wish we had not done. Julian Barnes was born in 1946, I was born in 1948 -- so I fit the demographic of this first-person book. As he writes elsewhere in the novel, when we are maturing we often look ahead to the ambitions we have and what we will "be" in life, including what we will think in our final decades -- as youths, however, we don't consider how we will look back on the choices that produced that state of mind. The Sense of an Ending is about both those choices and the memories ("remorse") that they provoke several decades on. So. Who are Adrian and Veronica? Adrian is a student who arrives at Tony's school late in the pre-university process, when all the students' attention is focused on getting the grades to open the doors to what will come next. Tony is already part of a gang of three with "serious" pretensions ('That's philosophically self-evident' is a favorite argument ender) but Adrian, without any initiative on his part, is absorbed into the group and makes it a foursome. He is obviously brilliant and illustrates that on his first day at school when, challenged by the history master about the nature of history, he states that it comes down to "something happened". (This is an elaboration on a previous contribution from another student who has amended his first definition -- "there was unrest, sir" -- to "I'd say there was great unrest, sir".) In a later lesson, discussing the assassination of Archduke Ferdinand which provoked the Great War, Adrian expands his notion: "But of course, my desire to ascribe responsibility might be more a reflection of my own cast of mind than a fair analysis of what

**id 118**

I found box of memories, read a letter dropped tear where you signed your name, turnin' the page, smearin' the ink in love always, girl I always start this way, then I end up in a bottle screamin' out you name, punchin' the walls carryin' on like I've gone insane, and in the mirror I can see the man who just shook his head with no remorse, watchin' an angel cry tears as she stepped over my beers headed out the door. Chorus: There ain't nothin' like a memory, when its comin' on strong like a hurricane, how could love like that just up and walk away, killin' me baby, its got me pourin' up another drink, burboun's hittin' me hard like a freight train, with my back against the wall or on my knees, when worst of your memory gets the best of me. Well I remember it all too well, ridin' 441 down to Milledgeville, crossin' the bridge as the sun set on Lake Sinclair, I couldn't wait to see your smile, but all I saw was tears in your pretty eyes, and that said it all, it was all downhill from there, and I remeber you sayin' baby please don't give up on me, but this stubborn man is gonna line the bed he made, There ain't nothin' like a memory, when its comin' on strong like a hurricane, how could love like that just up and walk away, its killin' me baby, its got me pourin' up another drink, burboun's hittin' me hard like a freight train, with my back against the wall or on my knees, when worst of your memory gets the best, the best of me Baby, there ain't nothin' like a memory, when its comin' on strong like a hurricane, how could love like that just up and walk away, killin' me baby, its got me pourin' up another drink, burboun's hittin' me hard like a freight train, with my back against the wall or on my knees, when worst of your memory gets the best, the best of me

**id 119**

Frank Mir "not opposed to the idea" of professional wrestling When former UFC heavyweight champ Brock Lesnar showed up at UFC 146 to watch rival Frank Mir mix it up in a title-fight with current divisional king Junior dos Santos many wondered if it was a sign the hulking Minnesotan was sizing up Mir for a third go inside the cage. While a rubber-match between the two seems somewhat unlikely given the way Lesnar's post-event meeting with UFC President Dana White went, the possibility of the two facing off in a scripted scrap may actually materialize at some point based on recent comments from the 33-year old Mir. "Not opposed to the idea," replied Mir in an interview with the Chronicle Journal when asked about giving professional wrestling a shot in the future, adding, "I can't do a back flip or anything." However, while WWE may come calling eventually, Mir appears to have his hopes truly set on a spot in the analyst's booth when he decides to hang up his gloves for good. "I like analyzing fights and I like doing color commentating," he explained. "It's an opportunity I would take advantage of when I run into it. Hopefully it's something I can do full time." For now the 16-6 Mir will heal up from his TKO loss to Dos Santos and focus on breaking future opponents' limbs through BJJ rather than snapping an announce table in two with an over-the-top slam. Whether or not the same will be true a year or two from now remains to be seen. Comments While we encourage you to express your opinions, FiveOuncesofPain.com does not support and will not tolerate fighter bashing. 12 Responses to "Frank Mir "not opposed to the idea" of professional wrestling" Frank I have always been a fan. I have been there for the good times & the bad. Through hard losses and some dumb coments. And even the silly head movement you do during commentary. But I swear to god I will dump your ass if you pull this shit. So when he decides he doesn't want to fight at a high level in MMA any more or not as often to avoid becoming like gary goodridge, are you guys going to help pay his bills and build up his brand so that he can make money? You don't have to like his decisions but you haveto respect his eagerness to earn off of his brand while he can. I think Frank is one of the few MMA stars that could actually make it in pro wrestling. He's got the size and charisma and he's obviously willing to use "help" to bulk up. But, I don't think Mir has a proper understanding of what being a Pro wrestler entails. Let's take out the "fake fighting" portion or the job and look at what it really takes. Travel: Most pro wrestlers on the road over 300 days a year. How is Frank going to cope with that when he prefers to have his family at his training center? Skill set: Frank is not a wrestler, he's a good striker and a great grappler.....from the bottom. I know the fights are choreographed, but how will his bottom game translate. He'll be trying for a kimora or choke, but the wrestling fans will see him on his back for more than 3 seconds and he'll get counted out. Damage: Is the fighting real? No, but the damage to the body is. And it's not like these guys have Athletic commissions telling them they have to take a mandatory 3 months off. Franks taken a lot of damage in the cage already, is taking more really a "retirement"? I think any sports organization/media company would be more than willing to take Frank on as an announcer, and that's where he should stay. Just cause you're good at real fighting doesn't mean you'd be good at fake wrestling. Mir is at a crossroads in his career. He's no longer relevant at the top of the division, so he's got a few options... 1) Embrace the gatekeeper role. Frank is obviously a talented fighter and could likely hang around for quie a few more fights and earn a decent amount of money fighting the up-and-comers. But staying motivated & putting in the necessary work to fight at a high level, for that type of role, is a whole different animal than where Frank's been for the bulk of his career where basically

**id 120**

As others have pointed out, Peter, a consistent opposition to 'sterile' marriages would result in campaigns against marriage between people past child-bearing age, and marriages involving people who cannot have children for medical reasons. Have you EVER campaigned against those? Have you ever suggested for even one second that people like my father and step-mother, both in their late fifties, should not have been allowed to marry? Have you EVER suggested that people should have to pass a fertility test before being granted a marriage licence? If the answer is -- as I suspect -- a resounding No, then your alleged reasons for opposing gay marriage evaporate like mist in the morning sun, revealing only ugly homophobia underneath. Luckily in your case, I believe, this is only a condition induced by religion, and as such it can easily be cured. Posted by Jon J , Wednesday, 1 August 2012 8:14:03 AM PS: I also take it that when medical science develops ways to create female gametes from male DNA and vice versa -- as it soon will -- thereby permitting gay couples to have 'their own' children, then your opposition to gay marriage will evaporate? Posted by Jon J , Wednesday, 1 August 2012 8:16:30 AM A beautifully written piece that for the first time actually demonstrates how most of us heterosexuals feel plus if we actually ever get to vote on it will be why homosexuals will never get their way and never should. They are the ones who have decided to live outside norm and want to behave like this so why should the majority of society change just to suit them? Please don't leave this in the hands of vote grabbing politicians! Posted by Sharky , Wednesday, 1 August 2012 8:20:27 AM I will have to admit that I find homesexuality disgusting. However I will also have to admit that I nor you or anyone else has any right to tell what two consenting adults do or cannot do. Posted by ponde , Wednesday, 1 August 2012 8:32:03 AM Once, inadvertently, I saw a catalogue of XXX-rated heterosexual DVDs -- mostly German I think -- and some of the categories or themes available certainly disgusted me particularly the one involving group sex with pregnant 'daughters' and 'sisters'. So I share ponde's disgust with some other people's sexual expression. Unless of course the first sentence wasn't a typo, since I agree "... that I nor you or anyone else has any right to tell what two consenting adults do or cannot do" and believe it applies even in their own home. Posted by WmTrevor , Wednesday, 1 August 2012 9:14:40 AM The obvious flaw in the argument is that many gay unions produce children. Lesbians are perfectly able to make use of donors and usually do. The resulting children are recognized (in NSW) as having 2 female parents. Considering that there are many heterosexual marriages that use similar techniques as one of the partners is sterile. So while this may not be true for male gay marriages, the Ontological boundaries are very blurred.

**id 121**

The Many Muses of Asiel Norton Canon Filmmaker Award Winner Asiel Norton with his DP Lyn Moncrief on the set of the ORION film. The relationship between filmmakers and cameras is a little like that between lungs and air: you really need the latter for the former to work. Which is why we're so excited to announce the first winner of our Canon Filmmaker Award : writer/director Asiel Norton with his mythical, post-apocalyptic film Orion . Asiel received a complimentary package that included two Canon EOS C300s and an assortment of lenses for the duration of his production. One week into Orion 's Detroit shoot, Artist Development Director Jennifer Kushner had the opportunity to chat with Asiel and his DP, Lyn Moncrief, about the film. Here's what the two had to say: How is production going? Really good. One week down. We're excited. Asiel, what inspired you to tell this story of Orion ? I've always been very interested in mythology. I'm really interested in magic and astrology and tarot and all this kind of thing. When I was a kid, my mom was interested in different religions, particularly primitive religions. So, as a kid, I used to go to rain dances and sun dances on Indian reservations. I've always been fascinated with the occult and shamanism. With this particular film, I was driving to Northern California through the grapevine from Los Angeles and I noticed the mountains. Everything was very dry. It looked like the surface on Mars or something. And I thought, 'Wow, I'd be really interested in doing a post-apocalyptic film, and put it in the grapevine.' That was a few years ago. Then about a year ago I was reading a book about the legend of Percival , breaking down Percival in terms of psychoanalysis. All this stuff goes into a cauldron in my mind. Film ideas generally come to me in images. I had an image in my mind at some point about a year ago, or more than a year ago, of a hunter/scavenger character playing cards with Death. But the cards they were playing weren't normal cards, they were almost like tarot cards, but they weren't doing tarot readings, they were gambling. And so I had that image, and once I have an image I ask myself questions about it: Who is this guy and why is he gambling with Death? Who is this death-like shamanistic character? I started thinking about virgin births and I had this image in my mind about this virgin giving birth, but the midwife was a shaman. All this kind of stuff just started coming out and I started connecting these images. What was involved in the decision to shoot in Detroit? Before I even had this story in mind, I had the idea of a post-apocalyptic landscape that was more like the dry desert of southern California. Then I started thinking about the Salton Sea area, I thought it would be very interesting to shoot there because of all the dilapidation and all the burned down and weird structures and the dead fish everywhere. I wrote a script with that environment in mind and then we started to think about Utah, which is also a pretty good place to go because of tax incentives. But on my first script I had a large cityscape at the end and I had just heard about Detroit having a lot of empty buildings and a lot of dilapidation and ruined structures. I had seen amazing photographs of Detroit, so I said, well okay, I'll just shoot that final scene in Detroit, because I don't like to go on soundstages. I don't like to create stuff; I like to go out on location and find that the environment itself becomes a major character, which I did on my first film. So I flew out to Detroit to scout for that final scene and the city just blew me away to such an extent that I said forget it, I'll just rewrite the film and set the whole thing here. So that's what I did. How has it been shooting there? It's a little cold here but the actual shooting has been great, incredible locations and the crew has been great, the actors have been great. I think everyone has a really positive attitude and we're doing it, it's super exciting. Is there a certain visual style you're trying to achieve? I'm trying to create a look that is mythical, that feels organic and timeless, and that has a certain roughness or grittiness. The city itself is very decom

**id 122**

DEAN KARNAZES WAS SLOBBERING DRUNK. IT WAS HIS 30TH BIRTHDAY, and he'd started with beer and moved on to tequila shots at a bar near his home in San Francisco. Now, after midnight, an attractive young woman -- not his wife -- was hitting on him. This was not the life he'd imagined for himself. He was a corporate hack desperately running the rat race. The company had just bought him a new Lexus. He wanted to vomit. Karnazes resisted the urge and, instead, slipped out the bar's back door and walked the few blocks to his house. On the back porch, he found an old pair of sneakers. He stripped down to his T-shirt and underwear, laced up the shoes, and started running. It seemed like a good idea at the time. Posts He sobered up in Daly City, about 15 miles south. It was nearly four in the morning. The air was cool, slightly damp from the fog, and Karnazes was in a residential neighborhood, burping tequila, with no pants on. He felt ridiculous, but it brought a smile to his face. He hadn't had this much fun in a long time. So he decided to keep running. When the sun came up, Karnazes was trotting south along Route 1, heading toward Santa Cruz. He had covered 30 miles. In the process, he'd had a blinding realization: There were untapped reservoirs within him. It was like a religious conversion. He had been born again as a long-distance runner. More than anything else now, he wanted to find out how far he could go. But at that exact moment, what he really needed to do was stop. He called his wife from a pay phone, and an hour later she found him in the parking lot of a 7-Eleven. He passed out in the car on the way home. That was August 1992. Over the next 14 years, Karnazes challenged almost every known endurance running limit. He covered 350 miles without sleeping. (It took more than three days.) He ran the first and only marathon to the South Pole (finishing second), and a few months ago, at age 44, he completed 50 marathons in 50 consecutive days, one in each of the 50 states. (The last one was in New York City. After that, he decided to run home to San Francisco.) Karnazes' transformation from a tequila-sodden party animal into an international symbol of human achievement is as educational as it is inspirational. Here's his advice for pushing athletic performance from the unthinkable to the untouchable. 1. BE AUDACIOUS Finding the right challenge is the first challenge. "Any goal worth achieving involves an element of risk," Karnazes says in his autobiography, Ultramarathon Man: Confessions of an All-Night Runner . Risk, yes, and creativity too. For instance, looking for the ultimate endurance running challenge, in 1995 Karnazes entered a 199-mile relay race -- by himself. He competed against eight teams of 12 and finished eighth. 2. GO LACELESS One of the biggest annoyances in long-distance running is lace management. After banging out 50 miles, it can be hard to squat or even bend over long enough to tie your shoes. The North Face recently responded to Karnazes' complaints and came out with the $130 M Endurus XCR Boa. Its laceless upper is enmeshed in thin steel cables that connect to a tension dial at the back. A simple turn cinches the shoe onto the foot. No more slowing down to fiddle with laces. 3. FLIRT WITH DISASTER In 1995, Karnazes ran his first Badwater Ultramarathon, a 135-mile trek that starts in Death Valley, California, in the middle of summer and finishes at the Mt. Whitney Portals, 8,360 feet above sea level. After running 72 miles in 120-degree heat, Karnazes collapsed on the side of the road suffering from hallucinations, diarrhea, and nausea. He had pushed himself to the point of death to find out whether he was strong enough to survive. He was. Though he didn't finish the race that year, Karnazes came back the next and placed 10th. He won it on his fifth attempt, in 2004. "Somewhere along the line, we seem to have confused comfort with happiness," he says. 4. EAT JUN

**id 123**

So contact us for a private lesson to explore your particular desires and needs. After you are introduced to the diffent equipment and our methods you can decide how to proceed, whether in private custom tailored sessions or in one of the groups or workshops Initial Evaluation Advanced Students and Stage Professionals The Initial Evaluation is a 90 minute private session in which we will formally assess your strength, balance, flexibility and technical skills. We will also assess your artistic potential and discuss your future dreams. At the end we will tell you the best path to take to fulfil your aerial ambitions. Contact us on (02) 8399 3087 or 0404 080 507 to make an appointment with us!

**id 124**

My plan is to start putting my Fridays to good use, and go look at art rather than do the ironing (or find excuses not to the ironing). If you fancy any of these, let me know quickly and we can fix a date. Otherwise, I'm going to please myself and boogie on down (or up) on my ownsome. I'm not sure you really do want to see The Disparates - Desperates would be more accurate. We had this very show at Wycombe Museum in 1998 in the hope that it would entice decorative art students into the museum. Nobody was fooled, except us, and we were left with dozens of unsellable exhibition catalogues which the National Gallery makes unsuspecting venues buy as part of the package ... We literally could not give them away ...!

**id 125**

Resolved Question What is the song at the beginning of the end credits of Breaking Dawn Part 1? at the beginning of the end credits of Twilight Breaking Dawn Part 1 there is a song that i really like but dont know what it's called or who its by. One of the lyrics (i think it's from the chorus) goes "im going to share all my secrets with you" or something like that. Please can someone help me!? And everyday I see the news, all the problems that we could solve And when a situation rises, just write it into an album Seen it straight to go I don't really like my flow, no, so Tell me what you want to hear Something that were like those years [- From :http://www.elyrics.net/read/o/onerepubl\\... -] I'm sick of all the insincere So I'm gonna give all my secrets away This time Don't need another perfect line Don't care if critics ever jump in line I'm gonna give all my secrets away Oh, got no reason, got not shame Got no family I can blame Just don't let me disappear I'mma tell you everything So tell me what you want to hear Something that were like those years I'm ick of all the insincere So I'm gonna give all my secrets away This time Don't need another perfect line Don't care if critics ever jump in line I'm gonna give all my secrets away So tell me what you want to hear Something that were like those years Sick of all the insincere So I'm gonna give all my secrets away This time Don't need another perfect line Don't care if critics ever jump in line I'm gonna give all my secrets away

**id 126**

Viewing Details Final Call! Auction December 1st @ 2:45 Looking for a classic home in Balmoral/Mt Eden with a chance to add value? This rare 1930's art deco gem needs your creative flair to add some cosmetic touches to make it your own! There's a large garden area, orientated to the afternoon sun; the ideal place to entertain till your heart's content. Plus a perfect canvas to unleash the green finger! It offers 3 bedrooms, lounge, kitchen/dining room, double external car garaging and is only a ten minute drive to Auckland CBD! It is zoned for the popular Balmoral Primary and Intermediate School, as well as Auckland Girl's Grammar and Mt Albert Grammar School. Here is your opportunity to add value with your own improvement. Come along and view your new home at 73 Pine Street during the Open Homes on Saturday & Sunday between 2:00pm to 2:45pm. Don't miss out, come along to the auction that will be held on site Saturday December 1st @ 2:45pm (unless sold prior)

**id 127**

The Antim Cup is contested between the rugby union teams of Romania ("The Oaks") and Georgia ("The Lelos"). It is named after the Romanian Orthodox Metropolitan Antim Iverianul, who came from Georgia. The Antim Cup is contested every time Georgia and Romania meet in a senior international match BUT not at Rugby World Cup Finals and Qualifiers. The holder retains the Cup unless the challenger wins the match (no extra time whatsoever). There was a motion from Georgia RU just before ENC 2000 decider in Tbilissi, to establish a Challenge Cup, a la Calcutta and Bledisloe Cups, which would be played for annually by Oaks and Lelos Georgian rugby folks have weighted up options and decided that the Cup should be named after whom else but reverend Antimoz Iverieli = Antim Ivirianu (c 1650 - 1716) He introduced Romanian language into liturgy, built a couple of monasteries in Bucuresti and even became arch-bishop of Muntenia (historical region in Southern Romania) Actually, Antim was Georgian by origin. He was abducted by Ottomans in his childhood and sold as slave but then ransomed by Partiarch of Jerusalem Albeit a great patriot of his adopting country Romania, Antim always kept tight links with Georgia (Iveria) and even founded in Tbilissi, his homeland's Capital, first print-house where the first printed Bible was produced in Georgian Both Romanian and Georgian Churches regard Antim as saint, and these days the Georgia - Romania Friendship Society was also named after him Last year through influential go-betweens Rugby Supporters' League (RML) of Georgia approached on the Antim Cup issue the Patriarch of Georgian Orthodox Church, ILIA the 2nd and got His Holyness's blessing and full support This spring famous Georgian sculptor, himself a great rugby player of yesteryear, Guia Japaridze cast the Cup in guilded bronze and the RML will unveil it on Friday, 5th April, in good time for the inaugural challenge. The Bledisloe Cup was donated in 1931 by the Governor-General of New Zealand, Lord Bledisloe. Competitions for the Cup have varied from one to three matches, sometimes with three-or four-year gaps between series, but since 1982 both countries have agreed to play at least one game for the Cup annually. The Tri-Nations ensures that the nations play each other at least two times a year. The Bledisloe Cup was first played for in 1931, when New Zealand beat Australia 20-13 in Auckland. The Cup was first won by Australia in 1934. Bledisloe Cup Fast Facts (March 1, 2004) This will be the 144th time Australia has played New Zealand since the two teams first met in 1903. In that time, NZ has won 96 Tests, Australia has won 42 and there have been 5 draws. The Bledisloe Cup has been contested 44 times over 100 Tests matches. New Zealand has won the Cup 32 times, while Australia has won it 12 times (in 1934, 1949, 1979, 1980, 1986, 1992, 1994, 1998, 1999, 2000, 2001 & 2002). A Bledisloe Cup Test is responsible for the world record for attendance at a Rugby match. In 2000, 109,874 people witnessed Australia and New Zealand at Stadium Australia, in what is widely regarded as one of the best Test matches ever. This is the first Bledisloe Cup Test George Gregan has missed since 1996. Although Gregan (who has 99 Test caps) is closing in on David Campese's Australian record (101 Test caps), Campese is still the clear leader in terms of the number of Bledisloe Cup Tests played. Campese has played New Zealand 29 times, followed by Tim Horan on 21, John Eales on 20 and Gregan on 19. The Calcutta cup was presented to the RFU to be awarded for the winner of the annual England vs .Scotland international. The trophy originated in India. The Calcutta football club which had been started by former students of rugby school 4 years earlier had been wound up and the remaining rupees in the club's funds were melted down to be re-worked into the trophy. The Cook cup was established in 1997 when Australia and England contracted to play each other bi-annually for 10 years, on a home and away basis. The cup is named after Captain James Cook representing a notable English/Australian connection. The cup is made from crystal and was designed by

**id 128**

Talk About The Wireless Hello summer-sendofferers! (NOTE TO SELF: intro needs work) No new mp3 today but a very special link-up with our friends over at Cook'd And Bomb'd's CaB Radio will be happening between 6pm and 9pm (BST because we British of course invented time.) They're presently running a special week-long marathon of programming and we're delighted to be involved. The plan is to broadcast four of our favourite TATP Years mixes. But which four? You'll have to tune in and find out! "TATP@CaB" 6pm til 9pm TONIGHT. But listen to the other shows too, including programmes from good friends of the site Louis Barfe and Jonathan Sloman . Bob Hope Golf Cart on standby! Here's a bonus piece on Richard Herring from the always fantastic Dave Rolinson. Read more of Dave's writing all up nice with your eyes at the British Television Drama website. As much as I love Richard Herring 's early work with Stewart Lee , and as much as he and his fans refer back to it, I've really enjoyed Herring 's recent work, and think he's in a really interesting place in modern comedy. He's adapted to changing broadcast models and built a genuine relationship with his fans, rather than, like certain comedians I could name, using them to berate people who disagree with your attempt to rebrand yourself as the unthinking man's Jim Davidson. Now for a bit of a special update. You may be aware that Richard Herring is currently getting a kicking from idiots for daring to speak out over Ricky Gervais ' vile 'mongs' material. We at TATP think that not only is Gervais hugely in the wrong but Herring does not deserve the abuse he has been getting from acolytes of "Funny Offices Man ". So, in true Talk About The Passion style, its time for a celebration of a subject from some of our writers -- no, not attacking Hervaid and his idiot followers with burning torches, but Richard Herring, both solo and in partnership with Stewart Lee . If you want to send something in to add to the piece, please do leave a comment in the box below. Don't give hate a chance, as Jamiroquai once said. And we still laugh at Herring 's Jamiroquai routine from 1993. Roll Ice-T ... It was brought to our attention by Lucian Randall's wonderful "Disgusting Bliss" that today marks the twentieth anniversary of the very first edition of the peerless Radio 4 comedy series "On The Hour" being broadcast. Naturally here at TATP that gives us all the excuse we need to rave about how amazing its producer and co-creator Armando Iannucci is, thus here's a quick factular fancy courtesy of Tim Worthington detailing the numerous other long-forgotten solo Iannucci radio efforts that are currently awaiting your rediscovery. Even if you're sane and can't be bothered to sit through Oh, It's a Posh Wedding! (most media outlets, Friday 29 April), at least there are endless alternative options in the multi-channel digital age. Not so thirty years ago. Justin Lewis reports on a time before choice. As an 11-year-old, revelling in the summer holiday between junior and comprehensive school, I had no interest in Prince Charles and Lady Diana Spencer getting married at St. Paul's Cathedral. This was less of a bloody-minded anti-royalist stance of mine than a general belief that ceremonial events are perhaps the most boring things on television. Not only does very little happen during them, but very little happens for what feels like hours on end. One of the few good things about television in 2011 is the almost complete absence of guff like The Royal Tournament or the Edinburgh Military Tattoo (sadly not an annual simulcast from a tattoo parlour in Leith). Continue reading ?

**id 129**

Trade in I'd Rather Be in the Studio!: The Artist's No-excuse Guide to Self-promotion for an Amazon.co.uk gift card of up to 5.01 , which you can then spend on millions of items across the site. Trade-in values may vary ( terms apply ). Learn more Learn more . Simply the most tailored, helpful and all round excellent book on art marketing I have ever read. Bought this after reading reviews on the amazon.com site (there are loads.)This book would be helpful to anyone who is self employed, particularly in the arts, I think a lot of it could be adapted to writers, musicians, whatever. Well worth the money. Great book and not just written for the American market either. There are loads of art marketing books which are all written in general terms but this tells you exactly what to do. Things I found particularly helpful was how to identify how far along the path I had got. Really simple like, who are you now showing your work to? For me it's now moving on to other artists. The questions to ask yourself when writing your statement, what is your medium? Why do you use it? The things viewers want to know about. How to write so that people will WANT to look at your work. I find books which get you to think about the obvious are the most helpful. Each chapter stands on it's own, there is no right place to start, you just go where you want help!

**id 130**

Single of the Week! Omega Male - 'Testosterone' (Full Time Hobby) Lecherously low slung, 'Testosterone' includes the sound of sirens going off - as if a particularly manly cove had passed through a sexy airport detector, and broken it by sheer dint of his machismo. What is particularly nice about this single - which is the kind of record you should put on, should you wish to glide past an ex-lover, sluttily swinging your hips as you studiously ignore them - is that you can hear how much fun Omega Male are having; from the sultry gasps, actual grunts and perilous drawl of the vocals, to the delightful lyrical detours that take in horticulture, and the formation of stars; nothing here is not having larks, and every single one of those larks is proper blue. A song that celebrates the Alphas as much as it sniggers behind their preening, overly-muscled, triangular backs, 'Testosterone' will be the record I will play this week, when I most want to sashay. Animal Collective - 'Applesauce' (10" on Domino) 'Applesauce' is a paean to the curative powers of superfoods, fruit in particular. And it has the kind of malleably genial lyrics AC are known for, that are very handy because they can be bent to the peculiar desires and lifestyle of the listener. This means, of course, that a song that is notionally about apples and starfruit can actually be made to mean anything you like. I mean, there's definitely something in here about how we're all going to die someday; ripe fruit at the base of a tree-trunk, the fall of man, man's inhumanity to man, fatal flaws, the seeds of tragedy are sewn in Act 1 scene 1; but to what extent are the events inevitable with reference to the opening? Answer with reference to the role of the Fool and his importance in the play. (Good.) Roses Gabor - 'Stars' (Girls Music) Because no woman ever had a wank prior to the release of Rihanna's S&M / the publication of 50 Shades of Grey, it is now The Law that all 'edgy' pop music must contain a vaguely bottom-y line. Roses Gabor's is: 'Pulling my hair, biting the skin from my lip,' - which is quite rude, when you think about it, though thankfully Gabor has the good grace to gloss over it, instead of signposting WHAT A BAD GURL she is, in shouty caps. Other than that, 'Stars' is as good a single as you might expect from an artist with the pedigree of Digital Soundboy behind her. Which is to say, it is very good. Dutch Uncles - 'Fester' (Memphis Industries) 'Fester' is sounding very much like a lost Hot Chip smash, with its deft and jolly marimbas, crystalline vocals and rinky-dink pop production. In the least patronising way possible, I would like to contend that this is what Dutch Uncles really sound like, now they have found their feet and settled into their own, slinky skin. It's a proper, proper pop song, too, and lightly done. Rowdy Superstar - 'Breathe' (Accidental Records) Ever the budding meteorologist, Rowdy Superstar asks; 'Why does everything seem so dark, when outside, the sky is blue, the forecast is dry?'. And while the metaphors here are pure GCSE poetry exam, all WEATHER IN THE WORLD: GOOD / WEATHER IN THE WORLD OF MY MIND: BAD, Matthew Herbert's production elevates the whole affair, to the point that it is almost pointless trying to shoehorn 'Breathe' into a hip-hop pigeonhole. Anyway, it hardly matters what you want to call it; there being enough strange twangs, moody rumbles, dischordant detours and intricate layers, for it not to matter. Brassica - 'Modern Magic' from 'Temple Fortune' EP (Civil Music) The dependably brilliant Civil Music almost never put a well-trainered foot wrong, which is why Brassica's ghostly excursion through Joy Division's basslines - as seen though the smoke and lazer synths of Jean Michel Jarre -

**id 131**

Adverbs There are many types of adverbs and adverb phrases. This page will introduce some of the basic types of adverbs and their functions. What is an adverb? Basically, most adverbs tell you how, where, or when something is done. In other words, they describe the manner, place, or time of an action. Here are some examples: Type Adverb Example Manner slowly Jane drives slowly. Place ere The party is going to take place here. Time yesterday I called him yesterday. How to recognize an adverb Many adverbs end with the suffix -LY. Most of these are created by adding -LY to the end of an adjective, like this: Adjective Adverb slow slowly delightful delightfully opeless opelessly aggressive aggressively However, this is NOT a reliable way to find out whether a word is an adverb or not, for two reasons: many adverbs do NOT end in -LY (some are the same as the adjective form), and many words which are NOT adverbs DO end in -LY (such as kindly, friendly, elderly and lonely, which are adjectives). Here are some examples of adverbs which are the same as adjectives: Adjective Adverb fast fast late late early early The best way to tell if a word is an adverb is to try making a question, for which the answer is the word. If the question uses how, where or when, then the word is probably an adverb. Here is an example: Word in context Question Adverb? Junko plays tennis aggressively . How does Junko play tennis? Yes -- uses HOW. They have a small house. What kind of house do they have? No -- uses WHAT KIND OF, so this is an adjective. Matthew called the police immediately . When did Matthew call the police? Yes -- uses WHEN. When you are sure that you understand the lesson, you can continue with the exercises.

**id 132**

It's hardly a new idea that sales teams need to understand and respond to what their customers want from their products and services. This kind of insight is part of any basic sales training. Accordingly, most organisations, whether B2B or B2C, work hard to design and market their proposition, highlighting features and benefits that they hope will beat their competitors, and win market share. But what if some of the most important issues for customers fall outside of the traditional sales process? Who is responsible for sales performance if the biggest deciding factor for new customers is what they hear from existing customers? I've met firms who have confidently showed me their positive customer satisfaction ratings, without ever realizing how many sales opportunities they were missing due to an issue that wasn't ever part of their survey! That's why maximising sales performance depends on mapping and managing the customer experience -- exploring how customers perceive issues in their lives and how/where interactions with companies fit in. It's an approach that reflects their world, based on their perspective, not our products and our processes. Critically, customer experience insight enables companies to 'tune in' to where to make improvements that drives growth, including more frequent purchases, fewer complaints, more loyal behaviour and greater advocacy. And because customer experience isn't built on an individual transaction but on cumulative encounters, conducting a satisfaction survey right after a transaction will capture some insight but nowhere near all. Note that, as these clues are things that contribute to the customer experience, not just your company, some firms might feel like such issues are out of their control, even none of their business! Yet, all too often, it's that 'left-field' insight that starts you thinking down another road, and brings you to ideas and actions that your competitors haven't picked up. It stems from a mindset that all customer comments are valid (treat them as 'expert in their own lives'), even if only some of the insight will ultimately be actioned. Some may be valuable only when combined correctly, perhaps with other data already in the business. There is no magic bullet but there is a technique for finding and applying such experience insight to drive performance. Customer Experience brings a different perspective to issues of revenue and cost. Many businesses start out believing it costs too much money to create an experience -- funds that could be better spent on new product development (NPD). However, customer experience understanding can identify not only product shortfalls, but also where to win customer loyalty through service delivery, or information provision. It can even highlight areas for cost-cutting, such as where customers may prefer self-service if reengineered (think ATMs, Oyster cards and beyond). Sales leaders face tough choices everyday, constantly balancing where to invest their energy and ideas to achieve their objectives. Customer experience provides an opportunity to focus their ability to generate revenue through highlighting what customers value most, while cutting costs by eliminating issues that detract from the experience or are not highly valued. -- -- -- -- -- -- -- - Note: there are a number of other benefits to organisations of managing customer experience that indirectly affect sales, notably around employee satisfaction, and brand reputation. Such benefits matter to your investors and your wider ability to compete. But that's the focus for another blog! Related articles: Impact of Customer Experience on Sales' -- London Rick addressed members of The Sales Club in London in September 2012. His session focused on the Impact of Customer Experience on Sales -- demonstrating how customer experience differs from...

**id 133**

Are You An Acting Con Artist? At a recent round of auditions, my producer, in good-nature, stopped an actor singing "If I Can't Love Her" from Disney's "Beauty and the Beast." "Why must every actor singing this song in auditions," he began, "take a fucking wide stance when performing this song?" He then demonstrated the position we'd seen throughout our several days of open calls. The producer's inquiry was spurred because of a previous auditioning actor who had come in, presented the same song, and stood with a similar Grand Canyon straddling-like stance, oddly compounded by an Elephant Man contortion. This actor had done no different for us a month prior at an open call. There was nothing new to discover. He was a clone of himself. He was one of dozens of men recreating an interpretation of lesser performances of the role presented regionally in stock and schools. When I was involved with the casting the original companies of "Beauty and the Beast," we never encountered this wide-stance contorted phenomena. Until actors witnessed other actors recreate the role. Then the carbon paper auditions came rolling out. Those duplicates became exaggerated facsimiles as the role was performed in second and third class productions. (That class delineation is not a snide swipe. In entertainment, a Broadway production is often classified as "first class" because it was first.) Now that I'm generations removed from my work on the original Broadway production and presently cast regional mountings of the tuner, I no longer encounter potential Belles, Gastons, Lumieres, LeFous or Beasts bringing in an artistry of their own that hasn't been biased by witnessing another actor in the role. I now see actors imitating cartoonish presentations of inferior product. Nothing original. Just copies. This phenomenon of cloned performances is not unique to musical theater. Whenever I cast "Othello," one of my first thoughts is, " How many men will come in sporting a hooped ear ring this time?" And, without fail, men parade into auditions, flaunting puffy white open button shirts and sporting their recent Piercing Pagoda purchases. Why can't some actors be original? Why do some take it upon themselves not to be actors but imitators? Insecurity is the first culprit. The actor who "presents" is the actor who does not trust themselves for finding truth and invention within the art that lies within their muse. Assumption is the second devious culprit. Actors too often assume an audience's desire. Whether that audience includes casting personnel, a director or all those wonderful people out there in the dark...texting during a performance. Don't assume your work must be a clone of someone else's performance. You're not being an actor. You're being a copy clerk at Kinko's. I doubt that before recorded media became pervasive in modern life actors were as lackadaisical by taking the path of least resistance. Although I can imagine that more than a century ago there were the insecure, jealous actors who sought out the performances of Kean, Burbage, Booth, and Barrymore then later strutted on a stage an interpretation of what they recalled while fancying themselves resplendent replications. But were they being actors or thieves? If the latter, there is no penalizing sentence for the larceny committed except for the actor's conscious (if they have one) gnawing constantly that the actor is no actor but a fraud. Fear is the third and nastiest of provocateurs for actors poorly replicating the performances of others. Fear is that nagging voice in the head that, like a serpent, softly hisses, "If you don't show them something they've seen before, they won't like you." I nearly didn't write " ACTING: Make It Your Business " because I often maintained to others that what I had to offer had already been published in ad nauseam. My friends would admonish me, rightly so, replying that my voice, insight, and guidance on the business had not yet been heard and that in itself was new. And they were right. So next time you walk into an audition or rehearsal hall what are you going to offer? Your voice or a replication of actors that have come before you? There is no art in

**id 134**

The Springs lyrics Song information Lyrics Air on the streets, lights on the trees Eight days a week, singer's disease I wanna be where the sun meets the sky I wanna be there, it's out of your mind And I believe in the secrets you're keeping I wanna piece of the air when I breathe in I wanna be the gold underneath the stream Having my moment, you know what I mean Ooooh, it's a blue sky And the headlights, and the headlines It's a new day, for a new wave It's a perfect moment, oh I'm moving out, for a moment in the springs Out of my way, berlin to l.a I wanna stay here and never go home again I wanna be the grass underneath your feet I wanna be the shops on your high street And I believe in the secrets you're keeping I wanna be your alarm when you sleep in I wanna be the one you can be around I wanna be the one who can make you proud Ooooh, it's a blue sky And the headlights, and the headlines It's a new day, for a new wave It's a perfect moment, oh I'm moving out, for a moment in the springs Get a voice, don't get a doctor That's your choice, no-one can stop you I wanna be the one you can be around I wanna be the one who can make you proud Got a job, I don't got no pension In it for love - money's too tight to mention I wanna be in the rockin'est city I wanna do what I want if it kills me Have to say, your home's where you make it It's ok, I know when you fake it I wanna be the gum on your train seat I wanna stand up and walk on my own feet I wanna be the one you can be around I wanna be the rock underneath your ground I wanna be the one who can make you proud I wanna be the one you can be around I wanna be the one you can be around

**id 135**

Some of the Bounties Allah has Prepared for the Believers in Paradise "Truly, the muttaqun (the pious and righteous persons) will be amidst Gardens and water-springs ( Jannah ). (It will be said to them): 'Enter therein ( Jannah ), in peace and security.' And We shall remove from their breasts any deep feeling of bitterness (that they may have). (So they will be like) brothers facing each other on thrones. No sense of fatigue shall touch them, nor shall they (ever) be asked to leave it." [ Al-Qur'an 15:45-48] "(It will be said to the believers of Islamic Monotheism): 'My slaves! No fear shall be on you this Day, nor shall you grieve. (You) who believed in Our ayat (proofs, verses, lessons, signs, revelations, etc.) and were Muslims (i.e., who submit totally to Allah's Will, and believe in the Oneness of Allah). Enter Jannah , you and your wives, in happiness.' Trays of gold and cups will be passed round them; (there will be) therein all that inner-selves could desire, and all that eyes could delight in and you will abide therein forever. This is the Jannah which you have been made to inherit because of your deeds which you used to do (in the life of the world). Therein for you will be fruits in plenty, of which you will eat (as you desire)." [ Al-Qur'an 43:68-73] "Verily, the muttaqun (the pious), will be in place of security ( Jannah ). Among Gardens and springs dressed in fine silk and (also) in thick silk, facing each other. So (it will be). And We shall marry them to hur (fair females) with wide, lovely eyes. They will call therein for every kind of fruit in peace and security. They will never taste death therein except the first death (of this world), and He will save them from the torment of the blazing Fire. As a bounty from your Rabb ! That will be the supreme success!" [ Al-Qur'an 44:51-57] "Verily, al-abrar (the pious and righteous) will be in Delight ( Jannah ). On thrones, looking (at all things). You will recognise in their faces the brightness of delight. They will be given to drink of pure sealed wine. The last thereof (that wine) will be the smell of musk, and for this let (all) those strive who want to strive (i.e., hasten earnestly to the obedience of Allah). It (that wine) will be mixed with tasnim . A spring whereof drink those nearest to Allah." [ Al-Qur'an 83:22-28] The Qur'anic ayat on the subject are many and well-known. Jabir, may Allah be pleased with him , reported that the Messenger of Allah, may Allah's peace and blessing be upon him , said, "The inhabitants of Jannah will eat and drink therein, but they will not have to pass excrement, to blow their noses or to urinate. Their food will be digested producing belch which will give out a smell like that of musk. They will be inspired to declare the freedom of Allah from imperfection and proclaim His Greatness as easily as you breathe." [Muslim] Commentary: Belching the vapours of musk means that after meals one would not feel heaviness and acidity. On the other hand, the belch will give out scented air, and the food will be digested by it. There will be no excrement or urine there. Secondly, recitation of Allah's Name will ever remain on their tongues without the least effort like the way we breathe, without any effort whatsoever. In other words the food in Jannah would be so light and fine that there would be no disagreeable urine or excrement. On the other hand, there will only be fine smell like that of musk. Abu Hurayrah, may Allah be pleased with him , reported that the Messenger of Allah, may Allah's peace and blessing be upon him , said, "Allah, the Exalted, has said: 'I have prepared for my righteous slaves what no eye has seen, no ear has heard, and

**id 136**

This was another one of those albums from nowhere. I was asked if I'd be up for giving it a listen and, after reading the press release, it sounded quite interesting so I said I'd give it a go. I'm actually very glad that I did. The first thought that sprang to mind, from the moment it started playing in fact, was that they remind me a lot of The Levellers. Not in such a way that they copy them, but it's more because of their overall style. The songs, even though they have some thought provoking lyrics, sound lively and energetic. They're quirky, upbeat, and here and there you'll find yourself smiling as you listen, there are certainly some quite amusing moments. The vocalist sometimes made me think of a male version of Lily Allen although that's probably a little unfair. It's only because of the vocal phrasing, and as I said, it's just occasionally. Also going in their favour are the massive choruses, that you will find yourself singing along to way before you've even realised you're doing it. There's nothing heavy on this album, and it could only be described as radio friendly rock music, but it's great stuff none the less. It doesn't quite venture into pop territory for the most part, and that for me is just adding to the plus points. This album is a collection of catchy tunes, some pretty cool lyrics, and just the right amount of cheeky charm to keep you coming back again and again. Musically it bounces along nicely, and has that 'feel good' factor about it. Stick this album in your CD player, sit back and enjoy the ride, because these guys have made an album that stands out in the crowd. It's lively, it's groovy, and more importantly, it's a whole heap of fun. This is something well worth your time checking out.

**id 137**

IT WAS A FORTRESS COMING HOME They Could Hear It Before They Could See it By Allen Ostrom Not all that unusual in those days as the personnel at Station 131 gathered around the tower and scattered hardstands to await the return of the B-17?s sent out earlier that morning. First comes the far off rumble and drone of the Cyclones. Then a spec on the East Anglia horizon. Soon a small cluster indicating the lead squadron. Finally, the group. Then the counting. 1-2-3-4-5?.. But that would have been normal. Today was different! It was too early for the group to return. ?They?re 20 minutes early. Can?t be the 398th.? They could hear it before they could see it! Something was coming home. But what? All eyes turned toward the northeast, aligning with the main runway, each ground guy and stood-down airman straining to make out this ?wail of a Banshee,? as one called it. Not like a single B-17 with its characteristic deep roar of the engines blended with four thrashing propellers. This was a howl! Like a powerful wind blowing into a huge whistle. Then it came into view. It WAS a B-17! Low and pointing her nose at the 6,000 foot runway, it appeared for all the world to be crawling toward the earth, screaming in protest. No need for the red flares. All who saw this Fort knew there was death aboard. ?Look at that nose!? they said as all eyes stared in amazement as this single, shattered remnant of a once beautiful airplane glided in for an unrealistic ?hot? landing. She took all the runway as the ?Banshee? noise finally abated, and came to an inglorious stop in the mud just beyond the concrete runway. Men and machines raced to the now silent and lonely aircraft. The ambulance and medical staff were there first. The fire truck?.ground and air personnel?.jeeps, truck, bikes?.. Out came one of the crew members from the waist door, then another. Strangely quiet. The scene was almost weird. Men stood by as if in shock, not knowing whether to sing or cry. Either would have been acceptable. The medics quietly made their way to the nose by way of the waist door as the remainder of the crew began exiting. And to answer the obvious question, ?what happened?? ?What happened?? was easy to see. The nose was a scene of utter destruction. It was as though some giant aerial can opener had peeled the nose like an orange, relocating shreads of metal, plexiglass, wires and tubes on the cockpit windshield and even up to the top turret. The left cheek gun hung limp, like a broken arm. One man pointed to the crease in chin turret. No mistaking that mark! A German 88 anti-aircraft shell had exploded in the lap of the togglier. This would be George Abbott of Mt. Labanon, PA. He had been a waist gunner before training to take over the bombardier?s role. Still in the cockpit, physically and emotionally exhausted, were pilot Larry deLancey and co-pilot Phil Stahlman. Navigator Ray LeDoux finally tapped deLancey on the shoulder and suggested they get out. Engineer turret gunner Ben Ruckel already had made his way to the waist was exiting along with radio operator Wendell Reed, ball turret gunner Al Albro, waist gunner Russell Lachman and tail gunner Herbert Guild. Stahlman was flying his last scheduled mission as a replacement for regular co-pilot, Grady Cumbie. The latter had been hospitalized the day before with an ear problem. Lachman was also a ?sub,? filling in for Abbott in the waist. DeLancey made it as far as the end of the runway, where he sat down with knees drawn up, arms crossed and head down. The ordeal was over, and now the drama was beginning a mental re-play. Then a strange scene took place. Group CO Col. Frank P. Hunter had arrived after viewing the landing from the tower and was about to approach deLancey. He was physically restrained by flight surgeon Dr. Robert Sweet. ?Colonel, that young man

**id 138**

Change the level of importance or sensitivity for messages You can set the level of importance for e-mail messages to indicate whether the messages need the recipients' attention quickly or can be read later. For e-mail messages that have an importance-level setting, recipients see a visual indicator in their Inbox. By setting the level of importance, you also enable the e-mail recipients to sort messages by importance. In addition, you can include a sensitivity setting. This is an advisory to the recipient on how to treat the contents of the message. For each of the sensitivity settings, the recipients will see the following text in the InfoBar of the message: For Normal , no sensitivity level is assigned to the message, so no text is displayed in the InfoBar. For Private , the recipient will see Please treat this as Private in the InfoBar. For Personal , the recipient will see Please treat this as Personal in the InfoBar. For Confidential , the recipient will see Please treat this as Confidential in the InfoBar. Note Each of these sensitivity settings is only an advisory. Recipients can take any action on the message that they want to, such as forwarding a confidential message to another person. If you want to prevent recipients from taking any action on a message, you should use Information Rights Management (IRM). The recipients will see the following text in the InfoBar of the message: For Normal , no sensitivity level is assigned to the message, so no text is displayed in the InfoBar. For Private , the recipient will see Please treat this as Private in the InfoBar. For Personal , the recipient will see Please treat this as Personal in the InfoBar. For Confidential , the recipient will see Please treat this as Confidential in the InfoBar. Note Each of these sensitivity settings is only an advisory. Recipients can take any action on the message that they want to, such as forwarding a confidential message to another person. If you want to prevent recipients from taking any action on a message, you should use Information Rights Management (IRM)

**id 139**

Hoping some of you predator killers could help me out here. I've never had any experience hunting predators, and I'd love to get into it. I have some wolves hanging around my camp, and I figure this year I'd really like to try and get one. I may be able to get my hands on some moose scraps from some friends (as I was unsuccesful this year, even after hunting all day everyday for well over 20 days). What I was wondering is if anybody has had experience with wolves and how they react to something like a FOXPRO, or if there is something better? Or is it not even needed? Any help would be great, my wall looks empty without a wolf hanging there LOL Thanks! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\\... Live for the adventure I would imagine it (the foxpro) would work just as well on wolfs as it does on coyote's....I have a friend that was out in BC for a bear hunt and after harvesting his 2 bears he went out calling for wolf...He managed to call two of them in with a plain old $8 hand held rabbit distress call. I guess its all about setup, location and timimg...good luck On a side note, make sure you check the regs for open season and wolf tag(s) for your WMU... \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\\... "Everything is easy when you know how" "Meat is not grown in stores" A friend of mine has had good luck calling wolves , he uses a wildlife tech unit but they are very pricy for an occasional user , fox pro will have sounds that will work , I had a little time and tried one location when I was at my northern line trapping beaver , but no responders hope to give it a little more effort the next trip up \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\\... "just the facts please just the facts" I would imagine it (the foxpro) would work just as well on wolfs as it does on coyote's....I have a friend that was out in BC for a bear hunt and after harvesting his 2 bears he went out calling for wolf...He managed to call two of them in with a plain old $8 hand held rabbit distress call. I guess its all about setup, location and timimg...good luck On a side note, make sure you check the regs for open season and wolf tag(s) for your WMU... Ahhh, that's something I'd like to try. Just a handheld call like that. I figure I wouldn't need much if they are already on the prowl for food. Just something to get their attention quickly would probably work awesome. I have a tag already, and the season is open from Sept. 15-March 31st. But the tag is only good till dec. 31st, after that I need to buy a new one for the 2013 season. Kind of a money racket in that sense, but hey, it's only 10 bucks. Quote: Originally Posted by trappermatt A friend of mine has had good luck calling wolves , he uses a wildlife tech unit but they are very pricy for an occasional user , fox pro will have sounds that will work , I had a little time and tried one location when I was at my northern line trapping beaver , but no responders hope to give it a little more effort the next trip up What kind of price are we talking about here? I know the wolves I've called in before (total accident, I was calling moose) have come in and tried to wind me right away. As soon as they wind you, they take off in a hurry. I was hoping to hunt in an open area, and take a longer range shot to try an minimize my scent around them. I'm also probably going to find out what a 300 win mag shooting hornady superformance rounds does to a wolf lol. I can't see it being a good thing, but its the only "suitable" gun I have other than a 12 guage with buckshot. And I don't think I'd be able to get close enough to use my .22 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\\... Live for the adventure Hunter, see if you can get a couple of Beaver Carcases. Auger a hole in the ice out in front of your camp, and freeze in the Beaver. Then sight your rifle in for that distance so you have no guess work when you are ready to shoot. You will see them before the ice melts. But

**id 140**

Monday, October 22, 2012 I bought her a jet plane 'I bought Elizabeth the jet plane we flew in yesterday. It costs, brand new, $960,000. She was not displeased.' This is the actor Richard Burton writing in his diary in 1967, at the height of his fame and in the early years of his first marriage to Elizabeth Taylor. The diaries, which span more than four decades though written rather sporadically, have just been published by Yale University Press. Burton was born Richard Walter Jenkins into a large family in Pontrhydyfen, Wales, in 1925, but his mother died two years later, and he was brought up by a sister. He left school at 16, and soon joined the Air Training Corps as a cadet. There he met Philip Burton a former teacher of his who subsequently adopted him, helped him through further education, and encouraged his theatrical skills. The young Burton served two years in the RAF, between 1944 and 1947. Prior to his military service, though, he had already begun to work as an actor, and after his discharge he moved to London to further his career. He met his first wife, Sybil Williams, working on a film set. They had two daughters. Burton found work easily enough, in films and narrating for the BBC, but a major turning point came in 1951 when he starred in two Shakespeare productions for Anthony Quayle at Stratford-upon-Avon and received excellent reviews. Several films in Hollywood followed ( Desert Rat and The Robe ), and then a major Shakespeare season at the Old Vic. When his fellow-Welshman and friend Dylan Thomas died, Burton performed the lead role in Dylan's Under Milk Wood (to benefit Dylan's family), which today remains one of the most celebrated radio drama productions of all time. Further Hollywood films followed, and with them the wealth that would lead him to relocate to tax-friendly Switzerland in 1957. After performing on Broadway, Burton was brought in to star in Twentieth Century Fox's troubled production, Cleopatra , a film which would become the most expensive ever made at the time, and which would usher in Burton's most successful Hollywood period. On set, famously, he met Elizabeth Taylor who, like him, was married at the time. The affair was widely reported in the media, but the couple were not free to marry until their divorces in 1964. Together, they produced a number of memorable films, not least Who's Afraid of Virginia Woolf? . The fiery marriage lasted 10 years, but once they had divorced they soon remarried. Burton adopted Taylor's daughter by a previous marriage (whose father had died); and together Burton and Taylor adopted a German child. Burton's output in later years was more prolific than admired as he often took mediocre work for financial reasons. He did have some success, though, with Equus (which he had played on stage to great acclaim) and The Wild Geese . From 1976 to 1982, he was married to Susan Hunt, and from 1983 to his death in 1984 to Sally Hay. He was only 58 when he died, but he had been a heavy smoker and drinker all his life. Further information is available from Wikipedia , the Richard Burton website, or Welcome to Wales . Burton seems to have kept a diary intermittently through most of his life, and extracts from these were first used by Melvyn Bragg in his biography Rich: The Life of Richard Burton published by Hodder and Stoughton in 1988. In 2005, Burton's widow, Sally, handed over the diaries - written between 1939 and 1983 - and other personal papers, known as the Richard Burton Collection, to Swansea University; and in 2010 the university formally opened its Richard Burton Archives facility. Now - in October 2012 - Yale University Press has published The Richard Burton Diaries , edited by Chris Williams. A generous number of pages can be read freely at Amazon . The publisher claims: 'In his personal diaries Richard Burton is a man quite different from the one we familiarly "know" as acclaimed actor, international film star, and jet-set celebrity. From his private, handwritten pages there emerges a different person - a family man, a father, a husband, a man often troubled and always keenly observing. Understood through his own words, day to day and year to year, Burton becomes a fully rounded human being who, with a wealth of talent and a

**id 141**

Try and get some mathematics under your belt! Maths helps in all areas of science, both in doing the science part (writing about your work and understanding data) and in the act of setting up experiments and proving things about them afterwards. You don't have to be a mathematical genius (I'm certainly not!) but you should do maths for as long as you can at school (A-Level would be good if you wanted to be an Engineer!) I think it's also really important that you love your subject. Really enjoying what you study helps a lot -- there's not much fame or money to be found in science! Most of the people I know who are scientists do their job because they love it more than anything else in the world. But you should try to love your job anyway, whatever you do! I'm sure the others will have other suggestions too. It depends on what science you want to do! Good question. I think Mike's suggestion to start with maths is a good one. I would add that an analytical mind is useful because you will be getting through a lot of data analysis in the course of being a scientist. The ability to persevere is important as sometimes things will simply not work and you will have to modify, repeat and modify again. But it's worth it for the moments when you get your exciting new result that only you know about for the moment... Completely agree with Michael and Blanka: maths will definitely be useful and it's really important to be positive thinking because when things go wrong (and trust me they will go wrong) you have to be able to work out why and start all over again! I also think it's really important to have an inquisitive mind -- it's good to be constantly asking questions. Finally, I think having a good grasp of how to write really helps. You don't have to be an amazing journalist or novelist but if you can put together the ideas you have into something that makes sense to someone else that is a really important skill. (You can judge whether or not I have it!! )

**id 142**

Te Upoko o Te Kuri a Paoa -- Young Nicks Head Following the arrival of James Cook in 1769, Maori life changed. In his voyages to New Zealand he named many of the places that he "discovered" after prominent members of the Admiralty or British aristocracy. Aoraki (The Cloud Piercer) became Mt, Cook, Taranaki became Mt. Egmont (after John Percival, 2nd Earl of Egmont), Putauaki (in the Bay of Plenty) became Mt. Edgecumbe after the Sergeant of the Marines on the Endeavour, and Whakaari became White Island, and so on. Not only Mountains, but rivers and parts of the coastline were named also. In Cook's very first sighting of New Zealand, Te Upoko o Te Kuri a Paoa became Young Nick's Head (after Nick Young the cabin boy who made the sighting). His eventual departure turned Onetana into Cape Farewell. The confluence of the Waihou and Kauaeranga rivers became the Firth of Thames. Settlements also came in for renaming. Turanganui became Gisborne (after William Gisborne, the Colonial Secretary), and Turanganui-a-Kiwa (The stopping-place of Kiwa) became Poverty Bay, because of Cook's own abysmal experiences there where his marines killed local Maori engaged in a ceremonial challenge. Almost all of these names introduced by Cook and those that followed him are still with in use today, although there is a concerted effort by Maori to reinstate the Maori place names. This is hardly surprising. Maori traditionally identify themselves not as individuals, but as members of a set of relations which includes not only human relatives, but also places and landmarks that are viewed as ancestors. Hence, an individual will begin a formal introduction by first naming their mountain, then their river, then their tribe, their hapu, and so on. In pre-European times Maori land tenure was in a continual state of flux, as tribes moved to occupy more fertile territories and so on. One of the ways in which manawhenua (authority or custodianship or historical use rights) over territory was to ensure that occupation was maintained in the collective memory of the people. Hence to identify oneself through a place was to ensure a continuing and collective relationship to that place no matter what else transpired. In addition to issues of identity, there were also issues of utu (reciprocal responsibilities, debts and/or retributions to consider. One of the reasons Maori formal greeting ceremonies are so drawn out is because in the highly charged and violent world of Iwi confrontation, it was fatally important to know who visiting strangers were, and what their historic relationship to the host tribe might be. A perceived injustice from several generations past might still be the fuel for a conflict in the present. Hence, an extended description of whakapapa (genealogy) taking into account descriptions of geographical location became a crucial marker to inter-tribal histories. Finally, Maori place names, like the Turanganui-a-kiwa already mentioned, are almost always descriptions of historic events -- in this case, the stopping or resting of Kiwa at this place. The four main tribal groups of the region, ( Te Aitanga-a-Mahaki, Rongowhakaata, Ngai Ta manuhiri and Te Aitanga-a-Hauiti ) have a common ancestor, Kiwa, who landed here and discovered the area. (In much the same way that Young Nick's head was named by Cook).The Maori name therefore stands as a reminder not only of the history of who came here first, but of a bond of common ancestry between proximate peoples, allowing for extensions of trade and goodwill between them. The importance of Maori place names to Maori identity, Maori history, Maori social relations and Maori political relations is therefore paramount. The use of these Maori names will help establish and support a collective understanding and remembering among non-Maori of the importance of celebrating our differences. A good place top start is: The Reed Dictionary of Maori Place Names, A. W. Reed, Wellington, 1999.

**id 143**

The Port Hills Port Hills Tracks and Reserves Earthquake update for Port Hills Reserves (as of 21 November 2012) Many tracks and reserves remain closed due to rock fall hazard including sections of the Summit Road. Work is continuing to assess and remove dangerous rocks in many of the reserves. Care should also be observed in areas that remain open as hazards are not always immediately obvious. Hazard indicators include signs of rocks having moved, cracks and slumping of the ground or rock debris at the base of cliffs. Walkers are advised to remain well clear of the tops and bottoms of coastal cliffs, bluffs and rocky outcrops. Boaties are also advised to remain well clear of tall coastal cliff areas. Wet winter conditions may increase ground moisture which can mean more slumping and the likelihood of slips and slope instabilities will increase. Please obey any closure signs. Areas are closed due to significant rock fall risk and the fact that rocks are being rolled and blown up by contractors. Work is currently underway to asses and/ or remediate the following closed track and reserve networks: Bridle Path Track at Castle Rock and Whakaraupo Reserves Urumau reserve Top section of the Capt Thomas Track in Greenwood Park Scarborough Bluffs Track in Scarborough Reserve Eastenders Track in Greenwood Park Crater Rim Track from the top of the Bridle Path to Cavendish Saddle The process for assessing these areas and carring out any works does take time and is affected by the subsequent seismic events we are having. Please be patient and observe the closed status of these area while we work within them. The survey work is picking up many loose and dangerous rocks/ bluffs, above these tracks. As part of the survey work rocks are being rolled or made safe by repositioning. However many need to be removed (blasted) netted, or bolted back to surrounding bedrock. Specialist contractors are being brought in to do this work. Other areas will be left to 'season'. This means some reserves will remain closed for the winter and assessed after the wetter months. At the moment it is simply too dangerous to work within some of the track areas. The Summit Rd remains closed between Cavendish Saddle and the top of Rapaki Track. This closure is in place under the CERA legislation and significant penalties may occur if people are found within the cordoned area. This section of the road is under very high risk of rockfall and is also subject to remedial work making this a very unsafe area. This page will be updated when information changes. To talk to a Port Hills Ranger phone (03) 941 8999 . Safety in the Hills New signage has been erected on the Port Hills by the Christchurch City Council to provide track and park users with clear guidelines on how they can stay safe while enjoying their outdoor experience. With the status of tracks (either open or closed) clearly sign-posted, and with information on who can use the tracks and any restrictions or hazards in place, the public will be better informed on how they can use their common sense to ensure they stay safe while on the tracks. Many of the guidelines are common sense and apply to any visit to the wonderful regional parks of Christchurch. Visitor information About the Port Hills The Port Hills are one of the best-loved landscapes of Christchurch. The tussock grasslands and rugged rock out-crops, contrast the flatness of the Canterbury Plains below. In some valleys the remnants of podocarp forests provide links with the past, while in other valleys, and beside the Crater Rim walkway, regenerating and restored native bush lands enhance the biodiversity of the Port Hills, and the pleasure of being there. People enjoy the Port Hills in many different ways, from scenic drives along to picnic lookouts. Walking, running, mountain biking and road biking are all very popular. Botanists explore the crater rim forests, rock climbers dangle down the sheer volcanic bluffs, and paragliders soar high over the tussock slopes. There are permanent orienteering courses set up, great places from which to launch model planes, and many a photogenic view and rock. The many beautiful views of the Port Hills themselves, and of Lyttelton Harbour, the city and plains, and the Southern Alps in the distance are ideal for photography, drawing or painting. The Christchurch City Council manages 31 of the 39

**id 144**

Samantha Selinger-Morris A Saturday-night institution on SBS for the past seven years, RocKwiz has become, for many a wannabe muso, the ultimate dream. To be teamed up with names such as Martha Wainwright or Tex Perkins and show the world you do, in fact, know what Lionel, a company once partly owned by Neil Young, actually sells? Or just to be in the same room with your rock idols as they answer the question? It'd be priceless. (And, yes, the answer is model trains.) But because the show, which is filmed in the Esplanade Hotel in St Kilda, features only four civilian trivia buffs an episode, the dream usually remains just that. Until now. Advertisement Because the RocKwiz gang is going on a national live tour. Host Julia Zemiro isn't allowed to announce who's on the bill this year, except to say there will be ''five celebrity musicians''. But if the TV show's anything to go by, there will be some moments that leave viewers shaking their heads. There was, for instance, the episode when American rocker Suzi Quatro went ''a bit odd''. ''She was really high-energy and she talked about herself in the third person, which is weird, and like a million miles an hour,'' Zemiro says. ''And as much as I wanted to give her a good time, I felt like saying, 'There are also other people on this show.''' Then there was the time Adam Green, the lead singer of US band the Moldy Peaches, went bananas - dancing like a whirling dervish - during a duet with Toni Childs. ''You see she [Childs] tries to get him down on his knees, to stop [him] moving,'' Zemiro says. ''A lot of people wrote in about that: 'What was that guy doing? Was he drunk?''' Zemiro relies on her improv training - which started at the Belvoir St Theatre when she was 19 - to sail through each show. ''I know we're living in a culture where we're trying to say 'no' more often but, as a host, that's my skill [to agree to any situation],'' Zemiro says. ''It may work and it may not, but it's absolutely [the] way I live.''

**id 145**

A quiet heartbreak... Yesterday I tweeted "A woman walked into the store in a leather jacket, feather earrings and a bag covered in cow fur. She said "I'm a recovering vegan..." # gag " She was wearing leather boots with fur trim. A leather jacket. Feather earrings and had a purse that was covered in cow-hide. "Oh yeah. What happened...?" But instead of answering me she walked around my store and laughed at everything. Made fun of products. Picked stuff up. Put it down and then shook her head. She then asked me what the "BACON HAD A MOM" shirt meant. I said "The shirt is to gently remind you that the bacon you had for breakfast came from an animal that had a mother..." Awkward pause ... "Oh." I thought about asking her to leave ... but instead I put on my best game-face and decided to re-plant some seeds of veganism. I mean -- that's my goal with the store is to showcase amazing vegan lifestyle products while encouraging my non-customers to go vegan. Perhaps positive reinforcement would encourage her to remember why she went vegan in the first place. Maybe when she sits down to her dead-animal bacon breakfast tomorrow she'll stop what she's doing and realize what she's about to do and hopefully have a change of heart. But this woman is not what broke my heart yesterday... After tweeting/facebook my experience a non-vegan friend of mine on facebook responded with "hahaha" and our conversation devolved into a typical Facebook back and forth about misuse of language. She didn't like that on my private profile page I had described the woman as disgusting. She would have preferred that I called her actions disgusting not her herself. It then disintegrated even more into blah blah blah about this and blah blah blah about that. I shut it down and told her to call me if she wanted to work things out. But that's not where my heartbreak comes in either ... What broke my heart is that this friend thought what this X-Vegan woman said was funny. This X-Vegan woman who came into my vegan-centric store wearing the skins/furs of dead animals and walked around making fun of all the beautiful cruelty free products that I sell. My store is an extension of my heart, my beliefs, what I've dedicated my life to and my friend can't get past the choice of words I used when venting about having a hard day? I want friends who lift me up when I am down. Who support me. I understand she was challenging my flippant choice of words but perhaps she should have picked a better venue for it. Or better yet -- not kick me when I am down ... I have a lot of non-vegan friends. I try to respect their choices in the hopes that they do mine. I don't make comments when I see my non-vegan friends wearing feather earrings or when they order meaty-type foods. It's not easy for me because all I see is death and torture when I see those things but other peoples life choices are none of my business and unless they ask me about veganism directly -- I try my best not to be the vegan police. But what I ask for in exchange is that you have my back. A few hours later I got a message from my friend Jen who went to a work function at The Keg. She knew she wouldn't find much food there but didn't want to cause a kerfuffle because the work dinner was a celebration for one of her other co-workers so she happily ate her baked potato and salad but for some reason everyone around her at the table had to say something rude about her lifestyle choices. WTF? I guess yesterday was one of those kinds of days where meat-eaters were feeling particularly guilty about all the death and destruction they leave in their wake and so they decided to throw all that energy over to the vegans who are trying their best to make the world a less bloody torturous mess... I wish I had a nice little bow to wrap this story up with but instead I'll quote RuPaul. "My goal is to always come from a place of love ...but sometimes you just have to break it down for a motherfucker!" 12 Responses to A quiet heartbreak... Sarah, I'm sorry you had these hurtful experiences yesterday. It does seem that vegans are supposed to watch what they say and how they say it lest they be seen as imposing or judgmental while

**id 146**

When All You Have Is a Hammer , everything begins to look like a nail. And when all you have is a group of enemies... Taking the Improvised Weapon trope to heart, hard-pressed combatants will use not just anything, but any body around as weapons. Two common variants exist. In the first, regular individuals may choose to use a body part as a club, the source of that body part depending heavily on the setting: Neutral: Certain specific locations, like morgues or battlefields, will inevitably be littered with limbs, making it easy to locate one. Enemy: Particularly vicious characters may choose to forcibly dismember opponents, then attack them with it in a fit of sadistic humor. Of course, it's easier if your opponents tend to fall apart spontaneously, like Zombies or Skeletons . Self: If you're not particularly worried about the loss of your own body parts (hint: being a Humongous Mecha or a Hollywood Cyborg helps), you may, in a last-ditch situation, choose to use your own limb as a weapon. Alternatively, characters gifted with Super Strength may eschew the dismemberment completely and use an entire body as a weapon. This is also an alternative for mechs of the appropriate size in relation to the body being used. Of course, you'd have to be nuts (or really , really trusting ) to let anyone do that to you, which is why most "weapons" are either dead or unconscious - or will be by the time you're done. May be combined with Metronomic Man Mashing if you're attacking both the person you're hitting and the person you're hitting with . Shamu Fu is a Sub Trope where the body in question is a fish or some other marine animal. The Fastball Special another subtrope specific to superheroing where a powerhouse throws a (usually) willing partner at a target, at which point the partner's unique abilities come into play. For the un-improvised version see Equippable Ally . In Shin Mazinger , Zeus gets his arm cut off by Hades. When he sees Mazinger Z use a Rocket Punch later in the episode, he's so impressed that he picks up his own severed arm and throws it while shouting "ROCKETTO PAAAANCH!!" Gundam SEED Destiny homaged this in Shinn's battle with the Freedom Gundam; when the Impulse gets decapitated, he ejects the torso module at the Freedom, gets a replacement, and then shoots the damaged one with his beam rifle. Likewise, the Bawoo from Gundam ZZ is a Transforming Mecha that splits into upper and lower halves, the lower being remote controlled. The official info says that the Neo Zeons looked into the idea of packing the leg module full of high explosives and using it as an enormous missile, but considered it too wasteful. In Gunnm : Last Order , Alita allows one of her own arms to be cut off, specifically so she can use it as a weapon to increase her reach. In End of Evangelion , Asuka throws one of the Mass-production Evas through a wall, then pulls it out and throws it into another. It doesn't work, so she punches through both of them. Berserk contains an example in the first between the demon Zodd and the main characters, Guts and Griffith. Griffith, after Zodd transforms into his monstrous true form, chops Zodd's arm clean off with one slice ( somehow ). Zodd then promptly picks up his severed arm and slams it into Griffith, knocking him unconscious. In Berserk: The Abridged Series , Guts, after seeing this, comments, "Did you just beat him with your own arm? That is hardcore! Seriously, kill me right now, that is the coolest thing that I will ever see!" Two more conventional applications of the trope appear in the Martial Arts Rhythmic Gymnastics and Martial Arts Shogi challenges (the latter of which only occurs in the anime). In the first, Ranma makes use of the fact P-chan has been chained to his (currently her) wrist to turn him into an impromptu flail, as the rules of the match strictly prohibit bare hands and feet. In the second, Akane, at

**id 147**

When It Comes To Discipline, 'Obey' Is Not A Dirty Word I'm going to ask a pretty basic question that might make some parents angry. What's so wrong with the word "obey"? Why are we so against discipline that forces our children to listen and obey, strictly because we're the parents and they're the children? And when did obedience and confidence become mutually exclusive? I've been thinking a lot about discipline lately. It's occurred to me that there is a very fundamental difference in the parenting techniques practiced by my own parents and the ones practiced by my friends and co-workers. Suddenly, children need to be polite and well-behaved, not because we demand them to, but we want them to respect those around them. We wants children to listen, not because we demand it, but because they sympathize with our position. Kids should worry about our feelings. I don't believe there's anything wrong with teaching children to be respectful and compassionate. In fact, I think those things are very important. But that doesn't mean that these values have to be the crux of my disciplinary strategy. What's so wrong with expecting my daughter to listen, simply because I demand it? Even if modern parents avoid the term, obedience is a necessary skill for life. In the process of building your career, you're going to have a boss that you simply have to listen to and obey their orders. You might not respect this person. You might not empathize with their position. But you're going to have to listen anyways, but it's your job. Following your boss's orders won't make you less of a person. It won't make your opinions less valid. And it doesn't have to damage your self-esteem. What about the legal system? It's easy to say that teaching morals will guarantee that your children follow the law. But I think those who work in the legal profession will agree that the penal code was not always written according to the world of moral ethics. I don't think it's immoral to drive 50mph in a 45 zone. But it's still against the law and it's a rule that we must obey. Obedience has a place in our society, and I don't think that it harms children to teach them that from an early age. The arguments against rules and demands in the parenting world always seem to center around a child's independence and self-confidence. But there are ways to stay in control and still allow your children to have their own opinions and emotions. My daughter doesn't have to agree with her bedtime, she can be frustrated that it's earlier than she chooses and she can explain to me why she should stay up. Sometimes, I might acquiesce and sometimes I might. Either way, she's aware that I'm the one who makes the decision. I don't accept that confidence and obedience are mutually exclusive. It's possible to be a strong person, even a strong little person, with your own thoughts and beliefs and still follow the rules laid out for you. Once again, I'm confident in my work, even if I have to listen to my boss. My daughter know that I'm in charge. I'm the one who makes the decisions in our house. And yes, it's because I'm the adult. I'm the one who makes the rules because I'm the parent and I have the experience to know how to keep my child safe. My little girl has her own opinions. She expressions her emotions thoughtfully. She's confident in her abilities. But she also knows that adults make rules and she has to follow them. I cannot tell you how much time I spend with parents assuring them that it is alright to discipline their child. I have to assure them that it is actually beneficial for their child's development to know boundaries and limits. Our generation of parenting seems so terrified of making mistakes that we choose to do nothing and let our children lead the way. I definitely think obedience has a place in childrearing. If my kid takes off running toward the street and I holler "No!", I sure as heck want him to obey! Angela So true! Growing up my own dad heavily relied on the "because I said so" approach which made me decide I would NEVER do that to my own child. Until I actually had one and discovered that sometimes it's very necessary, especially when dealing with a toddler who isn't

**id 148**

Major Waswas during salah... This is a discussion on Major Waswas during salah... within the Islam in General forums, part of the Main Topics category; Dear brothers and sisters, I am so confused now and I am so upset and angry. I cannot really explain ... Major Waswas during salah... Dear brothers and sisters, I am so confused now and I am so upset and angry. I cannot really explain what is going through my mind, but I will try my best to describe it. I have recently about 1-2 years back I have become a practicing Muslim....I have tried to pray all my 5 prayers everyday and tried to remember Allah (swt) and think that he is watching every action that I am doing. I was feeling so elated and so happy. However, suddenly in a Maghrib prayer one day, I had flashing images of shirk and ever since I have had constantly images of other gods from other religions. I have had pictures of prophets and I have had images of imams. I try SOOOO HARD to think of Allah (swt), Whenever I pray I imagine the letters of A-L-L-A-H in English and Arabic in front of me. I tried to think of His marvellous creations. However lingering in my mind are these abhorrent images. These completely snatched the pleasure of salah for me. I know that it IS the Shaytan trying to put me off the right path. I read so many articles, websites and forums regarding Waswas during prayer, I have spat several times to my left. I have tried to imagine that I am in heaven with the prophets on my right and angels on my left.,,,yet they still come. Its so frustrating. I am so scared to pray salah now...whenever I think of praying my heart skips a beat and I become so anxious. I now I should be praying extra in fact because the Shaytan gets angry. I have tried to keep my eyes open....Now i realise that NO ONE can really help me except Allah (swt). I have tried all routes and i have tried so hard to ignore and imagine all these images combusting in Hellfire. What shall I do?....What shall I do?.....Tears coming streaming down my face...my head hurts and I feel tired. I know this a major psychological problems. On top of this I also get sexual thoughts during prayer and when I am about to sleep.My whole mind is flooded with impurities. What can I think while I am reciting Fatiha....saying Subhana rabbi yal ala and subhana rabbi ya al azeem. What images should come to my mind. How can I overcome this?I have tried to think its my last time, I am going to pray...but its still persisting. At this moment, I know everything is seeming bizarre and abnormal and you are probably thinking that I need to have psycho therapy. I am just a normal 15 year old trying to fill to the best of my ability my obligations of a Muslim. I am trying to control my urges. I am trying to do well in my studies. Just please advise anything that is sensible and will 100 % work in order to overcome this waswas. How can imagine Allah without a form or image? How do I imagine that Allah is watching me? What images should I have when reading Fatiha, saying Subhana Rabbiyal Azeem/Ala, reading surahs? Whatever answer you give, may Allah be pleased with you and thanks for trying to advice me. Thanks and Jazakallah. Re: Major Waswas during salah... assalamu alaykom I find it best NOT to permit your mind to wander. Rather than imagining images & scenes etc, concentrate on the words you are reciting and the quality of your tajweed. To this perhaps you can add a sort of military discipline to the salat. You shouldn't have time nor room to drift too far if you do these things. Re: Major Waswas during salah... The Prophet (saaw) instructed upon the presence of waswas during salah to say audhubillah mina shaytanir rajim and spit three times over the left shoulder, for that is Khanzab. This, as reported by Uthman ibn al As in Muslim as sahih. Re: Major Waswas during salah... Assalaamu Alaikum brother Learn the meaning (even roughly) of what you're reading and attempt to concentrate on your tajweed as this may insha'allah help to refocus your attention. The most important thing is to NOT stop praying

**id 149**

A Greek exit would not cause havoc I am in Seoul (South Korea) today and tomorrow working on a project I have with the Asian Development Bank. It is a mega city that is for sure -- more than 10 million in the city itself and 25 million in the nearby areas linking Seoul to the airport. Quite a place where you see massive public sector involvement in planning and infrastructure developing aiding mega capitalist firms. But I will report on the work I am doing here in due course, once government clearances are available. Today, I am focusing on the Eurozone after I read a report sent to me that was written by a German consulting firm of some note predicting havoc if the Greeks exit the Eurozone. The European press gave the report oxygen that it does not deserve. It is another example of a highly selective and "fixed" study, which is influencing the debate because of its scare value. It substance is largely zero. The reality is that a Greek exit would not cause havoc and is to be recommended (about 3 years ago)! There was an article in the EU Observer (October 18, 2012) -- Study: Greek euro-exit could start \_17tn 'wildfire' -- which chose to publicise a "study" from a German "consultancy" that was predicting, should Greece, Italy, Portugal and Spain leave the Eurozone: ... a lengthy worldwide recession ... [stretching from the US to China and] ... major strains on the social fabric and political stability .... [in the euro-departing countries] ... With riots in the street in Spain and Greece already becoming a regular phenomenon one wonders how bad the alternative will be. And there is worse to come over the next decade. The costs of having 55 per cent of a nation's 15-24 year olds unemployed will start to come home to roost in the years ahead -- a harvest of sorts for staying in the Eurozone. In papers from the same organisation they keep quoting this VIEW model and by way of explanation write "see box" which on inspection says the following: The VIEW model is a macroeconomic model that is used to make projections and simulate economic scenarios. The simulations in our study encompassed the world's 42 states that account for more than 90 percent of the world economy and were based on the following parameters: supply and demand; labour markets; government finances; as well as exports, imports, currency rates and so on. Thus, the model also factors in the interrelationships between the various states as regards these parameters. Which tells a person like myself, who is an expert (as far as they go) in macroeconomic models (stochastic or otherwise), about zip! I have searched the organisation's site for technical papers, which would describe the structure of the VIEW model, and nothing was revealed. I am always deeply suspicious of organisations that claim to use a large macroeconomic model to justify the statements they make about economic policy and such, but who refuse to make public the structure of the model for scrutiny. I once was recruited by an organisation (but never started with them -- a better alternative came up at the same time), which had long trumpeted its "model". The impression one had of the "model" from public speeches given by senior officials in that organisation and the breadth of the forecasts they produced on a quarterly basis (derived from the "model") was that this was a very significant structure. At the interview, once it was obvious I was going to be offered the job, they asked me if I had any questions. I asked the "senior modeller" who was present if he could provide me with a paper outlining the equations and structures that made up the model and the estimation techniques used etc, so I could come up to speed very quickly if I was to start work with them. There was a pause, some looks between the members of the selection panel, some sniggers and then he said -- "well it is sort of like this -- we have a Phillips curve ... [Bill notes: that is, one simple estimated equation] ... and then we get out the envelope and write down on the back of it whatever we think is going to happen over the next quarter" -- at which point there was laughter all round. I was young and felt a bit duped but soon learned about a lesson about duplicity. I have also learned along the way about model structures and how one can get results from specific structures. So when an organisation keeps producing very selective results claiming that their model simulations produced them I get a

**id 150**

Now You Know The Rest Of The Story It seems that in 1522 a man named Rahul Lanius Kandul owned a small sundry shop in Tarvarnes, Bulgaria called "Kandul's & Such" (quaint name, don't you think?). Rahul and his wife Laticha, along with tiny son Rahul, Jr. ran the small family shop for several years before running into financial difficulties. Laticha, fed up with Rahul's (senior) paltry income, had an affair with Charles Howard Hinesworth, a wealthy American entrepreneur and statesman. Delighted with his financial successes, Lachita left Rahul in 1522 and took little Rahul with her. Charles had his own sailing vessel which was called the "I Have It All Including Your Wife". What a prescient name it turned out to be. Anywhale, on the voyage to America, Lachita and Charles romped around in opulence while young Rahul played with the captain and frolicked with the deck hands. Obviously, Lachita became a little pregnant - well, OK, she became very pregnant. It appeared that a little Charles was on the way and neither Charles or Laticha were prepared for such a rapid change in their otherwise useless, Bohemian lives. Charles and Latty (as Charles called her) were on the sea to destruction - and may have well pulled young Rahul down into their chilling cesspool of a life had he not later decided to rejoin his father in Bulgaria. But, that is another story for another time. Meanwhile, back in Tarvarnes, big Rahul was struggling. He was barely squeaking out a living from the sundry shop. This was about the time that Queen Sofia IV of Bulgaria spouted her famous order to the masses - "Let them eat cake". How Bulgur! Obviously, after the queen ordered the common folk to eat cake -they feared for their lives and ate nothing but cake. (Historical note: This order was given after Queen Sofia worked out a multi-million dollar with Hostess Cupcakes who had offered to kickback a percentage of their profits to her. This quote is often wrongly attributed to Marie Antoinette whose only claim to fame was her "Let them eat cake" sound byte she stole from Queen Sofia IV. It's odd and unfortunate that Marie Antoinette became famous by plagiarizing Queen Sofia's terse order.) After a while, cake gets pretty boring and a steady diet of it can make you rather ill and toothless. Scurvy, hair loss, and heavy-leg syndrome are common side effects of the cake diet. You shouldn't be on the cake diet if you're nursing or pregnant. In rare cases the cake diet may cause arrhythmia and even death. Needless to say, Rahul, already succumbing to the ravages of age and poverty was in no shape to endure the cake diet which was summarily ordered by Queen Sofia IV. He grew sicker and sicker, sometimes vomiting up the cake violently - spewing forth the contents of his shrunken and malnourished belly onto the narrow street in front of his little shop. This, of course, upset the village folk and kept many less hearty people away from his shop. Things weren't looking good for Rahul. Then one night serendipity struck. The Bulgarian Electric And Power Co. (BEAP-C as it was known) was not noted for its reliability - power outages were common and frequent. When the electricity went off, the town and Rahul's little sundry shop would go dark for hours. People ran amok - blinded by the darkness and reveling in the anonymity they proceeded - as one would expect of a culture run amok - to over-populate Bulgaria. This created a flood of new potential customers for Rahul's small, sundry shop. Rahul drooled at all the business he could capture if he just had the right ideas and products to market. It was during one of these numerous power outages that Rahul, on a whim decided to fly a kite in the dark. It was a very windy night for Bulgaria, a country not noted for its winds, and the kite became very difficult to control. It wasn't long before Rahul's soft, shopkeeper hands became chaffed by the kite string. He needed something to hold the string while he sought relief, in the darkened corners of his shop, for anything to relieve his painful palms. The only thing available to him to hold the

**id 151**

Woody at home with his four-year-old twins, Kate and Megan Photo: Stuart Webb Image 1 of 6 A controlled explosion of an IED Photo: Stuart Webb Image 1 of 6 Woody examines parts of an IED he has just defused. Each bomb maker has a 'signature' way of making a device Photo: Stuart Webb Image 1 of 6 Capt Liam Fitzgerald-Finch, who has served in Afghanistan and Iraq, received the Queen's Gallantry Medal for defusing bombs in Helmand Photo: Stuart Webb By Stuart Webb 7:00AM GMT 17 Feb 2012 The heavy doors of the armoured personnel carrier swung open with a bang: Warrant Officer Gareth Wood (known to everyone as Woody) was about to tackle his first improvised explosive device (IED) of the day. The hum of engines was replaced by the shrill whine of metal detectors as the search team set to work. After locating the device they stood in a huddle, chatting and chain-smoking. A sniper was called forward and moved into position, scanning the horizon for trouble. Woody picked up his metal detector and started walking towards the bomb -- alone. Everyone watched him go. He lay down, the bomb inches from his head, and started brushing away dirt with a knife and a paintbrush, as careful as an archaeologist. 'You're in your own little world,' he would tell me later. 'It's quite surreal.' When Woody, who is married with two children, left for Afghanistan in early 2010, he knew it was far from certain that he would return home. 'There'd been a mass of casualties,' he recalls now. 'I think there was a one-in-six chance of us not coming back.' In the lead-up to his deployment, his fellow bomb disposal operator, Staff Sgt Olaf 'Oz' Schmid, a close friend and colleague from 11 Explosive Ordnance Disposal (EOD) Regiment, Royal Logistic Corps, died while defusing a roadside bomb near Sangin, after having successfully neutralised 64 bombs during his five-month tour. Another friend and fellow operator, Capt Daniel Read (also from 11 EOD), was killed while tackling a device in northern Helmand. 'I didn't go to Dan's repatriation,' Woody recalls. 'It was literally hours before I was due to fly out to Afghanistan; I couldn't face it.' Bomb disposal experts have never been in greater demand: Afghanistan has become an IED war. The huge number of these homemade bombs is seriously disrupting Nato operations in the country, and efforts to reconstruct it. Almost 400 British soldiers and MoD personnel have died since Britain entered the war in Afghanistan 10 years ago, and the majority of casualties since 2008 have been from improvised explosives. They also accounted for nearly 1,000 civilian deaths in the country last year, according to a new UN report. In December it was announced that British troops were to receive 400 million- worth of new kit to counter the threat. Bombs costing pennies have proved a match for a military machine costing billions. It is estimated that a thousand new IEDs are planted every month in Afghanistan. Leading the fight against them is Britain's Counter IED Task Force, which is made up of 20 teams of 12 men drawn from regiments across the British Army. Once an infantry patrol has spotted something suspicious -- a disturbance in the road surface, a wire protruding from the ground, a dip where the soil has settled over a buried object -- a team from the task force is dispatched to investigate. The core of the team is made up of four people, two from 11 EOD, including the team's leader, the bomb disposal operator (also known as the Ammunition Technical Officer, or ATO) -- he alone defuses the bomb. His number two is responsible for preparing the ATO's kit and giving constant advice. There is an Electronic Counter Measures (ECM) operator (known as a 'bleep'), from the Royal Corps of Signals, whose job is to protect the ATO by jamming any radio signals that could detonate a radio-controlled IED, and a Weapons Intelligence Specialist, whose job is to gather forensic evidence. There is also an infantry escort who trains with 11 EOD before deployment and spends his

**id 152**

We will only offer the very highest quality products to ensure you stay one step ahead Call Logging & Recording Call Logging As the saying goes 'You can't manage what you can't measure'. This is as true in telecoms as any other area of your business. The ability to analyse incoming and outgoing calls though the use of customisable reports will provide your company with invaluable information. When sales in a certain area fall, your call reports will show you how many calls from this area you have had and you can amend your marketing accordingly. Following a marketing campaign in a specific area it would be great to be able to measure sales against response. All this is only possible through effective monitoring and measurement of call traffic. Call logging can also be used internally to check on the number of calls an individual is making and where they are making those calls. For hotels and guest houses as well as companies who have more than one company operating from the phone system, call logging can produce individual bills, saving time and money. Call Recording Call recording can also be a critical component within your organisation. It is a powerful, useful, and an integral tool for many businesses when it comes to improving customer service, providing proof of calls, and meeting legal requirements. Increased liability in today's business world means that it is important to keep meticulous records and to make sure that employees are held accountable. Call recording can also be a way to effectively train and supervise new employees and generate sales leads. Overline recommend Oak AI Office and with prices starting from 1200, you can't afford not to have the information that AI Office will offer you.

**id 153**

If You Want to Protect Your Brain, Avoid These Common Food Additives (NaturalNews) In the following interview, Dr. Russell Blaylock, renowned neurosurgeon, author and researcher, talks to Mike Adams about MSG, aspartame and other brain-damaging excitotoxins that are widely used in our food supply today. Dr. Blaylock is the author of 'Excitotoxins: The Taste That Kills' and other important books on this important topic as well as others. In this interview, find out why Dr. Blaylock was shocked at what he found out about the effects MSG and aspartame have on our brain function and pathology and much more. Health Ranger: Hello and welcome everyone, this is Mike Adams, the Health Ranger for Natural News.com and today I'm joined by neurosurgeon and author, researcher, Dr. Russell Blaylock. He's widely regarded as the foremost authority on excitotoxins, and we're going to be talking about MSG, aspartame, and other issues as we interview him today via Skype video. Dr. Blaylock, thanks for joining me today. Dr. Blaylock: Well thank you, Mike. Health Ranger: It's great to have you on, you know I'm a big fan of your work and your books. In fact, one of your earlier books, 'Excitotoxins: The Taste That Kills' is one of the first books I read that helped get me into the business of teaching people about health. Dr. Blaylock: I'm glad I contributed- you're a great person to teach people about these things. I'm a great fan of yours as well. Health Ranger: Well, I'm a huge fan of your work, but for those watching, most people are probably familiar with you and your work and your books, but for those who may not be, can you give us just a brief background of how you got started in this, what encouraged you to write that book and so on. Dr. Blaylock: Well, I was a neurosurgeon and during my residency training, I was interested in what causes all these neurological diseases and I was particularly interested in something that most of my colleagues were not interested in. That's nutrition and its effect on the brain and recovery from brain injury. So that naturally led into looking at things that produce these problems. And I came across a book by George Schwartz on the MSG syndrome and as I read this little book about it, I said well there's a lot of things in here I wasn't familiar with. So I started researching monosodium glutamate and what it does to the brain and I was astounded by what I found. This is a very common additive to food and most people have no clue as to what it's doing to the brain function and pathology, particularly in the developing brain, a child's brain. I amassed all of this research, and so I decided to write a book, my first book, and I put it together and I presented it to the publishing company and they liked it and printed it. Health Ranger: Now, most people who read that book are truly astonished by what you unveil in there. You talk about how the excitotoxins overexcite nerve cells and cause those cells to die, how it passes through the blood/brain barrier and so on. Just how toxic is MSG really and then, might you also add, what have you learned since writing the book that would add to the weight of the evidence ? Dr. Blaylock: Well actually, this book was written in 1994 and updated a few years after that but the amount of information we have about this toxicity has grown by leaps and bounds. There's an enormous amount of literature, so the weight of the evidence on my side is just overwhelming. Now, what we've discovered is that this is a very toxic substance, particularly to the developing brain. So if a mother is consuming it while she's pregnant in these high amounts, it not only passes through the placenta to the developing baby, but the amount or concentration of glutamate in the baby's blood is twice as high as the mother's. And of course this is a very delicate developing brain, the brain is under very complex development and we know that glutamate plays a big role in brain development. If the levels are too high or too low it can cause significant abnormalities in how the brain develops. Well women have

**id 154**

"Different fragrances are spread throughout the floors," the architects told Dezeen. "In the swimming pool you will have the flavour of saffron; in the bedroom, lavender; in the living-room, rosemary." "In the heart of a busy city, the vertical garden creates an unique link with nature and an unexpected atmosphere," they added. A single staircase spans one side of the house to connect all three floors and the roof terrace. The architects describe them as "an allusion to the famous stairs of Alfama," in reference to the stepped streets in the oldest area of the city. On the roof, the narrow pool stretches along the whole length of the terrace so that it can be used for swimming lengths. Living and dining rooms are on the second floor, while bedrooms occupy the first floor and a garage and music room are on the ground floor. From a small lot with its unique implantation, this project has raised early on a couple of challenges... and along with them, ideas emerged. Above: ground floor plan -- click above for larger image The box housing deviates from the gable to create a vertical yard (glass box), with a straight ladder connecting all floors, an allusion to the famous stairs of Alfama, running between the all four floors walls and linking the various dimensions. Above: first floor plan -- click above larger image This courtyard is the heart of the house, bringing light to the interior, enhancing the main entrance and creating a real exterior/interior relationship. Above: second floor plan -- click above for larger image In terms of material, we chose to polish the rectangular form and give the block the face of a tree, making it one more element of the square, which resulted together with the existing tree and water fountain, in a triad. Above: roof plan -- click above for larger image The program was set up almost automatically, the technical services and garage with direct access from the street, the first floor holding the private area of the house. The second floor is the social area, with a direct connection to the coverage, extending social into outdoors, being the view related to the social side and the private area to both square and Embassy, the setting of a typical Lisbon experience, which is a truly intimate relationship between quarters. Therefore, this project is in fact a mini lung and an example of sustainability for the city of Lisbon, keeping the principles of a living typical habitat and a relationship with the outside, assuming a revitalizing urban role. Nice idea on paper. Hope they have a back-up plan. Let's check in after a couple of years -- plants on walls are a passing fad and aren't a long term solution. There's no sustainable benefit: they require high-maintenance watering systems that inevitably fail, it's difficult to replace dead plants and it's hard to manage disease. Just another academic toss; let's move on. Other than that, a very beautiful building.

**id 155**

Partner Zone Wicker Bridge Opening as part of Green Growth Conference Green Growth: New Shoots Conference delegates joined South Yorkshire Forest Partnership and watched as Councillor Leigh Bramall opened the new footbridge over the River Don. The bridge provides an important green link in an otherwise built up area of Sheffield. The bridge has been partly funded by the VALUE Project. To accompany the bridge opening a new interpretative board was also unveiled by Sheffield Lord Mayor Councillor Sylvia Dunkley. The new interpretative board commemorates the achievements of Henry Seebohm, a steelmaster, ornithologist and explorer who lived between 1832 and 1895. Tom Wild, SYFP's Director said "we are delighted to be contributing to this important project making the most of the river and celebrating the historic centre of the city. The project helps reduce flood risks as well as improving access to the river, which is becoming a real asset for citizens, businesses and visitors." The launch event was one of the highlights of the highly successful conference Green Growth New Shoots, which attracted over 200 delegates from Sweden, Germany, France, Belgium and the Netherlands as well as from all over the UK.

**id 156**

thinkbroadband Evening latency rises point to problems with Virgin Media again Wednesday 07 November 2012 13:36:13 by Andrew Ferguson Running a broadband provider and having zero faults is an impossibility, but recently Virgin Media appears to be having more than its fair share of problems. Click image for larger version The BQM picture above shows the problem users are experiencing, and while with many providers it is not uncommon to see the yellow area increase in width at peak times, seeing the large rise in the green area (minimum latency) is a clear sign of a problem. This can be down to an individuals link for, or congestion at a local node or when in the case of this latest problem it appears to be affecting many people running our BQM tool, it points to a provider or peering issue. ISPreview has a link to a discussion thread on Virgin Media's own forums where people are discussing the problem, and many more BQM graphs can be found. There does not appear to be any packet loss at this time, so hopefully video streaming and web browsing will still be ok, but online gamers who want to remain sane would be advised to avoid the hours between 8pm and 10pm currently - unless they fancy some old school dial-up type lag. Our BQM tool is free to use , and works by sending a small ping packet periodically to your broadband router, and plotting the response times. Many consumer routers (including Virgin Media Superhub) have the ICMP/ping response disabled, so we have a FAQ showing what you need to change for common routers . For those with a BT Home Hub you cannot use the tool, as ping (ICMP echo) responses are disabled in the home hub firmware, breaking a very useful and common diagnostic tool that is older than web browsers. Update: There's a useful site showing a number of BQM graphs from Virgin and other providers you can view here Comments Posted by Kushan 13 days ago I have the exact same spike at the same time on my graph (also a VM customer). Posted by LT38 13 days ago this isnt just a peak time problem as virgin would have people believe been experiencing this between 12pm and 2am every day for months yesterday was same as every other day 12pm till 1:30am or there abouts its becoming pointless even bothering to use the net at all while with VM. Unfortunately for me due to last tenents both our landlord and BT will not alow or fit a new BT line so stuck with these numpties Posted by lowei 13 days ago "For those with a BT Home Hub you cannot use the tool, as ping (ICMP echo) responses are disabled in the home hub firmware, breaking a very useful and common diagnostic tool that is older than web browsers." I have set my BQM tool up with a BT Home Hub 3 by putting my wired blue-ray player into DMZ. Posted by scootie 13 days ago keep this in the news pleas Posted by scootie 13 days ago also ad to how they run the upstream at well over 60% capacity which docsis tech dont treat latency well at all. i dont know y asa lets them show a game in the tv in there ads when they treat the upstream path so shockingly ib the eyes of gamers Posted by scootie 13 days ago an capacity faults can only be raised if the aveage over 24hours is massvely high. for latency customers that needs to be a down to midday to midnight at least. Posted by azurescorch 13 days ago I just switched to plusnet. With Virgin Media I had 300ms jitter, packet loss, and high ping in general. Like LT38, I too had issues outside of peak time. Their customer service is terrible too... Hell my friend complained recently, they told him they aren't going to amend the issue because there's "nothing wrong". Posted by Dixinormous 12 days ago Upstreams can be run considerably higher than 60% with minimal issues on the Motorola BSR. Unsure whether the Cisco kit's poorer handling of contention have been resolved. Posted by Rootster 12 days ago My evening chart from around 8pm to 10pm is double the "height" of the one illustrated. And average and maximum levels are correspondingly double -- pretty much 24/7. Virgin have always been hit and miss in Southampton, but I don't recall it being this bad? Posted by chrysalis 12 days ago andrew keep this in the news is good you reported this, also I did several speedtests last night to birmingham, coventry and namesco

**id 157**

In an attempt to refine the results, I determined the team win percentages using the Pythagenpuck formula derived by Alan Ryder in his Win Probabilities paper from 2004 , which is a modified Pythagorean win percentages model based on goals for and against. If you care to look into the math in more detail follow the links above, if you don't? Read on and trust my numbers. Basically the premise here was to look at all of the Leafs future opponents this season, and their home and away goal differentials, in an effort to use their predicted win percentages along with the Leafs' - and thus arrive at the probability the Leafs would walk away with a W. As you can see from the chart, I allocated any probability above .475 or below .525 as an OTL because I'm trying to be realistic with the point results. Assuming the Leafs pick up some OT or SO wins likely bumps the total a tad... probably 3-4 points at least. So if a couple of those OTLs end up as Ws, the Leafs can maybe shift that to 7-10-3 or so. That would give the Leafs a final record on the season of 36-36-10 and 82 points which likely has them finishing in 10th or 11th in the East. It should be pointed out that these probabilities are based on the current goal differentials of all of the teams on this list and every single one will see their records and differentials change over the course of the remainder of the season and thus these probabilities will be moving targets going forward. If you find this depressing - don't feel bad, you aren't alone. I'm also guessing this makes it likely Ron Wilson doesn't come back next year - whether or not we hold him responsible for the team's goaltending, defence, special teams, or decent offensive production.

**id 158**

More... In some amazing scenes the iPad can be seen high above the earth in space. But once the altitude pressure causes the balloon to burst. the iPad comes crashing back down to earth. Back with a bang: After altitude pressure causes the balloon to burst, it comes crashing back down to earth Amazing: After its rough landing and huge fall, the iPad incredibly is still in great condition It eventually lands on a hillside in Nevada, U.S. Using locator devices to find their iPad, the team discover it to be in great condition and in full working order. Despite their confidence in the video, some critics believe that the video could be a fake. According to the Huffington Post, G-Form says on its website: 'We're happy that some of our customers' electronics have survived their testing of our Extreme products, but we don't encourage or recommend intentionally dangerous stunts.' Strong: G-Form cases deform on impact, and can absorb powerful impacts even with the glass side down G-Form cases are far thicker than ordinary iPad cases, and made from hi-tech materials that deform on impact. The outsides are shrouded in military ballistic material and zipped up. The iPad cases are built to withstand falls straight down onto the glass face. Earlier G-Form demonstration videos have shown them withstanding sharp blows from kung fu masters as well as high-speed impacts. I'm sorry, but that screen has a surface that is too reflective. It is impossible to see what is purportedly being displayed on the screen outdoors during daylight.. so no. ..we could not see that the ipad was working. Should have got a Samsung with a Super AMOLED screen. My Ipad didn't survive my 4 year old dropping it- maybe they could come and do the experiment in my house, much cheaper option and far more useful. - Liz, Sydney, 10/01/2012 09:34 ========================= Liz, did you have the protective case in this story on it?!? That's the point here. I picked up my Mack Book Air and damaged the screen ,its a pity they are not as re-bust as it will now cost me A600 pounds to fix,Not good - Mike M C, Nantwich,Cheshire, 10/01/2012 13:14 =========== I think you're better off spending your money on a little more education for yourself, or at least a dictionary. Well if you drop anything from space wrapped in a proper package then it is not a surprise that it will most likely survive. Not 100% perfect but 99%. No iApple crap will survive dropping from 2m meters and work properly afterwards, while every competition product can do that easily. There is plenty of such real life crash tests on the net. To paraphrase MediaMarkt slogan: Apple - only for idiots. Interesting but ultimately pointless! - Simon, Tenterden, Kent, 10/1/2012 9:10+++++++There is in fact a very big point here which the conspiracy theorists are keeping very quiet about (if they even noticed it at all). The CT crowd will tell you that the fact that there are no stars visible in photos taken during Apollo moon missions proves they were faked. They claim that the sky should be teeming with them. Well, here is an amateur non-NASA visit to space and - hey presto! - no stars. If you want to take a properly exposed photo of a sunlit object in space (such as an astronaut or spacecraft) you will need to use a shutter speed that is at least a thousand times too fast to capture the dim light of the stars. You won't see stars in photos from space missions of any era - not just Apollo. Another strand of the Apollo hoax theory goes up in smoke.

**id 159**

Guest Blogger Hanna Neuschwander has written extensively about the coffee-roasting movement in the Pacific Northwest for publications including Portland Monthly , Willamette Week , and Edible Portland . She lives in Portland, Oregon. For years cat people have been portrayed as feeble-minded Ms. Havishams who make cozies for their sleeping pets and say things like, "My cat gives the best investment advice," or, "I hope there was an apostle named 'Muffins' because I just got a 13th tabby for my Last Supper tableau." Dog people, on the other hand, have always been portrayed as strong. Virile. Able to consume large slabs of meat while cat people struggle with the bag to their Halls cough drops because they feel a tickle in their throat. But today I wish not only to highlight these stereotypes as blatant lies but also shine a light on how cats are the true paragons -- and true mentors -- of masculinity. For, you see, as a longtime cat person, I've spent several years analyzing cats in lieu of actual work. (Because when you state as your career objective "humor writer/syndicated cartoonist," you might as well write "falconer/pearl diver" on your resume). And in that time I realized just how much cats had to teach me, not only about myself but also about being a man. A real man who can still correctly identify the plotline to any Golden Girls episode before the close of the opening credits (especially if it's a Sophia one). And so, with that in mind, I present to you "Man Up! And Other Masculine Tips by Cats," starting with... People will often say that dogs remain very active well into old age while cats seem to be able to sleep upwards of 32 hours a day, thanks to some sort of temporal anomaly. But that's only because cats use up eight of their nine lives as kittens, pushing the boundaries of both their own endurance and their owners' forgiveness. Take my girlfriend's kitten Scruffles here, a cat my girlfriend will insist is actually named "Belle" but who didn't have the foresight to frantically yell out the name "SCRUFFLES!" that first day at the vet. Anyway, here is Scruffles doing what she does best, "living life"... You see, to Scruffles, those are not merely a window screen and blinds that have had to be replaced six times, no longer at the landlord's expense. No, to Scruffles they are yet another obstacle she must overcome, another journey she must take, to rightfully claim her true masculinity. True, dogs will occasionally claim a couch as their own or steal your possessions and store them in the climactic warehouse scene from Raiders of the Lost Ark they call under your bed. But dogs will immediately cede such claims for even a hint of your affection. But a cat, on the other hand, will hold on for dear life. That's because cats realize that there is nothing more masculine, more rugged, than defiantly, unrelentingly clinging to your convictions with all claws, no matter how much you may tear at the fabric of society or an Ikea Klippan couch. In short, to be a cat -- really, to be a man -- is to scream "NOOOOOOOOOO!" whenever pulled away from your heart's desires. People tend to think that to be a man you must be a perpetual motion machine, constantly doing without a moment for reflection. That's why dogs, always moving, are so readily identified with masculinity. But a cat knows that real masculinity comes from not only action but also reaction, from thinking about the consequences of one's choices and deeds. Take our friend Scruffles here. She knows what she did. But she's not hiding from her actions. No. Not even a little bit -- which, really, you'd think would be the decent thing to do... Instead, she proudly takes responsibility for her efforts like a true man, calmly reassessing her accomplishments and wondering how to proceed or what else to demolish beyond all recognition. Of course, no one could ever really know what, in fact, Scruffles is thinking, but if one would have to guess it's probably something along the lines of "Nyaah!" Which leads us to our

**id 160**

Thanks for visiting TheSite.org's discussion boards. Enjoy browsing the forums and reading the discussions. If you'd like to join in you'll need to register before you can post. If you'd like to ask an expert in confidence, submit your question here . The discussion boards are now available on mobile so you can post and reply on the move! Just go to http://m.thesite.org on your phone. Has bereavement left you in charge of your siblings? Elsewhere on TheSite.org Elsewhere on TheSite.org Hello Documentary film makers, Firecracker Films, are developing a thoughtful new documentary for the BBC. It will follow the stories of teenagers who find themselves looking after their younger siblings after losing their parents. Unexpectedly finding yourself responsible for the care of your siblings is one thing; to be coping with a bereavement in addition is another. The documentary will raise awareness of this difficult situation and reach out to others who may be going through similar experiences. If you are aged 16 to 20 and are caring for younger siblings, they'd very much like to hear from you. There is no obligation to make any commitment at this stage and anything you wish to discuss will be treated sensitively, in the strictest confidence.

**id 161**

Location tagging... if you're going to do it, do it with pictures! I'm not crazy about the idea of real-time geo-tagging. One, I'm a girl. I've been taught to not publicize my whereabouts ever since I can remember. Two, I have a home, with stuff in it, that I would like to make sure doesn't get burglarized. Telling people where I am seems rather synonymous with "I'm not home... go steal my stuff"(apparently, some people agree ). And yet, despite both my learned and innate hesitations, I recently downloaded a location-based photo and video-sharing app from the iTunes store called SquarePik . If you haven't already heard of SquarePik, you may have guessed by its name that it gives Foursquare users the ability to check-in to their locations with pictures and video. And if you haven't heard of Foursquare, well... really? The popularity of this app has amazed me. It seems people are letting go of their security concerns over their location just as quickly as they did regarding credit card information. Credit cards and location tagging are two different paradigms that share one driving force -- convenience. Ordering products from home is easier than driving to a store and waiting in line. Sharing one's location makes it easier to keep up with friends, discover new places that might be fun, or even realize that you are spending way too much time at the bar and not enough time at the gym. In the future, location sharing will likely give you a store coupon when you're actually in the store (idea courtesy of @ryanparsley ). Until I can get paid in the form of coupons for posting my whereabouts, I'm still not too keen on sharing my location, but if you are, I highly recommend you do it with flare! Don't just use Foursquare. Use SquarePik to add photos and videos to your check-ins. The app is only $1.99 and simple to use. Just log in with your Foursquare credentials and Foursquare's API will find nearby locations. Then, click to upload photos or videos from your library or take new ones then and there. Next, SquarePik will check you into Foursquare along with your media, and send links to your social networks if you have those options enabled in your Foursquare settings. SquarePik was the result of a joint effort between two fabulous South Florida companies: 39 , a development firm specializing in applications both for web and iPhone, and Pikchur , a service provider for sharing photos and videos on social networks. Pikchur is a simple service that updates your social networks / micro-blogging platforms with pictures! No need to signup! Just login with one of our many supported platforms and start sending your Piks today! more 39 is a South Florida based company specializing in crafting beautiful and functional applications, both for web and iPhone. Taking care of your company from the very beginning, we'll help you create your brand, as well as developing it both off and online. We also specialize in improving your existing business, thus taking your brand to the next level. more Erica Durst Erica Durst is a contributing writer for Techvibes South Florida region. Concurrently, Erica is the Marekting Director at Linxter, Inc., a tech startup based in Plantation, Florida. At Linxter, Erica is responsible for editing copy across all marketing channels to ensure the Linxter product is effectively communicated to meet real market needs. Prior to Linxter, Erica received her Bachelor of... more

**id 162**

Many people struggle with straightening the back of their hair. It is either uneven or has bumps or any other flaws to straightened hair. In this article, you will learn how to help straighten the back of your hair easier and perfect its image. It helps if you have a handheld mirror, so you can use it to see the back of your head and get the best possible results. If the ends of your hair flip out,which is quite common on shorter hair if you just go straight down with an iron, and you do not like that, try flipping your iron inwards instead of straight down. It helps a lot. Use a mild shampoo and strong conditioner so that the hair is well protected. You must keep off from any heat -styling tools so as to prevent any damage to the hair. Regular deep conditioning of the hair can give it a healthier bounce and shine. Use good detangling products and wide -toothed comb for the hair after a straightening treatment. Who want to add a bit of shine - Add a drop of silicone serum and watch the tresses bounce. A little care will go a long way in maintaining the straightened tresses. If you are using a straightening iron to straighten your hair, use it with care, and use it sparingly. It can be very damaging if used often. Blow-drying Hair Straight - Always use a protective product when styling your hair straight. Good tools are essential - use a blow-dryer with a strong air flow, not just a very hot one. If blow-drying hair straight regularly, use a treatment, weekly, to prevent your hair from drying out and frazzled ends. Having your hair colored and using a straightener could result in damage to your hair. It's not that either of these are dangerous or damaging by themselves, but when they are combined, they can be simply too much for your poor old hair to handle. Try booking a consultation with a straightening specialist and getting an opinion on whether a straightener would work with what is already on your hair. A professional hairdresser will often take what is called a "test strand" (basically a clipping of your hair) and pop it in to a bowl with the chemical straightener to assess its ability to remain in good condition. If the result is that you should not try this on your hair please take this advice. For a temporary blow out of straight hair, the most effective way for a perfect finish is to apply straightening balm to each section as you go. A large paddle brush will give you poker straight hair, and a round brush will give you a softer curved finish. With the most hair straightening products on the market today you can't permanently relax or straighten your hair if: It has been permanently colored/tinted with a high volume strength peroxide or bleached. Even if only a little is left in the ends of your hair you will need to have it cut out first! Semi or non-permanent colors do not affect the ability to straighten hair chemically. You swim in chlorine water often You have fine blonde hair. It can be done but can look dry and damaged and frizz easily. For people with wavy or slightly curly hair that want it straight but still healthy: Wash with a regular shampoo that will remove buildup or at least prevent it. Use a good conditioner that won't weigh hair down but still will condition it. Once out of the shower, wring hair out until it doesn't drip anymore, then dry as much as possible with a towel. Apply a little bit of straightening gel before blow drying and in between towel drying. Blow dry by taking sections at a time and with a flat brush- it takes a while to master exactly how to straighten accurately but it's worth it. Use a little bit of gel or cream or something to keep it straight and non-frizzy. It should last for about 2 days, depending on temperatures. Featured Articles Meet a Community Member Meet John , a semiretired geek and wanderer who has been a member of wikiHow for over 6 years. He spends most of his time on wikiHow reading the articles, but occasionally he writes some himself. Many of the 38 articles he's started have been featured. His proudest achievement is having published How to Plot the Mandelbrot Set By Hand .

**id 163**

Hello and welcome to Mabination! If this is your first time here, you should Register in order to gain full access to all the features we offer. If you need some help, we suggest reading this page for a quick tour of the website, you may also ask any questions on that page. Republican presidential nominee Mitt Romney defended paying an effective tax rate of 14.1 percent on Sunday, following the release of his 2011 tax returns and ensuing backlash from critics who pounced on his relatively low tax rate. In the process, he argued that it would be fair for him to pay a lower effective rate than someone on the low end of the income ladder as his earnings derived primarily from capital gains. Low rates on those earnings, he said, help spur investment. CBS' Scott Pelley pressed Romney on the issue during an interview that aired Sunday night on "60 Minutes." "Now you made, on your investments, personally, about $20 million last year," Pelley said. "And you paid 14 percent in federal taxes. That's the capital gains rate. Is that fair to the guy who makes $50,000 and paid a higher rate than you did?" "It is a low rate," Romney said. "And one of the reasons why the capital gains tax rate is lower is because capital has already been taxed once at the corporate level, as high as 35 percent." When pressed on whether or not he believes that rate is fair, Romney said he thought it was the "right way to encourage economic growth -- to get people to invest, to start businesses, to put people to work." A Romney adviser said in an phone call Sunday night with The Huffington Post that Romney's tax plan has always called for keeping tax rates on capital gains lower while eliminating them for families with less than $200,000 in income from capital gains. In other words: the governor wasn't making policy news. Romney released his 2011 returns Friday after months of pressure to disclose more financial information. HuffPost's Zach Carter reported: Personally, I'm more for a flat tax rate percentage. That seems more fair to me. If I'm going to pay 30% for my taxes, make that across the board and get rid of all this tax code nonsense. That would be fair I would think. Rich people would have to pay the most while poor people would have to give the very least. Although if they only get like $100. Losing $30 of that to taxes does seem a bit rough :( Maybe a gradual flat income rate would be better so that the people who really need the money don't lose as much where the rate would change for each income bracket. Yeah, because every single rich person in existence has earned their money fairly. Not like there are tons of rich kids mooching off their parents every single day without doing anything productive/to earn money themselves. Then we all know those poor people don't work hard at all and are only poor because they're too lazy to get a job. Every poor person is poor by choice. He's absolutely correct in saying that investment earnings should be taxed less, as it fuels economic activity. Access to capital is in fact one of America's strengths when it comes to business startups in part because of this. You don't want to take this away just because it makes some people jealous. Tax shelters and loopholes in tax law are a different matter. We are all here on earth to help others; what on earth the others are here for, I don't know. He's absolutely correct in saying that investment earnings should be taxed less, as it fuels economic activity. Access to capital is in fact one of America's strengths when it comes to business startups in part because of this. You don't want to take this away just because it makes some people jealous. Tax shelters and loopholes in tax law are a different matter. The reason America is in debt is because the people who can actually afford to part with a healthy chunk of their money pay around as much as the people who can't afford to pay, who live paycheck to paycheck. The reason America is in debt is because the people who can actually afford to part with a healthy chunk of their money pay around as much as the people who can't afford to pay, who live paycheck to paycheck. Taxes are an easy subject to bring up yet a pain in the ass to expertly deal with them and find a solution everyone agrees with, The reason America is in debt is because the people who can actually afford to part with a healthy chunk of their money pay around as much as the people who

**id 164**

Hockey Critic A fan's perspective on the National Hockey League 21 October Chelios doesn't want to hang them up When it comes to longevity in professional sports, Chris Chelios has to be one of the best examples of what one can accomplish with hard work and determination. The 47 year old former NHL defenseman is making a comeback, signing with the Chicago Wolves of the American Hockey League. In my opinion Chelios has accomplished everything a pro-hockey player could want. He's played in a ton of games, won the Norris Trophy multiple times as the best defenseman and won multiple Stanley Cup championships. But he still has enough passion for hockey...to ride the buses in the AHL. Good for him. 09 October 2009 NHL ticket price trends The North American economy is not in shambles, but its also far from booming. Unemployment is high in both Canada and the United States, the stock markets are still trying to lick its wounds and people in general are living with some level of economic uncertainty. With this backdrop, it was interesting to see the 2009 report Team Marketing report (.pdf) on ticket prices. On average, ticket prices have stayed the same. It probably shouldn't come as a surprise to Torontonians to see that the Maple Leafs lead the way when it comes to price hikes, with a 10% increase. The current Stanley Cup champs, Pittsburgh Penguins are second with an 8% increase. [Read More!] 05 October Capital juggernaut The Washington Capitals are off to a blazing start, scoring 10 goals in the opening two games. I realize that this is VERY early in the season, but the Capitals team has some impressive (young) offensive stars. In their game this past Saturday, the Caps simply outclassed the Toronto Maple Leafs scoring 6 goals. But this game also showed the potential achilles heal of the young team - inconsistent defensive play. The Leafs were able to make a game of it in the third period, but the offensive skill of the Capitals was clearly apparent. [Read More!] 03 October Olympics, NHLPA in disarray, Mike Modano and more NHL players may not be participating in future Olympics, at least those that are outside North America. In a recent interview, Gary Bettman shared his views on why it makes little sense to disturb the NHL regular season Olympics that wouldn't showcase the game and league in prime time. This will prove to be an interesting point during the next contract negotiations with the NHLPA. Speaking of the NHL Players Association, this organization is once again looking to salvage its image as an association in total disarray. Mike Modano starts his 20th NHL season with the Dallas Stars (counting when they were the Minnesota North Stars). In the age of free agency, you have to tip your hat to Modano and the Stars for showing this commitment. He's had a superb career and benefited from his time in the legaue, as have the Stars. 01 October NHL kicks off 2009-10 season The 2009-10 NHL regular season kicked off tonight with four games being played. Among them is one in Denver, Colorado where NHL great Joe Sakic saw his number 19 raised to the rafters of the Pepsi Centre. The Maple Leafs also played tonight; taking on the Montreal Canadiens in Toronto. They blew a 3-2 lead late in the third period to lose to the Habs in overtime. The drama in Phoenix continues to be a distraction for everyone. This week has been no different as bankruptcy judge Redfield T. Baum rejected both Jim Balsille and the NHL's current bids to buy the dwindling franchise. [Read More!] 26 March Back in action The "Hockey Critic" blog has been limbo for just over the year, but its now time to resurrect the blog. There is a lot going on in the NHL and hockey in general, so the voice of a fan should once again be heard. [Read More!] 16 January Are the Toronto Maple Leafs shopping for front office help? The Toronto Maple Leafs barely ended their 5 game losing streak by defeating a flu depleted Carolina Hurricanes team 5-4. The team's poor showing on the ice has created some rumblings about the fate of its general manager, John Ferguson Jr and even the head coach, Paul Maurice. Earlier this week, several sources reported that the top brass at Maple Leaf Sports and Entertainment (MLSE) had started looking for an experienced hockey executive who could take over the general

**id 165**

In a report on the Aug. 21, 2012 Ann Arbor planning commission meeting, we incorrectly reported that Food Gatherers distributed 5.75 million tons of food during the last fiscal year. The amount of food is measured in pounds, not tons. We note the error here, and have corrected the original article . More Local Coverage: Two separate proposals about Ann Arbor's Percent for Art program were tabled by the city council at its Nov. 19, 2012 meeting. One proposal would have terminated the program, while the other would have narrowed the range of eligible projects. The council also postponed a resolution added to the agenda during the meeting to appoint a task force of five councilmembers to study the issue and to suspend the expenditure of funds -- with several exceptions -- currently allocated for public art. The resolution on the task force and temporary suspension, which was brought forward by Marcia Higgins (Ward 4), was postponed until Dec. 3. The timeframe for a recommendation on how to move ahead with either revision or termination of the Percent for Art ordinance would be April 2013. The city's Percent for Art ordinance currently requires that 1% of the budget for all capital projects undertaken in the city be set aside for public art -- up to a limit of $250,000 per project. The revisions would have focused on the definition of projects to which the ordinance applies and would have added requirements for public participation. The practical effect of the narrowing of project eligibility is estimated to reduce the amount of public art funding by about 90%. For the last two fiscal years, the Percent for Art program has generated roughly $300,000. If the ordinance revisions had been in place, only about $25,000 would have been generated. Jane Lumm (Ward 2) interpreted results from a failed public art millage on Nov. 6 as an indication that voters wanted the existing, non-millage-based program eliminated. The millage failed by a 10-point margin (55.8% opposed and 44.14% in favor). Lumm had described her intent at the council's Nov. 8 meeting to bring forward a proposal similar to one she'd made at the council's Aug. 20, 2012 meeting -- a resolution that directed the city attorney's office to prepare an ordinance revision that would repeal the Percent for Art program. In an email sent to other councilmembers, Lumm stated that "... the version I will bring forward on 11/19 will be the proposed ordinance changes themselves for consideration at first reading." The Aug. 20 meeting was the occasion on which the council voted to place a public art millage on the Nov. 6 ballot. It was meant to provide a more flexible funding mechanism for public art in Ann Arbor. The 0.1 mill tax was expected to generate around $450,000 annually. The proposal to modify the ordinance -- also tabled by the council -- was sponsored by Sabra Briere (Ward 1). In the past, Briere has proposed revisions based on restricting the funds from which public art projects could draw. But her current approach has been to narrow the definition of projects to which the existing ordinance would apply. Currently, the Percent for Art ordinance applies to essentially any capital improvement project undertaken by the city. Briere's proposal would narrow the definition by restricting eligible capital improvement projects to those that are "intended to be open or visible to the public." Projects to construct roads, highways, paths, and sidewalks would be eliminated from eligibility. Bridges would still qualify. Of the roughly $300,000 that have been allocated to public art through the Percent for Art program in each of the last two fiscal years, about 90% of it has been generated through projects that have been paid for partly out of the street millage fund and the sanitary sewer fund. The two-year total attributable to the street millage fund is about $250,000. For the sanitary sewer fund, the two-year amount is about $180,000. Given the narrowing of the eligible project scope in Briere's ordinance revision, that money would not have been allocated to public art under Briere's ordinance amendments. Briere's proposal included a financial threshold for qualifying projects: $100,000. Her proposed ordinance amendments would also require a public process associated with proposed art projects. Part of that process would require notification of the councilmembers in whose ward a project is proposed. The public art millage won a majority of votes in just 13 out of 59 Ann Arbor precincts

**id 166**

Brisbane South West Private Breeder of Premium Quality Indian Ringneck Parrtos. We pride ourselves on health,quality and breeding the very best! We breed with only the very best bloodlines. The very last Cobalt hen left for 2012 as they are a much sorted after bird. She is sold with a DNA Certificate, closed rung. We freight Australia Wide at buyers cost All our birds have a balance diet all year round. Fed on Fresh Fruit, Vegetables,Foliage,nuts, good quality seed,calcium,protein etc. References ... $500.00 Brisbane South West Roxy is desexed, vaccinated, microchipped and on heartworm preventative. She originally was found wandering in 2003 so there was no history for her which is why she is listed as a cross. She is a outside / inside dog - very much loves people and has grown up with two children plus lots of other children coming and going. She was a regular viewer of school soccer and football games, and has been use to bikes, skateboards and on lots of occasions I saw her - swimming in the pool with the boys ... $100.00 Negotiable Brisbane North West Beauiful kittens!! So sweet natured!! 8 weeks old. Eating well, litter trained and playful. They have all been vet checked, wormed and flea treated. Fluffy or short haired. Black, ginger or tabby. They are used to kids and other pets and love to cuddle! Be quick! Text or email for photos! $90.00 Brisbane Region Hi There, Up for sale is Frankie aka "Frankenstein" a 3 yo 16.2hh TB registered gelding. He is bay with no socks but a tiny star on his head. He has started jumping over logs on crates without fear and has beautiful confirmation. He knows how to side step, reverse and stop and is completely 100% sound. He has been wormed, his feet are getting trimmed next weekend and his teeth are up to date. He would be suitable for a confident beginner upwards. He was ridden bareback for the first ... Brisbane Region I have medium to large adult Pacific Blue Eyes for sale that I breed in a large pond. Good mix of males and females. Can do a better price for bulk. Pacific Blue-eye (Scientific Name: pseudomugil signifer) As the name suggests, the fish's eyes are a beautiful luminescent blue. A Pacific Blue-eyes are carnivorous fish, particularly suited for garden ponds and aquariums. Size: Commonly 5-6cm. Fully grown in 6 months. Will breed in your ... Brisbane Region Beautiful handraised baby Cockatiels. Very tame, very quiet, extremely friendly. Have been handled every day since 10 days old as they are hand raised (not just hand tamed). Enjoy nothing more than just being with you. Love receiving and giving kisses. Fully weaned and available now. All have been DNA sexed. I am asking from $95.00-$120.00 depending on mutation of cockatiel. Please contact me if you would like to come and have a look at these little companions or have any ... Brisbane South West Beautiful 1 year old Samoyed puppy named 'Woofer' in need of a new loving home Fantastic temperament, loves people and very playful and excitable De-sexed, micro-chipped and immunizations up to date. His hair is cut back at the moment for summer due to the heat, extremely clean dog Loves the inside, yet trained to go to the toilet outside. Very easy to train, knows how to sit, speak, and stay on command Paid $1000 for him as a new born puppy and has been lovingly taken care of ... Negotiable Brisbane North West lap mats are $10, you can either have patterned cotton material on top or plain fleece. they have a waterproof bottom, to keep the pee off you and on the mat. after 3-4 they pee on the mat wash them in the washing machine! the size is 35x35 :) just enquire for more details Brisbane North East Hi, I've started making my own bird toys using natural items like gumnuts, pine cones, casuarina nuts, banksia nuts and branches of native trees. All items are cleaned and dried safely before use and come from a disease and parasite free environment. All toys are threaded on stainless steel wire and do NOT come with toy links (

**id 167**

The centre of attention Conveniently located in the heart of Sandton Business District to the North of Johannesburg is the iconic Hilton Sandton -- the ideal base for travellers on business and our pleasure to name Best Business Hotel, South Africa, 2012 As one of South Africa's most vibrant and high-energy commercial centres, Sandton Central has become an investment hotspot, and the new financial centre of South Africa as well as one of Africa's premier business destinations. A proud fixture in the evocative skyline of this ever-growing city is the Hilton Sandton. The hotel was opened in 1997 to pomp and pageantry by His Royal Highness the Prince of Wales, heralding the arrival of Hilton Hotels & Resorts to the nascent commercial district of Sandton. This opening reflected the hopes and aspirations of a nation that was enjoying its newfound international limelight. As business people came in, they found lasting connections at the Hilton Sandton and have since remained appreciative of Hilton Worldwide's' legacy of innovation. Flexible meeting venue Not only is there a dedicated team of skilled professionals that keep an eye on meetings, there is also a dedicated meetings level. All nine meeting rooms and the flexible ballroom are located on the M-floor. The internationally eclectic Tradewinds Restaurant is also located on the same floor in order to seamlessly complement the food and beverage requirements of any meeting. The hotel prides itself as one of the biggest meeting venue providers in Sandton -- and is indeed the hotel with the biggest and most flexible meeting venues in the area. There is a fully functional and centrally located business centre, which provides auxiliary business services. Nothing is missed -- the team takes care of all the details so that guests can look their best on the road. The hotel is also thoughtfully located near key business establishments; such as major banking institutions, the Johannesburg Stock Exchange (JSE) and the Sandton Convention Centre are all within easy reach, some within walking distances and all within five minutes' drive by car. Travel connections to the hotel are superb and the modern Guatrain station is less than three minutes' drive away -- as are Nelson Mandela Square and Sandton City -- the key shopping and dining locations. The hotel provides complimentary shuttle service to these places, whilst the Gautrain provides direct connections to OR Tambo International Airport and taxis are available in the hotel. Guest rooms for work and relaxation Accommodation units are designed for comfort and convenience, providing a place to unwind, or catch up on work. Guests can stay connected with high-speed internet which is available in all rooms and public areas. With nearly eight options of rooms and suites, and the legendary Hilton Executive Floor, the business traveller is never short of options. Upgrade options include the elegant Hilton Deluxe Suite or luxurious Terrace Suite with separate living, dining and work areas. The private balcony for the Terrace Suites is the perfect place to sip on a cocktail and appreciate the Sandton skyline. Guests staying on the Executive Floor have access to private check-in and to the serene and exclusive Executive Lounge, which offers breakfast, drinks, canaps and newspapers as some of the benefits for Executive Floor guests. It is the perfect place to reflect undisturbed or connect with colleagues and touch base on the day's work. Additionally, the Hilton "Serenity" bed is standard in all rooms. A culinary journey The multi-section Tradewinds Restaurant is the hub of the culinary journey from breakfast to dinner. Sumptuous breakfasts include a wide selection of traditional items and healthy food and the chefs at the interactive cooking station strike a lively conversation while they cook waffle and eggs to order or leave guests in their spaces if they so wish. The chefs are back at their station for lunch -- together with the well-drilled service team they create healthy lunches that makes guests look and feel their best. Come dinnertime, the options of a-la-carte and buffet leave freedom to explore. The Lotus Sushi and Teppanyaki Bar located inside the Tradewinds Restaraunt offer interactive Far-Eastern culinary experiences with the highly-skilled sushi and teppanyaki chefs. The chefs not only provide alternative dining experience, but also offer sushi lessons every Friday to individuals and small groups. The Sushi School is very much a "hands on" affair with participants being taught the intricate art of creating sushi and the not-so-intricate art of eating it! It is fitting to have a relaxation "headquarters" after the day's job. The Faces Bar located

**id 168**

Great conditions all over the mountain Another good day on the mountain, the snow conditions are fantastic. There is plenty of powder still around, and the groomed runs are awesome with their soft snow base. It has sure has been a fun couple of days. The terrain has really filled in -- a couple of rocks still remain, but the piste is definitely covered. Even the lower mountain is quality snow (although that may change by tomorrow afternoon). An occasional spot of flat light is about the worse thing I can say Today was the first Saturday I have skied for a while, and as to be expected with all our new snow, the weekend crowd had arrived. While a few chairs had a wait time of 10-15 mins (Excelerator,7th and Harmony) other chairs were virtually wait free (and I do mean the high speed quads). I never had a problem with it being busy on the runs (on and off piste), except for a couple of the cat tracks that serve as main connectors. The forecast is great, 5 -- 10cm to the valley tonight with another 10 -15 during the day tomorrow (with a rising freezing level ending around 1700m -- Roundhouse is around 1850m). So it will be continual snow above the Roundhouse, but a snow/rain mix for the lower half through until Monday (with another 15-25). Then the freezing level drops lower with more snow and eventually it will be snow all the way to the valley again. More snow follows -- so in plain English -- big dump coming through. So basically, this means you should head up early tomorrow morning and get the best of tonights new snow. By early afternoon, the winds are going to be stronger, and the snow wetter with rain at lower elevations -- so probably best to call it a day. Save your legs (and the snow) for Monday, which should see better snow quality (and lots of it). Then the rest of week will be awesome with continual snowfalls on top of this big dump -- and the freezing level dropping back to the valley will make the snow better and better 5 comments on " Great conditions all over the mountain " Hello! We are Lydia and Victor the authors of http://objetivolima.wordpress.com (also nominated by Lonely Planet in the Best Spanish language blog cattegory). We would like to congratulate you for your blog and congratulate you on your nomination and wish you all the best. David, sorry mate but the forecast didn't go to plan and tomorrow looks like it will be wet and windy. I am going to check how strong the winds are in the morning, if really strong I will wait until the afternoon, if not -- head up first thing.

**id 169**

Everyone is free here, not to criticize or to reform how things are done, but to flee from it and go off into the desert or to some other town. The cities are open. They are open to the world and to the future. That is what gives them all an air of adventure, and, in their disorder and even ugliness, a kind of touching beauty. Jean-Paul Sartre, 'Cities of America' Perhaps I've dreamed this America I shall, at any rate, be honest with my dream: I shall set it out just as I dreamed it. And today I would like to give you my impression of those two contradictory 'slogans' doing the rounds in Paris: 'the American is a conformist' and 'the American is an individualist'. Like everyone else, I had heard tell of the famous American 'melting pot' which, at various critical temperatures, transforms a Pole, an Italian and a Finn into citizens of the United States. But I did not quite know what it meant. Well, on the very day after I arrived I met a European in the process of 'melting'. In the main lobby of the Plaza Hotel I was introduced to a dark haired man of quite modest stature who, like everyone here, talked with a slightly nasal twang, without visible movement of his lips or cheeks, who laughed with his mouth, but not with his eyes, and who expressed himself in a good but heavily accented with French, his speech sprinkled with barbarianism and Americanisms. When I complimented him on his knowledge of our language, he replied with astonishment, 'But that's because I'm French.' He was born in Paris, has been living in America for only fifteen years, and before the war, went back to France every six months. Yet he is already half in the grip of America. His mother has never left Paris: when he speaks of Paname in deliberately vulgar tones he sounds much more like a Yankee wanting to show off his knowledge of Europe than an exiled Frenchman recalling his homeland. He feels obliged from time to time to cast roguish winks in my direction, saying, 'Aha! New Orleans, fine women!' But, in so doing, he is conforming more to the American's idea of the Frenchman than seeking collusion with a compatriot. 'Fine women', and he laughs, but in a forced way.

**id 170**

11/01/2012 Humans Use Avatars To Talk To Rats In the film "Avatar," humans are linked to genetically engineered bodies so they can communicate more easily with the alien Na'vi. A group of computer scientists in the U.K. is making that a reality -- - but with rats. The team, based at University College London and the University of Barcelona, used a system of movement-tracking software, cameras and laptops, along with a virtual-reality headset. The set-up also included a rat in a pen. To interact with the rat, a person puts on the VR headset and sees a virtual room. A camera with tracking software picks up the user's movements and duplicates them in a virtual room. Meanwhile another camera looks at the rat. In the virtual room, the (human) user sees another person, which is the avatar of the rat. As the rat moves, so does its avatar. The tracking software picks up both the movement of the rat around its pen and where its face is pointing and duplicates that in the virtual environment. So the human user sees a person running around the room, with his or her face pointing in the same direction as the rat's is. As for the rat, it gets to interact with a robot that looks like a hockey puck. The robot has a bit of jam attached to it to entice the rat away from the walls of the pen. As the human moves around the room (both real and virtual), the robot duplicates the movement. The whole set up is structured as a game: get a point for convincing the rat to interact. Mandayam Srinivasan, director of the Touch Lab at MIT, is one of the co-authors of the research, which was published in PLOS One. He told Discovery News that while the group was more focused on the technology and getting that to work, there were interesting questions about behavioral science that were explored. For instance, most users know they are interacting with a rat, even though it looks like a human in the virtual space. But what if you told them it was a human on the other end of the connection? Would that change their behavior? Virtual reality like this can also give scientists studying animals in the wild a better tool for observing behavior. Usually, the only options are to mount a camera in a given spot, or strap one on to the animal in question. Radio tags can be used to track movement. But there hasn't been a good method for actually interacting. Srinivasan said it's even possible to envision using robotic insects.

**id 171**

Christchurch Casino New Zealand Trotting Cup Day About Christchurch Casino New Zealand Trotting Cup Day is one one of the most glamorous and highly anticipated social events on Canterbury's calendar which last year attracted a crowd of over 20,000. This spectacular day is a festival of fashion, food, fun and music, anyone who is anyone will be at this highlight of New Zealand's racing calendar. The very best harness horses from New Zealand and Australia will take centre stage in the feature race for the day, the Christchurch Casino New Zealand Trotting Cup, the country's most prestigious two mile harness race. Gates open at 9.30am. The first race of the day runs at 11.50am and the feature race, the Christchurch Casino New Zealand Trotting Cup, will race at 5.15pm. The racing action continues through to 6.30pm. Race goers have a number of options of where to spend their day at the track. The Lindauer Lawn (restricted to patrons aged 18 years or older) is the social hub of Cup Day action which is located on a grassed area close to the race track, the fashion events and the presentation area. There is also a range of great corporate hospitality options if you want to enjoy Cup Day in style. There is also a public village which includes two large marquees (featuring bars, totes, seating and toilets), Speights Bar Trailer, food stalls, stage area and a big screen featuring the day's action. If you are a serious fashionista, don't forget to enter the Best Dressed at the Races fashion competition, for ladies and men, with thousands of dollars of prizes to be won. Entry is free. You can enter here from 1 September or visit Addington Raceway . Reserved Seating at the Temporary Public Stand Reserved seating at the temporary public stand is $60. Package includes gate entry. Please contact Addington Raceway on 03-338-9094 for further information and to purchase tickets. Dining and Hospitality Packages Dining and hospitality packages are available at www.addington.co.nz .

**id 172**

100 UFO sightings along China-India border raise official concern New Delhi - Reports say that government officials in India are investigating UFO sightings along the China-India border. The Indian military authorities are puzzled by a total of 100 UFO sightings that occurred along the China-India border between Aug. 1 and Oct. 15. According to The Times of India , Indian Army troops deployed along the China-India border from Ladakh in Jammu, Kashmir and Arunachal Pradesh in northeast India have reported more than 100 sightings of UFOs in the last three months. The yellow orbs appeared to rise from the horizon on the Chinese side and cross the sky slowly for three or four hours before disappearing. Indian military authorities are concerned about the sightings. Army agencies, including the Air Force, the Defense Research and Development organization (DRDO), National Technical and Research Organization (NTRO), and the Indo-Tibetan Border Police (ITBP) have not been able to identify the luminous objects. According to The Times of India , the 14 corps, the Army unit in charge of military deployment along the Kargil-Leh and the frontiers with China, sent reports to the Army HQ in New Delhi after an ITBP unit in Thakung, near the Pangong Tso Lake, reported sightings. The military authorities along the more than 2,000 mile-long China-India border have ruled out low-orbit Chinese satellites or drones, The Los Angeles Times reports. Official reports described the UFOs as ULOs, that is, Unidentified Luminous Objects. Military personnel who reported sightings say the UFOs glow when they are observed in daytime as well as after dark. After reports of several sightings, the Indian Army installed mobile ground-based radar units and spectrum analysers at Pangong Lake, on top of a mountain between India and China. A UFO was spotted visually but the radar did not pick it up. This suggested to Army technicians that the objects were not metallic. A team from the Indian Astronomical Observatory at Hanle observed the ULOs for several days, but they were unable to say what the yellowish spheres were. However, they ruled out the possibility that they were meteors or planets. Indian Army officials are concerned about their inability to identify the objects and some officials are concerned they could be some new Chinese surveillance equipment being tested. Official sources say there were similar reports about five years ago, but the reports were not taken seriously at the time. Daily News and Analysis India reports that a suggestion by some officials that one of the object be shot down by heat-seeking weaponry was turned down because it could trigger tensions in the region. Some Intelligence experts have said that the objects could be part of a psychological operation by the Chinese army and that the objects could be "Chinese lanterns." "The scientists and experts suspect that this could be one of the Chinese gimmicks to launch some lanterns which have a capability of attaining a height between 500 metres and 2000 metres and puzzle the Indian forces braving the chill and unfriendly terrain along the Line of Actual Control (LAC)... "Chinese lanterns are... constructed from oiled rice paper on a bamboo frame, and contain a fuel cell composed of a waxy flammable material. The flame heats the air inside the lantern and makes it airborne as long as the flame stays after which it sinks to the ground." Two years ago, the Indian air force investigated UFO sightings that were finally explained as Chinese lanterns. Although Indian experts remain uncertain what the ULOs are, they have ruled out extraterrestrial objects and visitors. According to The Huffington Post , an Indian astrophysicist Jayant Narlikar, said: "There is no evidence of the UFOs being of extraterrestrial origin. The implication of them being alien objects is fancy, not fact." Reports say that government officials in India are investigating UFO sightings along the China-India border. The Indian military authorities are puzzled by a total of 100 UFO sightings that occurred along the China-India border between Aug. 1 and Oct. 15.

**id 173**

when there was a semi power out at The Cargo and what was a great gig became strangely, yet brilliantly intimate and pure rock n'roll. I'll forgive their recent London gig as the singer was basically half dead with flu. Chromatics were mesmerizing at The Village Underground; surprisingly stunning live. Erm....tough one but Chromatics edge it for me, only just though. It was incredible, one of the best gigs I've seen this year. 'Lasting' in this sense that I remember it surprisingly often. Attack on Memory is a great album, but I would go and see Chromatics again. Plus Heaven will be a good venue for them I think. Hopefully both will be back at some point next year though. I'm just holding out for Johnny Jewel to bring Glass Candy over here.

**id 174**

In the next 9 months, Switzerland's first tendon-controlled humanoid robot will be created. maxon drives help "Roboy" stand on its own legs. A project team with experts from science and industry, including the drive specialist maxon motor, is developing a new humanoid robot: "Roboy". On March 9, 2013, "Roboy" will be presented to the public at the "Robots on Tour" international robotics fair that will take place in Zurich as part of the 25th anniversary of the Artificial Intelligence Laboratory (AI Lab) of the University of Zurich. This development can now be followed and supported. Since June 2012, the project team has been busy implementing the latest knowledge in the field of robotics to create a new humanoid robot. "Roboy" will be 1.30 m big, with an anatomy and motion characteristics that mimic that of humans. With "Roboy", the project team wants to show what topics are being researched in the field of robotics and which technologies are ready for series production. "Roboy" is a further development of the technology used in the famous "ECCE Robot". Both robots, "ECCE Robot" and "Roboy", are equipped with tendon-controlled drive technology, which gives the robots the ability to perform humanoid movements and to react to their environment. "Because robots physically move within their environment, completely new types of interaction between humans and machines result, far beyond what is possible with customary information technology such as laptops or smartphones," says Prof. Rolf Pfeifer, initiator of the ambitious project. "The development of "Roboy" can be shaped and supported by everybody," he adds. To make "Roboy" a reality by March 2013, the researchers need the support of partners and robotics fans. At www.roboy.org, everybody can take part. Swiss robotics and drive expertise In addition to the scientists of the AI Lab, international research groups from Germany and Japan are participating in the project. Furthermore it has the support of partner companies that are providing cutting-edge Swiss high-tech expertise. As main project partner, maxon motor is supplying numerous DC and EC motors, as well as sensors that enable "Roboy" to make high-precision movements. The drive specialist from Sachseln has many years of experience in robotics, e.g. for medical technology, industrial automation or the astronautics industry. Currently maxon products are in use in the two Mars rovers "Curiosity" and "Opportunity". "High-precision electric motors are the artificial muscles of a robot. Our drives are small, dynamic and efficient -- just what robotics need," says Eugen Elmiger, CEO of maxon motor. Drive systems from Obwalden already powered the movements of the "ECCE Robot". "For us, creative and ambitious projects such as "Roboy" are always an incentive to challenge ourselves and to try new things," elaborates Eugen Elmiger. The know-how generated as part of the "Roboy" project is freely available to researchers, robotics fans and people who are interested in technology. "With "Roboy", we are defining a new development platform for humanoid robots that can and should be used and further developed by everybody!" explains Rolf Pfeifer. Share this: Like this: About maxon motor Australia maxon motor is the world's leading supplier of high-precision drive systems. More than 40 years' experience, constant innovation, top quality products and competent customer service make maxon motor a reliable partner in the drive technology sector. We are driven by your specific requirements. The product range incorporated in the modular system is comprehensive: DC motors with ironless winding and flat motors with iron core (up to 500W output power, mechanical and electronic commutation) Planetary gears, spur gears and special gears Sensors (encoders, DC tachos, resolvers) Servo amplifiers, position controllers High-tech CIM and MIM components Customer specific drive solutions maxon motor is a Swiss company headquartered in Sachseln (Central Switzerland) that employs over 1865 staff worldwide. Its sales companies based in over 30 countries provide a locally-based and competent customer service. maxon motor has production sites at its head office in Switzerland as well as in Germany and Hungary. maxon motor helps provide innovative solutions at competitive prices for numerous applications in various markets, such as industrial automation, medical technology, security technology, instrumentation, communications, consumer applications etc. maxon motor Australia is based in Hornsby N

**id 175**

Post navigation Three thoughts and all the links HOOVER, Ala. -- Hello from the Starbucks a few miles south of Regions Park, and about five minutes away from the Fairfield Inn & Suites that was my home last night. It's the morning after a 33-14 loss to No. 1 Alabama, but a quick glance of reader comments and message boards indicates a lot of positivity this morning around the Ole Miss fanbase. The Rebels not only were not embarrassed last night, they made Alabama work for just about everything. With that, three thoughts and then all the links to today's C-L coverage. 1. Turnovers are a very real problem Ole Miss turned the ball over three times in the second quarter Saturday, turning a 13-7 game into a 27-7 halftime score. Ole Miss came back and scored in the third quarter to cut that lead to 13, but what if that lead cut it to six? Or took the lead again? It was not just last night. Ole Miss has now turned the ball over nine times in the last three games, and are 1-2 during those contests. Only Auburn's Kiehl Frazier has thrown more interceptions than Bo Wallace's six among SEC quarterbacks. Ole Miss is not going to win very many games on talent alone the rest of the way. We saw an Ole Miss team hang in last night against Alabama based on the scheme and playing hard. If you add execution, then you have something. Without it, there may be more "close but not too close" losses on the way. 2. Denzel Nkemdiche may earn SEC recognition this week Didn't get this into the print coverage this morning because of tight deadlines and a lack of game stats immediately after the contest, but linebacker Denzel Nkemdiche had himself a whale of a game. Eleven tackles, including five solo stops. A sack. Three tackles for loss. And two forced fumbles. Not bad for a redshirt freshman thought to be too small to play against the Alabamas of the world; Nkemdiche continues to get by on instincts and speed. Would not be surprised to see Nkemdiche earn SEC defensive player of the week recognition after that stat sheet-stuffing game. Cody Prewitt also deserves credit for his night -- he had 13 tackles, and a lot of them were on third down to get Bama off the field. You saw none of that Saturday. This was, in fact, a different Hugh Freeze than we had seen this season. He made it painstakingly clear he was proud of his team, but took blame on himself and the coaching staff for mistakes. Over and over again, he just said he wished they had done things better in order to make it a closer game in the fourth quarter. "I'm disappointed because I feel like we should have been in it the fourth quarter and for whatever reason -- we can go through all of them -- we didn't get there," Freeze said. "The next step in this journey is to get there. Get in that fourth quarter. I don't know if we'll win it or not but sure would feel good to play as hard as they're playing and get in one.

**id 176**

Perhaps the oldest continuing Flag Day parade is at Fairfield, Washington . [ 6 ] Beginning in 1909 or 1910, Fairfield has held a parade every year since, with the possible exception of 1918, and celebrated the "Centennial" parade in 2010, along with some other commemorative events. Quincy, Massachusetts has had an annual Flag Day parade since 1952 and claims it "is the longest-running parade of its kind in the nation." [ 7 ] The largest Flag Day parade is held annually in Troy, New York , which bases its parade on the Quincy parade and typically draws 50,000 spectators. [ 1 ] [ 8 ] Woburn Massachusetts also holds a carnival and put on a firework display every year. The earliest reference to the suggestion of a "Flag Day" is cited in Kansas: a Cyclopedia of State History , published by Standard Publishing Company of Chicago in 1912 . It credits George Morris of Hartford, Connecticut : To Victor Morris of Hartford, Conn., is popularly given the credit of suggesting "Flag Day," the occasion being in honor of the adoption of the American flag on June 14, 1777. The city of Hartford observed the day in 1861, carrying out a program of a patriotic order, praying for the success of the Federal arms and the preservation of the Union. Stony Hill School, in Waubeka, Wisconsin, the site of the first formal observance of Flag Day Working as a grade school teacher in Waubeka, Wisconsin , in 1885, Bernard J. Cigrand held the first recognized formal observance of Flag Day at the Stony Hill School . The school has been restored, and a bust of Cigrand also honors him at the National Flag Day Americanism Center in Waubeka. [ 9 ] From the late 1880s on, Cigrand spoke around the country promoting patriotism, respect for the flag, and the need for the annual observance of a flag day on June 14, the day in 1777 that the Continental Congress adopted the Stars and Stripes. [ 1 ] [ 10 ] He moved to Chicago to attend dental school and, in June 1886, first publicly proposed an annual observance of the birth of the United States flag in an article titled "The Fourteenth of June," published in the Chicago Argus newspaper. In June 1888, Cigrand advocated establishing the holiday in a speech before the "Sons of America," a Chicago group. The organization founded a magazine, American Standard , in order to promote reverence for American emblems. Cigrand was appointed editor-in-chief and wrote articles in the magazine as well as in other magazines and newspapers to promote the holiday. On the third Saturday in June 1894, a public school children’s celebration of Flag Day took place in Chicago at Douglas, Garfield, Humboldt, Lincoln, and Washington Parks. More than 300,000 children participated, and the celebration was repeated the next year. [ 10 ] Cigrand became president of the American Flag Day Association and later of the National Flag Day Society, which allowed him to promote his cause with organizational backing. Cigrand once noted he had given 2,188 speeches on patriotism and the flag. William T. Kerr , a resident of Yeadon, Pennsylvania , for a number of years, founded the American Flag Day Association of Western Pennsylvania in 1888, and became that organization's national chairman one year later, serving as such for fifty years. He attended President Harry S. Truman 's 1949 signing of the Act of Congress that formally established the observance. In 1893, Elizabeth Duane Gillespie, a descendant of Benjamin Franklin and the president of the Colonial Dames of Pennsylvania, attempted to have a resolution passed requiring the American flag to be displayed on all Philadelphia's public buildings. This is why some credit Philadelphia as Flag Day's original home. [ 1 ] In 1937, Pennsylvania became the first state to make Flag Day a legal holiday. [ 12 ] American fraternal order and social club the Benevolent and Protective Order of Elks has celebrated the holiday since the early days of the organization and allegiance to the flag is a requirement of every member. [ 14 ] In 1907, the BPOE Grand Lodge designated by resolution June 14 as Flag Day. The Grand Lodge of the Order adopted mandatory observance of the occasion by every Lodge in 1911, and that requirement continues. [ 14 ] The Elks prompted President Woodrow Wilson to recognize the Order's observance of Flag Day for its patriotic expression.

**id 177**

The Rio Conventions Pavilion (RCP or the Pavilion) was convened in parallel with the Eleventh meeting of the Conference of the Parties (COP 11) to the Convention on Biological Diversity (CBD), in Hyderabad, India, from 9-18 October 2012. The RCP is designed to raise awareness and disseminate information on best practices and scientific findings on the benefits realized from joint implementation of the three Rio Conventions: the CBD; the UN Framework Convention on Climate Change (UNFCCC); and the UN Convention to Combat Desertification (UNCCD). Sponsored by the Rio Conventions Secretariats and a number of partners, the programme at the Pavilion focused on daily themes, which included: towards integrated science, assessments and monitoring for the Rio Conventions; protected areas (PAs) as natural solutions to biodiversity targets and global environmental challenges; tree diversity day; livelihoods day; 20/20 talks; sixth land day; reducing emissions from deforestation and forest degradation in developing countries, the role of conservation, sustainable management of forests and enhancement of forest carbon stock (REDD+) day; ecosystem restoration; and towards integrated implementation of the Rio Conventions. The RCP was established as a way of exploring the synergies and opportunities to improve implementation of the three Rio Conventions - the UNCCD, the UNFCCC and the CBD. The Pavilion was launched to raise awareness, and share best practices and scientific findings. Focusing on cross-cutting themes, the Pavilion aims to address the common objective among the three Rio Conventions - to support sustainable development and help achieve the Millennium Development Goals, in particular through the identification of synergies and co-benefits for implementation of the UNCCD, UNFCCC and CBD. This brief history will provide an overview of the Rio Conventions and the Pavilion. UNCCD: In 1992, the UN General Assembly, as requested by the UN Conference on Environment and Development, adopted resolution 47/188 calling for the establishment of an Intergovernmental Negotiating Committee for the elaboration of a convention to combat desertification in those countries experiencing serious drought and/or desertification, particularly in Africa (INCD). The INCD met five times between May 1993 and June 1994 and drafted the UNCCD and four regional implementation annexes for Africa, Asia, Latin America and the Caribbean, and the Northern Mediterranean. A fifth annex, for Central and Eastern Europe, was adopted during the fourth Conference of the Parties (COP 4) in December 2000. Pending the UNCCD's entry into force, the INCD met six times between January 1995 and August 1997 to hear progress reports on urgent actions for Africa and interim measures in other regions, and to prepare for COP 1. The UNCCD was adopted on 17 June 1994, and entered into force on 26 December 1996. Currently, it has 194 parties. UNFCCC: The international political response to climate change began with the adoption of the UNFCCC in on 9 May 1992. The UNFCCC was opened for signature at the Rio Earth Summit. The UNFCCC sets out a framework for action aimed at stabilizing atmospheric concentrations of greenhouse gases to avoid "dangerous anthropogenic interference" with the climate system. The UNFCCC entered into force on 21 March 1994, and now has 195 parties. In December 1997, delegates at COP 3 in Kyoto, Japan, agreed to a Protocol to the UNFCCC that commits industrialized countries and countries in transition to a market economy to achieve emission targets. These countries, known under the UNFCCC as Annex I parties, agreed to reduce their overall emissions of six greenhouse gases by an average of 5.2% below 1990 levels between 2008-2012 (the first commitment period), with specific targets varying from country to country. The Kyoto Protocol entered into force on 16 February 2005, and now has 193 parties. CBD: The CBD was adopted on 22 May 1992, and entered into force on 29 December 1993. The CBD was opened for signature at the Rio Earth Summit. There are currently 193 parties to the Convention, which aims to promote the conservation of biodiversity, the sustainable use of its components, and the fair and equitable sharing of benefits arising from the use of genetic resources. The COP is the governing body of the Convention. The CBD includes the Cartagena Protocol on Biosafety, which was adopted 29 January 2000 and entered into force on 11 September 2003, with 163 parties. The Nagoya-Kuala Lumpur Supplementary Protocol on Liability and Redress to the

**id 178**

Kindle Help Us Spread The News By Sharing These Articles With Others: You are not going to believe some of the things that the U.S. government is spending money on. According to a shocking new report, U.S. taxpayer money is being spent to study World of Warcraft, to study how Americans find love on the Internet, and to study the behavior of male prostitutes in Vietnam. Not only that, but money from the federal government is also being used to renovate a pizzeria in Iowa and to help a library in Tennessee host video game parties. These are just some of the examples in a new report on government waste from Senator Tom Coburn entitled " Wastebook 2010 ". Even as tens of millions of American families find themselves suffering through the worst economic downturn in modern history, the U.S. government continues to spend money on some of the craziest and most frivolous things imaginable. Every single year articles are written and news stories are done about the horrific government waste that is taking place and yet every single year it just keeps getting worse. So just what in the world is going on here? It almost seems as though Congress actually enjoys inventing new ways to waste U.S. taxpayer money. It seems nearly inconceivable that anyone could keep a straight face while trying to justify spending money on many of the things in the list below. At a time when the U.S. national debt is closing in on 14 trillion dollars, government waste just seems more out of control than ever. The following are 20 of the craziest things that the U.S. government is spending money on.... #1 A total of $3 million has been granted to researchers at the University of California at Irvine so that they can play video games such as World of Warcraft. The goal of this "video game research" is reportedly to study how "emerging forms of communication, including multiplayer computer games and online virtual worlds such as World of Warcraft and Second Life can help organizations collaborate and compete more effectively in the global marketplace." #2 The U.S. Department of Agriculture gave the University of New Hampshire $700,000 this year to study methane gas emissions from dairy cows. #3 $615,000 was given to the University of California at Santa Cruz to digitize photos, T-shirts and concert tickets belonging to the Grateful Dead. #4 A professor at Stanford University received $239,100 to study how Americans use the Internet to find love. So far one of the key findings of this "research" is that the Internet is a safer and more discreet way to find same-sex partners. #5 The National Science Foundation spent $216,000 to study whether or not politicians "gain or lose support by taking ambiguous positions." #6 The National Institutes of Health spent approximately $442,340 to study the behavior of male prostitutes in Vietnam. #7 Approximately $1 million of U.S. taxpayer money was used to create poetry for the Little Rock, New Orleans, Milwaukee and Chicago zoos. The goal of the "poetry" is to help raise awareness on environmental issues. #8 The U.S. Department of Veterans Affairs spent $175 million during 2010 to maintain hundreds of buildings that it does not even use. This includes a pink, octagonal monkey house in the city of Dayton, Ohio. #9 $1.8 million of U.S. taxpayer dollars went for a "museum of neon signs" in Las Vegas, Nevada. #10 $35 million was reportedly paid out by Medicare to 118 "phantom" medical clinics that never even existed. Apparently these "phantom" medical clinics were established by a network of criminal gangs as a way to defraud the U.S. government. #11 The Conservation Commission of Monkton, Vermont got $150,000 from the federal government to construct a "critter crossing". Thanks to U.S. government money, the lives of "thousands" of migrating salamanders are now being saved. #12 In California, one park received $440,000 in federal funds to perform "green energy upgrades" on a building that has not been used for a decade. #13 $440,955 was spent this past year on an office for former Speaker of the House Dennis Hastert that he rarely even visits. #14 One Tennessee library was given $5,000 in federal funds to host a series of video game parties. #15 The U.S. Census Bureau spent $2.5 million on a television commercial during the Super Bowl that was so poorly produced that virtual

**id 179**

Access to the full text of this article requires a subscription or payment. Please log in or subscribe below. FDA approves new drugs faster than European or Canadian regulators N Engl J Med 2012 ; doi:10.1056/nejmsa1200223 Regulatory agencies are often accused of being slow to approve new drugs, and the US Food and Drug Administration (FDA) is under pressure to speed up ahead of a five yearly review of its charges. The pressure may be misplaced, say researchers, who report that the FDA approves new drugs significantly faster than both Canadian and European regulators. In a head to head comparison of review times for new drugs approved between 2000 and 2010, the FDA took a median of 322 days to complete review, compared with 366 days for the European Medicines Agency and 393 days for Health Canada. The researchers analysed 510 approvals of 289 individual drugs, using publicly available data from all three regulators. Nearly two thirds of the drugs approved in both the US and Europe were approved by the FDA first (121/190). More than four fifths of the drugs approved in both the US and Canada were approved by the FDA first (132/154). The researchers weren't able to look at review times for unapproved drugs because these records are not accessible to the public. Neither did they examine the quality of regulators' decisions. Rapid approval must be balanced against public safety, they write. Future studies should compare the regulators for black box warnings, label changes, drug withdrawals, and other possible indicators of hasty and ineffective decision making. The association between higher serum concentrations of high density lipoprotein cholesterol (HDL-C) and a lower risk of heart attack is well known. It now seems unlikely that the link is causal, so developing drugs to raise HDL-C concentrations could be fruitless. An international team of researchers has found that adults who are genetically programmed to have high HDL-C have the same risk of heart ...

**id 180**

An elderly man is taken by ambulance to the Worcester Royal Hospital on Sunday evening. His wife suspects that the pains on the left side of his chest are caused by pneumonia, which he has contracted four times previously. After running a test on his heart, the ambulance paramedics agree that it looks serious. On arrival at the accident and emergency department, he is given an X-ray. But then nothing much happens. It is late. He is told there are no beds available. He is moved to a cubicle with a door. In the early hours, the door is shut, perhaps to allow him to get some rest. At any rate, he becomes worried and wonders whether he has been forgotten. He summons the breath to shout for attention. As he remembers it, he was there for several hours before a nurse came, but we cannot be absolutely sure because he was ill and his sense of time may have been distorted. In the morning, A&E staff ask him to phone his wife to come and take him home. As it happens, she is already on the way to visit him. She arrives and is very surprised to see him dressed because he looks a good deal worse than the evening before. He has some antibiotics with him and has been told that his pneumonia is a 'borderline case'. Through the day spent at home, his condition worsens. What to do? Phone the ambulance again and hope the hospital has the wit to admit him and provide proper treatment or try another route? His children are away - one in Romania, the other in Edinburgh - but his daughter-in-law organises a private ambulance to collect him from Worcestershire and take him to London, where a private room has been found. His condition has worsened considerably by the time he arrives in the early hours of Tuesday morning. It looks touch and go. He is transferred to an intensive therapy unit at another private hospital, where he receives superb levels of care. On Wednesday, he begins to turn the corner. By Sunday, though still quite weak, he is well enough to be driven home. I know all this to be true because the patient in the story is my father and it was my mother who moved heaven and earth to find him treatment in London. One can never be sure about these things, but I wonder if he had been admitted to Worcester on either the first or second night of his crisis, he would now be up and about and reading the Racing Post with his usual devotion. For one thing, the staff appear to be rather relaxed about an old person with suspected pneumonia, and for another, we have been here before, which is why I decided to write this. A few years ago, he was admitted to a rather grim hospital in Worcester, next door to the spanking new Royal. His knee was swollen and he had difficulty in breathing. He was diagnosed and treated for a knee infection. In fact, he was suffering from a pulmonary embolism - a blood clot in the lungs - which is a good deal more dangerous. We were concerned that he was making less and less sense while he was there. When my brother and I arrived with a private ambulance to spring him from the hospital, he was so drugged up with tranquillisers that he could barely sign his name on the release form. He was correctly diagnosed and treated in a private hospital, where he quickly became alert again. But what if he had stayed in Worcester? On the first episode, a complaint has been made and the hospital authorities are investigating. Until they have the results of that inquiry, they will make no comment on the care given. The much bigger question in all this is the way we treat old people in hospital. My father was insured and he had a family to fight for him, but the vast majority of old people are lacking either or both of those factors. Someone less fortunate may not have survived the casualness of these episodes - for there is much evidence to suggest that the health and lives of old people matter a lot less than those of young people. With an ageing population (by 2040, the number of people over 64 is expected to have grown from 9.5 million to 15 million), it's worth being clear about what this means to the idea of equality of healthcare. After 60 years of the NHS, how much money you have and how old you are still matter. Last summer, the House of Commons select committee on human rights said that a fifth of all institutions dealing with the elderly were guilty of neglect, abuse, discrimination and unfair treatment. The dignity of older people was routinely ignored

**id 181**

I Wish Lyrics Hey, this is radio station W-S-K-E-E We're takin' calls on the wish line Making all your wacky wishes come true Hello 1-I wish I was little bit taller, I wish I was a baller, I wish I had a girl who looked good I would call her I wish I had a rabbit in a hat with a bat and a six four Impala I wish I was like six-foot-nine So I can get with Leoshi Cause she don't know me but yo she's really fine You know I see her all the time Everywhere I go, and even in my dreams I can scheme a way to make her mine Cause I know she's livin phat Her boyfriend's tall and he plays ball So how am I gonna compete with that 'Cause when it comes to playing basketball I'm always last to be picked And in some cases never picked at all So I just lean up on the wall Or sit up in the bleachers with the rest of the girls Who came to watch their men ball Dag y'all! I never understood, black Why the jocks get the fly girls And me I get the hood rats I tell 'em scat, skittle, scabobble Got hit with a bottle And I been in the hospital For talkin' that mess I confess it's a shame when you livin' in a city That's the size of a box and nobody knows yo' name Glad I came to my senses Like quick-quick got sick-sick to my stomach Overcommeth by the thoughts of me and her together Right? So when I asked her out she said I wasn't her type (rpt 1, 1) [ Lyrics from: http://www.lyricsfreak.com/s/skee+lo/i+w\\... ] I wish I had a brand-new car So far, I got this hatchback And everywhere I go, yo I gets laughed at And when I'm in my car I'm laid back I got an 8-track and a spare tire in the backseat But that's flat And do you really wanna know what's really whack See I can't even get a date So, what do you think of that? I heard that prom night is a bomb night With the hood rats you can hold tight But really tho' I 'm a figaro When I'm in my car I can't even get a hello Well so many people wanna cruise Crenshaw on Sunday Well then I'ma have to get in my car and go You know I take the 110 until the 105 Get off at Crenshaw tell my homies look alive Cause it's hard to survive when your livin' In a concrete jungle and These girls just keep passin' me by She looks fly, she looks fly Makes me say my, my, my (rpt 1, 1) I wish I was a little bit taller... I wish I was a baller... I wish I was a little bit taller y'all I wish I was a baller (3) Hey, I wish I had my way 'Cause everyday would be a Friday You could even speed on the highway I would play ghetto games Name my kids ghetto names Little Mookie, big Al, Lorraine Yo you know that's on the real So if you're down on your luck Then you should notice how I feel Cause if you don't want me around See I go simple, I go easy, I go greyhound Hey, you , what's that sound? Everybody look what's going down Ahhhh, yes, ain't that fresh? Everybody wants to get down like dat (rpt 1, 1)

**id 182**

Your upcoming performance at South London Gallery will feature the use of "phase scope projections". Similarly, last year's Acid nO!se Synthesis was designed to be experienced alongside a phase scope/oscilloscope. What does this visual element bring to the experience for you? Direct correlation between sound and image... the sound makes the image, but I steer the sound in response to the image and visa versa! To create some kind of real-time synthesthetic collision! How does the sound's interaction with this visual element affect the way you approach your sound making, if at all? By exploring the infinite (Lissajous) patterns generated by the combinations of complex wave shapes. Steering towards more unusual and previously unseen lobes. "Pulling shapes" as Jeremy Clarkson would say! Let's talk about FACTUAL -- your upcoming solo record on Editions Mego. "BLACK METAL INSTRUMENTAL INTRO DEMO" is inspired by your experiences at black metal gigs in Europe and the UK. Are there any particular gigs, artists or aspects of black music that came to mind when creating this piece? I recall seeing the progressive death metal band Nocturnus, live, in Birmingham in the late 80s, and many of their tracks started with keyboard and drums, which was kind of unique back then. I was away from Coventry when Euronomous was there. But in the 90s I was seeing Gehenna, Marduk, Mayhem, and Immortal. I think, it was mid/late 90s when I took Peter Rehberg and Florian Hecker to see Impaled Nazarene (somewhere on the outskirts of Vienna, in some dank pissy basement venue), there were only a few people attending, it was a great night. I later bumped into Mika Luttinen a few times when I was living on an island in Helsinki, Finland, called Suomenlinna. Anyway, I used to take the icebreaker ferry into town, and like I said, I bumped into Mika and had chats and drinks on a couple of occasions while living there. Besides all this, I played with Kjetil Manheim (the original Mayhem drummer) as a trio with Lasse Marhaug, in Oslo, which resulted in a kind of Black Noise! However, in the end, "B.M.I.I.D." is an instrumental waiting for a vocal contribution. Its worth noting, the track was recorded a few days after spending some time with Atilla Csihar, in Aldeburgh, while he was performing in a contemporary opera. Just before recording the track, I had in mind, a mix of the general production techniques of Abruptum and "The Vortex Void of Inhumanity (intro)" from Mayhem's Wolf's Lair Abyss . "KILLER SNAKEHEAD" and "RAVE NIHILATION" explore the "logical interplay" between Japanoise and techno. What compelled you to explore this link? That question has already been answered in the accompanying text to a pod cast I made recently = Is there anything particular about the recording from Sheffield's Channing Hall that compelled you to include it on FACTUAL ? Yes. It was recorded live in a room with an audience! I think Big Black's Atomizer was the first vinyl LP I had, which included a live track at the end. In later years it became quite common for CD releases of albums to include a live track at the end! I particularly like the Incapacitants albums with a long "studio" track followed by a long "live" track! Is there any particular listening environment that you feel works particularly well for FACTUAL ? I haven't tried it but, in a 2011 Lincoln car, with a THX II Certified Audio system, and an ELP Laser Turntable! What is it that appeals to you about recording your music in single takes? It's real. Maybe I enjoy watching improvisers live, too much. I prefer 2 channel editing, or playlist editing, as opposed to using a DAW for over-dubbing, layering and arranging. You've also got an upcoming collaborative performance as Concrete Fence at the upcoming Blackest Ever Black night at Corsica studios. The other member of this collaboration is being kept under wraps, but is there anything further you can tell us about this project? How did it come about? Firstly, it's not an attempt at being mysterious. Its just issues with booking agents and contracts, nothing to do

**id 183**

Even for the modern cricketer, two matches on different continents within barely 12 hours is pushing it a bit, but Abdur Rehman pulled it off it somehow. Two wickets for Pakistan in a floodlit ODI against Australia in Dubai and, a long-haul flight later, three more wickets for Somerset at Hove. He was probably content to get his loosener on the cut bit. It was a wonder he was not so disorientated that he bowled it against the sightscreen. Life was certainly of a slower pace when Les Lenham, who is still Sussex's part-time batting coach at a sprightly 76, began an association with the county in 1952. He was summoned to Hove in August of that year, small kit bag in hand, in expectation of a game and instead spent the day selling scorecards, working the scorecard and picking up banana skins. But even as he watched Rehman demolish Sussex's lower order, Lenham's thoughts did not dwell on the lifestyle of the itinerant cricketer as much as something more substantial. He was on hand to watch Murray Goodwin's farewell to Hove and stuck to his remarks at a knees-up to mark his 60 years with the county by reasserting that he had seen no finer Sussex cricketer in his lifetime. As the list includes Ted Dexter, it is quite a compliment, one to fit alongside his 24,000 runs and 48 hundreds for Sussex in all formats. "I was asked who I thought had been the best Sussex batsman I had seen and I looked at Murray and said the question was not too difficult," Lenham said. "He has an amazing flair for the game, great hand-eye co-ordination and amazing powers of concentration. His cover drive is a joy to watch and he must be one of the finest square cutters the game has ever seen. He watches the ball longer than most, too; it's a gift to stand still and wait." But better than Dexter? Such an accolade is not easily made in Sussex where he lorded it over so many bowling attacks in his heyday in the early sixties. "Ted played many outstanding innings, but he wasn't always bothered with the grafting. When the chips were down I would always back Murray ahead of Ted. Ted was one of the most exciting players the world has ever seen, but what has made Murray great has been his ability to assess the situation." Now he has assessed the situation and decided, at 39, age has caught up with him. He has not added to those centuries this summer and, in first-class cricket, barely averages more than double figures. His Test career - only 19 Tests for Zimbabwe - is a thing of distant memory. He was given a sitting ovation today - these Hove deckchairs take some getting out of when your sprightliest years are behind you - and a more sympathetic ripple when he returned to the pavilion with 16 more runs to his name, edging Sajid Mahmood to second slip where Marcus Trescothick held one of his five catches. A glide to third man off Alfonso Thomas possessed the touch of earlier seasons, but it was Thomas' day which took a turn for the better as he removed Matt Prior, Ed Joyce and Ben Brown within the space of three overs shortly before tea. Joyce had been Sussex's bedrock, committing four-and-a-quarter hours to a disciplined 65 which ended when he edged to the wicketkeeper. He had also skied a pull to mid-on on 47 but Peter Trego had overstepped. Somerset named 12 and fielded 11, under the ECB regulation that allows international players to have an active substitute until they arrive. Jack Leach, Rehman's substitute, even got an over of slow left-arm in before lunch, but Rehman walked onto the field around 2pm and had a preamble about half-an-hour later. He was in his 16th over when he took his first wicket, Mike Yardy providing Trescothick with another victim. James Anyon fell in identical fashion in his next over and, in the one that followed, Sussex's innings came to an end when Lewis Hatchett was bowled for nought. Lenham had witnessed many better Sussex batting days. Goodwin will take some replacing, but his tutor thinks he is retiring at the right time. "By the time I started coaching him, there wasn't a

**id 184**

Pages Friday, November 2, 2012 It's been a week since I attended the Detroit Fanfare. I had such a great time at the show. It was really a solid end to my convention season. The Fanfare crew decided to come back to the Hyatt in Dearborn, MI. This was a great move on their part. Last year it was at Cobo Hall and it felt a lot more spread out which didn't really do much for artists and vendors. Having it back at the Hyatt with the crowded aisles, tons of kids, and countless panels and activities really made it feel like a comic convention. FRIDAY : I was sharing a table with JOE FOO and MIKE ROLL. Two artists I have become great friends with and are constant sources of inspiration and laughs. Nic and I drove up from Chicago and arrived for the show's Friday night around 5:30pm. We had some not so awesome P.F. Changs and set up our tables with Foo. Miker came later to set up. I had some time before the show closed to scope out anything of interest. A lot of the vendors and artists weren't there yet, so I would have to have Nic make some rounds for me during the busy hours Saturday. The other awesome thing about having it at the Hyatt was that our hotel room was a mere four floors up from the convention. It was great to just take an elevator ride and crash for the night. SATURDAY : Unfortunately Joe could not attend the rest of the show which was an incredible bummer.So it was up to Miker and I to hold up the fort for Team Almost Asian. (It's what we call ourselves, Earth's mightiest heroes, that sort of thing.) Saturday was definitely the busiest day of the weekend. I did a lot of cardBORED sketches and sold an amazing amount of prints. Because of the vibe of the show, I felt a little more relaxed and stepped away from my table quite a bit. One of those times I stepped away to meet and greet the amazing SINA GRACE, artist on The Li'l Depressed Boy, my favorite comic. I always get nervous meeting creators I admire for two reasons: 1. Making a fool of myself. 2. The creator ends up being a jerk face and shatters your image of them. Thankfully I did not make a fool of myself and Sina was an absolute pleasure to talk to. I brought my entire LDB collection for him to sign including his recently released, Not My Bag . I even bought my first piece of original comic art ever. It is now nicely framed and can't wait to hang it in my studio. Another amazing thing that he did for me was this sweet drawing in my TMNT themed sketchbook. I wanted to give him a copy of HEART to show my appreciation for taking the time to sign all that stuff and talk to me but instead he wanted to buy it. It was really the highlight of the convention for me and I came back to my table with such an art and inspiration high. It really harked back to last year's Fanfare show when I met the incredible KEVIN EASTMAN. Sina was just as gracious and allowing me to pick his creative brain with tips on comics and just engaging in all around conversation with me. It was truly great! Since it was Halloween Weekend, there were a lot more costumes out. Nic dressed up as Indiana Jones she didn't have a whip though. This other Indiana saw she was dressed up and he actually brought an extra whip for her to use on Sunday. He was so nice! A big shout to George for bringing that for her. The evening ending with going out to dinner with Miker and his wife Tina. We went to Cheli's where they had some mean veggie chili and an incredible nacho platter. We were stuffed. Nic and I spent the rest of the evening playing games at the top floor of the Hyatt. There was 24 hour game consoles set up in the Rotunda. We played some Smash Bros. Brawl and Dance Central 3 to burn off those chili calories. SUNDAY: Sunday started out pretty heavy with a kids costume contest and trick or treating. We were all given candy bowls and balloons and kids came around for candy and any free goodies we wanted to give away. After that initial rush the day started to wind down about half way. I used this opportunity to talk to more people and grab some awesome books. With it being my last show for the year, I definitely decided to spend a little more to hold me over 'til winter. One book that I picked up was

**id 185**

Fate of health IT is not tied to one political party Count me among those who don't believe that the health IT world would have come crashing to a halt had Mitt Romney won last week's presidential election. Although the former Massachusetts governor did promise to dismantle healthcare reform had he been elected, he made no such statements about the HITECH Act that mandates hospitals to use electronic health records in a meaningful way. The success of health IT is not dependent on the actions, successes or failures of any one political party. Providers will continue to adopt new technology because to not do so could mean the difference between first-rate and subpar care. Comments Join 51,000+ Insiders SIGN UP FOR OUR NEWSLETTER FierceHealthIT is the leading source of Healthcare IT news with a special focus on CPOE , EMR adoption , HIPAA compliance and other critical areas. Join 51,000 healthcare industry insiders who get FierceHealthIT via daily email for their must know IT news. Sign up today! THE LIBRARY: EBOOK As the insurance industry continues the trend toward greater patient financial responsibility, self-pay patients are an increasingly important source of revenue for hospitals. Click here to download this free special report. FEATURED ADVISOR Ed Bennett Director of Web and Communications Technology University of Maryland Medical System Ed Bennett is the Director of Web and Communications Technology at the11-hospital University of Maryland Medical System, and has more than fifteen years' experience in online communications. He was a founding member of the Health Care Social Media Community on Twitter, maintains a popular blog about healthcare social media and also sits on the External Advisory Board of the Mayo Clinic Center for Social Media. FierceHealthIT is the leading source of Healthcare IT news with a special focus on CPOE , EMR adoption , HIPAA compliance and other critical areas. Join 51,000 healthcare industry insiders who get FierceHealthIT via daily email for their must know IT news.

**id 186**

Our history The Bank of South Australians for more than 160 years On March 11, 1848, The Savings Bank of South Australia, the forerunner of today's BankSA, began life as a small one-person outfit. John Hector, the bank's sole employee, opened the bank's books and the doors of its single room, which was provided, free of rent, by the Glen Osmond Union Mining Company, in Gawler Place, Adelaide. That same day, the historic first deposit marked the Savings Bank as the "people's bank" for generations to come. The first customer The first depositor was an Afghan shepherd, who entrusted his life savings of 29 pounds to the new bank. The teller recorded his name as Croppo Sing (a phonetic rendering of Singh). Like so many others in the early days of the colony, Croppo was illiterate, and signed his name for his bank account with an 'X'. Singh's deposit was made by his employer, William Fowler of Lake Victoria, and incorrectly recorded in Fowler's name. This error was later corrected, ensuring Croppo Singh's place in the history of the State and the Bank of South Australians. The first loans It was just a month before the fledgling bank made its first loan. That, as became typical throughout the bank's history, was for housing and farming. John Colton was advanced 500 pounds for the purchase of two acres of land with a seven-roomed, stone house, a cottage and stables. Colton was 25 at the time. He had recently started a small wholesale harness and hardware business that later grew into the well-known firm of Colton & Co (still later, Colton, Palmer and Preston). In 1875 Colton was appointed to the Bank's board of trustees. Like many successful colonial businessmen, he later went into politics, serving as minister in several governments before leading his own ministry for 16 months in 1876-77. He was knighted in 1892. The Savings Bank had first offered a loan of only 250 pounds to Colton, with a similar opportunity to Alfred Reynell, who declined. Reynell later accepted an increased offer by the bank of a loan of 300 pounds. By the end of the bank's first year it had attracted 214 depositors, with balances of more than 5,300 pounds and had a loan book of around 3,000 pounds. Short hours 'Our Century', the history of The Savings Bank of South Australia published for its centenary in 1948, records that 'twelve other citizens, perhaps with some trepidation, lodged deposits aggregating 172 pounds, six shillings on that first business day'. The bank's business hours were different in those early days. Far from the convenience of today's 24 hour, seven days electronic banking, The Savings Bank's original hours of business were very restricted. Deposits of 'not less than one shilling each time, nor more than 30 pounds in the whole, in one year' were possible only from noon to 2 pm and 7 pm to 9 pm on Saturdays. Cash withdrawals, only after 'one month's notice for sums under 30 pounds', were allowed on Wednesdays from noon until 2 pm. Prominent citizenry Many prominent South Australians were associated with the Savings Bank in its early years. South Australia's first premier, B.T. Finniss, was a member of its first board of trustees. He was appointed by the Lieutenant Governor, Lt. Colonel F.H. Robe, who held the ex-officio position of President of the bank, as did Governors for several more years. When in 1861, the positions of President and Vice President were replaced by an elected chairman. Robert Torrens, creator of the now world-famous Torrens System of land titling and registration, became the inaugural chair. Another contender for that first role was Henry Ayers, pastoralist, miner and investor. He succeeded Torrens a year later. Both Torrens and Ayers later received a knighthood for their roles in pioneering South Australia. Ayers served as premier of South Australia several times and later established his own small merchant bank, HL & AE Ayers, which survived until the 1970s. The Savings Bank was off and sailing into a variously prosperous and hazardous 160 year history. As BankSA, it remains the State's largest financial institution and a driving force in the economic and social life of the community.

**id 187**

Trafalgar Reserve Trafalgar Reserve is located on the corner of Trafalgar Place and Waterloo Road. It's a great local playground with its traditional play equipment, complete with swings, a slippery dip, flying fox, and a wooden bridge. All that's missing is the naughts and crosses game. The trees around this equipment mean kids can play in the shade, while nearby seats mean parents can sit and watch them. There is also an open grassy area, but it may be a little too sloped to play any ball games. Trafalgar Reserve would probably be more popular if it wasn't located right next to Waterloo Park, which is much bigger and also has its own play equipment, along with an oval and other features. When I visited, Waterloo Park was relatively busy, while Trafalgar Reserve seemed to be just used as a walkway between Waterloo Road and the shops on the other side. But I guess if Waterloo Park gets too busy, it's something to keep in mind.

**id 188**

Cowichan's Kinsol Trestle -- a gem in the middle of nowhere This picnic site has to be one of the more awe-inspiring on Vancouver Island, offering a spectacular view of the Kinsol Trestle There are a lot of people on Vancouver Island (and, doubtless, elsewhere) who would argue the wisdom of spending $7 million to rehabilitate a crumbling old train trestle in the middle of nowhere. We are not among those skeptics; in fact, we are very grateful for the foresight of the Cowichan Valley Regional District and the many others who saw the opportunity to open a whole new world to Island residents and visitors when they began campaigning to save the historic Kinsol Trestle, nestled in the heart of the Cowichan valley near Shawnigan Lake. A viewing platform built at river-level gives visitors an opportunity to look upwards at the 145-foot-high historic trestle The Kinsol Trestle has proven to be a vital and popular link in the Cowichan Valley Trail route, a 76 mile (122 km) stretch of wide, well-maintained packed gravel and dirt trails open to hikers, cyclists and equestrians. The trail meanders through some of the loveliest countryside on the Island, includes other trestle crossings, washroom facilities and picnic sites, and is relatively level, so an easy outing for virtually anyone who is reasonably mobile. It is also accessible from a variety of locations, so users can choose to do short or long excursions. The Cowichan Valley Trail is also part of the Trans Canada Trail, which stretches 16,800 km (or 10,400 miles) from Atlantic to Pacific. This utility box at the trestle gives visitors an idea of how it looked when utilized by steam logging trains during its heyday Until July of 2011, however, there was a major gap in the Cowichan Valley network -- the historic Kinsol Trestle was dilapidated to the point where the access at each end had been removed due to safety concerns. The only way to cross the Koksilah River was via an 8 km/5 mile detour through difficult terrain -- not an appealing option for hikers, and certainly not high on the 'to-do' list for cyclists. Happily for those of us who enjoy the outdoors the regional district saw an opportunity to preserve the Kinsol and thus increase tourism and recreation in the area. Also happily, a prestigious and very capable firm located in Cobble Hill, very near the Cowichan area, proposed a conservation strategy that proved acceptable and workable. The restoration of the Kinsol Trestle was no simple undertaking -- at 145 feet high and 617 feet long, it is the largest wooden trestle in the Commonwealth and one of the highest railway trestles in the world. Started in 1911, it was completed in 1920 as a major thoroughfare for the logging trains that serviced the Island's thriving forest industry. The last train to cross the Kinsol did so in 1979, and the trestle was abandoned a year later. Over the years it deteriorated to the point where it was in danger of being demolished altogether. The wide plank walkway offers cyclists, walkers and those on horseback easy and safe passage over the Koksilah River. The restoration of the Kinsol began in July 2010, and just over a year later it was reopened to the general public. Today it offers very safe passage to thousands of visitors annually. The wide solid plank walkway, high railings and various viewing platforms both on and off the gently-curving trestle leave one marveling at our good fortune in having this gem of a link, and at the ingenuity that spawned this magnificent structure a century ago and rehabilitated it so recently. It is a great, thought-provoking connection to Vancouver Island's history, an awe-inspiring sight and yet another reminder of just how lucky we are here on the Island. The restoration of the Kinsol has attracted visitors from all over the world, who come to marvel at the trestle and, as a side benefit, enjoy endless miles of beautiful trails through the heart of the Island Good walking shoes are recommended if you plan to explore any distance along the trail. Dogs are welcome, on-leash. Further information on the Kinsol Trestle, getting there, its history and restoration can be obtained at the Cowichan Valley Regional District website: About Shirley More years ago than I like to remember, I completed the

**id 189**

The author, Steve Weiner, a City lawyer-turned stand up comedian and business coach, is generally good at explaining what it takes to get ahead in law, with helpful advice on dealing with clients ("[they]don't like the law -- it stops them from having fun and restricts their ability to conduct their business"), nerves (capable of providing "added gusto and edge" as well as ruining presentations if the speaker is unprepared) and avoiding burn out (not being afraid of the odd failure while developing a "solid and rarely ruffled" style). Inadvertently, he also provides some interesting observations about big law firms' prejudices during his instructions on etiquette. "Men:" commands Weiner at one point, "keep obvious labels for nightclubs and go easy on hair gel or wax. There is a fine line between young, fashion conscious lawyer on his way to a client meeting, and an irritating estate agent from Essex on his way to 'Innuendo' nightclub in Chigwell after work." "Women:" Weiner continues, "when putting on make-up, consider whether you want people to notice it. Do you want to be identified by others as 'the Umpa-lumpa sitting in the corner wearing too much slap'". In other words, style yourself as upper middle -- rather than lower middle -- class in order to fit into City law firm culture. Where the book disappoints is in its failure to explain what makes a 21st century solicitor so different from a 20th century one, other than via Weiner's hardly original assertion that today's lawyers need to not only be good at law but capable managers and networkers. There's a good story to be told here, about Thatcher's Britain, the 1986 Big Bang of financial deregulation, and the ensuing blurring of the boundaries between commercial law and business. But Weiner neglects to tell it. Instead, he fills space with some superficially 21st century-themed, and often rather cynical, pieces of advice about playing the office politics game -- which aren't always convincing. Indeed, his suggestions that up-and-coming solicitors deliberately sit with some people they don't know in the firm canteen "once or twice a week", always "carry an important looking document to maintain a facade of urgency" and conspicuously adopt body language that affirms their "high status" seem like a recipe to make people hate them. With Weiner having apparently run out of things to say about what he collectively terms "personal brand development", the book changes course, meandering into a long section on presentation skills -- Weiner's speciality as a part-time comedian. Amid the business jargon, there's some useful advice about structuring a talk and accommodating an audience, but the markedly different tone and subject matter gives the chapter a tacked on feel. Shortly afterwards, having made time for a quick GCSE textbook-style section on grammar usage (featuring headings including, "Don't be ambushed by the slippery ITS/IT'S twins"), the book draws to a close. By this point, Weiner's pledge way back on page one not to "be like the other books" and "repeat what marketing departments in law firms say" has long since been broken. Comments "Women:" Weiner continues, "when putting on make-up, consider whether you want people to notice it." In other words, style yourself as upper middle -- rather than lower middle -- class in order to fit into City law firm culture." - Good luck getting past reception in a city firm if your accent betrays anything but upper middle class urbanity. ^ doesn't just apply to women...plenty of talk about race discrimination in law firms, but you're about a trillion % more likely to get a Magic Circle job with a Nigerian accent than with a Birmingham one. I presume you are qualified but then you mistook the plaint number on a Central Criminal Court list with the year the other day so.... That was what some of us call a "joke". But complacent? Don't get that one. Probably a twentieth of the country has a Midlands accent, guessing that the proportion of MC partners with a Midlands accent is zero. Certainly I've never come across one...indeed you can hardly find any at Birmingham firms... Most popular on the Guardian Today in pictures After advising tourists against travel to the cities of Jam

**id 190**

Castle "Swan Song" Review: The Day the Music Died "Swan Song" was an episode of Castle in which very little happened. There was a murder mystery, yes. There was also a bit of dancing around the usual nonsense regarding Castle and Beckett's sort-of-secret relationship. Nathan Fillion even made a few funny faces. But in terms of development, humor, and overall entertainment value, "Swan Song" was ultimately little more than a stopgap episode, a story used to fill a necessary episode count, rather than anything of great import. Every show has these filler episodes -- crime procedurals especially. You can't have a 22-episode season and have them all be bangers. In music terms, "Swan Song" was an album track, the sort of song the band might play live once in a while as a lark, but that's largely forgotten in the grander scheme of its catalog. Sure, this might turn out to be some crazy fan's favorite episode, but that fan will be in the distinct minority and probably keep ranting about its brilliance to anyone who will listen while everyone else just smiles, nods, and keeps humming along to "Always." I'm extending this extremely labored band analogy because "Swan Song" was about a band. One called Holy Shemp, who were apparently on the verge of becoming the Next Big Thing, despite the handicap of having a terrible name and also apparently not being very good at music. Regardless of these issues, the band was very excited to learn that people cared about them, and couldn't wait to tell their guitarist, who happened to be the band's biggest talent. He also happened to be dead. Discovering the tragic history of this doomed guitarist was ostensibly the point of "Swan Song," but for the audience's benefit, it was really more about the episode's goofy use of Behind the Music -style camera work. As we soon discovered, Holy Shemp was SO on the verge of breaking out that the band's label had commissioned a filmmaker to document their every move. With the band now in peril, the nerdy documentary director made a last-ditch effort to save his film and somehow got the police department to allow him to keep filming. Why? Captain Gates spouted something about good publicity, but really it was just an excuse for the show's actors to mug goofily to the camera for a whole hour. Fortunately, that really only got old toward the end. Of course, all three of the guys in the group were hamming it up something fierce. Esposito and Ryan got a generous amount of screen time this week, as Esposito repeatedly launched into his movie "bad cop" routine for the benefit of the cameras and Ryan tried his best to make his more cerebral approach to policework seem somehow enticing. Meanwhile, Castle did what Castle does, smiling charmingly for the camera while engaging in long-winded deductions regarding the case at hand. Beckett mostly did her best to stay out of the camera's limelight; every time she was forced to explain the current situation for the benefit of the theoretical viewers at home, she sounded like an irritated third-grader forced to stand up in front of the class and read a book report she didn't want to write. Most other shows would probably wither under the weight of forcing their supporting characters to do this much heavy lifting in a given week, but Castle got by because theirs are built for this kind of ridiculousness. Esposito's bro-dude tough guy thing can sometimes be a little grating, but it generally works best when he's at his most self-aware, like in last night's episode. Toward the end you could sense that the joke was getting old, so it was nice that the writers reworked things to change the whole dynamic. Suddenly, Esposito and Ryan went from competing to aggressively congratulating one another for their accomplishments during the case. It was a nice turnaround that reminded us of why we generally like these guys. They might be kind of douchey at times, but all things considered, they're mostly just good friends who look out for each other. Interestingly, this was a running theme with Castle and Beckett as well. Despite Beckett's pleas to stay off-camera, Castle repeatedly went to great lengths to show off just how awesome Beckett is at her job, bragging to the camera about her prowess as a detective and giving her every opportunity to come in and own the scene.

**id 191**

So what does terroir taste like? So what should terroir taste like? In my talk on authentic wine yesterday, I had an informed and interested audience who asked some tough questions. I was talking quite a bit about terroir. My argument is that wine is interesting because of its diversity, and the fact that this diversity is largely driven by the fact that grapes grown in different places make wines that taste different. Local tastes; terroir. I argue that working more naturally in the vineyard and cellar helps express the sense of place in the wine, and that if you intervene too much, or not enough, then you can lose that sense of place. So I'm a firm believer in terroir. But what, exactly, does this terroir taste of? That's a really good question. Is it meaningless to talk about sense of place, if -- as the film wine from here attempts -- you gather a series of experts in a room, present them with a range of wines, and they can't tell you where they are from? If, say, I present you with a range of Pinot Noirs from New Zealand, could you reliably spot the region, let alone the vineyard? Some people could, but not all that many. And when it comes to Burgundy, can you taste a line-up of 20 premier and grand cru wines and tell me which vineyard each comes from? These are important questions. But even if the answer is 'no', I don't think it's fatal to my argument. I think that terroir expression is about a partnership between the grower and the vineyard. It is the job of the grower to listen to her or his site, and interpret that site in the wine, allowing it to speak. For this reason, I think there can be several legitimate expressions of a site. You can have wines with different flavours, all of which have a sense of place. We are venturing into slightly subjective territory here, because who is to say that a particular wine is a legitimate expression of where it has come from? Of course, there are vintage differences too. The same site is expressed differently in different years, even though the winegrower works in the same way. Does this local taste carry through very different vintage conditions? Can it be lost in some years? Perhaps. I think many of us, however, would agree that faulty wines, or wines that are over-ripe and brim-full of new oak are not authentic terroir wines. And, controversially, I'd argue that some sites aren't good enough to have legitimate terroir expressions -- that they are simply incapable of making authentic, interesting wines with a sense of place. 29 comments to So what does terroir taste like? I'm largely with you Jamie. I love seeing different wines made from the same parcels of fruit. And almost every winemaker will give you a different expression of a terroir. I'm not sure I'm inclined to agree about poorer terroirs. I just think they're probably poor expressions of poor terroirs. Equally there are terroirs that I think are just of zero interest to me. That doesn't make them bad, or illegitimate. Just boring to me (The Barossa springs to mind for me.) This debate I think is pretty relevant here in Australia, as we try to reinvent ourselves. Particularly as something like Grange, a multi-region blend is made to type. Is that the most expensive non-specific-terroir wine in the world? Must go close. I was not a true believer in Terroir until I had the opportunity,with Chris and Andrea Mullineux to taste barrel samples of their syrah taken from 11 different parcels all within a ten mile radius, in the Swartland district of the Cape. Could not believe the incredible difference in taste and smell from one parcel to another. Chris and Andrea of course could recognise instantly,that this was from mainly granite soil,this from schist etc etc. Quite fascinating. In February 1994 7 MW students attending the MW Residential Seminar in Sete were treated to an interesting tasting around yeast, given by Peter Vinding Diers. Among the treats was a tasting of two wines, made from grapes grown in one vineyard but, crucially, vinified in two separate properties -- one batch at Vinding-Diers' property Landiras in the Graves (where the grapes were grown), the other at

**id 192**

Falling All Over The World Lyrics - Jason Mraz Said I'm fallin all over the world Said I'm fallin This love affair, It isn't all there but it's everywhere Said I'm fallin all over, fallin over and over But the blue shy, oh blue soul And love with the tole its taken A true crime is the perfect role I love every more that I take in So much that I'd do it again, I'd do it again Said I'm fallin all over the world It's a breath of air, so rare Thick as thunder Said im fallin all over, Every wonder so, full of wonder, so beautiful There's magic up above Every cliche I learn to love But as long as these birds have wings Then I'll have songs, and I'll have words to sing Sing of fallin over, I'm fallin over the whole damn thing said im fallin all over the world said im fallin Please Click here to submit the Corrections of Falling All Over The World Lyrics

**id 193**

My girlfriend's recently moved away to study. Though I want to see her on weekends, it's not cheap to travel. I've suggested we go halves, since I normally pay the fare to go to her, but she thinks she shouldn't contribute as I'm earning and she's not. However, I don't earn much and while I know she's worse off than me, I think it's a little unfair I should effectively pay to see her. Click reply to have your say Note: Please remember that these are real-life Money Moral Dilemmas and while we want you to have your say, please remember to be nice when you respond. As you're earning and she isn't it's unfair to expect her to go halves. Perhaps if you can't afford it don't go every weekend, go say every other weekend. She could pay for a meal for you both now and again to compensate. I'd say go halves. I'm currently not working but my bf is, but i still give him money for train fare, and i also bought him a railcard (1/3 off!), however he always comes to see me (he still lives at home where as i don't) Heck when i was still in 6th form i used to save up half my dinner money so i could go visit my then bf "Life Is Like A Beautiful Melody Only The Lyrics Are Messed Up" To see t he rainbow yo u need b oth the sun and the rain to make i ts colours appear Can she actually afford to go halves or would that leave her short for essentials? If it is a matter of you pay or you don't see each other then your choice is right there. If she can afford it, even though she has no income, e.g has lots of money spare it is up to her if she thinks you are worth paying to come see her. If she chooses to spend her money on things other than seeing you when she could afford it, then it is hardly meant to be. It all comes down to what her social budget is and if she chooses to spend it on you or not. What did you want from this thread, if we tell her she has to pay will you link this and she will cough up without resentment?? If we say no you should pay, but we can tell you don't want to, you will keep arguing and resenting her. So decide if she is worth it and if so don't nag her to pay, if she can afford it but doesn't pay that shows you aren't worth much to her anyway so best apart. If its serious she will want to come home sometime too. You shouldnt ask her to pay half. Either you make the decision to see her less or you cough up. I lived away at uni for 3 years and at the time couldnt drive. My boyfriend (now fiance) drove down to see me one weekend in 3 and only every other 3 weekends, because I went home. (ie. weekend 1 - uni, weekend 2 - uni, weekend 3 - he visits, weekend 4 - uni, weekend 5- uni, weekend 6 - I go home). And that cost me more in train fares then him in petrol but that is not the issue. And this might be harsh but: If you're falling out over the cost of seeing each other, it probably isn't going to work in the long run. I have to say I agree with the others. If you're not happy to pay to go see her and she's not happy to contribute to see you then there are deeper issues than the money one. My boyfriend and I lived and worked over an hour apart for the first two years of our relationship. Plus I didn't drive. We did a LOT of back and forth, sometimes I would be doing a 1.5hr bus ride after a 12hr night shift to go and see him. Likewise sometimes he would drive across at 5am to pick me up from work, spend 2hrs with me then drive back to go to work! I was flat broke (paying off 16k of debt) but I never once resented the money to see him. Likewise he sold his beloved car to buy a more economical diesel because of the miles he was doing coming to see me. Compromise and sacrifice for the greater good (ie. Seeing each other) should come naturally to you both. I would be wondering why you feel resentment about spending money to see her, rather than wondering whether she should pay. Seeing her every week will get irksome if only because of the travel involved (not the price). Start off seeing her every other week and

**id 194**

{"itemData":[{"priceBreaksMAP":null,"buy\\... details","addToWishlist":[null,null,null\\... to Basket","Add both to Basket","Add all three to Cart"],"showDetailsDefault":"Show availability and delivery details","shippingError":"An error occurred, please try again","differentSellers":"These items are dispatched from and sold by different sellers.","hideDetailsDefault":"Hide availability and delivery details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"hideDetails":"Hide details","preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Hooj Choons will be missed. As it says on the label, they really were "occasional providers of half decent house for a f\*\*\*ed up world...", and this is the second in the series of compilations that proved it. It's a good mix of the hits ("Son Of A Gun" by JX, "Always Something There To Remind Me" by Tin Tin Out & Espiritu), and slightly more forgotten tracks from Diss Cuss and Escrima that it's worth being reminded of. If you're familiar with JX but don't know the rest, it's all in pretty much the same vein, and if you liked that mid-90s driving house, from the days just after the classic 'house piano' had gone out of fashion, then you'll enjoy this from beginning to end, as none of the tracks are duff. This is a two disc set but it's a shame that disc 2 only contains a DJ mix (mixed by Tall Paul) of all the tracks on disc 1, in exactly the same versions- it would have been more interesting to have the mixed disc using different versions or different parts of the Hooj archive. As it is you'll listen to disc one OR disc two, but you won't listen to one then the other.

**id 195**

Note: Please bear in mind that whilst this topic does canvass opinions, it is not a fight club. You may disagree with other posters but we do ask you please to stick to our Talk Guidelines and to be civil. We don't allow personal attacks or troll-hunting . Do please report any. Thanks, MNHQ. to not want to pay for work colleague's transport (29 Posts) Please click the 'Recommend' button below to confirm that you would like to post this thread to your facebook wall: If you have previously recommended this thread, you should see a tick / check mark on the recommend button. Click the tick to undo the recommendation (the tick may appear to change to a cross as you do this.) If you added a comment with your recommendation, you will need to delete that from your facebook wall separately. I am going to a concert this weekend. Out of the kindness of my heart, I invited new work colleague (A), who is new to the area, along. I am travelling there and back alone but will meet friends there and watch the concert together. Work colleague wants to bring brand-new squeeze along. No probs, more the merrier. So, he'll be paying for her, her transport and drinks etc as she is a student. We live very close to each other. Transport there and back will probably be around 15 pp (bus and tube there plus we will share taxi back). The cost of the concert ticket is 25. Another colleague (B) can't afford to come, but would drive us for free if we paid for his ticket. He also lives close by, so could pick us up and drop us from our doors. I proposed this to work colleague A, who refused to split it on the grounds that he's already paying for another person. He proposed that I pay the whole cost of the ticket, because he's already paying for somebody else and it wouldn't be 'fair'. If I pay the whole 25 cost of the ticket, I'm then subsidising work colleage A + his squeeze's entire transport cost. And paying 10 more than I would using public. If we split the ticket, I save 2.50- not really enough to be massively bothered with. However, he saves 17.50. I've pointed this out to him, but he still insists that it wouldn't be 'fair' to split the ticket and that I should pay. AIBU to think: 1. That my new colleague is unable to do simple mathematics 2. That I am not paying the full cost of colleague B's ticket 3. That it is perfectly fair to split the ticket cost 4. That I am never inviting anyone along to anything out of pity ever again I'm not being stingy, am I? Being made to feel like I am at the moment. So work colleague A can't use public transport alone/with girlfriend without you to hold his hand and Work colleague B doesn't want to be left in alone on a Saturday night? Are your colleagues under 12? Well you either Piss B off and leave him home alone or insist A comes up with half the money. Think they're all behaving like dicks actually and taking you for a ride. If B is driving all three of you, all three of you should contribute to his ticket. The fact that A is paying for someone else as well is his own problem, he wanted to invite his new 'squeeze' - love that term btw - and has no impact on anything you and he would split. He's a grown man, surely he could survive travelling to a concert by himself. Besides, isn't he taking his squeeze? So he won't actually be alone. I think I'd just do as someone else says and make your own way there and back. And say it is to avoid arguments. I don't think you should be obliged to pay for somebody else's concert ticket because they give you a lift there and back. Or try and get somebody to pay for somebody else. On the other hand if the three of you have to pay 15 each for transport then this would cover the other person's ticket. What pains some people are! I think fairest would be to split b's ticket 3 ways and that way you, a and A's gf save a fiver on transport costs. If A wont go for it you've only lost out 2.50 on you kind suggestion of split cost 2 ways. If A doesn't want to split 3 ways then let him make his own way with his 'squeeze' - they have each other for company.

**id 196**

Google Disavow Tool -- How and Why Google have released a new tool called the Google Disavow Tool and the concept is that this tool will allow you to remove spammy or poor quality "unnatural" links from the ranking equation that Google performs when deciding what position to place your website in the Search Engine Results Pages (SERPs). Below is an explanation as to how links now work in this post-Penguin SEO world we live in. 101 Explanation: Google uses a large number (more than 200) of factors to assess which sites are most worthy of placement on the first page of their results. One of the main factors is how many links are pointing to your website from other people's web sites (i.e. websites that are not controlled by you). Google considers these links as votes that to speak to your websites quality and authority. Another factor is the quality and relevance of those same "external" or "off-page" links. Once upon a time the more links you had pointing to your website the better. However that is no longer the case since the release of the Google Penguin update, which significantly changed the way that Google's algorithm assesses off-page links. Now having too many low quality links can potentially negatively affect your websites performance. The Google Disavow Tool was designed to give webmasters to the ability to tell Google that they want Google to ignore certain links from certain pages or domains on the web. This new tool is located in your Google Webmaster Tools account; however most people will never need, and should not use this tool . The reality is that 98% of website owners should never need to use the disavow tool, even if they have practised Black Hat SEO techniques whilst promoting their website. If you have never undertaken any black hat SEO techniques, used mass submission tools, or hired an SEO company who used those tools, then you will probably never need to cross paths with the Disavow Tool. Need to use the Disavow Tool? 1 -- Ask yourself have you ever taken shortcuts when attempting to grow your SERPs position? Have you hired anyone to add a link to your site to 5000 articles they've mass submitted? Used an "affordable" SEO company to do work on your behalf? 2 -- Log in to your Webmaster Tools account and check to see if there are any advisory's from Google. Google will warn you if they find links that are hurting your website. These warnings are designed to show you the type of links they don't want to see pointing to your website and if you have any advisory warnings in your Webmaster Tools account then you will need to do a few things. Mat Cutts in the video below outlines what the tool is about and when you might need to use it. Interesting Takeaways: 1 -- This is a very powerful tool with which you could do serious damage to your websites performance in the search engines. Use with EXTREME Caution and if you are unsure at all, hire a professional to advise you. 2 -- It will take a couple of weeks for what you do there to take effect, and if you make a mistake it's probable that Google won't undo or reverse that mistake for you. Even in the unlikely event that they do re-avow your links, they will most probably be reduced in value. The lesson here is that making mistakes with this tool is a very bad idea. 3 -- Better than using the Disavow Tool is to manually try and have the links taken down yourself. (i.e. contact the webmaster of an offending site and ask him/her to remove the links to your website) 4 -- The warnings that Google give you about bad/poor quality links that you can fix with the Disavow Tool are examples of links they have a problem with. This is not a comprehensive list of all the problem links pointing to your site. You should complete a full backlink audit of your website to weed out the other problem backlinks. 5 -- If you are the victim of a Negative SEO campaign from one of your competitors you may need the Disavow Tool but you should only use it when you are certain beyond any doubt that you have been the victim of a Negative SEO attack. How to use the tool: First of all change your mind and don't use the tool . Seriously, you should try and contact the webmasters for the websites where you have unnatural links coming from first. You probably don't need to get rid of them all. You should only use the Disavow Tool when there is literally no other option AND when you are 110% sure that the links you are looking to get rid

**id 197**

Obviously I am a huge advocate of social media and it's transformative use for the learning that can happen both in and out of school. But there was just something that blew me away about Shannon Smith's opening letter to parents that she shared on her blog that actually took it to another level. I thought back to my first day as a principal and how one parent had said to me, "I looked everywhere and asked people about information for you, but I couldn't find anything!" I was thrown off by that statement at the time but looking back, it makes sense. Why wouldn't a parent want to know about the new principal who could have a massive impact on her child's present and future in either a positive or negative way? It was not that I was trying to avoid parents, but I simply really had no idea about social media and how I could share who I was or what I was learning. Shannon does both: My background includes a strong focus on Special Education and I have taught in the Primary, Junior, Intermediate and Senior divisions. You are welcome to check out all of my qualifications on my Ontario College of Teacher's record ....The Principal of a school is first and foremost the lead learner. As such, I continually seek ways to expand my knowledge of how children learn and which instructional practices best meet their diverse needs. For those interested, I share my ongoing learning at shannoninottawa.com . If the work that Shannon and others were doing was not strong, it would be exposed pretty quick. I know that it is important to show that we are on a continuous learning journey and that we need to be comfortable in our growth, but I think social media pushes us to share and do some awesome work. I know that I find there is a huge benefit in connecting through social media, but do we want our students just throwing out anything? The reality is that many educators are very modest about what they do and might not believe that the great work that they are doing is worth sharing, but we have to realize that we are often our own harshest critic. I love the video below to help educators see that what they share, can be helpful to others whether they think it or not: So I am bouncing the idea in my head that sharing alone isn't enough. We should still expect some thought and effort in the work that we put out there. There is value in the "filter, then publish" mindset, so where is that medium and balance? Great post George. I too was struck by Shannon's letter and the way learning, school and parent community were brought together. I felt compelled to share it out as a great example to other school leaders (which I did). About Me I am the Division Principal of Innovative Teaching and Learning for Parkland School Division. I believe we need to inspire our kids to follow their passions, while letting them inspire us to do the same.

**id 198**

From the Archives: Augor MSK Make Shit Krack Ironlak and MSK crew member, Augor, has the roll call of friends and family that most artists could only dream of. Mentored by the likes of REVOK, POSE and SABER (to name just a few), the LA-based artist recently shifted his focus away from the street to the gallery to open his solo show, the noir-esque Terrors of Crenshaw . With his strong work ethic (the dude doesn't stop...ever), right now he's all about being himself and creating deeply personal work. Augor happily took a moment out of his schedule to catch up with ACCLAIM to talk work, MSK and why he 'put the candy and comics down' and picked up a spray can instead... Many graffiti artists have a similar beginning in the culture: there's that element of rebellion, of "being lost" or just trying to find a place, that starts many artists on their path. What about your own beginnings? Why graffiti? All stories have an origin. Mine begins fresh out of elementary school at the age of eleven during summer. My friends and I spent our days collecting Warhead candy tattoos, eating ice cream and reading comics. Since we'd be stealing the last two items of that sentence I could already tell criminal acts would grow in my future. Once skateboarding entered the equation, stoner culture, music culture, and of course graffiti were soon to follow. At that time MEAR ONE had just done the cover to Limp Bizkit, and life was simple. I got talked into checking out a deserted part of the city's water canals, hearing that it was a good spot to session for skating, and at that point saw my first pieces. I got obsessed with the lack of rules graffiti had. "What? I can go as big as I want?! Wherever I want?!!!" I put the candy and comics down and haven't been the same since. Your style is quite distinctive: you have a tendency to blend traditional forms of letters with your own twist on typography, adding graphic, cartoon-like elements. Do you find you're constantly honing your style? I work as a commercial illustrator so flipping and studying different line work, genres of art and artists is an obligation in order to nail certain projects. With my graffiti, it's all about what mood I'm in. Right now I'm going back to the same styles that were strong in LA in 2000 through 2003. Dark fills and very technical, almost cyborg hybrid letters. People like ZES PYSA and REVOK's work during those years are prime examples of what gets me in the mood to paint graffiti these days. What do you think about critics who suggest the culture has become oversaturated, or that there's a lot of bad graff out there? The cultures always seemed " bigger than us'' meaning it's a culture, it existed before and will exist after. And if I'm correct the word "toy'' was invented in the '80s, I think, if anything, it's easier to see everything for what it is. There's always gonna be ballers and there's always gonna be broke ass niggaz. And our economy's in a crunch, but if you've always been broke, you don't really got a "oh the good old days" feeling about anything. I think to many viewers who don't have that 'eye', it's easy enough for us to think "Oh, it kinda just all looks the same..." Thoughts on that? When there are four people painting next to each other, of course the work blends. Standing out has always been about size and selecting where to incorporate your work. Meshing the balls it takes to beast a spot, with the brains it takes to paint significant art, makes for the most prominent graffiti. Tell us a bit about your history with the MSK crew. How did you guys end up together? MSK has been the collective of artists that I followed since picking up a can. Retna, Revok, Dame, Eklips, Nekst, Pose, Chunk, Pysa, Zes Rime and Saber have all been strong mentors, family and friends. Helping me grow as an artist and grown man that is able to support himself off of his gift. When you find like-minded people it's almost impossible to not get shit done together. That's what a crew is: Make

**id 199**

Keyword Search Sponsored Facebook HTTP versus HTTPS options - Facebook Rumour by ThatsNonsense.com, added on the 02/25/11 Article No: 1224 While on Facebook, look at your URL address; if you see `http`: instead of `https`: then you don`t have a secure session and you can be hacked. Go to Account|Account Settings|Account Security and click Change. FB defaults to the non-secure setting. This message circulating throughout Facebook is partly true and partly misleading. The assertion that having "https" at the start of the URL address means you have a secure session is actually true. The acronym stands for "Hyper-Text Transfer Protocol Secure". Additionally the instructions on the message do indeed explain to users how to use a https connection if one is available. However the message is also misleading (or overly simplisitic/naive) in its assertion that not having this secure session means you can be "hacked", implying that having a secure session means you cannot be hacked, or at least it would be significantly harder to do so. This is not true. Having the S after HTTP means that the information passed between your computers browser and the web server hosting the web site you are visiting is encrypted, meaning it cannot be read if intercepted. This means HTTPS is best used when transmitted sensitive data, such as bank details. (in fact you should only enter card details on a site beginning with "https") However most threats facing social networking users, such as survey scams, rogue Facebook applications or phishing attacks do not rely on the user employing a secure https session, so for the most part having the S at the end of HTTP does not make any difference when it comes to staying safe on Facebook. The only possible advantage of having a secure session is for Facebook users who log-on mostly or entirely using WiFi hotspots, as there is an effective (though rarely used) tactic that involves intercepting a cookie (piece of information) that could allow a third party to steal a Facebook "session", i.e. giving someone access to your Facebook account. It is called "sidejacking" or "session hijacking" though is a rare attack and can only happen on WiFi networks (or other public LAN networks). However it is important to note that having HTTPS does not mean you are immune to threats on Facebook as you certainly are not, and it is important not to be lulled into a false sense of security under the assumption that you are safe from attacks because you have opted for the HTTPS option, because in reality this option makes no change in the risks involved whilst using the social networking site. We recommend not circulating the above message on the grounds that it is misleading and implies people are safer on Facebook using the HTTPS connection than they actually are. UPDATE: 19 Apr 2011 FB has changed and failed to let us know about it. Take a look at your URL address (the top box on your screen.) If you see "http" instead of "https" you DO NOT have a secure session & can be HACKED. Go to Account - Account Settings - Account Security - click Change. Check box (secure browsing), click Save. FB has automatically set it on the non-secure setting! Do your friends a huge favor, copy & re-post This updated version is also misleading like the original message and this also makes matters worse by implying Facebook has changed in some way. Most Facebook pages default to http, not https. This has always been the case, and Facebook has not "changed and failed to let us know about it". The Internet, and social networking sites like Facebook, are perfect platforms for spreading untruths, misinformation, rumor and propaganda. Thousands of inaccurate, exaggerated, deceptive or just plain false messages are circulated every single day. For the anti-scam community to successfully tackle this plethora of false rumours, it is important that anyone who uses the Internet be able to identify false rumours and fully understands the possible consequences of spreading false information. Our sister site www.thatstopten.com also has plenty of Christmas Toy ideas for kids (or "grown-up kids") so if you're looking for a safe place to browse and buy you can click here for some great ideas including top ten gadgets for kids and top ten educational toys!

**id 200**

Fun days but Swan remains under siege It was a rare political week in Canberra, and not just because the Prime Minister was absent from duty. Almost as invisible as Julia Gillard was Tony Abbott. What was very odd about this, though, was that Abbott was still sitting in his normal place from which he normally makes a lot of noise. But this week there was barely a peep out of him. For Treasurer Wayne Swan, acting as prime minister in Gillard's absence, this was an unexpected respite. And he savoured it. Abbott's passivity -- barely a question asked, not a single attempt to suspend proceedings to allow him to make one of his battering-ram speeches and only a handful of media appearances -- was as if he was taking a breather?while the Prime Minister was away. But in truth Abbott stepped back because he had to. His normal aggression was suddenly politically risky. To have been his normal pugilistic self in Parliament was to invite the government to go much harder than obliquely referring to the story swirling in the media of allegations of violence against Abbott in his student politics days. Abbott has flatly denied the allegations but, for the moment at least, they make any more aggressive style more problematical. He also had other reasons to adopt a more defensive political posture. The government this week had a rare array of ammunition with which to attack him. The big spending cuts in the NSW and Queensland state budgets changed the battle lines of national politics: for the first time, federal Labor had the material to run a real scare campaign against the Opposition. All week, Abbott was like a target in a shooting gallery as government ministers used every question available to them to run the argument that what you now see in the conservative states is what you will get if Abbott becomes prime minister. There was no one who relished this change more than the Treasurer. Swan lives his political life under permanent siege. Going back as far as the second stimulus package, which he brought down in February 2009 to counter the fallout of the global financial crisis, Swan has fought an unrelenting battle in defence of the huge fiscal shift which his spending splurge produced. Debt and deficit are targets pinned to his forehead by the opposition which, from the moment it decided to vote against the second stimulus package, has contended that Swan is a reckless treasurer with an irresponsible economic strategy. The carbon and mining taxes have provided the opposition with a quadrella of big, easy political targets on which to lay siege to Swan's treasurership. Swan's counter-argument, as he has battled to defend his strategy and his reputation, has been to argue that the Opposition's demands for fiscal austerity -- and its plans for huge spending cuts if it wins government -- would be disastrous for growth and employment. He is personally proud that Australia avoided the mass unemployment and business failures that have plagued most of the rest of the developed world in the wake of the global financial crisis. Swan despises those on the progressive side of the political spectrum who criticise the Gillard government as being too conservative, arguing there is nothing more Labor than saving jobs and assisting families. He grabbed the announcements of massive job cuts and slashing of spending in health and education by the O'Farrell and Newman governments as proof that an Abbott government had a similar secret agenda for government that would be a disaster for working people. And this week Swan had the best days he has had in Parliament for a long time. He went to the Labor caucus meeting on Tuesday with a spring in his step. In Gillard's absence, he delivered the leader's pep talk, in which he said the political tide appeared to be turning. The opinion polls were?on an upward trend and Abbott was coming under real pressure at last. But then Swan received a reality check. Several Labor MPs queried whether it made sense to make too much of a lift in Labor's base vote from the high 20s to the low 30s. They also pointed out that celebrations over the poor showing of the Greens in local government elections in NSW last weekend glossed over the fact that Labor's own vote was still dismally low. Kevin Rudd supporter Doug Cameron also pinned Swan on the outlook for his budget and the political cost that Labor might have to pay for the cuts he would have

**id 201**

Moving to the country is a great opportunity for those of you, who have planned for the experience. As with any other move, planning is required. There are just several other things to think about when planning your move to the country. Keep in mind to think about all of the things that may have an impact on your moving experience. If you are moving to a remote location in the country, think about how your moving trucks will get there. Is your address clearly seen from the road? Are there gravel roads that are narrow with potholes? Are there gates and fencing? If there are any gates, gateways or fencing, it may have an impact on the size of truck that can transport your goods to your home. Are there any free livestock that roam? Therefore, if you know of any potential obstacles, you will want to let your Highland representative know. This way they will have the opportunity to plan ahead and make sure to best meet your needs by preparing for them. If you have any questions or concerns, please feel free to contact us and we will be more than happy to help you.

**id 202**

Report launched at Rio+20 highlights how business can improve the quality of education Partnerships for Education: Building the foundations of a green, prosperous and equitable global economy. In partnership with UNESCO, the World Bank and with support from BG Group, the International Business Leaders Forum (IBLF) has conducted research into harnessing the power of business as a way of improving the quality of education provision. Titled 'Partnerships for Education: Building the foundations of a green, prosperous and equitable global economy', the working draft of this report was launched at a Rio+20 side event on 20 June 2012. Education underpins societies and has a central role to play in realising the vision of a sustainable future. And yet, most governments do not have sufficient resources to provide the education their people need. Darian Stibbe, Director of The Partnering Initiative and IBLF stated: "Education is the key to development and prosperity and the main source of knowledge that is needed by all to lead productive and fulfilling lives. It is also essential for countries to compete in local and international markets and to drive sustainable economic growth". The aims of the research and subsequent report are to: Understand the drivers for business engagement in education and the types of intervention that are currently in place Promote the role of cross-sector partnerships in expanding access to quality education, with a particular focus on the role of the private sector in partnerships with government and NGOs Understand how such partnerships can be set up and evaluated in order to ensure accountability, accessibility, equity and quality Develop a framework to strengthen the quality of collaborations for education and the learning they provide We are currently looking to feed the results of the event into the final version of the report. We would also welcome comments on the current draft, so please contact us if you would like to add your views. For further information and to download the report please see our Learning and Influence section.

**id 203**

...and on these CDs: The MP3 collection has all 100 songs on one CD for a discount. See details . A song from the Mountain Music for Everyone Song Collection from the ToneWay Project . Our website has lyrics to nearly 400 traditional songs common in bluegrass and old-time circles. Most songs also include a free MP3 recording that you can listen to. The ToneWay Project also offers songbooks, CDs, and resources for learning to play music by ear. http://ToneWay.com About the Project We (the Abbott family) are working to revive a nearly-lost tradition... Read our story ToneWay Newsletter Subscribe Every month or two, you'll get filled in on the latest developments in the Project. You can always unsubscribe in one click.

**id 204**

What motivates you to keep playing or participating in the hobby? The Crowd that comes along with the hobby. Do you play for fun or victory? Depends heh! Always for fun but pushing hard for the Victory never hurt anyone! What is your all time favourite Game System? 40K I don't play any others at this time. What are your thoughts on the Grand Tournament scene? IS it good for the hobby? Oh definitely there is nothing wrong with a large group of people bringing together amazing models and throwing down. Its a great selling point for the hobby as well as a form of motivation to keep playing/ collecting. What are your plans for the future? As far as gaming goes it is unknown at this time I will continue playing 40k hopefully have one of every army. But I guess as far as immediate plans go Chaos Dwarfs are what I would love to get rolling. What gaming clubs do you belong to or have you been a member of? Well When living in Italy I was isolated but then I moved to Manitoba (Canada) and am just with the local GW here in Winnipeg. I mean have a group of guys that we all go to one gents house hang out and play a few games on weekends. Nothing hardcore by any means. Which Race is your toughest opponent to face on the game table? I have actually found the Tyranids to be the one opponent that you really cant make any tactical errors. They are overwhelming if mistakes are made and an abundance of bad dice rolls land on your lap all at once. What do you do when you're not online? Spend time with the Wife and Kids, In court, or at the office. Favorite sports team? AC Milan is my favorite football team What armies do you play? 40k: Chaos, Necrons, and Orks. Which system do you prefer and why? Warhammer 40k. The models I find a lot more appealing, larger 40k crowd then Fantasy crowd where I am at, I like ranged shooting much more then CC which 40k can cater to a lot more then Fantasy. I mean there are many reasons why but those are a few key ones. How long have you been playing GW games? 10 years What's your favourite movie, book and song? Favorite movie...Hmm as of late I would say Iron Man. He was a Childhood Hero so the movie was just a good blast from the past so to speak. Otherwise Scarface was a classic and of course the bond movies were always a treat! I dont read a whole lot of books to be honest, being a lawyer the amount of reading I do on a daily basis is enough I could not stand the thought of leaving a day of reading to come home and pick up a book. I did read the Da Vinci Code however more for the way they twisted it. I found that to be amusing. Occupation? As stated I am a Contract Lawyer. Any pictures you'd like to share? I share all my 40k images with you all as it is CHECK OUT MY W.I.P!! as for the Family I would rather not for my own reasons. Here is one of myself a year and a bit ago What is your greatest achievement that you're proud of? Defiantly becoming a Lawyer and having a great Family. How did you come up with your username? Simple Chaos F=For T=The W=Win How did you find out about Heresy? What made you stay? I was just browsing the net one evening and came across it. Rather Random really. As for what kept me coming back that would have to be the amount of activity on the site, people not afraid to voice opinions and just the over all amount of chatter that has to do with the hobby that I enjoy! You can take three things with you to a deserted island, name them? A Boat, Food, and Paddles. Other Usernames we may know you by? Bartertown and Rogue-Market my screen name is Fabsta. I am not on any other sites. If you could change something about heresy what would it be? TBH nothing. I am quite content with the site the way it is. Favourite mini of any range ever? OMG... this is a BS question.. Umm well if I had to choose I would toss these bad boys up: P.S IF ANYONE HAS ANY OF THESE I WILL BUY THEM FROM YOU!!!! What was the first ever model you bought or were given? 2 Boxes of Thousand Sons. The major difference between a thing that might go wrong and a thing that cannot

**id 205**

Owner description : It is an aquatic activity that lasts 50 min. 30 minutes of effective flight. In our floating platform the client will start... more Owner description : It is an aquatic activity that lasts 50 min. 30 minutes of effective flight. In our floating platform the client will start to fly, here we have a certified instructor and a lifeguard patrolling the area of the client. Thanks to technology, customers can experience the unique feeling of weightlessness, learn the basic skills necessary to move to the front, upwards and sideways, and can reach an elevation of up to 10m in height depending on the ability of each customer and feel the adrenaline running through your body. less Owner description : Located in the heart of the Cancun Hotel Zone.Our dolphinarium Delphinus Dreams Cancun lies inside the Dreams Cancun Hotel,... more Owner description : Located in the heart of the Cancun Hotel Zone.Our dolphinarium Delphinus Dreams Cancun lies inside the Dreams Cancun Hotel, an exclusive resort built in a special place called Punta Cancun, a privileged double ocean view latitude: on one side the calm blue waters crowned by Isla Mujeres, and secondly, the Mexican Caribbean open sea. This is where the visitors arriving to Cancun can have the best experience of natural interaction with dolphins, an encounter based in respect and admiration for these incredible marine animals. The space where you can perform this unforgettable activity is a small natural lagoon with continuous irrigation of sea water. In this spot we offer four unique swim with dolphins programs: Trainer for a Day, on which you will learn the techniques of training and dolphin care; The One, one person, one dolphin and one trainer, a special program that will captivate all fans of these friendly marine mammals; The Dolphin Ride the fun program to interact with a dolphin and Primax dolphin swim that will make of your visit an unforgettable life experience. Delphinus Dreams Cancun offers you an incomparable adventure where you will be able to swim with dolphins in a natural environment surrounded by the breathtaking beauty of the Mexican Caribbean. So if you want to ensure plenty time full of joy and fun on your Cancun tours, don't forget to visit Delphinus Dreams Cancun. less Owner description : Worlds' best dolphinariums !Dolphinaris . . . A place for you. A place for them. If you're looking for the best place to swim... more Owner description : Worlds' best dolphinariums !Dolphinaris . . . A place for you. A place for them. If you're looking for the best place to swim with dolphins in Cancun this is the right place for you!At Dolphinaris, we provide people of all ages the opportunity to make their dreams come true. We see the evidence of this every day as we watch the faces of our guests when they meet one of our dolphins for the very first time.Located next to, but not part of the water park Wet 'n Wild and easy to get to with public transportation Dolphinaris is the best option for swimming with dolphins in Cancun! \* We are a multimillion-dollar investment and the most advanced dolphinariums in Mexico, only in some places in the U.S.A. have the same technology we have, providing you the best quality in all aspects unlike other dolphinariums that only use a simple fishing net at the sea beach, where in addition to swimming with dolphins, you swim with algae, waves, ocean currents, ship oil and gas, you also swims with the dolphins waste, exposing you to severe skin or vital organs infections. Avoid all that... next time choose dolphinaris! less Owner description : In this hands-on aquarium, visitors can touch sea urchins, swim with dolphins and feed sharks while locked in an underwater... more Owner description : In this hands-on aquarium, visitors can touch sea urchins, swim with dolphins and feed sharks while locked in an underwater cage. less Owner description : At Marina Punta Este we are proudly the best marina in Cancun since 1982, providing all kind of nautical services, starting... more Owner description : At Marina Punta Este we are proudly the best marina in Cancun since 1982, providing all kind of nautical services, starting with the world famous Jungle Tour, Scuba Diving, Wave Runner Rentals, Docking services. In our facilities you will

**id 206**

How To Play The NHL Hockey Game On NHL Hockey Ice So you think you'd like to skate on the NHL hockey ice ? Well, there are many ways to get to skate on NHL ice these days. NHL franchised hockey teams have many different promotions to facilitate your use of their ice. Playing professional hockey on NHL ice is a different story. Play Pro Hockey -- NHL Entry Draft How does one get to play pro hockey, specifically nhl hockey ? To be recruited to the NHL entry draft, NHL prospects are watched and chosen from the CHL (ohl, whl, qmjhl); junior hockey leagues; college hockey leagues from NCAA hockey; highschool and minor hockey; CJHL, USHL, and NAHL. Those players who attract the attention of NHL scouts have extensive hockey training from numerous hockey drills and hours on and off ice. They've attended hockey camps and hockey schools, and have superior hockey skills. Some will have to prove themselves in the AHL or even the ECHL first. Ice Hockey Goals If your goal is to play ice hockey on an NHL team , then it's likely that you've already put in some effort, and hockey teams may want you also. Their scouts have to find you though. Do you know which are the best hockey leagues to play in to be scouted? To Be A Pro Hockey Player Not everyone can be a pro hockey player. Imagine the love of the ice hockey game, the dedication to hockey training , the number of ice hockey games you'd have to play. What would it take for you to play at the pro hockey level, NHL, AHL, or even the major junior hockey or junior A level? NHL Hockey Ice will cover how to learn hockey so you can get to the NHL, common steps taken to get there, who is likely to get on a NHL ice hockey team , and what it's like to play team hockey at that level. NHL Hockey forthcoming articles Pro Hockey Life forthcoming articles 383 responses to "Home" Hello. I am a goaltender. I have been playing for about 3 years. I play A level hockey. Alot of people say I have natural talent, I get better at a very rapid pace. I could even play AAA next season, or atleast AA. I live and breath hockey. I practise as much as I can, off ice too. I go to goalie schools, and during the season I play about 5-6 times a week. I'm just starting to work out more too, I'm 15 turning 16 this year. What are my chances? I know I missed the OHL draft, but I kinda perfer to play NCAA, or maybe even in Europe when im older. It is my dream to do something i love doing everyday, and also getting payed to do it, would be amazing. What do you think i could do to develop faster? I'm 5'7 but I should reach up to 6 foot by the time of 18. Right now i'm 5'7 135 pounds. Im a strong skater, and im a really techicaly sound goaltender. Thats my major stregths. Thanks for listening, and please give me any advise that you could give me. Matthew, I'm glad you love hockey, the best game in the world. Hope you get others interested in playing the game too. Concerning your development and training, you've covered a lot of bases. You might consider a personal trainer for flexibility, reaction time, strength, and mental preparation. Also, 1) You haven't necessarily missed a shot at the OHL, or any other CHL league. See #3 below. 2) CHL teams have the ability to talk to players earlier than NCAA school teams, but that doesn't mean you have to be picked by the CHL by the age of 14, or even 16. 3) CHL teams take players from NCAA teams all the time, as long as they are under the age limit, (much to the NCAA's chagrin). 4) NCAA teams cannot take players from CHL teams because having played PRO hockey renders one ineligible, and CHL is professional hockey where players are paid. There are several ways to get into NCAA or CHL hockey. For American development hockey leagues, there are USHL teams (Tier 1 where 0/16 teams are Canadian) and NAHL teams (Tier 2 where 1 out of their 29 teams are Canadian). Tryouts for these leagues are in spring and early summer (NOW), and

**id 207**

Things That Used to Be So first I was really busy. And then I was really busy and in Toronto. (More on Toronto in a bit.) Between those two things, the Mets receded into a vague, distant unpleasantness, like a civil war in another hemisphere. I read Greg's recaps and saw highlights, but I was spared the endless, metered doses of pain you get watching a lousy baseball team struggle night after night. The Mets are getting swept by the Marlins. Oliver's been exiled to the pen but not to the minors or the ranks of the formerly unemployed. Jeff Wilpon just happened to be wandering through Atlanta and felt like checking in on his failing family business. David Wright struck out with nobody out and a guy on third again. Imagine what the Mets might have done if Angel Pagan wasn't essentially alone out there . It was no fun knowing the Mets were sinking further into irrelevance unless the discussion concerned whether it was possible to spend $134 million and still be in last place. But it was worse to realize that what I was feeling was a sneaky, disloyal relief at having drawn a Get Out of Bad Baseball Jail Free card for a few days. So, Toronto. Lovely city -- very walkable, nice people, lots to do, plenty of food and drink. It deserves a lot better than the Rogers Centre, formerly the SkyDome. (Greg will be along presently with his impressions as part of Flashback Friday .) Along with the White Sox, the Blue Jays had the misfortune to get new, mega-priced palaces just before Camden Yards ushered in the retro ballparks, which may have grown a little generic in recent years but certainly makes for a much better template than, say, the concrete doughnuts of the turf-and-elastic-waistband era. But by being the last in line before Baltimore, Chicago and Toronto got stuck with instantly out-of-date parks. I haven't been to New Comiskey, but the Rogers Centre is so consistently uninteresting that it actually comes to feel like some kind of weird accomplishment. The concourse is a sterile circle dotted with really boring things you don't particularly want to eat. (The hot-dog girl's amused look when I reacted with horror at receiving a huge pile of Canadian change was pretty funny, though.) There's some kind of awful sculpture beyond center field that commemorates everything everybody did to line up financing for this place, or something: It's all wire and words and depressingly late-80s, like a sweaterdress worn with a huge belt and a bunch of kooky bracelets. I mention it because it's actually one of the more interesting things in the park. There are indeed hotel rooms overlooking the field. I suppose that would be cool if you were in one. The stadium staff are Canadian and don't have enough to do, meaning they're almost spookily nice and constantly in the way. (After a foul ball plunked into the seats in the next section and was retrieved by a fan, four of them arrived in record time and stood in the aisle for a couple of minutes for no reason I could figure out.) Oh, and former Blue Jays greats are honored with the usual ring of names and numbers up around mezzanine level -- an unsurprising but perfectly appropriate ballpark feature. It's called the Level of Excellence. Seriously. My friend Michael and I spent a half-inning or so trying to think of a more generic name and failed. Circle of Immortality? Arc of Triumph? Olympian Oval? Ring of Honor? No, it's the Level of Excellence. There's a lot of "used to be" heard when discussing the Rogers Centre. There used to be a gigantic McDonald's on the premises, possibly the only one in existence where you could order a hot dog. It's gone now. (Things are bad when McDonald's decides it can't make a situation like this work.) Above the center-field fence there's a multi-level restaurant, deserted and possibly abandoned -- it used to be something, but now it's just a depressing nothing, the baseball equivalent of keeping a rusted-out junker on cinderblocks in your front yard. Looking around the vast expanses of unoccupied seats, I politely said to

**id 208**

Economic action plan? Just watch him Canadian premiers had invited the prime minister to their summit on the economy this week in Halifax, an invitation Stephen Harper declined. Premier Darrell Dexter kept repeating they needed the PM here because the premiers "need to know what Canada's action plan is going to be going forward." When I hear that line, my reaction is immediate: Have they not been paying attention? Love it or hate it, Canada's economic action plan (not to be confused with "Canada's Economic Action Plan," the one of pork-barrel, election-style spending) is well-settled and well underway. It involves lower taxes, smaller government, freer trade and more reliance on personal responsibility. It is about playing to our economic strengths and, to the extent judged prudent and possible, getting government out of the way. This federal government has, among many other efforts, entered free trade talks with India, pursued negotiations to conclude a Comprehensive Economic and Trade Agreement with Europe, and launched a full court press to get Canada into the Trans-Pacific Partnership. It has made changes to Old Age Security and Employment Insurance to make the programs more sustainable and to send a clear message to individual Canadians that, where they can, they should contribute more to their own long-term security. It has reduced taxes and is beginning to slow the rate of growth in government, and may actually shrink it from the all-time high achieved under its watch. Changes are also underway to make it easier, within the bounds of prudent environmental review and safety precautions, to move expeditiously with resource-based exploration and development. These changes have not been undertaken in secret. The prime minister has campaigned on this agenda (or something close to it) in four general elections, plus his own original MP byelection. Indeed, before entering elected service, he had spent much of his adult life making the philosophical and evidentiary case for just such an agenda. For that matter, I suspect that even before I cited them, anyone reading this piece and likely most of the people they know could have listed these examples of Canada's economic action plan in action. Certainly, Tom Mulcair, the leader of the Opposition, knows them well and has been aggressively attacking each and every one of them. It strikes me that only the premiers seem not to know what Canada's economic action plan is. I reach that conclusion not only from their most recent words, but from their ongoing deeds. Between Christy Clark's "fair share" and David Alward's "buy New Brunswick" strategies, it becomes clear that free trade is not a provincial option. The size of government in just about every province is growing, not shrinking. On the tax front, Dexter has taken a page from Harper's handbook, offering to cut the HST/GST by a point or two if re-elected to office next time. But other provincial taxes are and will remain high, and Nova Scotia has yet to live up to a long-standing promise to at least index taxes to inflation. As for taking responsibility, there isn't a provincial problem that Alison Redford or Pauline Marois is not happy to lay at Ottawa's door. And with their recent report on guaranteed increases to federal health spending, otherwise known as "cuts" in the language of the premiers, all of their colleagues continue to demonstrate far too great a willingness to stay on that particular bandwagon. Rather than grandstanding with public invitations, the premiers should just take the advice of a previous prime minister. If they want to know what Prime Minister Harper plans to do on the economy, they should actually watch him. Better still, if they want a nationally co-ordinated economic strategy, they might consider emulating him. Charles Cirtwill is president of the Atlantic Institute for Market Studies, an independent economic and social policy think tank based in Atlantic Canada.

**id 209**

Pages Tuesday, 18 September 2012 I Lie With You Until You Are Asleep: A Sonnet I lie with you until you are asleep, Ten minutes, twenty, thirty, often more, Clocks tick, frustration builds, yet still I keep, And stay with you on your side of the door. Out there, my old life tempts, a voice cries, "Fail!", And tells me there are better things to do, Release: the world shrinks down, we both exhale, And drift together, touching souls, we two. In age, perhaps, you'll do the same for me, And hold my papery hand, and stroke my hair, You'll know the worth of love's proximity, The gift we give by simply being there. A final kiss, a sigh, a comfort deep: I lie with you until you are asleep. 30 comments: Aww that's so beautiful. It brought tears to my eyes. You really have such a gift to word things in such a heartfelt way. And you always seem to express exactly the way I feel... The old life calling, but staying because you can't bear not to. It's perfect. Argh. Ok. I did this. I honestly did this. My non-feral, breastfed-until-self-weaned-at-three-and\\... slung, co-sleeping, co-operative child, has turned into an utter shit at night (and I don't say that lightly, but I'm stressed to high-heaven). She talks, she won't stop, she messes around, she keeps her eyes open. She's knackered, she could fall asleep within 10 minutes if she chose to. She's literally just pissing around. I get it's normal, I get it's age-appropriate and boy, do I love that kid. But I won't be a martyr to her all my damn life. My husband died about 4 and a half months ago (and it is NOT that - she's absolutely fine, was just 3 when it happened). But the point is, I need my evenings. I need some life. When in hell's name am I supposed to get out if by 8 I feel like it's getting on and I can't really summon up the energy after sitting in the dark for 45 minutes being uber-patient (oh I get it, I'm meant to be so consumed by my biological callings that I only care about her needs). I don't give one what the reasons she's playing up are for - sure that it's habit, sure it's age-appropriate, nursery, whatever. The point is, it's not ok and it f\*cking well upsets me. I end up screaming at her and I NEVER wanted to do this! I just want her to go to sleep. We have routine etc. There has to be another way! TO NOT be a SLAVE to my child! I DO ENOUGH dudes, I do enough! And every day I read articles that send me in to further confusion about how I shouldn't sit her on the step (when she hits me in the face - well thank you!) because it will lower her self-esteem and then god well I wouldn't want that because then she'll end up like the mess I am as I desperately try and right the wrongs of my parents before me to prevent the cycle of shit that wrong parenting wreaks. Today we played, I cycled with her, There was lots of attention and fun. I was lovely, gentle, firm...and then bedtime - it's a joke! And it sends me into a psychotic rage which makes me feel that the past 3 years of trying to fulfill all her fundamental needs are a joke and that the last thing she'll remember is me screaming in her face to 'shut up'. FFS! Elaine, I would very much like it if you would get in touch with me, and I will see if I can give you help or support. I totally understand your struggle and I have got really fed up with waiting for my own children to go to sleep MANY times believe me. It is not always idyllic. I published this comment because I am very much hoping that you will get in touch. Hugs to you for now My email is mamamule@hotmail.co.uk Elaine - I have gone through similar frustrations and feelings. I am sorry for the loss of your husband, and what feels like the loss of your self. I am

**id 210**

If you think about it, you will see that it is true... Some readers are sure to dismiss the following quote as nothing more than anti-Americanism or leftist claptrap. The history of the US is not the story of anti-imperial heretics. It is the account of the power of empire as a way of life,as a way of avoiding the fundamental challenge of creating a humane and equitable community or culture. William Appleman Williams,Empire as a Way of Life,1982 Now apply the same quote to Canada. Keeping in mind the dispossession of Indigenous Peoples the consequences, & Canada's on-going assimilation agenda.

**id 211**

Eric Clapton Early In The Morning Lyrics Eric Clapton Early In The Morning Lyrics total views : 18 times this week. You can enlarge lyrics to early in the morning for easy viewing, send it to your friends or rate the song Early In The Morning by Eric Clapton and help the song become popular. If you have any corrections for these lyrics or any ideas about the meaning to early in the morning, please feel free to submit them. When a girl reach the age of eighteen She begins to think she's grown That's the kind of little girl You can never find at home Come and see me early in the morning Just about the break of day Do you want to see me hug my pillow Where my baby used to lay? One drink of wine And two drinks of gin A pretty, young girl put me In the shape I'm in Come and see me early in the morning Just about the break of day Lord, you want to see me hug my pillow Where my baby used to lay? [- From: http://www.elyrics.net/read/e/eric-clapt\\... -] I pass by the juke joint I peek through the door She's doing the boogie-woogie In the middle of the floor Come and see me early in the morning Just about the break of day Do you really want to see me hug my pillow Where my baby used to lay? See, when a girl reach the age of eighteen She begins to think she's grown And that's the kind of little girl You will never find at home Come and see me early in the morning Just about the break of day Do you want to see me hug my pillow Where my baby used to lay?

**id 212**

Passenger UAVs may be the future, predicts unmanned systems technology company Athena Unmanned aircraft may be flying passengers within the next 10-20 years, says the head of UAV technology provider Athena Technologies. Dr David Vos made the prediction while introducing the company's two new superlight navigation and sensor systems at the show. The Micro INS and the Micro GuideStar include GPS Inertial Navigational Systems (INS),and air data sensor system (ADAHRS). The Micro GuideStar also includes full flight control capability. He said that technology similar to that provided in the cell phone-sized guidance systems, which weigh only 110g (4oz), will mean that in 10 years' time, UAVs will be common in commercial airspace. The affordability and compact weight of the systems enables UAV manufacturers to use multiple identical systems in each UAV, so that in the event of damage or malfunction to one part of the system, identical auxiliary cells can take over to maintain the same functionality. Micro systems already offer reliability at the level of triple and quadruple redundancy protection. "Distributed high levels of extra redundancy on aircraft enable it to maintain functionality if damaged, adding dramatically to safety," Vos says. The Micros are able to navigate and autonomously control drones, missiles and general aviation aircraft, but it is in the UAV field that they will offer the biggest developments, Vos says. "Anything you can think of that a manned aircraft will do today; UAVs will do in the future. In years to come, unmanned passenger aircraft may be viewed in a similar way to that which unmanned airport shuttle trains are viewed today," he says. "The rate at which culture adopts new technology today is faster than ever. The young generation today are willing to adopt new developments at an incredibly fast rate, and this will speed up the rate at which this technology develops."

**id 213**

I was a lost and a lonely man I get through life the best I can Ever since that day I laid my eye on you That day I decided what I had to do [ Lyrics from: http://www.lyricsmode.com/lyrics/e/engel\\... ] You make my pants wanna get up and dance You make my face wanna grin You make my knees, kneel down, say please Honey, won't you kiss me again? Start the music, strike up the band I never did the boogie but I bet that I can Never met a girl half as sweet as you Nobody ever moved that the move you do

**id 214**

Honda Fit EV Is the Most Efficient New Car in the US Fresh out of EPA testing, the 2013 Honda Fit EV has earned the title of most efficient car sold in the United States. The electric Honda's 118 MPGe fuel efficiency equivalency rating is the highest ever awarded by the EPA, beating out the 105 MPGe Ford Focus Electric, 112 MPGe Mitsubishi i-MiEV and 99 MPGe Nissan Leaf. The Fit EV consumes just 29 kWh of electricity per 100 miles driven, which will cost the average driver about $500 per year. The EPA's MPGe rating is determined based on the energy present in a gallon of gasoline and converting it from BTUs to kWh -- which comes out to 33.7 kWh of electricity. Otherwise, the simulated highway and city driving dynamometer tests required by the EPA are the same for EVs and cars that run on gasoline or diesel. In addition to its miserliness, the Fit EV's 20 kWh lithium-ion battery pack also gives it a decent total range -- 82 miles, according to the EPA's combined city and highway test cycle. That's nine more miles than the Leaf and a full 20 more miles than the i-MiEV. It's also six more miles than Honda told us the Fit EV would achieve in mixed driving when they unveiled the car at the LA Auto Show last November. With its 6.6 kW charger instead of the 3.3 kW unit that most EVs use, the Fit EV also promises a full charge in three hours as long as you plug it in to a 240v outlet as soon as the "low charge" indicator comes on. No word on how long it takes to juice up from a totally dead battery. Honda credits the Fit EV's range and efficiency to the car's lightweight design, aerodynamic exterior and "savvy powertrain," which includes a 92 kW electric motor sourced from the FCX Clarity that generates 189 ft-lb or torque. The car also has a fully independent suspension and an electric drive system that's been adapted from the Honda CR-Z. That, says Honda's Environmental Business Development Office VP Steve Center, makes it "an absolute kick to drive." We'll let you know if that's true when we test one out later this month. We'll also give you an idea of our real-world range, and the kind of efficiency we can manage in everyday use. If you're interested in driving one, Honda is releasing the 2013 Fit EV in select markets in California and Oregon this summer, with an East Coast rollout happening early next year. It'll cost you a lot more than a gasoline Fit, though: The car's MSRP is $36,625 with a monthly lease of $399 for three years.

**id 215**

While the Port Authority of New York and New Jersey is often identified as the owner of the WTC site, the ownership situation is actually somewhat complex and ambiguous. [ 3 ] The Port Authority indeed owns a "significant" internal portion of the site of 16 acres (65,000 m 2 ), but has acknowledged "ambiguities over ownership of miscellaneous strips of property at the World Trade Center site" going back to the 1960s. It is unclear who owns 2.5 acres (10,000 m 2 ) of the site, being land where streets had been before the World Trade Center was built. Before the World Trade Center The western portion of the World Trade Center site was originally under the Hudson River, with the shoreline in the vicinity of Greenwich Street. It was on this shoreline close to the intersection of Greenwich and the former Dey Street that Dutch explorer Adriaen Block 's ship, the Tyger , burned to the waterline in November 1613, stranding Block and his crew and forcing them to overwinter on the island. They built the first European settlement in Manhattan. The remains of the ship were buried under landfill when the shoreline was extended starting in 1797, and were discovered during excavation work in 1916. The remains of a second ship from the eighteenth century were discovered in 2010 during excavation work at the site. The ship, believed to be a Hudson River sloop , was found just south of where the Twin Towers used to stand, about 20 feet below the surface. [ 4 ] The area that was cleared for construction of the original World Trade Center complex was previously occupied by various electronics stores in what was called Radio Row . These streets and stores were demolished in the 1960s to make way for the World Trade Center. Original buildings The original World Trade Center was thought of as a North American cultural icon . At the time of their completion the "Twin Towers", the original 1 World Trade Center (the North Tower), at 417 metres (1,368 ft), and 2 World Trade Center (the South Tower), were the tallest buildings in the world. The other buildings in the complex included the Marriott World Trade Center (3 WTC), 4 WTC , 5 WTC , 6 WTC , and 7 WTC . All of these buildings were built between 1975 and 1985, with a construction cost of $400 million ($2,300,000,000 in 2014 dollars). [ 5 ] The complex was located in New York City's Financial District and contained 13,400,000 square feet (1,240,000 m 2 ) of office space. [ 6 ] [ 7 ] The World Trade Center experienced a fire on February 13 , 1975, a bombing on February 26 , 1993 and a robbery on January 14 , 1998. In 1998, the Port Authority decided to privatize the World Trade Center, leasing the buildings to a private company to manage, and awarded the lease to Silverstein Properties in July 2001 . September 11 attacks On the morning of September 11, 2001, two hijacked planes bound for Los Angeles were intentionally crashed into the two towers of the World Trade Center. The towers collapsed within two hours of the collisions. [ 8 ] Islamic terrorists affiliated with Al-Qaeda organized and executed the attacks. Nearly 3,000 people died. After the attacks, hospital workers and police officers began referring to the World Trade Center site as "Ground Zero". [ 9 ] Debris and clean-up Satellite image of the World Trade center site after the attacks with the location of the Twin Towers and other buildings in the complex superimposed over the debris field The World Trade Center site 17 days after the September 11, 2001 terrorist attacks. Buildings surrounding the site of the collapsed towers are fitted with mesh to prevent further damage and large construction vehicles are being used to clear debris. The collapse of the towers spread dust across New York City and left hundreds of thousands of tons of debris at the site. [ 10 ] To organize the cleanup and search for survivors and for human remains, the New York City Fire Department divided the disaster site into four sectors, each headed by its own chief. [ 11 ] Early estimates suggested that debris removal would take a year, but cleanup ended in May 2002, under budget and without a single serious injury. [ 12 ] [ 13 ] Three years later, in February 2005, the New York City Medical Examiner's office ended its process of identifying human remains at the site. [ 14 ] According to NIST, when

**id 216**

Have you ever been motivated to organize your desk/office space and gotten lost in the details? Have you made a plan to get organized and found yourself wasting time trying to figure out how to print the perfect, color-coded file labels? Too often we find ourselves having good intentions to get organized, but wasting time focused on the wrong things. Here are some solutions to keep you on task when organizing: Watch the clock. Look at the amount of time you can carve out for the sole purpose of organization and stick to it. Don't let organizing get in the way of other work that needs to get done. Tackle the tough stuff. It's easy to organize where you like to. When you're motivated to work, begin with the area that's troublesome and stick with it, but don't venture into other areas until you meet your initial goal. Don't create more chaos. Don't pull everything out of a supply closet if you don't have the time to put it all back. Keep everything in the space, eliminate what you can then sort and organize. Piles of paper= unfinished tasks. Don't try to finish all of the details of every task while organizing. You will find many things that can send you in different directions, don't let them derail you. Don't focus on the details right away. The files don't need to be labeled, color-coded and perfected. Creating temporary files is a great way to get started. You can slap a sticky note on the file folder and move on. Organize only where you need it. When you decide to organize a particular area, don't wander into other places. Get through what you need to organize and get back to work. Don't Over-file. Do you have files for every category possible? Make chronological files for January thru December each year and file all bills and related receipts quickly and efficiently. Don't file alphabetically. File according to use. If you use a particular file frequently, keep it close so you can access it quickly. Remember, organization isn't about perfection, its about productivity and finding what you need quickly. Remember these tips to keep organization where it belongs, as a process that leads to better productivity, not a task that consumes your whole day! Thanks Monica for more great tips! If you liked this article, give it a cheer and/or like it on Facebook.

**id 217**

This is the official website for novelist F. Paul Wilson. If this is your first visit, be sure to check out the FAQ . To take full advantage of the site you'll want register . As a registered user you'll be able to comment on News items, participate in the Forums and access Rasalom's Arcade . And the best part is registration is free! A Little Bit of Good News... Here's my original post from back in '09: I was just curious (and perhaps other forum members are, also) as to which F. Paul Wilson book was your first? How old were you when you read it? Why did you read it? Inquiring minds want to know how you got hooked... Sincerely, Srem Here's my story on how it all started: In 1985 (I was 13 and on summer break from school) my father brought me along on one of his "construction excursions." It was a cold, rainy day and due to the fact that I was too young to operate the heavy machinery needed to build the new indoor tennis court he was working on, I got stuck sitting in his cramped Toyota truck all day. Sensing my boredom, he gave me some money and said I could go get whatever I wanted from the brand new mini-mart that had popped up next to the tennis court's construction site. After walking around the mini-mart for awhile, and armed with the usual kid-fare of soda pop and candy, I drifted over to the bookstand. Deciding that there was nothing of interest for a 13 year-old kid in the stand, I almost walked away, then my eyes suddenly fell on a creepy-looking greenish-yellow novel with the words THE TOMB emblazoned on the front cover. This was the first soft-back printing of the book, and it was larger than anything I had ever read, but I decided after studying the teaser on the back I was ready for the challenge. I read and re-read the book several times over the course of 8 years, not realizing that after I had already bought and read another novel titled Nightworld , that this was part of a six-book collection called "The Adversary Cycle." From there I proceeded to painstakingly hunt down and collect the rest of the out-of-print series, which is still one of my favorites to this day. The end of my story is a tragic one, however, as the worn but still intact remains of my first sentimental copy of The Tomb was torn to shreds by my ex-roommate's pet Beagle. No other book was touched. How could this be, I wondered in anguish? My only thought was to conclude to the possibility that this vicious excuse for a dog had been touched by the Otherness ... Coincidentally, the same ex-roommate was visiting some relatives on an Indian reservation and found this in some little hole-in-the-wall used bookstore while there: She paid 2 bucks for it, and although it's not mint, it is what I consider to be in 'very good' condition. Interesting enough, it was the only F. Paul Wilson book there. This is a good omen indeed; now all it needs is Paul's autograph to make it complete. (Btw, this copy of The Tomb has been safely removed from the presence of all Otherness -infected, book-devouring Beagle dogs.) ?? ? Witchbreed To view links or images in signatures your post count must be 10 or greater. You currently have 0 posts. Coincidentally, the same ex-roommate was visiting some relatives on an Indian reservation and found this in some little hole-in-the-wall used bookstore while there: She paid 2 bucks for it, and although it's not mint, it is what I consider to be in 'very good' condition. Interesting enough, it was the only F. Paul Wilson book there. This is a good omen indeed; now all it needs is Paul's autograph to make it complete. (Btw, this copy of The Tomb has been safely removed from the presence of all Otherness -infected, book-devouring Beagle dogs.) The first book I ever had signed by "The Man" was a very worn out issue of "The Tomb". Lookes alor like your's before all of the abuse. I loved what he inscribed, but it may be more suited to you after reading your post. "Gaurd your Karma"! That is a great story Srem!. The way

**id 218**

Post navigation Voodoo Doughnut Blizzard did some research before our trip to Portland and recalled Voodoo Doughnut kept coming up as one of those "must try's" when visiting Portland. When we arrived yesterday (August 3), we went out for an afternoon walk and stumbled on Voodoo Doughnut . Sure enough, there was a long line-up and we had no desire to be standing under the hot sun to wait. Blizzard , Purple Parrot , and I came back tonight after our dinner at Ping and found yet another line-up. This time, the temperature was cooler and we really didn't mind waiting in line outside. We quickly discovered that the line moved quickly and before we knew it, we were already at the entrance and I chuckled when I saw this sign: I was relieved to find that once you're at the front of the line outdoors, there wasn't really a line inside: Most people were taking their time looking at the sample doughnuts on display and trying to make their choice: Very quickly, we were there too and had very little time to make our choice. It's so hard to make a choice when you see a board like this: The doughnuts we selected tonight were: Portland Cream Lemon Chiffon Crueller Lemon Powdered Sugar Butterfingering Bacon Maple Bar Very quickly, we were presented with our pink box of doughnuts. I like the box; I think it matches the theme: However, I couldn't help but open it the moment we got back to our hotel room: Portland Cream -- $1.50 - This was one of Blizzard's selections. It is described as a raised yeast doughnut filled with bavarian cream with chocolate on the top and two eyeballs. - Honestly, it's really their version of a Boston Cream. I didn't think it tasted any better or any worse than the average Boston Cream. In comparison to other Boston Creams that I've had, I'd say this one was much sweeter. In fact, I thought it was too sweet and the doughnut itself could have been softer. Here's a closer look inside the doughnut. Exactly like a Boston Cream (with the exception of the two eyeballs): Taste: 3/5 Presentation: 4/5 Value: 3.5/5 Lemon Chiffon Crueller -- $1.30 This was Purple Parrot's selection. It is described as a french crueller with vanilla frosting, lemon dust, and three marshmallows. I think she enjoyed it. Lemon Powdered Sugar -- $1.50 This is another one of Purple Parrot's selections. Basically it's a filled doughnut with lemon cream and the outside is dusted with powdered sugar. She must have been craving lemon because both her doughnut selections were lemon themed. She saved her doughnut for the following day to enjoy. Butterfingering -- $1.50 - Blizzard and I happened to both choose this doughnut as one of the two doughnuts that we each purchased! It is described as a chocolate cake doughnut with vanilla frosting and butterfinger crumbles. - I had mine the following morning for breakfast. When I had my first bite, I felt it was overwhelmingly sweet. The topping was interesting though -- having something crunchy with the cake doughnut was enjoyable. By the end of the doughnut, I didn't think the doughnut was that sweet anymore. I suppose my taste buds completely sensitized themselves to sugar. Taste : 3.5/5 Presentation : 4/5 Value: 3.5/5 Bacon Maple Bar -- $2.50 - This was one of my doughnut selections. It's described as a yeast doughnut with maple frosting and bacon on top. I've been wanting to try a maple doughnut with bacon for a long time and this was my chance. - The doughnut was very soft and there was a thick layer of maple frosting. The bacon was salty and crispy. - I have to say I totally enjoyed this. It was a great combination of salty and sweet and crispy with soft textures. Overall, this doughnut did suffer from the same problem of the other doughnuts - it was too sweet. I had this with a cup of tea which helped to temper the sugar. Taste: 4/5 Presentation: 4/5 Value: 3/5 Voodoo Doughnut was a unique experience for us. The theme is very creative and everything about them revolves around that theme -- from the

**id 219**

Saturday, November 10, 2012 Tale of X Gamers - The Heresy Edition Charlie and I have been chatting recently about building up a Heresy-era force each with a view towards running some Horus Heresy events at the end of 2013. We both have the "Betrayal" tome from Forgeworld and have been pawing through it over the past few weeks. So this is a call out to any Fields of Blood readers that would like to join us and participate in this endeavour. The intention is to build the army up over time rather than build an xxxx point force at the outset. This is because Forgeworld will be producing rules and models for different Legions as they release their books. The "Betrayal" book has a standard Legion list and this will form the basis for all their list going forward. So what do you have to do to participate: 1. Choose one of the 18 Legions to build a force for 2. Let me know and I can provide you with any details around the Legion list. I also have copies of all the White Dwarf "Index Astartes" articles from the early 2000s which detail history, colours, traits etc of the Legion plus examples of Heresy era colour scheme. Im really liking the Horus Heresy novels and this idea sounds great. Im confused though - who and how do you buy the right models? Can you only buy from Forgeworld for the HH era or do you go with GW - (is it Chaos Marines for the traitor legions etc) A little bit of greenstuffing work and converting can go a long way for building a heresy era force. Do some searches online and on youtube, there's a big community out there. Or flick me an email at davethebartender@windowslive.com and I'll give you a bunch of links. Some armour run downs (from memory) Mk II armour was still common Pre heresy. Mk III armour was a specialist suit and was no legion was ever fully equiped. Mk IV armour was the main issue Pre Heresy, although Horus had after Ullanor made sure the traitor legions got preference. Commonly referred to as the pinnacle of Space Marine Armour. Mk V 'Heresy' armour was a mix of all types, borrowing parts from all earlier types (and Mk VI) and included cheaper materials due to the ongoing war. It was never really an 'official' suit per say, but was the most common during the Heresy Mk VI Corvus was the suit (helped designed by Raven Guard) to replace the Mk IV. This suit was actually introduced during the Horus Heresy so is perfectly valid to use on both sides. Mk VII and VIII came about after the Horus Heresy, although where being developed at the time. Forge World make kits for all the Mks II - VI, GW plastics are VII and VII's, although some (really) old GW kits where Mk VI Cheers thanks - although I havent got to them in the books yet Ive read a lot of the fluff online and really like the Wordbearers (and their colour scheme). Any recommendations and where to start? I see you guys talking about buying individual bits and bobs but would the Chaos Space Marines 10 men squad box be the way to go? @John - probably Space Marines rather than Chaos initially. I have some Chaos Shoulder Pads that I can look out for you...that would be as Chaos-y as I'd get initially. But check out the site Shadowmancer recommends - they'll have the necessary info. I'm going to be predominantly MK IV Maximus as Imperial Fists liberated 12,000 suits from Mars right at the beginning of the outbreak of the Heresy, and they where already well equipped as far as the legions go. I also plan to do at least one squad of Mk V and Mk VI to represent Heresy Veterans as the war progresses, as the books are all based on events during the Heresy.

**id 220**

Comments Tags Football is a world-wide phenomenon, and everyone has an opinion. However, far too often those opinions are based on perceptions. Too often, these perceptions have nothing to do with reality. For example: some argue 4-4-2 is more attacking that 4-2-3-1 because it has two strikers rather than one. But Hodgson plays very often with a 4-4-2. Is he more attacking than Guardiola? Or Benitez? Another is that a three-man defence is more negative than a back four because there are only two centre backs in a four-man defence. But what about Napoli's 3-4-2-1, or Barcelona's 3-3-1-3 -- are they negative and defensive? But my favourite misconception is this -- in order to attack you need to play free-flowing football, giving the players tactical freedom. To defend you need to be as rigid as possible (note: for most British pundits this means "two deep banks of four"), play with no creative freedom and fight with a Dunkirk spirit. And the cherry on the top of this particularly maddening cake is this -- football must be played in one style or the other. Either you play with total freedom, or you play rigid and conservatively. I despair... Does it really have to be total freedom or rigid discipline, or is there something in between? Tactical freedom Many understand "tactical freedom" to involve relentless waves of attacks. But what does that actually mean? Few will bother to dig a little deeper and think about the implications of this belief. In football there are two crucial elements: what you do with the ball and what you do without the ball. In other words -- what actions you take in possession and what movements you make when the opposition has the ball. When we talk about "tactical freedom", therefore, we're talking about the freedom for the individual player to make decisions about what they do with possession and where they go once they no longer have the ball. In general terms, the more freedom a team has the more they will look to use their individual creativity. They will move fluidly in relation to their team mates and utilise flair-based passing combinations. They will interchange with their team mates and take up new positions constantly as they have "freedom of movement" as well as "freedom of action". There are no hard and fast rules about the tempo such a team will play. They could go slow, recycling the ball and trying to dominate possession. Then they can kick into gear when the opportunity to break through presents itself. Or they can play much more direct football, quickly moving from defence to attack and trying to catch their opponents off guard before they can get into their defensive positions. Both options are legitimate, the difference is how they interpret the idea of "tactical freedom". The slower version -- the "Continental approach" if you will -- is exemplified by Guardiola's Barca or Del Bosque's Spain. The quicker version is a more "British approach", epitomised by Ferguson's United, Redknapp's Tottenham and Dalglish's Liverpool(s). And, as ever, there are exceptions. Klopp's Dortmund, Rafa's Liverpool and Wenger's Arsenal were all (at their peak) able to mix up both of these styles depending on the circumstances. They were just as devastating but in a different way. Still -- if we're looking for "ideal types" for broad categorisation, the "British" versus "Continental" distinction will fit most teams. The rest of this post is for subscribers only Member-only content - you need to subscribe to read it ! A subscription costs only 3.50 per month. "Liverpool do happen to be blessed with supporters whose statistical analysis provides a lucid interpretation of where the club's strengths and weaknesses lie, accessible through the Tomkins Times website. One such analyst [is] Dan Kennett"

**id 221**

Prince?s Batman soundtrack is not the embarrassment it?s reputed to be Prince?s Batman soundtrack is not the embarrassment it?s reputed to be by Steven Hyden October 9, 2012 In We?re No. 1 , Steven Hyden examines an album that went to No. 1 on the Billboard charts to get to the heart of what it means to be popular in pop music, and how that concept has changed over the years. In this installment, he covers Prince?s Batman soundtrack, which went to No. 1 on July 22, 1989, where it stayed for six weeks. Tim Burton?s 1989 mega-blockbuster Batman is near the top of an increasingly long list of items that make me feel like I?m 10,000 years old. Batman was one of the biggest pop-culture events of my childhood. When I was 11, it was the best film ever made, with the possible exception of Back To The Future. After seeing it for the first time I immediately made plans to see it at least three more times, which isn?t easy from a logistical perspective when you?re in the fifth grade, but I made it happen, because this is Batman we?re talking about. Even as neighborhoods were being destroyed by the onset of urban sprawl, kids still could gather at the local Cineplex showing Batman to get a sense of community. And yet here we are, not even 25 years later, and this Batman might as well not even exist. Christopher Nolan?s Batman trilogy hasn?t just eclipsed the original run of Batman films in the late ?80s and ?90s, it has rendered them all but invisible. Occasionally, I?ll catch one of them on cable and it looks as dated and cheesy in 2012 as the old Adam West-starring Batman TV show did to me as a Michael Keaton acolyte in 1989. Even Batman , by far the best of that first series, is very much a movie of its time. I don?t necessarily mean that as a criticism, as Nolan similarly constructed his Batman films as a commentary on culture in the early-21st century. For Nolan, the Batman story is a metaphor for how strict moral codes can start out as righteous, but eventually come to justify evil and cause mass destruction. His movies work as fantastically commercial works of kinetic entertainment, but they?re also resonant in an era marked by random acts of terrorism and governments that inevitably fall victim to brutal over-reactions to those acts out of a sense of fear and helplessness. Burton?s Batman , on the other hand, is ultimately a movie about ?80s excess. As played by Jack Nicholson, the Joker epitomizes the era?s plastered-on smiles and maniacal pursuit of pleasure by any means. The late Heath Ledger was celebrated for disappearing into his Joker performance in The Dark Knight ; Nicholson does the opposite in Batman , infusing his interpretation of the character with an exaggerated (but not that exaggerated) version of the Jack Nicholson persona, which was the very definition of suntanned, sunglasses-donning, courtside-seats-at-the-Lakers-game ?80s cool. Both portrayals are perfect for their respective films. The Joker might get his comeuppance at the end of the movie, but Batman remains by and large a celebration of ?80s ebullience and id run amok. How could it not when the movie itself was a big-budget superstar project designed to make millions of dollars for Warner Bros.? When looked at this way, it makes a lot more sense why Prince, was tapped for the film?s soundtrack. Prince also worked for Warner Bros., and he hadn?t had a major hit album since his soundtrack for Purple Rain five years earlier. Pairing him with a profitable film franchise was corporate double-dipping at its most ingenious. And Prince, like Nicholson, personified a lust for life (as well as for sex and power and instant gratification) that jibed with much of what pop culture celebrated in 1989. In Rolling Stone , Burton said he listened to Prince?s music constantly while filming Batman , particularly when conceiving its version of the Joker. He even included ?1999? and ?Baby I?m A Star? in a rough cut of the movie before Prince was contacted to write an original song or two for the soundtrack. Prince, in turn, produced a whole album?s worth of songs after

**id 222**

Member Login Book Marks How to Create a Rule in Microsoft Outlook If you're one of those popular, busy people who receives dozens of emails an hour (either at home or in the workplace), then you might also find yourself wasting precious time opening emails of low importance and wondering how to make more efficient use of your time. Modern office applications such as Outlook provide an array of features that help you to do this, and one of the most popular methods of improving time management is to get the application to sift your emails for you by use of the Rules feature. Creating Rules will enable you to perform certain actions automatically based on specific criteria of your choosing, freeing you to focus on critical new email. Read on for the lowdown. Step-by-Step Instructions 1 Launch Outlook by locating the Microsoft Office folder within the Start Menu and clicking the Microsoft Outlook entry. The program can take several seconds to initiate, especially if you have many folders containing a high volume of entries (such as email, contacts, appointments and tasks). 2 Click Tools on the main toolbar and choose Rules and Alerts. The Rules and Alerts dialog is displayed. If any current Rules have been set up, they are summarised here and can be either edited or deleted. 3 Click New Rule to launch the Rules Wizard. Select Move Messages from someone to a folder and click Next. There are many different types of Rules that can be set up. We will run through how to divert emails from a specific person to a specific folder. Once this has been mastered, the concept of Rules within Microsoft Outlook will be much more easily understood, and you can experiment until you find the right configuration for your needs. 4 In the next step of the Wizard, from people or distribution list is automatically checked. Leave this as is and click people or distribution list within the Step 2 box at the bottom of the Wizard. Locate the contact you wish to create the rule for, and click their entry to select them. Click OK to confirm. 5 Click specified within the Step 2 box at the bottom of the Wizard. 6 Select a folder within the folder tree, if it exists. If you wish to create a new folder, click New and enter a Name, then click the parent folder where it will be created. Click OK. 7 Click Finish to add the rule. Any emails that arrive from the contact you specified will automatically be transferred to the folder you specified. Tips & Advice Experiment with the assortment of different rule types provided by Microsoft Outlook. You can automatically delete emails from a specific person, move messages based on specific keywords in the subject (useful if emails on a particular topic are being sent to you and you wish to logically group them together) or even Flag messages from a specific person (such as your boss). Be careful with Rules. It can be easy to go crazy with them and create far too many, which often results in confusion -- especially if Rules are conflicting with one another.

**id 223**

The 5 Unfinished Items That Will Shape Obama's Food and Ag Legacy President Barack Obama enters his second term with a complex record on food and farm policy. Eight months into the first term, I assessed the administration's record like this : Like a tractor driven by a drunk, the Obama administration keeps zigzagging on food/ag policy -- sometimes veering in the direction of progressive change, other times whipping back toward the agrichemical status quo. That assessment held up pretty well -- the "whiplash" I was getting from the early policy zigzags has settled into a permanent state. And that's reflected in the impressive list of unfinished food and ag policy business the administration carries into its second term. On all of these issues, the administration could go either way, and there's no telling now which. But one thing is pretty clear: The time frame for resolving them in progressive ways is limited. "The window for getting things done is about 18 months," said Scott Faber, vice president for governmental affairs for the progressive Environmental Working Group. After that, the political class will be engulfed in the 2014 midterm elections -- and the administration will likely turn cautious, reluctant to offend interests that might fund the opposition. Here they are: 1. The farm bill: The basic outlines of food and farm policy are set out in the once-every-five-years farm bill. Congress and the president were due to hammer one out in the 2011-12 session. The White House gave Congress very few signals of what it was looking for in the farm bill, and Congress responded with proposals that enshrined agribusiness as usual (with the tweak of replacing direct payments to corn, soy, and other commodity-crop farmers with new crop-insurance subsidies), adding a bracing dose of austerity for people who rely on government aid for food. The Senate ended up with a farm bill version that I judged could have been worse (but was actually pretty bad); the House ag committee responded with one that preserved the worst parts of the Senate plan (sellouts to agribiz interests in the form of crop-insurance subsidies) and added deep cuts to the critical food-aid program SNAP, formerly known as food stamps . But then the bill died in the House before the election, buried in a war among GOP factions over just how deeply SNAP could be cut and whether insurance subsidies favored by Big Ag interests could be tolerated in an age of fiscal austerity. Now the farm bill has entered a chaotic phase. The lame-duck Congress could still get it together to pass one, but Ferd Hoefner, the policy director of the Washington-based National Sustainable Agriculture Coalition, told me it's "a long shot" that the Senate and House versions will be reconciled before the clock runs down on 2012. If a deal hasn't been worked out by the holiday recess, then the farm bill process starts from scratch along with the new Congress in 2013. If that happens, will the administration use the political capital it won in the election to push a progressive new farm bill? That's "theoretically possible," Hoefner told me; but it's "probably unlikely, given that they basically just sat and watched the process" in 2012. In other words, in the coming year, expect Obama to sign something that very much resembles what the House and Senate came up with last year. 2. New rules that would gut poultry slaughterhouse inspection: In one of its more craven moves, the Obama USDA came out with proposed new rules that would essentially move responsibility for monitoring the kill lines at poultry slaughterhouses from the USDA to the poultry industry itself. No longer burdened with the rigors of USDA inspection, the industry would be able to dramatically speed up the kill line at its plants -- cutting processing costs while endangering the health of workers. According to Patty Lovera of Food and Water Watch, it is a "budget-cutting proposal, driven by the administration, not by Congress." After much pushback from sustainable-ag, food-safety, and worker-health advocacy groups -- 23 of which signed a blunt September 20 letter opposing the new rules, joined by 16 public health researchers -- the USDA has since sat on the decision of whether or not to implement them. "The rules are in limbo," Lovera told me

**id 224**

Publisher Description Allan and Barbara Pease , the international bestsell-ing authors of "Why Men Don't Listen & Women Can't Read Maps," deliver their most exciting book yet. Will men and women ever see eye-to-eye about love and sex? How will relationships ever be rewarding if men only want to rush into bed and women want to rush to the altar? In this practical, witty and down-to-earth guide, couples experts Allan and Barbara Pease reveal the truth about how men and women can "really "get along. By translating science and cutting edge research into a powerful yet highly entertaining read, you'll learn how to find true happiness and compatibility with the opposite sex. REVEALED IN THIS BOOK: The seven types of love The top five things women want from men What to do when the chemistry is wrong What turns men and women on - and off The most common "New Relationship" mistakes and how to avoid them How to decode "manspeak" If you want to get the most satisfaction from your relationship, or are single and looking for the right person, then you must read this book for the answer to "Why Men Want Sex and Women Need Love." Author Biography Pease is CEO of Pease Training International, which produces videos, training courses and seminars for businesses and governments worldwide.

**id 225**

How can I "reuse" fresh eggs that we can't eat? (Hi! Sorry to regular readers for the stupidly long break in posting -- I've been reading all the comments as usual as they come in, just not posting any new content myself due to a combination of busy-ness, illness and laziness. I'm hoping to get back to regular scheduled blogging again now though!) This question is a bit like the one I posted six years ago (!!) about ways to use up no longer fresh eggs but this one is a little different. We've got our own chickens now so always have super-fresh eggs -- but sometimes, like this last weekend, I have to give them medication or treat their coup with things that mean we shouldn't eat their eggs for a few days. The eggs look perfectly fine but there is a risk of contamination so we can't eat them. I can't bring myself to just throw them in the compost though -- or even throw them at my boyfriend when he's not paying attention... ;) I know egg yolks can be used as a hair conditioner or for a face mask -- does anyone have any favourite recipes/techniques? I've also heard some people using them as a fertiliser boost for plants -- do any plants particularly benefit from an eggy treat (especially at this time of year), or is there any that definitely shouldn't have it? Any other suggestions? And finally, less on topic but critically important, did you all have a good summer? (Or good winter, if you're on the southern side of things?) I'm sure there are several crafty things you could do with them; but my suggestion would be if you wouldn't ingest the eggs by eating them, why would you put them on your skin to be (at least partially) ingested that way? That said, the egg tempera would be really interesting to try. Glad you're back. I was going to suggest blowing the eggs and using the shells for something crafty, but Pennywise got there first. Isn't there a way of testing the alcohol content of beer using an egg? Although that would only use one. And there's a cool thing you can do using vinegar to dissolve the shells of whole raw eggs -- you end up with a dangerous bouncy ball, basically. Dangerous because it's liable to burst at any time with hilarious consequences. Do you not want to put them on the compost heap because of the contamination risk, or just because it seems like a waste? I am really happy to see you've come back! I have learned endless amounts of helpful tidbits through your site and it keeps challenging me to find new ways to reuse or repurpose in my everyday life. Thank you! Although this isn't using MANY eggs at once, it does allow for constant use/reuse of shells: as a natural drainpipe cleaner and food debris catcher- Keep a couple of crushed eggshells in your kitchen sink strainer at all times. They trap additional solids and they gradually break up and help to naturally clean your pipes on their way down the drain. Welcome back :) Tempera is fun to paint with. Use the yolk, a few drops of water, and any pigments you have for the painting. Using those eggs as a hair mask would be another fun idea; it should give the hair plenty of body. For egg shells I've tried them as slug deterrents. At least in Ireland the slugs were so industrial sized they didn't get scared of the shells. Now I mostly use them cracked in smaller bits for plants that love calcium, e.g. pepper plants and rosemary. Just break the shells to smaller bits, and leave around the plant. It'll melt quite fast. Something my mother would do with old eggs, just let them sit somewhere so they won't get broken... Wait, wait, wait. Before too long the insides will shrink up and harden. Then you can paint or decorate them however you like, the shells stay tough. She reused the same "special" eggs year after year after year (she had some for 20 years.) They are beautiful decorated and used with Halloween, Thanksgiving, and Christmas themes too! The little yolk ball will rattle inside.

**id 226**

Cycling the Holy Road I'm taking a 5-day solo bike ride from the South Bay to Santa Barbara. This is my account of the trip, in which I'll attempt to capture as many impressions and facts as I can. Sunday, March 27, 2005 Obligatory Wrap-Up Post It's Sunday night. Tomorrow, I will go back to work and retrace the patterns of daily life that I summarily ditched two weeks ago. After arriving in San Diego on Amtrak (I emphasize: only take Amtrak anywhere if you have a lot of time on your hands), I made the short ride from La Jolla to Del Mar, where my parents live. In anticipation of my brother's wedding, my family became completely entropic. We ensued to drive each other nuts for the next couple of days. Then, the wedding came around: calm, sunny, smelling of flowers and lawn, and about as stressful as sitting on a porch swing. A few hours after the exhanging of vows and wedding cupcakes, the bride and groom peeled out in a red Firebird, and the whole affair was over. My brain, having nothing left to grovel over, shut down in a huff. I spent the next day-and-a-half in powersave mode, interacting with the world around me as though I were swarthed in cotton. I confess that I'm still operating in said state. In ending this blog and this trip, I have one thing to say: whoa. I did it. That was not easy. I plan to go back to SLO one of these days and finish the trip the way I intended. People said the trip was crazy. It was. Nonetheless, I wouldn't hesitate to do it again. My housemate has a placard on her bathroom wall that I think sums up what this experience meant to me. The placard says that "One needs to have chaos within oneself to give birth to a rising star" (Nietzsche). I embraced my own chaos, and now I've come back to a place where I can appreciate calm. And when I get bored of the calm, which I almost invariably do, I'll know that I have the will and stamina to do something crazy for a little while. Perhaps that knowledge is all I need. Tuesday, March 22, 2005 Day 4: Santa Maria, the Storm, and Amtrak You may be able to guess where this is going based on the title. I woke up this morning with my lovely auto-fire on, sauntered to the window, and saw rain. Lots of it. Undeterred, I donned a towel and walked onto my hotel balcony. It looked like rain but felt like sprinkles. If it felt like sprinkles, I concluded, it must \_be\_ sprinkles. As a corollary, it must therefore be bikeable. Operating on this illogic, I pulled on a few layers of spandex, packed up, and checked out. Right after I checked out, I looked outside and noticed that it was pouring rain. There were no sprinkles here. This was an actual storm. Shit. To prove to myself that this was utterly unbikeable, I walked outside and stood in the deluge for about a minute. I got wet. And cold. I walked back inside, pulled the map out of my pack, and looked for towns that were inland. I figured it might not be raining inland, as yesterday's rain seemed centered around the coast. The concierge called a minivan cab for me. I told the driver to take me to Arroyo Grande, the nearest inland town. She did. It was stormy. I pulled out the map again. "OK, could you take me to Santa Maria?" It looked further inland, and it seemed to have a Greyhound station just in case. "Are you sure? It's not the nicest place in the world." "Really?" "Yeah, when I was a kid, they told you never to go to Santa Maria unless you wanted meth and brown acid. There were gangs. People would just disappear there." "Uh...is it still like that?" "I don't know. I tell my daughter never to go there." We arrived in Santa Maria. It was raining. Hard. The driver dropped me off at a Denny's, where I slowly drank coffee for three hours in an attempt to wait out the rain. The rain literally did not stop. The old codger sitting in the booth behind me had seen me get out of the cab

**id 227**

Sunday, November 18, 2012 It starts: Obama 'urging' Netanyahu not to allow ground invasion The New York Times is reporting that President Obama is 'urging' Prime Minister Netanyahu not to invade Gaza . Though President Obama uttered immediate and firm public and private assurances that Israel has a right to defend itself from rocket attacks emanating from Gaza, administration officials have been privately urging Israeli officials not to extend the conflict, a move that many American officials believe could benefit Hamas. A protracted escalation, the officials fear, could damage Israel's already fragile relationships with Egypt and Jordan at a time when both of those governments have been coming under pressure from their own populations. ... A senior Obama administration official said the American message to Egypt had been "that we cannot have this conflict drag on, as it just risks greater threats to civilians." If Israel goes back into Gaza, both Egypt and Jordan -- the only two Arab countries with peace treaties with Israel -- would come under pressure from their people to break off ties, a move that would undoubtedly strengthen Hamas. But to the relief of Obama administration officials, Mr. Morsi so far has not hinted at such a move, which would threaten the 1979 Camp David peace treaty between Israel and Egypt, a linchpin for stability in the region in Washington's view. And administration officials say Mr. Morsi has indicated that he will try to calm the situation in Gaza before it worsens. Whether that effort extends to lobbying for Hamas to crack down on jihadist groups that have been launching attacks on Israel, as Israel would like to see Mr. Morsi do, is not clear. But at the moment, the relative quiet out of Cairo is being viewed in Washington as a positive first step. "If Morsi wanted to use this for populist reasons, he'd be adopting a different posture," said Martin S. Indyk, the former American ambassador to Israel and the author of "Bending History: Barack Obama's Foreign Policy." "If he wanted to take apart the peace treaty, this is his opportunity," Mr. Indyk said. "The fact that he's not and is instead apparently working with President Obama to calm the situation is important." But Mr. Morsi's cooperation can only be counted on, another administration official said, so far as Israel does not invade Gaza, with the attendant civilian casualties. A ground war, the official said, "could mean all bets are off." I'm not going to tell you anything I know about this that has not been reported in the media. But you don't seek authority to call up 75,000 reserves at a huge cost to the economy if all you're going to do is send a few dozen pilots to hit a bunch of pre-selected targets.To put that number in perspective, only 10,000 troops were used in 2008's Operation Cast Lead . Though Iran would welcome the opportunity to demonstrate the spectrum of its militant proxy strength, especially after supplying Hamas with the long-range Fajr-5 rockets that have been targeting Tel Aviv and Jerusalem , Hezbollah will likely be extremely cautious in deciding whether to participate in this war. The group's fate is linked to that of the embattled regime of Syrian President Bashar al Assad; should Syria fracture along sectarian lines, Lebanon is likely to descend into civil war, and Hezbollah will have to conserve its strength and resources for a battle at home against its sectarian rivals. Indeed, Hezbollah has already been preparing for such a scenario by seizing control of villages along the Orontes River Basin in order to maintain connectivity with Syria's Alawite community. At the same time, if Hamas is able to bog down Israeli ground forces by drawing them into a war of attrition in densely populated Gaza City, Hezbollah may see a political opportunity to burnish its credentials as the region's leading "resistance" movement. In this case, Hezbollah would likely monitor the situation until it could be assured that Israeli forces are sufficiently constrained on the Gaza front before it begins attacks on the northern front. Hezbollah is not looking for a major confrontation with Israel, and the tens of thousands of additional Israeli reservists called up compared to Operation Cast Lead suggest that Israel is already preparing for a two-front contingency. If Hezbollah does decide to participate in the war, it would be carefully timed to drive an already embattled Israel toward a cease-fire so that

**id 228**

A little ship was on the sea Contents A little ship was on the sea Author: Dorothy A. Thrupp Dorothy Ann Thrupp was born in London, June 10, 1779. She contributed some hymns, under the pseudonym of "Iota," to W. Carus Wilson's Friendly Visitor and his Children's Friend. Other hymns by her, signed "D.A.T.," appeared in Mrs. Herbert Mayo's Selection of Hymns and Poetry for the Use of Infant Schools and Nurseries, 1838. She was also the editor of Hymns for the Young, c. 1830, in which all the hymns were given anonymously. She died in London on December 15, 1847. --The Hymnal 1940 Companion... Go to person page &gt; Text Information Notes A little ship was on the sea . Dorothy A. Thrupp. [ Peace .] Contributed to Mrs. H. Mayo's Selection of Hymns , &c, 2nd ed., 1840, in 9 stanzas of 4 lines, entitled "The Little Ship on the Waves,"' and signed "d. a. t." As a hymn for children it is most popular, and is found in numerous collections both in Great Britain and America.

**id 229**

Independent Travel newsletter: All the latest travel news and great offers (every Friday) Indy Arts and Entertainment newsletter: All the latest from the world of arts and entertainment (every Monday) The Independent Competitions and Offers email: The best new prizes, offers and bargains (every Friday) Occasionally we would like to send you emails detailing specific offers, from us or carefully selected partners. If you would like to receive these then please tick the appropriate boxes below. We will never pass on your details to anyone else. I would like to receive additional offers and information from The Independent I would like to receive additional offers and information sent by The Independent on behalf of carefully selected partners Terms and Conditions \* I have read, understood and agree to be bound by the terms and conditions of Independent Digital News and Media Limited John Rentoul: The right to speak truth unto prejudice The words about breeding by a former Tory MP were correct. It was the ritual 'gaffe' fallout that was really unspeakable The Earth is flat and the Sun revolves around it: two theories that were assumed to be true long after the evidence to the contrary became overwhelming. Richard Thaler , the author of Nudge, the popular work of social psychology, recently asked for other examples of "things we once thought were true and took forever to unlearn". Sometimes it seems as though British politics exists simply to provide Thaler with case studies. Howard Flight, the MP who was forced out of the Commons by Michael Howard at the 2005 election for making a prediction deemed unhelpful to the Conservative cause, last week embarrassed the current Tory leader, who has just nominated him to return to Parliament as a member of the House of Lords. The soon-to-be Lord Flight suggested that state benefits encourage claimants to have more children. "We're going to have a system where the middle classes are discouraged from breeding because it's jolly expensive, but for those on benefit there is every incentive," he told the Evening Standard . Both parts of that statement are demonstrably true, but the social psychology of groupthink requires everyone to perform their allotted roles in rituals as formalised as those of the Roman Catholic Church that condemned Galileo. First, journalists report a "gaffe" -- a word of almost theological definition, which is not used in normal English. Opposition politicians and commentators then condemn the maker of the gaffe, often for things that he or she has not said but for an implication or extrapolation. The third stage of the ritual involves disciplinary action and attempts to avoid it. In this case, Flight went through the full sequence of available responses, from "my words were taken out of context" (which they weren't) to an "unreserved apology" and a retraction. That proved enough to avoid stage four of the ritual, and to persuade David Cameron not to withdraw his nomination to the peerage. Flight was held up to ridicule mainly because the word "breeding" recalled the speech by which Sir Keith Joseph destroyed his hope of leading the Conservative Party in 1974. That was when Sir Keith warned that "our human stock is threatened" by the "high and rising proportion of children" being born to adolescent mothers in "social classes four and five". What was offensive about that was the idea of eugenics -- improving the race by selective breeding for strength, health or intelligence. Flight said nothing of that kind. Yet the mere shadow of word-association diverts debate about tax and benefit policy into a gotcha ritual of heresy-hunting. He said that policy designed to alleviate child poverty has a perverse effect in encouraging people on benefits to have more children than they otherwise would. This has been demonstrated by several academic surveys , not least a recent one by the unimpeachable Institute for Fiscal Studies. In December 2008 it published a paper entitled "Does welfare reform affect fertility?" It was barely reported in the press, for reasons in which social psychologists might be interested, because it found that, since Labour increased child-related benefits in 1999, "there was an increase in births (by around 15 per cent) among the group affected by the reforms". It is not eugenicist to point out that this can have undesirable consequences. Or, as Flight put it, rather mildly, "that's not very sensible". A large part of the problem is that Tony Blair made a promise to "end child poverty" which was not deliverable but which could not be critic

**id 230**

Six things you can do today to save money I went on the 'Special K' diet last week. I can't tell you if it works, because after about four hours I was starving, and decided it wasn't for me. It's that time of year - when thousands of us go on diets and exercise like mad to try and look good on the beach later in the summer. But what about applying that bikini diet to your financial affairs? Here's a quick six-point health plan that should knock your finances into shape: 1. The check-up The first step is to undergo a thorough financial health check-up. Only then will you be able to work out what you need to do next. You know how horrible it is getting on the scales? Well, it may be just about as unpleasant, but you need to open all those bank statements. Use this Statement Of Affairs calculator to work out exactly where you stand - and then devise a budget based on your incomings and outgoings. It's also a good idea to find out what your credit rating is like, so you know what loans, credit cards and other financial products you're likely to be accepted for. You can get a free credit report from Experian. Just remember to cancel the agreement before the 30 day trial period is up, to avoid being charged in the future. 2. Cut out the junk Next, you need to cut out all those unhealthy financial products (and habits), just like you'd cut out chocolate, cake and crisps. 3. Swap to healthier alternatives Of course, changing your spending habits won't get you out of debt immediately. If you're in debt at the moment, think about swapping to healthier credit products today. For example, you could drastically reduce the amount of interest you're paying on your debts by shifting them to a 0% balance transfer credit card . The market leader at the moment is the Virgin Money card , which offers 0% on balance transfers for 16 months. This will mean you can focus on paying off your debt, rather than just grappling with the accumulating interest - so it should be possible to clear your balance more quickly. 4. Build better habits Now that you've slimmed down your spending and taken steps to clear your debts, it's time to start thinking about saving. After all, we're in a recession. If you can build a long-term saving habit, your finances will be healthy enough to survive if the worst happens and you lose your job. Ideally, your emergency fund should be built to last you for at least three months of unemployment - preferably more. For a rundown of your best savings account options, read Top 20 savings accounts and ISAs . 5. Crash dieting doesn't work A dramatic crash diet may help you slim down for a month or two, but the chances are you'll soon put the weight back on. The same principle applies to your finances: Slash your spending to the point where you're not having any fun, and it just won't be a sustainable. Whether to improve the health of your body or your bank balance, you need to work out a sensible, long-term strategy that rewards you for 'good behaviour' every now and again. That way, you're more likely to stick to the plan, and less likely to succumb to dramatic spending/eating blow-outs! 6. Speed up the process Finally - you'll lose weight faster if you exercise as well as controlling the calories. In a similar way, your financial situation will improve more quickly if you can up your income at the same time you lower your outgoings. Enjoyed this? Show it some love Comments ( 1 ) The tube strike has made me pick up my bike and ride in to work. If I continue next week and onwards, I'll save myself around 100 myself (and hopefully still have my life and limbs intact). That's a serious amount of savings each month...

**id 231**

Bats in the belfry Meaning Crazy; eccentric. Origin Bats are, of course, the erratically flying mammals and 'belfries' are bell towers, sometimes found at the top of churches. 'Bats in the belfry' refers to someone who acts as though he has bats careering around his topmost part, i.e. his head. It has the sound of a phrase from Olde Englande and it certainly has the imagery to fit into any number of Gothic novels based in English parsonages or turreted castles. In fact, it comes from the USA and is not especially old. All the early citations are from American authors and date from the start of the 20th century; for example, this piece from the Ohio newspaper The Newark Daily Advocate , October 1900: To his hundreds of friends and acquaintances in Newark, these purile [sic] and senseless attacks on Hon. John W. Cassingham are akin to the vaporings of the fellow with a large flock of bats in his belfry." Ambrose Bierce, also American, used the term in a piece for Cosmopolitan Magazine , in July 1907, describing it as a new curiosity: "He was especially charmed with the phrase 'bats in the belfry', and would indubitably substitute it for 'possessed of a devil', the Scriptural diagnosis of insanity." The use of 'bats' and 'batty' to denote odd behaviour originated around the same time as 'bats in the belfry' and the terms are clearly related. Again, the first authors to use the words are American: There have been several attempts over the years to associate the term 'batty' with various people called Batty or Battie, notably the 18th century physician William Battie. He was a governor of the Bethlem Hospital, a.k.a. Bedlam, and physician to St Luke's Hospital for Lunaticks, where he wrote A Treatise on Madness . Despite those illustrious credentials, it was bats rather than Battie that caused scatterbrained people to be called 'batty'. I feel obliged at this point to add a response to the steady stream of emails I get from people who read this page and send word that I've got it all wrong and that 'bats in the belfry' derives from a Victorian inventor called Batson, who patented a safety coffin which was topped with a tubular device containing a bell. The aim of the invention was to guard against premature burial and came to be known as the 'Batson Belfry'. My correspondents suggest that this is the source of the phrase. If the story is in any way correct, and frankly I doubt almost every part of it, it concerns the name Bateson rather than the usually cited Batson. In his novel The Great Train Robbery Michael Crichton includes this: In 1852, George Bateson received a patent for the Bateson Life Revival Device, described as "a most economical, ingenious and trustworthy mechanism, superior to any other method, and promoting peace of mind amongst the bereaved at all stations of life". In 1859, Queen Victoria awarded him an O.B.E. Novels are of course works of fiction, but it is this novel that appears to be the source of the belief in the 'Bateson Belfry'. Just in case the story has any factual basis I have done a little research into it. Did Bateson even exist? The comprehensive Oxford Dictionary of National Biography makes no mention of any George Bateson - surprising for a prominent inventor who is supposed to have been awarded an Order of the British Empire. Did he record a patent? I can't find any record of the supposed patent at the UK Patents Office. Was he awarded the OBE? No, he wasn't. Queen Victoria didn't award Bateson, or anyone else, the OBE, she died 16 years before the OBE was inaugurated. Leaving aside whether Bateson (not Batson) patented a safety coffin, or even existed at all, what about the claimed link between him, his device and the phrase? Here we can be sure - there is no evidence to support such a link. The 'Bat(e)son Belfry' origin is a fanciful imagining. This does, however, make an interesting folk etymological link between the phrases 'bats in the belfry', ' saved by the bell ', '

**id 232**

Honda Bit of a surprise piece of news here. We don't normally carry news stories, but this one does seem fairly major, and it would be silly to ignore it. According to a Reuters news flash, the British Government has apparently just been bought by Honda. The deal went through in the early hours of this morning, and has just been announced by Honda's Group Managing Director, Ralph Tokana. According to Reuters, Honda fought off rival bids from Unilever and the John Lewis Group, and is believed to have paid upwards of four hundred million for the troubled democracy giant. I think we have some footage here ... Cut to Stephen emerging from a Whitehall building. Cameras and flash bulbs. Hugh in voice-over. ... we believe, very firmly, that this was a fair price, and that the British taxpayer has got a good deal here. Honda ... may I just finish here? Honda have given us satisfactory undertakings to the effect that they will not be making any massive changes to the structure of government for at least six months, and that their only social alterations will involve converting Wales into a seven-million-hole golf course, and replacing all the houses and flats in Britain with perspex living-pods. Stephen M. Have you tried ...? Stephen Yes, I've tried one of these pods myself, and it was very ... Phyllida What about unemployment? Stephen Oh what about unemployment? You people, you're obsessed ... every time some change comes along, some new idea that might really do this country a bit of good, it's the same old "What about unemployment?" I mean, change the bleeding record, can't you? Yes, there will be some unemployment. Honda have pointed out that we really don't need 620 people in the House of Commons, for instance. They will be investing in a new, laser- guided legislative machine ... Stephen M. So there will be no elected body? Stephen Oh come on! Just rejoice, can't you? It's a compliment: it shows that this government, as we've always claimed, is an attractive proposition to our customers. This is a good deal for Britain, a good deal ... Cut back to the studio. Hugh Well, I think I ought to say at this point, that that was all made up. Honda haven't really bought the British Government. It's a completely silly idea. He gets up and runs over to a camera and looms into the lens. Or is it? Vox Pop Hugh I said to the Captain, I said you want to watch out for those icebergs, because a lot of them are a lot bigger under the water than they look on top of the water, but no, he just had to plough on, showing off to all the women, so then, obviously, wallop. Big hole in the side, went down in under ten minutes. Egg on his face, I say.

**id 233**

Pages Wednesday, October 10, 2012 Kobe Bryant: "Dwight Howard is Going to be One of the Greatest Centers of All Time" M y, how far Kobe Bryant has come from that one night in Colorado. Dogged for years for his prima donna attitude, his infighting, his feud with Shaw, and his general (what seemed to be) cockiness and smuggishness, Kobe seemed to be a personal turn-off in just about every way. Now, after refurbishing his brand, winning multiple NBA championships on his own, and courting Steve Nash , Kobe Bryant was sticking up for Dwight Howard. "I mean, Dwight is going to be one of the greatest centers of all time," he said on Tuesday . "To not say anything but is laughable." Howard has come under the lens since arriving in Lotus Land because Shaq has put him there. Shaq blasted Dwight last week , saying he was behind Andrew Bynum and Brook Lopez when it comes to active centers. Shaq's long personal dislike for Dwight makes that claim not only inaccurate, but obviously biased. On ESPN's First Take , Skip and Stephen A. reflected on their public poll, where 52.4% of those responding said Dwight Howard will not finish his career as one of the greatest centers of all time. "Let me make sure I'm correct," began Stephen A. "It says that 52% said No, is that correct? Those 52% of the people don't know what the hell they're talking about... Kobe Bryant is absolutely, positively correct about the potential that exists within Dwight Howard." Predictably, Skip Bayless disagreed. It's First Take , after all. "To Kobe, I say baloney," he said, with a weak try for a rhyme. "I realize, Kobe, that you're just defending your new teammate from the old teammate... You do have a Kareem, and you do have a Russell, and you do have a Wilt, and you do have a Shaquille. "To put Dwight Howard in the same sentence as Shaquille O'Neal is almost as blasphemous and preposterous as it is to put LeBron in the same sentence as Michael Jordan." Somehow, it seems like both of them missed the point, but that happens... it's First Take , after all.

**id 234**

If nothing else, it explains the recent WSJ hit piece against Egan, just so it can make the public record in the SEC documentation. In other news, this will surely teach any other rating agency to downgrade the US not once ( ahead of everyone else , well the S&P), but twice (and JP Morgan too ). In the meantime, the SEC still has NO IDEA what the definition of liquidity is , and continues to refuse to take ANY action against High Frequency Trading, to press criminal charges against ANY banker, or for that matter, to do anything that may jeopardize its staffers future careers as 7th assistant general council at assorted bailed out Wall Street firms. Now we wait to hear news that Fitch and Moody's will receive a cash bonus from the SEC for not downgrading the US properly filing their regulatory applications. One senior attorney at SEC headquarters in Washington spent up to eight hours a day accessing Internet porn, according to the report, which has yet to be released. When he filled all the space on his government computer with pornographic images, he downloaded more to CDs and DVDs that accumulated in boxes in his offices. An SEC accountant attempted to access porn websites 1,800 times in a two-week period and had 600 pornographic images on her computer hard drive. Another SEC accountant used his SEC-issued computer to upload his own sexually explicit videos onto porn websites he joined. And another SEC accountant attempted to access porn sites 16,000 times in a single month. In one case, the report noted, an employee tried hundreds of times to access pornographic sites and was denied access. When he used a flash drive, he successfully bypassed the filter to visit a "significant number" of porn sites. The employee also said he deliberately disabled a filter in Google to access inappropriate sites . After management informed him that he would lose his job, the employee resigned. A similar SEC report for October 2008 to March 2009 said that a regional supervisor in Los Angeles accessed and attempted to access pornographic and sexually explicit Web sites up to twice a day from his SEC computer during work hours. Porn Problem Began as Economy Collapsed The report concluded that most of the cases began in 2008, just as the financial system began to collapse, and the problem hasn't stopped. The most recent case cited in the report occurred four weeks ago. "Trust me, these guys are addicts," said Mike Leahy, author of the book "Porn Nation." "This isn't going to end until you know someone really puts a stop to it." Argentina Fines More Economists Over Inflation Estimates ...Government officials deny the fines amount to censorship, saying they want Argentines to have access to "good data." The Economy Ministry spokesman couldn't be reached for comment. The fines have silenced some economists and led others to refrain from talking openly to the media. Citing government pressure, consulting firm Economia y Regiones said last month it will no longer make public its inflation estimates... America Charges More Economists Over Sovereign Ratings ...Government officials deny the charges amount to censorship, saying they want Americans to have access to "good data." The Economy Ministry spokesman couldn't be reached for comment. The charges have silenced some economists and led others to refrain from talking openly to the media. Citing government pressure, ratings firm Egan-Jones said it will no longer make public its sovereign debt ratings... And if this and other stories don't tell you anything, this should. There is no way out for the US, we are going to have a economic implosion the likes of which will make the Great Depression look like a friday afternoon correction. It's much more than that, most of them are just waiting it out for them to get hired by a major firm so that they can show them how to keep away from audits and flags popping up if any. Do you truly believe that these Ivy league kids go into the federal service when they see their friends who luck out and get the 1.5 million dollar job and more. They couldn't get the dream job at the beginning and so is waiting it out and hopeing to be noticed by a big firm. And some are doing the 20 years and out and then go into the private sector to the same companies they investigated. People forget that when Bernanke was giving assessments of the economy, housing and future developments he was also acting as a ratings agency. Now that his prognostications about housing and the

**id 235**

Share this: Based on the minimal information in the YouTube description of this unintentionally comic viral video, it appears film producer and screenwriter Ron Senkowski was "walking between film financing meetings" in New York City on Thursday when he captured this instance of mutual thuggery between a pair of Wall Street types waiting for a cab. In the video we see two nicely-dressed men of indeterminate age slapping, shoving, then grappling until one finally wins and slams that yellow door. The camera then swings rather sadly away, as if Mr. Senkowski was shaking his head sadly at the state of humanity. We look forward to the ensuing slow-motion versions of this masterpiece set to "New York, New York" in the near future.

**id 236**

How-To Geek I've previously written about a way to enable or disable UAC from the command line . This is an easier method that you can use to do the same thing from the GUI interface in either Windows 7 or Vista. To recap my earlier article, UAC is ANNOYING. Note: Disabling UAC will lead to a less secure system, so be warned. Disable UAC on Windows Vista Open up Control Panel, and type in "UAC" into the search box. You'll see a link for "Turn User Account Control (UAC) on or off": On the next screen you should uncheck the box for "Use User Account Control (UAC)", and then click on the OK button. You'll need to reboot your computer before the changes take effect, but you should be all done with annoying prompts. Disable UAC on Windows 7 Windows 7 makes it much easier to deal with UAC settings, and in fact you don't have to completely disable UAC if you don't want to. Just type UAC into the start menu or Control Panel search box. You can simply drag the slider up or down, depending on how often you want to be alerted. If you drag it all the way down to the bottom, you'll have disabled it entirely. Windows 8 can be confusing, but now you can read our comprehensive guide that explains everything the easy way. There are over a thousand screenshots and pictures in the book to help you get the hang of navigating around Windows 8, and nearly a thousand pages of content so there's nothing you won't understand. Plus it's written in the classic How-To Geek style you're familiar with. Yes it is annoying -- but that's only because as Windows users are not used to having to actually think about security issues -- and as such we've had all the problems of the last few years. Critics continually slate Microsoft for not doing more to make the OS secure -- and yet when they attempt to, there are numerous articles like this encouraging people to turn these features off. I'm not saying your average user might not just click ok on a UAC dialog box (after the tenth one) without reading it -- thereby negating any benefit -- but it at least it encourages the majority of users to think before they click (and creates a greater awareness of security implications). I believe it also helps power users (more than they'd like to admit) since if some unknown application suddenly needs to elevate it's privileges and perform file operation commands then it alerts said power user that there's possibly a Trojan on the loose. One thing that a significant proportion of the reviewers/critics of Vista/UAC tend to forget is that once the OS/drivers/basic software is installed (which would be the case for the average pre-built purchased PC), these UAC dialog boxes become much less frequent. Add to that the inevitable rewriting of post-Vista applications, so that they are coded properly (such that they don't require administrator privileges unnecessarily and are digitally signed etc), users will see the UAC prompt much less frequently when using software day-to-day on their PCs. Anyway for those of you that have read all the way through -- thank you -- and really do think of the implications before you turn off UAC. I absolutely agree with you that turning off UAC for regular users is probably a bad idea. I think UAC for average users is fine... it's just obnoxious that I've got an administrator account and I still get prompted every few seconds. At least if they had made it more like Ubuntu, where I enter my password once in the "UAC"-like dialog, and then it stays good for a few minutes... that I would not just tolerate, but be very happy with. Very usefull information indeed -- but still even cooler would be to disable this check only for selected applications (e.g. SQL Server since for starting and stopping you need to start Management Studio in Admin Mode ... and on Development environment you need this quite often) and keep the higher security level for the rest i think UAC should be off no matter what. you didnt need it in XP so why vista. My sister tried her hardest to get used to UAC and ended up allowing a virus into her comp because she got so used to clicking allow to every little damn thing she did. If you have antivirus and antispyware then why do you need UAC. Even regular users like myself dont need it. Hayu: you really should have let people know which version of Vista you're

**id 237**

the specified microsoft dynamics crm server is not available. make sure that the url is correct Firstly there seems to many posts on this forum and on others regarding the above error. After several hours of trawling through them and finding no real solid answer from anyone including microsoft I am forced to post here. I can infact access it via IE. I have no Proxy setting in ie, I also have no firewall in the way as its on my local LAN ALL ports and ALL services are trusted. I have also used the full name ie uk-crm1:5555/companyname I am using the same installation of CRM outlook client as I have on many other laptops around this office, and they work fine. So it must be Laptop specific. I will not download the latest install based on this as I feel is invalid. I have un installed and cleared out program files and the registry of all thing CRM and then reinstalled, no Joy. Answers Know its been a while however I managed to resolve this issue! Without rebuilding the PC. It was an internet explorer setting that was causing the issue. Due to the laptop being used as a DEMO machine at the very begining, the consultancy company changed the setting in IE to prompt for a user name and password (IE Options, Security, custom setting, scroll to bottom) this was set on any of the zones. I was aware of this and had made the changes to auto use login etc. However it was continuing to prompt for user name and password each time I wanted to access the CRM via IE (each fresh session it would do this). I had kinda dismissed this as any internet access in the office needs domain authentication like many other sites. So assumed (its not good to assume) that it was that authentication not authentication for the CRM server. So, what I did was completly reset all IE setting to default. Low and behold the CRM Client now installs. I think the error was thrown as when it tried to access the url it was waiting for that authentication, didn't get it as its part of the setup it would not prompt, then timed out and through the "I cannot find it" error. So this soloution could be very specific to me. However Reseting IE settings is another thing that can be tried to stop this error. Also if you are using domain authentication for web access, make sure you go onto the web, so that the authentication process is completed BEFORE attempting to setup CRM offline. The CRM application on the server needs to be an IFD (Internet facing). You need to expose the crm application to internet. Once you have done that try accessing using the internet URL. Provide the URL while configuring the CRM in outlook. This should work. I have tried the ipconfig commands, however this has not worked. FYI this laptop is given an IP addresses based on its MAC address. Not sure if that is the issue. Neerav Shah - This CRM server is only availible on a local LAN. We are a health company and if I put this server on the web I would be shot on site! :) Also adding to this, I don't think making changes on the server is going to resolve this issue as I have LOTS of laptop that use it with no problem at all, they use a VPN to establish connection to the LAN and then CRM via outlook. I am thinking that there is something with the install for this laptop, it was used a demo and was at one stage configured not to use the offline stuff. However I have (as far as I am aware) removed all software, deleted the directorys. Not too sure if I got all the registry hacks. I have tried that also, however I have read somewhere that as you are using AD for authentication you are forced to use DNS names not IP's. This is the same for the internet facing thing. This in my opinion is a bit of a flaw in CRM. Especially for remote access. You have to register a domain name at cost if you want to put it out there as it were. Its different for us as the UK laws are so tight with patient confidentiality so I can not do that until I have spent a small fortune on infrastructure.....however that's way way in the future. I think I am going to have to rebuild the laptop to see if that fixes it. Know its been a while however I managed to resolve this issue! Without rebuilding the PC. It was an internet explorer setting that was causing the issue. Due to the laptop being used as a DEMO machine at the very begining, the consultancy company changed the setting in IE to prompt for a user name and password (IE Options

**id 238**

Roger : Welcome back. Telford Farm Training Institute began in 1964 and last year was merged with Lincoln University. Speaking to me about the potential of the merger is Director of Telford Division at Lincoln University, Associate Professor Charley Lamb. Charley welcome to the programme. Thanks for speaking with us. Charley : That's OK Roger. Roger : Can you give us a brief outline of Telford's history? Charley : It started in '63 under an act of parliament, under the Telford Act. The first students came in '64 and its been running since that time under different sort of structures in the sense of being a self contained, farm training institute right up until the time when effectively it became a polytechnic in 1990 and it was the smallest polytechnic in New Zealand. And subsequent to that Lincoln became involved with it in 2010 and it became a division of Lincoln on 1 January 2011. Charley : Yes. It is a conventional farm training institute in the sense of teaching agriculture. Obviously that has threads here at Telford with our nine hundred and fifty hectare farm. We have dairy, deer and sheep so it has a traditional agricultural focus but as well as that, Telford has broadened into the areas of equine, apiary, horticulture, forestry so we're really, to use the modern day parlance, really a primary industry training centre, more so than just purely an ag-training centre. Roger : What has the relationship with Lincoln University meant for Telford? Charley : I think more so than just Lincoln, it offers New Zealand a huge opportunity to really concentrate its land based industry training from levels one to ten. So the beauty we've got really is the seamless integration of levels one to ten offering much more opportunity for people wanting to be in the primary sector from the point of view of staircasing and pathways and training, so its quite exciting. Roger : What is staircasing? Charley : Well the idea of staircasing is to give people an opportunity who have an interest in a particular area, to start that training quite early and then move through, giving them the opportunity to further progress as they get employed. And they may be employed initially for instance as a dairy worker, become a herd manager and that gives them the opportunity to do levels four and five training and then they may go on ultimately to university to do degrees later on, so its more seen as an opportunity for training, with training these days really, in all facts of life, being a life long exercise, not just done when you're young. Roger : Telford's moved into the technology age. What's that meant for students elsewhere in New Zealand. Charley : Whilst we have somewhere between one hundred and two hundred students a year come through the campus here, we actually qualify between six and eight thousand students in other parts of New Zealand via sub-contracted delivery using sub-contractors. But we also teach into schools. We have a video conferencing unit which teaches into schools fifteen hours a week and that's in equine and agriculture and horticulture. We also are very strong in the STAR programme in high schools. We have about a thousand students in STAR and so we have very strong links in the community. The e-learning and video conferencing has been a mainstay of Telford for the last seven to eight years so we're really quite ahead of the game. Roger : You've talked about food production becoming a focus as opposed to farming per se. Does that signify a new direction for the centre? Charley : I don't know if it's a shift in direction in as much as the world's coming up to quite a challenge by the year 2050 when we'll have nine billion people. It'll be a huge demand on protein production which is really what New Zealand's mainstay is and why we still generate such a high proportion of our foreign exchange earnings. So 2050 is the date we need to be training for, not tomorrow or next year. And that means we have to really start thinking about agricultural production in a much broader sense and what's controlling us around the world now is the GAP approach, or Good Agricultural Practice. Our products will be subject to GAP policies in Europe and North America so to actually get products into those countries, we're going to have to produce our products under a good agricultural production type philosophy. And that starts at Telford. That starts at the areas of training where we have to treat things such as health and safety, water management, effluent management as real parts of production and stop treating them as a compliance exercise. The reality is trace

**id 239**

Much has been said about Joe Giudice's phone call with a mystery woman -- which was featured on an episode of The Real Housewives of New Jersey when the gang headed to Napa -- but who was Mr. Giudice actually talking to? While Joe told his wife Teresa Giudice that he was chatting with one of his workers who doesn't speak English, that clearly was not the case, given that a woman's voice was heard saying " Hi baby " on the other end of the phone. Sorry, Juice Joe, but we don't think there's any way you can trick Tre into thinking that your employees call you "baby." Some sources have speculated that Joe was, in fact, conversing with his mistress, but we still haven't confirmed the mystery woman's identity, However, during part two of the Season 4 Reunion, Andy Cohen asked Joe to reveal who he was speaking to, and Joe suck by his original story that he was chatting with a coworker named Albie, and a delivery man who didn't speak english

**id 240**

Electoral Milestones - Timetable for Indigenous Australians Aboriginal society was governed by customary laws handed down by the creative ancestral beings 1770 Captain Cook claimed the eastern half of the Australian continent for Great Britain. 1788 European settlement of Australia commenced. When colonising Australia, the British Government used the term Terra Nullius (meaning land of no-one) to justify the dispossession of Indigenous people. Traditional Aboriginal systems of tribal land ownership were neither recognised nor acknowledged. Colonial and later national development was based exclusively on the English legal system 1829 British sovereignty extended to cover the whole of Australia -- everyone born in Australia, including Aborigines and Torres Strait Islanders, became a British subject by birth 1843 First parliamentary elections in Australia (for New South Wales Legislative Council) were held. The right to vote was limited to men with a freehold valued at 200 or a householder paying rent of 20 per year 1850 + The Australian colonies become self governing -- all adult (21 years) male British subjects were entitled to vote in South Australia from 1856, in Victoria from 1857, New South Wales from 1858, and Tasmania from 1896. This included indigenous people but they were not encouraged to enrol. Queensland gained self -government in 1859 and Western Australia in 1890, but these colonies denied Indigenous people the vote 1885 Queensland Elections Act excluded all Indigenous people from voting 1893 Western Australian law denied the vote to Indigenous people 1895 All adult women in South Australia, including Indigenous women, won the right to vote 1901 Commonwealth Constitution became operative -- Section 41 was interpreted to deny the vote to all Indigenous people, except those on state rolls 1902 The first Commonwealth Parliament passed the Commonwealth Franchise Act of 1902, which was progressive for its time in granting the vote to both men and women. It did however; specifically exclude ' any aboriginal native of Australia, Asia, Africa or the Islands of the Pacific, except New Zealand ' from Commonwealth franchise unless already enrolled in a state. The Aboriginal franchise was further reduced in practice by admitting only those Aboriginal people already enrolled in a state in 1902. 1915 Queensland introduced compulsory voting. This was later introduced in all other jurisdictions 1920 Commonwealth Nationality Act denied the vote to people of South Sea Island origin despite being British Subjects 1922 Regulations in the Northern Territory excluded Indigenous people from voting. Officials had the power to decide who was Indigenous 1925 Natives of British India gained the vote in Australian federal elections 1940s + Professor AP Elkin, the Aborigines Friends Association, and others agitated for better conditions for Indigenous people and their right to vote 1948 Nationality and Citizenship Act established that all Australian born people are citizens of Australia rather than British subjects 1949 The right to vote in federal elections was extended to Indigenous people who had served in the armed forces, or were enrolled to vote in state elections. Indigenous people in Queensland, Western Australia, and the Northern Territory still could not vote in their own state/territory elections 1957 Under the Northern Territory Welfare Ordinance , almost all Indigenous people in the Northern Territory were declared to be "wards of the state" and denied the vote 1962 Commonwealth Electoral Act provided that Indigenous people should have the right to enrol and vote at federal elections, including Northern Territory elections, but enrolment was not compulsory. Despite this amendment, it was illegal under Commonwealth legislation to encourage Indigenous people to enrol to vote. Western Australia extended the State vote to Aboriginal people. Voter education for Aborigines began in the Northern Territory. 1 338 Aborigines enrolled to vote in Northern Territory elections 1965 Queensland allowed Aborigines to vote in State elections. Queensland was the last State to grant this right 1967 A Referendum approved Commonwealth Constitutional change. Section 127 of the Constitution was struck out in its entirety. This amendment allowed Indigenous people to be counted in the Commonwealth Census. Section 51 of the Constitution was amended to allow the Commonwealth to make special laws for Indigenous people. Both Houses of the Parliament passed the proposed Act unanimously; consequently a 'No' case was not submitted. More than 90% of Australians registered a YES vote with all six states voting

**id 241**

Resolved Question How to speak in front of my whole school? I have to host an assembly with my friend in front of 900 kids. I go bright red just taking in front of a class of 25 so im going to die. If you could give tips on how not to go red and talkin in front of that many ppl that would be great! Best Answer - Chosen by Asker Just wear some makeup- foundation and stuff. Hear are some tips for doing speaking- learn it as much as' you can. When your speaking it, blur eyes if you can and imagine it's only you in your house practising your speech. Scan chuncks of crowd so they think your looking at them. Take three deep breaths before.and relax.

**id 242**

As I have said in the last couple of Blog posts, my Urban Fantasy Novel The Hunger is free on KDP Select for this weekend. It will continue to be offered free until midnight on October 9th, after which it will be on sale for $2.99 on ebook, or $12.95 for paperback. I called The Hunger a different kind of vampire novel. This is the middle of the promotion, and so far 575 copies have been given away. Not bad. Not in the same ballpark as The Deep Dark Well, of which 3,800 copies were downloaded. But I think Urban Fantasy is just a different beast, and Vampire lovers can be divided into several different camps. I invite those who have grabbed a free copy to read the novel and write a review. If you want a sequel I need to know the book is well received, and the only way I will know that is if I see reviews posted. No reviews, no sequel, simple as that. The Heroine, Lucinda Taylor, is an Avenging Vampire who only kills evil men and women. She is still a killer, one who will mercilessly put down a victim and make sure he stays down. While actually doing service to society by cleaning out the scum on the streets, Lucinda knows she is not a permanent solution. There will always be people willing to step into the shoes of the last guy. Her only hope is that some will think twice, and all will look over their shoulders at the dark should they choose the life of a hard core criminal. I developed the character of Monsignor John O'Connor using a variety of sources. Even though there is scandal in the Catholic Church on an almost daily basis, there are still, in my opinion, some very devout priests who are holy men. Monsignor George Cummings was both our Parish Priest at Epiphany Catholic Church in Venice Florida and the director of Good Council Camp in Inverness, both of which I attended as a child. Father Cummings was a good man, but also a rugged outdoorsman who used to hunt in Alaska every year. I always wondered why he didn't make Bishop. So I made my priest someone who had been a Bishop and stepped down to become a vampire hunter. In my opinion anyone in the clergy who turns their back on power to follow a calling is holy, not just in the trappings of the church they carry with them, but their very persons. The priest seeks to destroy the woman who is a mockery of his savior, having come back from the dead after three days in the Earth. DeFalco, the FBI agent, is of course modeled after Fox Mulder from the X-files, and in fact there is a reference in the book to that agent. He has seen something he cannot really believe, and has developed unshakable convictions because of it. The agency also knows something supernatural is afoot, but cannot afford to be seen as one of those crazy UFO believing agencies. DeFalco gives them both the agent they need on the spot and the crazy fall guy if needed. One learns and changes during the novel, the other doesn't. To find out which, read the novel. And now for the excerpt: Monsignor John O'Connor could smell the telltale odor of the lair from down the tunnel. He had been walking through the miles of accessible storm drains for many hours, starting before the sun had disappeared. The priest had some trepidation at going underground in search of a creature that made the night her home. But, as he put his hand on the large, ornate cross hanging from his neck, the cross that had been personally blessed by the Pope, he felt armored in his faith. The vampire that touched him would be a creature of Satan struck down by the power of the almighty. O'Connor was dressed in his normal short-sleeved black shirt and white collar, but wore a thick set of black denim jeans and black high top athletic shoes. The better to work his way through the close confined of the tunnels. A holstered PPK was attached to his belt, his untucked shirt over the top of the pistol. The concealed weapon's license the Papal legate had arranged for him sat in his wallet. He took comfort in the pistol, and in the seven bullets that sat in the magazine. Each round was tipped with an inlaid silver cross, and the leads had soaked overnight in holy water and then blessed by O'

**id 243**

Starbucks got people talking with its free latte initiative - could you do the same? Photograph: John Li/Getty Images Did anybody else, like me, queue up a couple of weeks back to get their hands on a free latte from Starbucks? I reckon at least some of you did, going by the sheer numbers of drinks handed out on the day. The coffee giant says it gave away 2,000 lattes every minute between 8am and 9am on Wednesday 14 March - that's a heck of a lot of caffeine. If you're a non-coffee drinker, you lack a Starbucks outlet on your doorstep or you just plain missed it, here's what happened. To get your hands of a free drink, all you had to do was give your first name to the barista . The giveaway initiative was used to introduce Starbucks' new personalised service and its stronger British drink, according to Marketing Week . So what sort of impact did the campaign have? Well, more than 25,000 tweets were sent using the #freestarbucks hashtag, which Starbucks claims created a mighty 5.12m Twitter impressions over the course of the day. The company's marketing VP Ian Cranna told the magazine that the campaign - which featured among Twitter's top trending topics in the UK - was an unprecedented success. That's one way of getting a message across to an audience. And if it is marketing you're interested in, to impress employers you could do worse than showing off that you've got the ability to do the same. OK, we doubt you've got the ability to dish out hundreds of freebies, but getting involved in smaller projects can demonstrate to recruiters your commercial nous, eagerness and ability to get results. You can do this by identifying local charities and companies where you can use your skills and put together a marketing plan, Clare Whitmell explained in a recent blog . What else can you do to impress recruiters? What sort of entry-level job are available, or what if you're tempted to make the move to marketing from another profession? Join a panel of industry experts to discuss your options in a live Q&A on Tuesday 3 April - advance questions are welcome below. Susie Donaldson is UK marketing director for the consumer division at Canon UK . After graduating in 1999 with a degree in business and French, Susie has followed a career in marketing within the consumer electronics industry. Sarah Scott is an account exec at marketing agency Tangent Snowball . Sarah undertook five different placements within the industry while studying - she graduated in 2010. Sanjit Atwal is managing director at Digital Animal agency. Sanjit is also a regular lecturer for the Digital Marketing Institute. Sharon Flaherty is editor at www.confused.com . Sharon is responsible for all content as well as PR for the site. Farzana Baduel established Curzon PR in 2009. Curzon PR has a range of international clients from the fields of public affairs, art, design, health/beauty and charities. Kathryn Hartley-Booth graduated in 2010 - she spent university holidays working as a marketing assistant in the NHS. Kathryn was hired on a graduate scheme by Pulse Group in February 2011 and progressed to an account executive in December 2011. Magnus Thorne is also joining us from Pulse Group. Maria Anderson is head of talent at integrated marketing agency Momentum UK . Rachel Bell initially worked as an intern at the Circle Agency in 2007 before joining full time after graduation, first as an account executive and then as an account manager. Hi, I'm currently doing a masters in International Marketing Management and want to eventually get into brand management or communications. What is the best approach according to your experience and knowledge to get into these particular fields? Thanks in advance. Hi, I am currently studying English Literature in my final year and would like to take part in a graduate marketing scheme after graduation. My interests lie in literature and media and therefore, in an ideal world, I would enroll on a graduate scheme at a media company (though I have found these are scarce). I have met many others with similar interests who have gone on to study a Masters in either Marketing or a more specific branch. In your experience is it necessary to enter into post-graduate study? Would an applicant with my degree have a chance over someone with specific knowledge of the Marketing industry? Many Thanks. To say HR is an administrative function and not a strategic function, is like saying Finance is about spreadsheets and the bottom line just an afterthought! It's a load of rubbish. Administration in HR is it's tool, not it's goal, and definitely

**id 244**

The rear view Perfect students. We all know them -- I mean, it's U.Va. There's the student with a 3.7 GPA who is active in six different clubs and president of two of them and still manages to work out two hours a day and eat healthy. And then there is the rest of us, only in two clubs, squeaking by with a 3.2 and stuffing our face with French fries every time the workload gets to be too much. Naturally, we feel like crap about ourselves in comparison. I'm wondering if the perfect-student phenomenon is universal or if it only exists in Charlottesville. I'm probably deluded in thinking that it is a U.Va.-specific occurrence, but the extremes to which it exists here have only really started to bother me recently. Perhaps it is because fourth year is almost half-finished and a lot of my friends are finding gainful employment in jobs that terrify me with their official-sounding titles and responsibilities. It makes me feel like I haven't done enough and will never find a job or my place in the world more generally. It is a quarter-life crisis. I'm sure you understand. Do none of these overachievers cry at night when the work feels like it is going to be too much? Do they wake up some mornings sleep-deprived, thinking, I really can't do this unless someone gets me a gigantic cup of coffee or another legal drug that will make me feel like a human being? I think they probably do, but like most of us, they do their suffering in private and put on a good front through 8 a.m. class all the way until their last meeting at 10 p.m. The problem probably lies in the fact that I compare myself to everyone else's waking hours and don't see the struggle late at night when they really aren't sure they're going to get a paper done. I think we all do, and I think it makes a lot of us feel like we just aren't doing enough. We think our resume might not be as glorious as someone else's, so we tack on one more club, one more volunteer opportunity. On the way I wonder how many of us have lost the things that really matter. It seems like every generation has gotten more ambitious than the last. Our parents didn't do as many extracurriculars as we do. Or so I'm told. They didn't feel like they had to have a leadership position before 10th grade. There weren't organizations in their high schools that were directly advertised as "resume fillers." Maybe I'm being too cynical, but perhaps it is time to step back and think about what we really want. Of course volunteering is great, but are you mentoring that girl to lengthen your resume or because you really want her to succeed? And of course getting chosen for an internship from thousands of applicants is a satisfying feeling, but what about when you get there and realize you hate every second of it? I'm hitting this point right now. I'm feeling like it's time to stop trying to be the best at everything and start trying to be the best me. This isn't news, I'm sure we've all heard, read and said it before, but as my fourth year is winding down and the vast otherness of real life is approaching, there is nothing wrong with saying it again. OK, quarter-life crisis over. Simone's column runs biweekly Tuesdays. She can be reached at s.egwu@cavalierdaily.com. I think you read what you wanted to out of this response. As a friend of Matt's for the past two years, I think your characterization of him from a heartfelt ... on The Cavalier Daily :: Divided we fall

**id 245**

The Sound Of North America lyrics Beautiful South The Sound Of North America lyrics Ginger Elvis Presley looked a fraction sad Roaming the whole town from bin to bin Well living on the streets wasn't all that bad Where no-one seemed to know that he was King The sound of New York City isn't police sirens wailing It's the sound of Wall Street tills whilst everyone is failing Sometimes you feel expensive, sometimes you feels so cheap You can roam the streets a King whilst everyone's asleep You can mime to any record with a hairbrush or a spoon But God help the singer out of tune [ Lyrics from: http://www.lyricsmode.com/lyrics/b/beaut\\... ] A crippled Mohammad Ali looked at bad luck in the mirror Bad luck looked back at him and sighed He looked a good foot smaller and a couple of stone thinner And if anyone came toward him he would hide The sound of North America isn't Christians quietly praying It's the sound of shuffling feet that don't know where they're staying Sometimes you feel expensive sometimes you feels so cheap You can roam the streets a King whilst everyone's asleep You can fight with anybody with a glimmer of a chance But God help the boxer with no hands A homeless Greta Garbo moves across the street The moonlight shining clearly through her skirt A real life living legend that no-one wants to meet And that's when being Garbo really hurt The lyrics of "New York" may have Frank Sinatra singing But the rhythm and the melody were dead black men swinging Sometimes you feel expensive sometimes you feels so cheap You can roam the streets a Queen whilst everyone's asleep You can act with anybody from the cradle to the crypt But God help the actress who doesn't know the script

**id 246**

Andy Monfried's views on the Internet, Music, Family, and passion's that make life a trip.... People call me passionate, and energetic for things I believe in. Let's see if this blog can capture my focus on topics that are important TO ME. Might they be important to you? November 07, 2012 On Monday November 6th 2012, a day before the election, I posted this on my Facebook Status: my non-political rant, about politics -- "a day before the election." well, the vote is tomorrow. regardless of the candidate you support, or the issues that are near and dear to you -- it is entirely possible/probable, that a mere 36 hours from now, close to half of our countries population will be depressed. 36 hours from now, one half of our citizens will be ecstatic -- and the other group decimated with despair. if you win, dont be a gloating obnoxious ass. if you lose, dont be suicidal. we will get through it, and we will survive, together. keep in mind whats important.......and, what true "survival, and living" actually means...... I am in the disappointed group. I supported - and worked (with) for the Republican candidate, Governor Mitt Romney. If I've learned anything from this campaign -- it's that he would have made a wonderful President. He is a gentleman, and a man of high character, who displays integrity, passion - and most of all "caring" about this great country of ours -- the United States of America. Mitt Romney's team was awesome, and a pleasure to deal with. At Lotame , we acted as the DMP (Data Management Platform) for the campaign. We managed the steady flow of information, collected and segmented it into buckets --and used it to, " audience target" that was used to communicate with donors, potential voters, and likely voters. We aggregated the immense amount of information that was coming into the campaign from a variety of sources of media, (mobile, email, web, video, survey, offline, etc) -- the goal of all of this was to both -- " mobilize " as well as "persuade " voters...... The team we worked with at Targeted Victory tasked with this role was simply amazing. The team at Targeted Victory was the most hard working, diligent, and determined group of people I've ever worked with. I take my hats off to them, and to all the people who worked tirelessly, but ultimately fell short in their quest to deliver a change. As many of you know, I've been extremely lucky in my life. I've been blessed with good health, a strong family foundation, and extreme luck in business. All in all -- my life has been blessed, and I hope in some way I can pay back to this great country, all that it has given me. Today, I salute President Obama and his team. I say to all the people who worked, and focused -- and delivered on the other side.....congratulations. Tomorrow, I renew my focus to make our country a better place to live in, for many years to come. October 22, 2012 I was lighting my Bunsen burner in Science class. She was my Lab partner. Debbie was 13 years old, and when the teacher matched us together, I won the equivalent of the 7th Grade lottery -- I got the nicest, cutest girl to be my partner for Science Projects. Debbie was cute. She had long brown hair, slender, with an amazingly positive personality. I had a crush on her ever since I arrived at Churchill Junior High School. Churchill is a school that has grades 7-9, and it's student body comes from 6 elementary schools around the town. 7 th grade exposes kids in rural East Brunswick, NJ, to a variety of different and unique people -- that elementary school does not. Debbie was one of those people. When the Science Teacher, said the words, "Andy and Debbie will be lab partners for the year" -- I thought I was the luckiest guy on earth. We immediately hit it off. I was trying to be cool by ignoring her, and not speaking much -- but she quickly cut through all the "boyhood BS" -- that afflicts most 7 th grade boys. It certainly had me in its grips. We had a large Science Project of some sort, and she said to me -- "Come over after school, and we can work on it it at my apartment." Debbie lived behind our school in a cluster of apartment buildings. We left school and

**id 247**

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. You can see jupiter tonight! AOL Canada Better catch Jupiter this week in the night sky. It won't be that big or bright again until 2022. Jupiter will pass 368 million miles from Earth late Monday, its closest approach since 1963. You can see it low in the east around dusk. Around midnight, it will be directly overhead. That's because Earth will be passing between Jupiter and the sun, into the wee hours of Tuesday. Views From Space This image provided by NASA's Hubble Space Telescope taken with it's Wide Field Camera 3 on Thursday July 23, 2009 shows the sharpest visible-light picture taken of the impact feature (dark spot) and "backsplash" of material from a small object that plunged into Jupiter's atmosphere and disintegrated. The only other time in history such a feature has been seen on Jupiter was in 1994 during the collision of fragments from comet Shoemaker-Levy 9. This is a natural color image of Jupiter as seen in visible light. AP Photo/NASA NASA / ESA / SSC / CXC / STScI Views From Space Scientists analyzing data collected by the US Chandra space X-ray observatory believe they may have witnessed a supermassive black hole being hurled out of its parent galaxy at great speed. The red circle indicates where the black hole was found. Views From Space This artist's conception shows asteroid 24 Themis and two small fragments, lit by the sun. The artist has depicted one of the small fragments as inert, as most asteroids are, and the other as having a comet-like tail, produced as water ice vapourizes from its surface. Scientists have found lots of life-essential water - frozen as ice - in an unexpected place in our solar system: an asteroid between Mars and Jupiter. The discovery of significant asteroid ice has several consequences. It could help explain where early Earth first got its water. Views From Space FILE - This undated handout photo shows the design of a plaque that was carried on the Pioneer 10 spacecraft. Stephen Hawking says it is too risky to try to talk to space aliens. Oops. Too late. NASA and others have already beamed several messages into deep space, trying to phone ET. NASA \_ which two years ago, broadcast the Beatles song "Across the Universe" across the galaxy \_on Wednesday discussed its latest search strategy for life outside of Earth. It is more aimed at looking for simple life like bacteria in our solar system than fretting about potential alien overlords coming here. Views From Space This image provided Wednesday, April 21, 2010 by NASA shows an eruptive prominence blasting away from the sun March 30, 2010 observed by the Solar Dynamics Observatory satellite. NASA on Wednesday unveiled the first images from the new satellite designed to predict disruptive solar storms, and scientists say they're already learning new things. Views From Space This image provided Wednesday, April 21, 2010 by NASA shows an eruptive prominence blasting away from the sun, upper left, March 30, 2010 observed by the Solar Dynamics Observatory satellite. NASA on Wednesday unveiled the first images from the new satellite designed to predict disruptive solar storms, and scientists say they're already learning new things. Views From Space The sun shines over the Earth in this photo by British hobbyist Robert Harrison. The space enthusiast has caught the eye of NASA officials after taking some remarkable photos of the Earth's surface from space. Hobbyist Robert Harrison spent a little more than $700 to conquer space. And all it required was a digital camera, some duct tape, a GPS system, a helium balloon, and a bit of ingenuity. Views From Space Clouds are seen over the Earth's surface in this photo by British hobbyist Robert Harrison. The space enthusiast has caught the eye of NASA officials after taking some remarkable photos of the Earth's surface from space. Hobbyist Robert Harrison spent a little more than $700 to conquer space. And all it required was a digital camera, some duct tape, a GPS system, a helium balloon, and a bit of ingenuity. Views From Space This undated handout photo provided by NASA, taken by the Hubble Space Telescope, shows a snapshot of when the universe was just a toddler, 600 million

**id 248**

2D Boy: "XBLA is no longer the king it used to be" Developers of some of the highest-rated and best-selling games on Xbox Live Arcade are leaving the service in favour of PlayStation Network and other, more open platforms, according to Ron Carmel, co-founder of World Of Goo developer 2D Boy . Carmel polled some 200 fellow independent developers last year, and again this year, in a bid to test his theory that XBLA was past its peak. While only half of the developers polled chose to respond, between them their XBLA games have a Metacritic average of 78 -- significantly higher than the overall platform average of 66 -- and those released in 2010 sold an average of 137,010 copies, almost three times as much as the average 46,281. Carmel's 2010 poll gathered details on what the developers had been working on that year, as well as in 2008-9, while this year's poll sought data on their plans for 2011 and 2012. The results go some way to backing up Carmel's assertion that developers are drifting away from XBLA: after enjoying a significant lead in 2008-9, and a slender one last year, PSN pulls away in 2011 and, in 2012, will have a bigger lead than XBLA enjoyed in the past. The picture becomes even bleaker when Carmel looks at other platforms. Overall, development is projected to increase next year on every single platform except for XBLA, Facebook, and ageing systems including DS, PSP, Wii, and non-Android or iOS cellphones. So why is XBLA on the wane when there is almost universal growth elsewhere? Sixty-nine percent of respondents said that the most important factor in their selection of which platform to develop for was the ease of working with the platform holder itself. Almost half of those -- 48 per cent -- described their experience of working with Microsoft as "excruciating." "XBLA played a pivotal role in the popularisation of independent games," Carmel writes. "Microsoft proved that indie games can be million-sellers on consoles, and then sat on its laurels for half a decade as more nimble and innovative companies like Valve and Apple took the lead." Now, he says, "XBLA is no longer the king it used to be. Microsoft is no longer in a postion to demand exclusivity now that PSN has more developers and is growing. "If things keep going the way they are, and XBLA keeps losing talented developers, I believe the diversity of games available on XBLA will diminish, quality will suffer, and revenue numbers will drop as players start to move away from an unremarkable portfolio of games." Carmel goes on to suggest ten ways in which Microsoft can restructure XBLA to stem the flow of talent away from the service and revive its ailing fortunes, from creating a fair contract to improving discoverability, relaxing its certification requirements and even making every Xbox 360 console a devkit. For his thoughts in full, follow the source link below.

**id 249**

Why This Document? As editor of the Jargon File and author of a few other well-known documents of similar nature, I often get email requests from enthusiastic network newbies asking (in effect) "how can I learn to be a wizardly hacker?". Back in 1996 I noticed that there didn't seem to be any other FAQs or web documents that addressed this vital question, so I started this one. A lot of hackers now consider it definitive, and I suppose that means it is. Still, I don't claim to be the exclusive authority on this topic; if you don't like what you read here, write your own. The five-dots-in-nine-squares diagram that decorates this document is called a glider . It is a simple pattern with some surprising properties in a mathematical simulation called Life that has fascinated hackers for many years. I think it makes a good visual emblem for what hackers are like -- abstract, at first a bit mysterious-seeming, but a gateway to a whole world with an intricate logic of its own. Read more about the glider emblem here . What Is a Hacker? The Jargon File contains a bunch of definitions of the term 'hacker', most having to do with technical adeptness and a delight in solving problems and overcoming limits. If you want to know how to become a hacker, though, only two are really relevant. There is a community, a shared culture, of expert programmers and networking wizards that traces its history back through decades to the first time-sharing minicomputers and the earliest ARPAnet experiments. The members of this culture originated the term 'hacker'. Hackers built the Internet. Hackers made the Unix operating system what it is today. Hackers run Usenet. Hackers make the World Wide Web work. If you are part of this culture, if you have contributed to it and other people in it know who you are and call you a hacker, you're a hacker. The hacker mind-set is not confined to this software-hacker culture. There are people who apply the hacker attitude to other things, like electronics or music -- actually, you can find it at the highest levels of any science or art. Software hackers recognize these kindred spirits elsewhere and may call them 'hackers' too -- and some claim that the hacker nature is really independent of the particular medium the hacker works in. But in the rest of this document we will focus on the skills and attitudes of software hackers, and the traditions of the shared culture that originated the term 'hacker'. There is another group of people who loudly call themselves hackers, but aren't. These are people (mainly adolescent males) who get a kick out of breaking into computers and phreaking the phone system. Real hackers call these people 'crackers' and want nothing to do with them. Real hackers mostly think crackers are lazy, irresponsible, and not very bright, and object that being able to break security doesn't make you a hacker any more than being able to hotwire cars makes you an automotive engineer. Unfortunately, many journalists and writers have been fooled into using the word 'hacker' to describe crackers; this irritates real hackers no end. If you want to be a hacker, keep reading. If you want to be a cracker, go read the alt.2600 newsgroup and get ready to do five to ten in the slammer after finding out you aren't as smart as you think you are. And that's all I'm going to say about crackers. Hackers solve problems and build things, and they believe in freedom and voluntary mutual help. To be accepted as a hacker, you have to behave as though you have this kind of attitude yourself. And to behave as though you have the attitude, you have to really believe the attitude. But if you think of cultivating hacker attitudes as just a way to gain acceptance in the culture, you'll miss the point. Becoming the kind of person who believes these things is important for you -- for helping you learn and keeping you motivated. As with all creative arts, the most effective way to become a master is to imitate the mind-set of masters -- not just intellectually but emotionally as well. Or, as the following modern Zen poem has it: To follow the path: look to the master, follow the master, walk with the master, see through the master, become the master. So, if you want to be a hacker, repeat the following things until you believe them:

**id 250**

This nicotine inhaler mimics the smoking experience closely, apparently providing nicotine absorption from the lungs within a few puffs. It gives the satisfaction of drawback. It is likely to be popular as a nicotine alternative to smoking among those than can afford it. Description The Ruyan (pronounced Roo yen) e-cigarette, like a tobacco cigarette, can rapidly deliver nicotine into the lungs, but without the carcinogens and toxicants. The white segment contains a re-chargeable battery (charged overnight from the mains), the dark coloured middle part contains a vapourising chamber. The mouthpiece and nicotine cartridge are one piece, and a new one inserted after 300-350 puffs The nicotine is dissolved in propylene glycol. (PG). The e-cigarette appears to imitate smoking more closely, more satisfyingly, and as safely as any product yet invented. Tests of safety and efficacy are now needed, before Medsafe will permit its sale in New Zealand . Marketing . For a You-tube depiction of the e-cigarette in action see: www.youtube.com/watch?v=qEmdU7j9K2s Since 2004, 300,000 units are sold annually in China , and more recently, thousands in Austria and Turkey . It is aimed at the smoker concerned about the health effects of smoking. It is being marketed by one importer in the UK as a way to socialise and "smoke" without having to go outside. As long as tobacco cigarettes are the norm, potential switchers will be dual users initially. Replica varieties abound. Mechanism. According to the patent, CA 2518174 (inventor Hon Lik , China ), lip pressure sensed by the mouthpiece primes the electric circuit. The user draws in diluting air, which after a momentary delay switches off the electric pump and heater after each puff. Nicotine is vaporised ultrasonically at high temperature (atomised) in a fine aerosol (0.2- 3 m diameter) of non-toxic propylene glycol, which condenses in room air into a visible puff of mist. (PG is used for this effect in stage productions). The particles are small enough (0.2- 3um) to rapidly reach the alveoli of the lungs. A few percent of the solvent weight is flavour, but without tobacco. The white vapour mist exhaled is not smoke, so it can be "smoked" indoors. Drawback activates a red glow at the tip -- produced by the rechargeable battery, not by combustion. Table 1. Nicotine content and delivery from one days' smoking of either manufactured tobacco cigarettes; or the Ruyan e- C igarette, using one nicotine cartridge; or the Nicorette TM inhaler. Dosimetry It is available in cigarette, pipe and cigar forms. The nicotine in the cartridge comes in four strengths for inhalation, varying in delivery from 0 to 16 mg nicotine per day. (Table 1) Table 1 suggests that the 16 mg cartridge provides nicotine on a per puff basis equal to half that of a factory- made tobacco cigarette, and the 11 mg and 6 mg cartridges provide a third and one fifth respectively. Topography No studies have been made of smoking inhalation patterns with the e-cigarette. The e-cigarette: Each puff provides an estimated 2.8-3.3 mg of PG (propylene glycol), and 0.003 to 0.194 mg nicotine. The total nicotine content available for inhalation per e-cartridge is on testing does not exceed and is slightly less than the label (16 mg, 11 mg, 6 mg, 0 mg). [2] Nicorette inhaler . [6] Nicotine absorption is from the mouth, where half of it reaches the blood. The inhaler contains 10 mg of nicotine, so at most 5 mg is absorbed. The manufacturer says the cartridge lasts four sessions. If true, only 2.5 cartridges are needed per day, for 10 sessions of 20 puffs over 20 minutes, repeated hourly, whereas the manufacturer recommends 6 to 12 cartridges. Each session of 20 puffs, results in absorption of 1.25 mg, with maximum effect 15 minutes after stopping. We assume one cartridge lasts for 40 to 80 puffs. One session of 20 puffs results

**id 251**

I'm a 24-year-old male. My long-term girlfriend (who was a virgin before meeting me) is a fabulous woman and a great friend, and we have thought about settling down together by the end of the year. However, she expects me to do everything when we are in bed, which makes me mad and I lose my desire. I don't get an instant erection as I used to earlier, but instead I must stroke it for a while. Is it normal? Or shall I check with a doctor? Your girlfriend is inexperienced, and not a mind-reader. You need to let her know you would appreciate it if she occasionally took the initiative. Tell her exactly what you'd like her to do and how. Impart this information in a gentle and encouraging manner. Begin by praising her for something she does that you enjoy, then follow up with "But I'd also love it if you'd try to . . ." or "I would prefer it if you would . . ." Paradoxically, this approach will also make you a better lover and improve the pleasure for both of you, because she will eventually feel safe enough to educate you about her specific needs in a similarly thoughtful fashion. Contrary to popular belief, good sex does not occur naturally and spontaneously; it requires practice. Your plans to settle down make it even more important that you learn better sexual communication, because you will frequently need those skills. Not having an instant erection does not mean there's anything wrong. As you get older, you will probably take even longer, and will continue to require direct stimulation. Pamela Stephenson Connolly is a clinical psychologist and psychotherapist who specialises in treating sexual disorders. Try lying there night after night without making a move. Just don't make any moves on her. If she cracks and initiates sex, let her take total control. Don't do anything , just lie back and enjoy the ride. Worth a try? Alternatively you could ask her if she fancies a little sex game in which you are tied to the bed (maybe blindfolded if it makes it easier for her) and she does whatever she wants to you till you are both screaming and the neighbours are complaining. But joking aside, it's been a long time but when I was last making love to someone many years ago it used to be fun, with lots of laughter, giggles and er... loving. It's not a serious matter, it's to be enjoyed. So if for example GF says make love to me, say "shan't, make me!" and see what happens. I was never instant either, but Rome wasn't built in a day, but a lot of it is still standing too! I'm having problems visualising this. Does she passively lie there saying "Get on with it then Honey, if you must..."? As you are her first lover it seems a tad precious for you to blame her for being somewhat clueless. I suggest reading helpful manuals together. If sex manuals are too embarrassing to contemplate, go for woodworking - lots of diagrams involving drilling, driving in screws, whittling & polishing knobs. Only then move on to pornography. Seriously, I lost my virginity at 18 to a man who was very keen on furthering my sex education. He took me to strip clubs. I thought it was totally wild of him & naturally our sex life exploded. I developed a prostitute fantasy which drove him insane... I find similar experiences with woman, the vast majority generally just lay there and take it while I conduct. Gets really annoying and it doesn't benefit her as much I think. Reason being is I can go like a rabbit on crack for 1-5mins (being generous to myself here) and I'm done. There was a couple of times I even faked it then had a wank in the shower because I realised it would be more fun. If the woman makes the effort, I'll be still going for a good while. I find it extremely sexy when there is mutual effort made and good rhythms found. I get the sense she does too. It sounds like you're just nervous, perfectly natural. Just exlain how you feel to her, I'm willing to bet she'll understand (she's probably just as nervous as you, which explains why she doesn't know what to do). There's nothing wrong with a guy getting nervous, especially when it's your first time And if she doesn't understand that then she

**id 252**

There was no conspiracy surrounding the death of President Kennedy but there were serious failures by those responsible for his protection, according to a government report. The 300,000-word document, prepared by a special commission set up by President Johnson to investigate the assassination, ends months of speculation about the death of the president on 22 November 1963 in Dallas, Texas. The commission, led by Chief Justice Earl Warren of the Supreme Court, concludes in its report that gunman Lee Harvey Oswald acted alone when he fired three rifle shots at the president from the Texas School Book Depository. Security services criticised It rules out suggestions that Oswald, 24, had an accomplice and that shots were fired from an overpass situated in front of the president's car. It states that Oswald was also to blame for shooting a police officer with a revolver approximately three-quarters of an hour later on a Dallas street. Ballistics analysis revealed both guns were owned by Oswald. The report also found that Jack Ruby, 53, who shot Oswald dead two days after the president's death at a Dallas police station also acted on his own initiative. But the security services responsible for protecting the president were severely criticised by the report. The Secret Service was criticised for not taking adequate safety precautions prior to the trip and for not liaising enough with other government departments. It is understood the Federal Bureau of Intelligence (FBI), the Central Intelligence Agency (CIA) and the Office of Naval Intelligence all had dossiers on Oswald prior to the shooting following his defection from Russia to America in 1961. The Secret Service, however, was unaware of his existence, the report stated. The FBI was criticised for taking "an unduly restrictive view of its responsibilities in preventive intelligence work prior to the assassination." The press and the media were also criticised for turning Dallas police station into "bedlam" after the assassination and the police officers themselves were condemned for not following correct interviewing procedures when quizzing Oswald about the shooting.

**id 253**

How to: Make the perfect cup of tea Fine bone china and pinky fingers poised daintily in the air may not be everyone's cup of tea. So why not put a modern twist on this beloved tradition and create a new and stylish way to serve a perfectly steeped cup of afternoon tea ? Advertisement Even though accessories may change over the years, the founding principle of a pot of tea remains the same. It's an opportunity to get together with loved ones and enjoy a peppy pick-me-up, a chance for riveting conversation and a way to soothe otherwise chaotic days. While some believe that making tea is as simple as throwing a bag into some hot water, the truth is that achieving the perfect brew requires a bit more precision. How to: Make the perfect cup of tea Directions 1 Boil water. 2 Once water is boiled, pour a cup into the empty teapot and swirl around until the entire surface has been coated. This warms the teapot, which will help enhance the tea's flavour and entire tea-tasting experience. 3 Place tea bag in teapot. 4 Add remaining hot water until the teapot is filled and leave to brew. After three to five minutes, stir gently with a spoon and remove teabag to avoid over steeping. 5 If you take your tea with milk, pour milk into teacup before anything else. Bone china cups are preferable, as they help keep the beverage warmer for longer. 6 Pour brewed tea into cup and stir so milk and tea combine. Then add additional sweeteners, such as sugar or honey, if desired. 7 Sit, sip and enjoy. As with any kind of food or drink, preparation pays off. The perfect cup of tea takes a bit of patience! Offering health benefits, relaxation and a delicious taste, it's no wonder that tea has been one of the most popular drinks in the world for centuries.

**id 254**

The Trucker Chronicles October 4th, 2012 Robert Petrancosta's first truck drive happened by chance and he could never have imagined it would shape his future. He had secured a summer job at a furniture warehouse while still attending high school. Being the last person in the warehouse one day, his boss gave him the truck keys and told him to deliver an order to a customer within an hour after confirming he had a driver's license. That marked the beginning of his lifelong career. From that time, Robert decided to enter the transportation industry and has never looked back. He has diligently served the Con-Way Freight for 24 years, where he is currently the safety director. The American Trucking Association recently recognized Robert Petrancosta as the Safety Director of the Year, nearly 43 years since he had made his first delivery. Accepting the award, Robert said it was special considering it came from his peer group. He explained his success was largely dependent on his team members. Robert has a wide range of responsibilities as the Safety Director at Con-way Freight, from ensuring the freight loaders at the docks prevent back injuries by practicing safe lifting to ensuring the safety of the company's drivers on the road. Con-Way Freight employs 14,000 drivers among its 21,000 workers. The drivers sometimes engage in dangerous work considering they drive trucks along the roads at an average of 2.5 million miles every day. This results in high chances of injury during transit, some of which can be very serious. The responsibility of ensuring their safety is quite challenging. Robert took extra measures to do the best at his job. He developed a special placarding program to help companies easily determine the right labels to affix to trailers carrying hazardous material to warn the public. The program uses a calculator to determine the appropriate signage based on relevant materials and substances regulations. He developed the patented software in 2000. Different freight companies use the program apart from Con-Way Freight. Many enforcement officials in the U.S. also rely on the software in their work. Although Robert does not want to take credit for the award, many people attribute his success as a safety director to his own experience in driving, including the CEO and president of Con-Way Freight, Doug Stotler. Doug first met Robert 20 years ago at a loading dock. Congratulating him for the award, Stotler explained no one in the Less Than Truckload industry had earned more respect and credibility in advocating for motor carrier safety than Robert. His experience was largely responsible for his credibility. The drivers under him respect his advice because he understands the challenges they face. He also took further studies to prepare him for the job. Prior to joining Con-Way Freight, Robert returned to school and received a degree in hazardous material technology at Waubonsee College. His studies helped him understand that the industry is not just concerned with moving freight but even more importantly, the people that move the freight.

**id 255**

I'm Confused.com: Do I have to tell my insurer about parking fines? Will Thomas, Confused.com's head of car insurance, answers another of your motoring questions. Q: I'm currently in a dispute with my local council about unpaid parking fines, and my car insurance is up for renewal soon. Will I have to report the dispute when I apply for cover? And will it make my premiums more expensive? A: Good news... the answer is a resounding no! Insurance providers are only interested in criminal offences, such as speeding or drink driving. Civil issues such as parking fines or towing charges won't affect your car insurance costs. Although obviously it's nicer not to have to pay them.

**id 256**

Babies born today will have to work until 77 to receive state pension A baby born today will work until the age of 77, a report into the pensions crisis has claimed. The study by PwC predicted that rising life expectancy rates would push up the retirement age for future generations. Plans outlined by the UK Government in the Queen's Speech will link the retirement age to longevity, meaning it will reach 67 by 2028. PwC expects a further increase to 68 by 2031. Those currently in their 30s will not retire until they are 70 and children born today will be working until the age of 77. Their children, in turn, face a worklife that lasts into their mid-80s. Alison Fleming, head of pensions at PwC in Scotland, said: "The era of retiring in your 60s is facing extinction with many people born today facing a future of work from 17 through to 77. People may want to stop working sooner but the challenge will be whether they can afford to bridge the gap until the start of their state pension. "The rising state pension age is putting even more pressure on people to save and as a result, even those in their 40s and 50s may want to start revising their pension plans now -- particularly if their state pension age might shift by a couple of years. "This gradual rise is also raising big questions for employers. It is not just the impact an ageing workforce will have on opportunities for younger employees but how can they adapt their organisation models and working practices and what changes do they need to make now to the benefits they offer their employees? "This isn't something that can be pushed under the carpet to be dealt with at a future date -- the state pension age is increasing steadily and firms need to start planning and adapting now." PwC based its findings on pension value acceleration and demographic trends. When the state pension was introduced in 1908, there were more than 10 people working for every one pensioner. The figure is now 3.2 and by 2050 it is predicted to fall even further to 2.9. The Scottish Government insisted that the solution was independence, which would allow Scotland to ensure "a fair and decent pension" for older people. A spokesperson said: "We need the UK Government to set out what its most recent proposals will mean for Scotland's pensioners. What is increasingly clear is that an independent Scotland would be best placed to provide a fair and decent pension for all pensioners -- spending on pensions in Scotland represents a smaller share of Scottish tax revenues, including a geographical share of North Sea revenues, compared to the position for the UK as a whole." The report did contain some good news. Upwards trends in longevity mean that as well as working longer Scots can expect to enjoy a longer retirement period of up to 20 years.

**id 257**

When planning your multichannel commerce strategy, you need to ensure you have a glue that ties all parts of your enterprise together. From online retail and content sites, to store EPOS and displays, to direct email -- these channels need to present a consistent and relevant experience in order for your business to survive a tough and fragmented consumer retail market. PredictiveIntent offer IntentPredictionServer technology that not only provides relevance across channels, but acts as a single view of the customer -- linking customer data and behaviour to enable better automated relevance and capture data for analysis. If you're interested in how we can help multichannel retailers close the gap between behaviour and practice, get in touch today.

**id 258**

How Democrat Women Voted for the End of their Gender and Party Many liberal women are celebrating Obama's electoral victory. Writing for the Daily Beast website, the electronic version of the bankrupt Newsweek magazine, Michelle Goldberg is ecstatic that women still have the right to kill their pre-born children, at least for four more years. Goldberg, the author of The Means of Reproduction: Sex, Power and the Future of the World , writes: [N]ever before in American history have women -- and particularly liberal women -- held so much power, both as voters and as politicians. There will be 20 women in the next Senate -- hardly parity, but still a record. For the most part Goldberg's hysterical piece is about a woman's right to abortion, you know, the killing of pre-born children. She sees abortion as the definition of what women's liberation is all about. It's no wonder that Ann Coulter calls abortion a "liberal sacrament." While married, Goldberg seems to disdain the very idea of motherhood. In an interview, Goldberg described Ann Romney as "insufferable." Goldberg compared the praise for motherhood similar to the way "authoritarian societies . . . give awards for big families. You know, Stalin did it, Hitler did it." There you have it. If you praise those with large families (or children in general) -- my mother is one of 12 and my father one of 11 -- then you share a worldview that's similar to that espoused by Josef Stalin and Adolf Hitler. Jane Fonda wrote in a similar way in a blog post that a "power struggle . . . has existed from the very beginning of the 120-year fight over reproductive rights. Every dictator -- Stalin, Ceau?escu, Hitler -- has made anti-choice a central component of their agenda." If Goldberg and Fonda get their way, in time there will be an end to the Democratic Party. They will contracept and abort themselves out of existence. Europe is a demographic disaster zone, as is Russia and the Ukraine. Consider these statistics: "Since the 1990s . . . Russia has been losing population at a rate of 750,000 a year -- not to emigration, but to death. By one count, the Russian population is down to 143 million. President Putin has predicted that only 124 million Russians will be alive in 2015. In 2000, the United Nations projected that, at its present birth rate, by 2050 Russia's population would fall to 114 million. In a 2005 study, the United Nations estimated that, together, Ukraine and Russia will lose 50 million people -- 25 percent of their combined populations -- by mid-century. The Slavs are dying out, and the geostrategic implications are enormous." Most nations aren't even at replacement levels . Italy is at historic lows as is japan. China's one-child policy is upset the balance between males and females Goldberg is supporting a form of self-genocide. Year after year the population of the Democratic Party will decrease. It will take some time, but the day may come when the Democratic Party will have its place in the Smithsonian as a political party of a bygone era that brought about its own destruction. Dhimmi ("dm-m" "or zm-m") -- An Islamic term that refers to a subjugated non-Muslim person living in a Muslim society. Second-class status is confirmed by the legal system and dhimmis do not share the rights of their Muslim rulers. Dhimwit ("dm-wt") - A non-Muslim member of a free society who unwittingly abets the stated cause of Islamic domination. A dhimwit is always quick to extend sympathy to the very enemy that would take away his or her own freedom (or life) if given the opportunity. Feet of a baby aborted at 10 weeks A young pathologist working in a hospital where abortions were done took this photograph. He wanted to show people what abortion involved. He photographed these human feet at about 10 weeks after conception. A life-size replica of these feet in the form of a badge is worn by many pro-life supporters. It has become an international symbol of the movement. See how completely formed the feet are, even though tiny in comparison to the pathologist's fingers.

**id 259**

We specialize in the design and manufacture of Internet-connected BACnet building controls. Building controls are known as direct digital controls, but can also be referred to as BACnet building automation systems or facility energy management systems. Our MACH-System? encompasses all of these industry standard terms because it monitors and controls the complete spectrum of digital building equipment while remaining simple, flexible, and competitively priced. Our designs utilize the ASHRAE standard BACnet protocol and ship with a 5-year warranty. [Introducing the MACH-ProZone?] Small, durable and packed with flexibility, the Reliable Controlsr MACH-ProZone? is a fully programmable BACnetr Building Controller (B-BC) with highly scalable I/O in a very small footprint.

**id 260**

October 17, 2012 Who hasn't imagined the things she could do with a larger kitchen and more storage and then imagined taunting her friends about it? Photo by Department of Agriculture, 1946. Courtesy US National Archives Search "kitchens" on Pinterest and you'll find rows of pictures of gleaming marble, rustic country tables and the smooth, taut surfaces of various fruits. Actually, don't do this -- seriously, it's a trap, you'll never leave. Worse yet, you'll fall victim to "designer kitchens fever" and start demanding upgrades for everything that isn't stainless steel. Reporting on the epidemic, NPR cited the picky consumer on shows like HGTV's House Hunters who insists that dated cabinets mean the house is not "move-in ready." State-of-the-art ovens are de rigueur for young couples looking to set the stage for grown up life. "KITCHENS" on Pinterest. Not safe for work unless, of course, your boss is cool with you not doing work for several hours. But actually using that oven? Well, that's another story. Despite the proliferation of cooking shows and foodie films, Americans aren't so hot on actually cooking. Across income, there is a steady trend away from the kitchen as wealth rises. According to the Energy Information Administration's 2009 Residential Energy Consumption Survey , which uses a sample of more than 12,000 households, 27.5 million Americans enjoy two hot, home-cooked meals every day. Break it down by income, however, and only 2.4 percent of those with a household income of $120,000 or greater report the same. Meanwhile, 6.6 percent of households making less than $20,000 partake in cooking two hot meals every day. When author Tracie McMillan began researching her book, The American Way of Eating , she wanted to answer the question: if cooking with raw ingredients is supposed to be so cheap and good, why don't more people do it, particularly low income families? Writing for Slate, McMillan concluded : Indeed, going out for meals has become more popular over the years. NPR reports , "48 percent of the money spent on food in the U.S. today goes to a restaurant, while in 1955, only a quarter of every food dollar was spent in restaurants." If it's the middle and higher-income brackets dining out with such gusto, why, then, does the need for fancy, expensive kitchens continue? It turns out, all many Americans really require is a microwave and a coffeemaker. A substantial 26.5 million Americans (just under 10 percent) said they used microwaves for "most meals and snacks." Meanwhile 72 million Americans (roughly a quarter of Americans at the time of the survey) have a coffee maker. Usage of both, according to data from a 2001 survey, remained fairly consistent across types of households, whether it be single person or family. But when it came to using the microwave for 50 percent or more of the household cooking (indicated by the light blue bar), people living alone relied on the microwave most heavily, while couples relied on the appliance the least. As shown below, no matter the size of the household, somewhere around 65 percent of respondents said they use a coffee maker daily or at least several times a week. We all enjoy coffee and we all enjoy microwaves. Whether or not we cook, we seem to all enjoy fancy kitchens, too. HGTV even provided a how-to for getting the most out of your $70,000 kitchen makeover. Even after the recession weakened demand for top-of-the-line appliances, consumers are still calling for larger kitchens, according to Realtor Magazine. Of course, they still don't really seem to want to cook in them. Instead, "As kitchens get bigger, special function areas are expected to continue to be popular, such as recycling centers, larger pantry spaces, recharging stations for electronic devices, and integration of kitchens with family living space." The article goes on to say that kitchens will remain the gathering place of the house though its function might have less to do cooking. And what modern romantic comedy would be complete without spotlessly beautiful marble countertops? After all, anything less is simply not "move-in ready." well this one caught my attention, I have been out of my kitchen for 2 weeks, and yes, my inspiration was straight

**id 261**

Sunday, November 18, 2012 Exploring Vancouver Vancouver Heritage Foundation's final brown bag lunch happens this Wednesday November 21st. Harold Kalman will be speaking about his recent book Exploring Vancouver and the process of selecting buildings for inclusion. Robin Ward is the co-author. Pictured above are the three previous editions of the book, published in 1974, 1978 and 1993 as well as the 2012 one. Though the 2012 edition is the most robust, each edition bears revisiting as they all have varied lists of building profiles, reflecting their respective eras. After photographing the first two editions and skipping out on the third, John Roaf is back for the latest. The talk happens at BCIT's Downtown Campus from 12 noon to 1:30pm. Register here .

**id 262**

This was our first visit to Sonoma County. The Kenwood Inn was recommended to us by several friends that have stayed there over the years. It was a fantastic stay start to finish! The staff is what makes the Inn so special. It was my 40th birthday & there was a bottle of bubbly waiting for us when we arrived. The meals (breakfast & dinner) were wonderful. Brittany at the front desk & the concierge were so helpful with wine tastings & restaurant recommendations. Everyone bent over backwards to make you feel welcome. The room was well appointed. We stayed in #8 which is a single story room in the back of the hotel. There were no noise issues. The only "complaint" I could think of is the bathrooms were not the best. They could use a little updating. There was music playing and a fire lit when we arrived. Such a nice way to wind down from a long trip! The outside of the hotel is beautiful. It looks as if it has been there for 100+ years. It is also a good location for wine tasting. There are several vineyards very close. We liked Scribe a lot. It was an off the beaten path vineyard close to Sonoma. I also had one of the best massages I have had in a long time! The lady (I cannot remember her name) has been at the Inn for 15+ years. Worth the $$$. Again, a great stay at a fantastic Inn! Stayed October 2012, travelled as a couple Value Location Sleep Quality Rooms Cleanliness Service Was this review helpful? Yes Problem with this review? Ask carolinaflyway about Kenwood Inn and Spa This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC The pros - very attentive staff and a Manager that quickly corrects any issues / grounds, pool and hot tub areas are very impressive / very good breakfast, lunch and dinner with equally good service The cons - can be VERY pricey / on a very busy and loud highway / sound transfer, particularly walking, from the top to bottom floor can keep you awake or wake you early in the morning / bathrooms in the pool area rooms could use an upgrade Bottom line - we would stay again, but definitely in an upper floor room on the far back side of the property. Stayed October 2012, travelled as a couple Was this review helpful? Yes Problem with this review? Ask Thomas V about Kenwood Inn and Spa This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC GMKIS, General Manager at Kenwood Inn and Spa, responded to this review 6 November 2012 Dear Valued Guest, Thomas V: Thank you for your review. We highly value every piece of feedback from our guests. I am thrilled to hear that overall you enjoyed your stay at the Kenwood Inn and Spa, that you found our staff to be attentive, pleasant and helpful and that your dining was such a wonderful experience. However, I am sorry to hear that you were disappointed with other aspects of our inn and would very much appreciate the opportunity to speak with you further. At your convenience, please feel free to contact me directly at 707-833-1293 or hpacchetti@kenwoodinn.com. Sincerely, Heike Pacchetti General Manager Kenwood Inn and Spa Report response as inappropriate This response is the subjective opinion of the management representative and not of TripAdvisor LLC The first time I visited was two years ago, and I did not know what to expect upon arriving. I was immediately blown away by their outstanding customer service. The staff that checked us in were so welcoming and even poured us a glass of wine to take with us while we toured the gorgeous property. The rooms are amazing and seem like your own personal villa, unlike any hotel, suite, B&B i have ever stayed in. The rooms feel very secluded, even though there are rooms below and on either side. They are stocked with wonderful soaps, lotions, bath salt, etc. (I look forward to these every stay). The bed is incredibly comfortable and the room has chocolate and cookies to enjoy. Overall, the rooms are very luxerious. You can just tell the staff pay very close attention to detail, and I personally enjoy little details! The restaurant is outstanding and so is the service. Breakfast was very appetizing as well. The feeling at this Inn is very intimate, private and relaxing. You will feel as if you are the only ones staying here, even with large groups who were there during our stay, it still felt very private! You cant help but feel immediately relaxed upon arrival and throughout your entire stay. I can't say enough good things about Kenwood Inn, I go back at

**id 263**

How to get good digestive health How to get good digestive health. Why would we want good digestive health? If your goal is to feel fantastic and to get your body in the best shape of its life, then having a healthy digestive system is the starting point. You cannot lose weight, get a flat tummy, get clear skin or have a body full of real energy if your digestive system is out of whack. So it is important that we take the right steps to ensure we have a healthy digestive system. Here are the top 5 things to do to get your digestive system healthy. 1. Eat less Keep you meals smaller and eat more often. The more you pack into your body in one go, the harder it has to work to digest all that food. So smaller meals more often will allow your body to break down the food. Too much food is too hard to digest, too many foods make life confusing and if your body is struggling to break foods down, then it will get tired and run down. Keep meals smaller, and eat foods that are full of nutrients to fuel your body. 2. Hydration It is important to keep your body hydrated. 200,000 cell reactions take place in your body every second and they are all 100% dependant on hydration. So if you are dehydrated your body will slow down and get lethargic and tired. When your body is dehydrated it holds onto water and slows down its digestive processes. So if you aren't digesting all that food you are eating, the only place that food will go is storage in your body for fuel later (fat). Keeping hydrated also allows your body to get the right mineral and electrolyte balance for proper digestion. Keep your food as clean and natural as possible. That means loads of vegetables, proteins, good quality fats, nuts and some fruit. We want to avoid any foods that makes digestion a problem. So avoid all processed foods, toxins, chemicals, store bought products packed full of ingedients you don't understand. Keep your food simple, and make it exciting with your own sauces and dressings. Get creative and get cooking. Teach yourself to enjoy cooking, because this is one of the best things you can do to help yourself get in the best shape of your life. When you know what you are eating, and what ingredients are going into your body, there is no questioning or guessing. Your body has a much better time and will be able to function optimally and full of life. Probiotics help to break foods down properly and for your body to learn to use fat as fuel as it is designed to do. We need the right balance of good and bad bacteria in our bodies. There are so many things that can affect that balance, one dose of antibiotics can take 2 years for your body to restore the good bacteria. So with all the stresses from your environment, work, chemicals, antibiotics, contraceptive pills, wrong food choices and constant exposure to toxins, you can see how easily it would be for that balance to be affected. When we don't have the right bacteria in our digestive system it can lead to weight gain, acid reflux, chronic sickness, disease, auto-immune disorders, hormonal imbalances, sinus infections, depression. Your gut is directly linked to your brain, so not only does your food affect your energy, it also affects your moods and emotions and that little devil cravings. So on your journey to get in the best shape of your life and get your body burning fat as fuel and you full of energy, getting the friendly bacteria back winning the game is crucial. There are many products out there, so do your homework. Getting good quality fats into your diet is important. Fat is involved in all the hormonal processes that take place in your body. So if you are depriving your body of fats, then your hormones, emotions and cravings will be be affected. Fat does not turn into fat on your body. Insulin and its response to the wrong foods, especially carbohydrates and sugars, is what causes you to get fat. So if you don't eat fat and you eat a diet full of processed carbohydrates and sugar, guess what will happen...your body will crave more crap, and your hormones and emotions will be all over the show. Your body will store away all those carbs as storage aka body fat. So instead of avoiding fat, why not start avoiding all that stoggy, processed, sugary food that does make you fat, and start eating clean natural food that your body can

**id 264**

Gender-linked values and conflict Scroll down on this page for an article made up of extracts from the book, The Gentle Revolution by Helena Cornelius. In it, Cornelius identifies the eight key values around which gender-related problems most frequently arise. Resolving the collision of gender-linked values Values - rules for the road Values are our rules for the road. They determine what behaviours and paradigms we regard as acceptable. They colour our perceptions of morality, beauty, justice, sound practice and fair play. They underlie our decision-making about goals as well as our methods of achieving them. Values determine mind-set, offer a consistency of behaviour over time and govern the 'how' as well as the 'what' of behaviour. They are the mechanism behind the clock face, the workings of what we loosely call 'personality'. The degree of our commitment to a value indicates how core to our personality it is, and gives some indication of how flexible or inflexible we are, and hence how hard it will be to find a meeting ground in a conflict situation. We express values as: references; opinions; beliefs; rinciples. This list follows our increasing commitment to the value we hold and indicates deeply it resides in the core of our personality. People hold some values consciously, such as being for or against abortion, or for or against gun control. But often people take their values for granted. These unconscious values emerge only when the person reflects on why they choose to act in a particular way, perhaps in response to being questioned. These unconscious viewpoints are often expressed in very personal terms. Don't expect a handy label. The formation of values Most people would rate core values or principles, such as self-preservation, honesty, loyalty, pride in good work, very highly. But we cannot presume that other people hold all the same values as we do, or that they give them the same priority, or that they should. Values are formed by: 1. Personal experience: Values are frequently formed as a result of personal experiences. In the light of everyday experience and the behaviour we 'discover' ourselves exhibiting, we are constantly redefining our preferences, opinions and beliefs. These are our more lightly held values or attitudes. Core values or principles usually require life-changing events to dislodge. 2. Culture: Children learn values, openly or by implication, from others who hold that value; for example, in the family or at school. Men and women have usually grown up in and continue to be affected by different subcultures. These subcultures influence our values and the order of importance they hold for us. Certainly there is a large overlap. Men's and women's lives are different, but not that different. In times of conflict, values may express as opposite polarities - when a particular value is called into question during a conflict, people tend to polarise and move to opposing extremities - their conflict corner. At these times, particularly when they are in opposition to someone of the opposite sex, many men may align more closely with values from the stereotypically masculine style, women with values from the stereotypically feminine style. If we move to our conflict corner, a polarised extreme, we are liable to play out the conflict as a win/lose game. Whoever shouts louder or has the greater power or manipulates best, wins. On the day it can seem great, but winning when the other person is losing sows the seeds for resurrection of the conflict. Long-term solutions that won't backfire or break down will usually require us to acknowledge and accommodate other people's values as well as our own. Each of the following eight gender-linked values is inherently valid in itself and each needs due consideration and respect. This is the essence of the win/win approach to conflict resolution. The objective of the gentle revolution is to balance the masculine and feminine ultimately within each person. To do so requires that both masculine and feminine values are validated and advanced. I'm deeply committed to this approach to conflicts because I believe that masculine and feminine perspectives together create solutions that are whole, balanced and therefore viable in the long term. Language We probably cannot make one definitive statement about 'all men' or 'all women'. I have made a distinction not always apparent in common usage. In this book, the adjectives female and male denote sex type, and feminine and masculine refer to psychological qualities which might reside in either sex. In order

**id 265**

Welcome To The Niagara-on-the-Lake Bed and Breakfast Association Welcome to the official website of the Bed & Breakfast Association of the town of Niagara-on-the-Lake, Ontario Canada showcasing 180+ Niagara on the Lake accommodations for you to choose from. Steeped in history, our idyllic town is located on the southern shores of Lake Ontario where the Niagara River ends its journey into this famous Great Lake. It has become the selected destination of discriminating travelers from around the world. Surrounded by countless award-winning vineyards and wineries, Niagara-on-the-Lake is also home to the world-famous Shaw Festival Theatre where exhilarating seasonal performances capture the essence of the world's finest playwrights including Eugene O'Neill, Oscar Wilde and the theatre's namesake himself, Bernard Shaw. The winter holiday season in Niagara-on-the-Lake (NOTL) always puts me in a festive mood (I've been spotted dancing in the streets more than once). I've also been taken home in a chauffeur-driven limousine from Niagara Classic Transport , whose team welcomes one and all to their Christmas Open House on December 14. Some of this year's events and celebrations are tied into the 200 th anniversary of the War of 1812. These include the annual Rotary Club Holiday House Tour on November 30 and December 1. On November 30, you can also join local choirs on a candlelight stroll of historical old town. For information, call 905-468-1950. And at St. Mark's Anglican Church -- where ghosts of 1812 are said to roam -- you can attend the annual Christmas Spice luncheon and purchase charming gifts for your favourite people. For reservations, call Gillian at 905-468-3123. I've just found out that the RiverBrink Art Museum , for the first time in its history, will be open during the winter. Exhibitions extended to the end of March 2013 are RiverBrink's War of 1812, Portraits from the Collection, L'autoportrait/Self-portrait , A Circle of Friends: The Canadian Art Club , and Scenes of Martyrdom: The Death of Wolfe. Also on my list of things to try is the swish new CounterCulture Supper Club, put on by the Gathering Niagara organization. This series features cutting-edge cuisine by famous Niagara chefs every Friday between 5 and 9 p.m. at Coffee Roasters in Niagara-on-the-Lake. Wineries of Niagara-on-the-Lake An integral part of the holiday fun for me is wine country's merry offerings of libations and gift items. I find special treats at the annual Stocking Days of Christmas event during December. The event provides access to new and limited releases, while most wineries have unique vintages available only on site -- great gifts for wine-lovers. During Diamond Estates -- the Winery's 12 Days of Christmas, you can develop your own signature cocktail -- maybe even win the prize for the most creative concoction. Sights and lights The holiday lights of Niagara-on-the-Lake make for a breathtaking stroll around town. In addition, a must-see during the holidays is the CAA Winter Festival of Lights along the Niagara Parkway and into Niagara Falls. Until January 31, the festival features giant lighted Disney figures, magical scenes and Friday-night fireworks over the Falls. For more holiday ideas and events, ask your B&B hosts for their recommendations -- they're up to the minute on what's happening. Posted by E. Lisa Moses This is the one and only official website of the Niagara-on-the-Lake B&B Association. Members listed on this site have undergone health and safety inspections, are legally licensed to operate as a B&B and meet all the required standards set out by the association. If you prefer to book online, this option also ensures that commissions go back into the association's coffers for the benefit of all members of the not-for-profit association and not other, unrelated, commercial entities. There's never a dull gastronomic moment in Niagara-on-the-Lake (NOTL). To get an early start on some entertaining ideas for the holidays, I created my own little food and wine tasting tour around town. Five Row

**id 266**

by John Courtney Murray, S.J. No formal document on the relations between Church and state issued from Vatican Council II, although the issue had appeared in the legislative history of the Council. The original schema of the Constitution on the Church, distributed on November 10, 1962, contained a chapter (9) "On the Relations of Church and State." It was a revision of a prior text, also written by the Theological Commission, "On the Relations of Church and State and on Civil Tolerance." Also during the preconciliar period?in December, 1960?a schema on religious freedom was prepared by a subcommission of the Secretariat for Promoting Christian Unity, meeting in Fribourg. It was recognized that the particular issue of religious freedom needed to be clarified, if there was to be any hope of instituting proper ecumenical relationships between the Catholic Church and the other Christian churches and communities. In June, 1962, Cardinal Bea presented to the Central Commission a revision of the Fribourg schema, containing three brief chapters, the third of which was entitled "On the Relations between the Church and Civil Society." At the same time the Theological Commission presented its own schema?the first of the two mentioned above. A lengthy discussion of the two schemata proved inconclusive; their respective tendencies were quite diverse. The matter was referred to Pope John XXIII, who created in July, 1962, a mixed committee whose function would be to effect a reconciliation of the two tendencies. (In the end, this committee?composed of Cardinals Ciriaci, Ottaviani, and Bea, Msgr. Willebrands, and Fr. Tromp?never met.) In that same month the Secretariat schema was revised, to take account of certain views expressed in the schema of the Theological Commission. In February, 1963, the Secretariat decided further to revise its schema and to leave aside the Church-state issue. This new revision, approved by the Secretariat in May, 1963, was presented to the Coordinating Commission in July, and the decision was reached that it should be chapter 5 of the schema on ecumenism to be presented by the Secretariat. (The details of the long delay in getting the text printed need not concern us here.) Chapter 9 was omitted from the revised schema on the Church. And thus it came about that only the issue of religious freedom was discussed by the Council. The explicit intention of the Declaration on Religious Freedom was narrowly defined in the final text, namely, "to develop the doctrine of recent popes on the inviolable rights of the human person and on the constitutional order of society" (n. 1). Nevertheless, in the course of fulfilling this relatively restricted doctrinal intention, the Declaration made certain significant contributions towards a development of doctrine in regard to the Church-state issue. In its turn, the Constitution on the Church in the World Today confirmed, and in certain respects advanced, this development. The purpose of this article is to analyze the development. The New Problematic In general, the development consisted in a transformation of the state of the question. A movement in a new direction had already been begun by Leo XIII. From early Christian times, through the medieval era, through the later era of the French classical monarchy, and through the post-Reformation epoch of confessional absolutism, the primary issue had been stated in terms of the relationship between the two powers, spiritual and temporal?pope and emperor, pope and king or prince. This issue retained a mode of its validity for Leo XIII. He did not indeed contend for "union of Church and state" on the model of the ancien regime, wherein the Union of Throne and Altar entailed an enclosure of the national Church within the national kingdom and some consequent manner of subordination of Church to state. However, against the dogma of "separation of Church and state" in the sense of Continental laicism, he consistently contended for an orderly relationship between ecclesiastical and political authority. At the same time he transformed this ancient issue of the dyarchy by including it within a broader statement of the question, to which the conditions of the time, the progressive laicization and also industrialization of society in Continental Europe, led him. The new terms were the "Church," both as a spiritual authority and also as the community of the Christian faithful, and "human society" in the whole range of its institutional life?social, economic, and cultural, as well as political. Within this broader context, the issue of the dyarchy

**id 267**

Xiaofei Deng is one of the winners of the 2012 Shen Kuo Competition (Expired) The Department would like to congratulate Xiaofei Deng, a PhD student in the Department of Computer Science, for being one of the Shen Kuo award recipients this year. The Shen Kuo Project is a new initiative that will showcase the excellent research being conducted at the University of Regina by Chinese graduate students. Xiaofei Deng's research focuses on rough set theory and granular computing. He will be traveling to Beijing on June 9th to present his research at a Shen Kuo conference at North China Electric Power University. This presentation will be followed by a presentation at his home institution, Soochow University, in Suzhou, Jiangsu Province (near Shanghai). We also extend congratulations to Tian Li Zhang, an MSc student in Mathematics and Statistics (and a BSc Computer Science/Math alumni in 2011), for being a Shen Kuo award recipient this year.

**id 268**

AFM 2012: First Promo Poster for The Woman in Black: Angel of Death The Woman in Black has been one of the most successful films of the year, with Daniel Radcliffe really making a mark following the end of Harry Potter, switching genres to embrace the Hammer horror. We heard earlier in the month that Tom Harper (Misfits) has been set to helm the sequel, The Woman in Black: Angel of Death , and with this year's American Film Market currently underway, Collider have been able to take a photo of the first promo poster for the film. "The Woman in Black: Angel Of Death will continue the story four decades later. Seized by the government during World War II, the sudden arrival of a group of evacuated children at Eel Marsh House awakens its darkest inhabitant." Harper will be directing from a script by Jon Croker (Desert Dancer), based on an original story by Susan Hill, the author of The Woman in Black. We don't yet know who will be leading the cast, but hopefully we'll be hearing plenty more from the film in the coming months. From this first promo poster below, it looks like we might have a female lead to look forward to, and I'm interested to see if they go for an already-established name, a rising star, or an unknown to take the part. The film's presence at AFM hopefully means that the project is moving forward nicely, so with any luck, we'll have talk of production dates and casts coming our way shortly. For now, this first promo poster is plenty to keep us looking forward to the next instalment in the series.

**id 269**

How to Find a Jobs on Craigslist Craigslist Overview: Craigslist is a good source of job listings in a specific location. Jobs are listed by location and category. You can also post your resume to your local Craigslist site. Craigslist Craigslist Job Search Options: The easiest way to find jobs on Craigslist is to go to the city or state site where you are interested in looking for jobs. You'll see a directory of sites on the right side of the original Craigslist page or you can go directly to the list of Craigslist - Cities . Not all cities have a dedicated site, so if you don't see your city, use the state site. Once you've reached the location you want, either click on the type of job or click on "Jobs" to run a keyword search. Craigslist Resume Posting: To upload your resume, click "Post to Classifieds" in the top left corner of the page. Next, under "type of posting," click "resume/job wanted" and you will be able to upload your resume. Additional Craigslist Job Search Resources: Craigslist also has gigs and a jobs wanted section. You can also search for internships, part-time positions, nonprofit jobs, contract positions, and telecommuting jobs. Job Scam Scam Warning: Do be careful and thoroughly investigate any job opening you find on Craigslist (and other job sites) before you apply. There are many different types of job scams and it's important to be careful to not be taken advantage of. Job Scams

**id 270**

Eurogamer Network Ltd. uses cookies on its websites in order to provide enhanced functionality to users, such as user accounts and saved preferences. We also use cookies to limit the number of times we show you the same advertisements. If you continue to use this site, we'll assume you are happy to accept these cookies. Otherwise you may change your privacy settings at any time. "Next-gen" has been on the lips of just about everyone, as developers and publishers prepare for the inevitable next round of consoles. At E3, however, Microsoft and Sony were quite reticent to talk about any hardware beyond the current generation. Meanwhile, Epic was proudly displaying its Unreal Engine 4 next-gen technology and the folks at Square Enix unveiled " Agni's Philosophy ," a beautiful demo leveraging the publisher's Luminous engine, which shows off just how good Final Fantasy might look on next-gen platforms. GamesIndustry International caught up with Square Enix's worldwide technology director, Julien Merceron, to talk about the Philosophy demo, the arrival of next-gen consoles and what that means for Square Enix and the industry at large, and why Merceron feels that no matter how good next-gen looks, the uncanny valley problem will always exist. Dig into the full Q&A below. Q: To start, I'd like to ask about the "Agni's Philosophy" Final Fantasy tech demo and Luminous engine you guys showed, which represents what Square Enix feels is possible for next-gen. Can you tell me more about the technology and what you are hoping to achieve? Julien Merceron : The way we approached it is really to look into what would be great for us to be able to do moving forward. We tried to go as high-end as we could in terms of content and assets. At the same time, we tried to see how far we could push this when it comes down to real time. As you know, we're focusing on RPGs and games where characters are extremely important. So definitely we needed to deeply think about facial and body animations and to deeply think about dynamics on the characters and how we light these characters and how we integrate them into environments that we want to provide to players in the future. There is probably going to be more content coming in the next few months in terms of the technology we used from the demo, but if we look at it from two years, 'where are we going to land?' we are very, very interested in real-time lighting for many reasons. First of all, for us it is really important to provide real-time editing pipelines for our artists. So having a real-time solution for lighting, real-time solutions for navigation, real-time solutions for almost every aspect of the game ends up giving a lot of freedom to our artists, allowing them to iterate and polish way faster. We want to push real-time as much as possible and we are obviously deeply working on PCs that allow us to prototype and see what all the best approaches we believe will work or won't work for us. Q: One of the more solid rumors we've heard about next-gen is that Sony would be moving away from proprietary tech and dumping the Cell concept, moving back to an off-the-shelf solution. Would that be something you and other developers would welcome? "We have Sony and Microsoft talking about this generation lasting 7,8,9 or even 10 years and it's the biggest mistake they've ever made" Julien Merceron Julien Merceron : Oh definitely. There are two aspects to complex hardware. When hardware is too complex to target, it leads to a smaller number of titles available for launch, and then with fewer titles you end up not being able to sell your platform really well, so you actually start with a big disadvantage. PS3 and 360 haven't found a way to be as successful as PS2 was. On the other hand, if you have complex hardware, although you have problems at the beginning, you do have potentially better longevity for your platform because every year quality is going to increase as developers find out all the optimizations they can use. But with a simple architecture you do give more chances to everybody, which I believe is very important based on the critical business situation we're in. Games will be more costly. If you start to make the entry bar really high, more studios will die, more publishers will die, there'll be less titles on platforms, etc. If you make it accessible, you give more chances to people, you'll

**id 271**

At Home with Laetitia Maklouf Laetitia discovered gardening after finding a seed packet at the bottom of her Christmas stocking. She planted them and they grew. Astonished, she planted some more things and has been pottering about with plants ever since. Her latest book, "Sweet Peas for Summer" shows you how to make a garden from scratch in a few months. She lives in Shepherd's Bush with her Hunk and her daughter Jemima. where are you right now? I'm in my shed (where I supposedly 'work') listening to the radio and thinking about what to plant next year. what do you do for 'me-time'? The ultimate 'me-time' involves my bed, my kindle and no interruptions, but second to that would be garden visiting (alone, so I don't have to worry about anyone getting bored). where is your favourite place to eat in West London? I love the curries at Busaba for a movie night (Westfield) and La Trompette for a rare dose of white tablecloth poshness (Devonshire Rd). career and children -- top tip on how do you do it? I have help, two and a half days a week, 9-5. Writing a book without that would, I'm afraid be beyond my capabilities (though I'm sure there are plenty of super-women out there who have done it!) I regard myself as having two careers, one of which is bringing up my daughter. I have as much ambition and drive and commitment as a mother as I do in writing or gardening, but I learned very early on that trying to do both at once is utterly futile and just makes me want to cry, so I don't even attempt it. if you had to make a quick escape where would you go? Somewhere to hide? Cornwall, by the sea, with friends. what is on your bedside table? Piles of un-read magazines, my kindle, usually a small vase of something sweet-smelling, when I'm being kind to myself.

**id 272**

" The context of why the movie was made justifies what you consider to be poor quality and bad execution of the work. And as such, you didn't understand what was going on to appreciate the work enough to realize that. Apparently, if you were expecting something glorious and spectacular, you came to the wrong movie. " This is one of the more recent lines that fans have started using to deter negative criticisms of their favorite works. In most cases, these defenses are justified if the reviewer/critic actually lacks familiarity with the work . In general, it's true that critics can be far too harsh with various movies and films (especially comedies or parodies) when writing their reviews, citing that they are incredibly lacking in all categories of substance. However, even most fans can get carried away with this regard as it is mostly used to defend their favorite works in general to any and all forms of criticism, even if a reviewer/critic happens to like said work. The first problem with this defense is that it is on the surface quite paradoxical; a bad movie does not somehow magically cease to be bad merely because it was apparently supposed to be bad. Quite the opposite, in fact. Another is that regardless of the intentions of its producers, ultimately the final product has to be judged on its own end merits; the producers of a film might not be trying to make True Art and may only be trying to 'just' make an entertaining movie, but that doesn't mean they can't fail at being entertaining. Furthermore, there's a suggestion here that producers of creative works that aren't intended to be True Art should only be held to the lowest possible standards, which is patently absurd; quality and entertainment aren't mutually exclusive, and just because something isn't supposed to be High Art doesn't mean you've got a license to be lazy or sloppy with it. And of course, there's the obvious question of why you would want to deliberately make something terrible to begin with. This is not to say that there's anything wrong with purely escapist entertainment or that all works should aspire towards the loftiest heights of 'worthy' True Art ; just that making escapist entertainment isn't itself an automatic ' Get Out Of Criticism Free ' card for producers and fans of said entertainment. Fans who take this view can be deliberately invoking any or all of the Animation , Sci-Fi , and Comedy Ghetto tropes. This might seem contradictory of the usual purpose of these tropes (i.e. trying to get what they like out of said Ghettos), but the point is that different genres should be held to different standards. While not exactly aimed at this phenomenon, 'Ebert's Law' as coined by noted film critic Roger Ebert -- "It's not what a movie's about, but how it's about it" -- also has some relevance here. The idea is that he can rate an supposedly 'no-brainer' action movie higher than a supposedly 'worthy' Oscar Bait drama not because the action movie is artistically more complex or inherently superior to the drama (although it could be), but because the action movie is better at being an action movie, and thus is a more satisfying cinematic experience, than the drama is at being a drama. By this logic, the inverse is also true; just because an action movie isn't necessarily aiming to provide its audience with the same things as a drama does not exempt it from criticism entirely. Maryann : This is one of those movies that we're not supposed to complain about because it's "for kids," as if kids aren't smart enough to recognize shit. Or as if we wouldn't mind serving our kids shit. I wouldn't want my kids, if I had any, anywhere near this, unless I actually wanted to inculcate in them scream-inducing 1950s gender stereotypes. Which I wouldn't. Movie Bob expressed his disapproval of the notion that just because a movie "isn't trying", that makes it immune to criticism. He gave the example of The Expendables , saying that its problem wasn't that it was a big dumb action movie, but that it was a bad big dumb action movie. Seltzer and Friedberg defenders (yes they do exist) often use this excuse. "I know they're stupid lame jokes, they're supposed to be stupid lame jokes." Ignoring that there's a right and

**id 273**

Formats Book Description Release Date: Oct 30 2007 Astonishing in its scope and erudition, this is the magnum opus that Niall Ferguson's numerous acclaimed works have been leading up to. In it, he grapples with perhaps the most challenging questions of modern history: Why was the twentieth century history's bloodiest by far? Why did unprecedented material progress go hand in hand with total war and genocide? His quest for new answers takes him from the walls of Nanjing to the bloody beaches of Normandy, from the economics of ethnic cleansing to the politics of imperial decline and fall. The result, as brilliantly written as it is vital, is a great historian's masterwork. Astonishing in its scope and erudition, this is the magnum opus that Niall Ferguson's numerous acclaimed works have been leading up to. In it, he grapples with perhaps the most challenging questions of modern history: Why was the twentieth century history's bloodiest by far? Why did unprecedented material progress go hand in hand with total war and genocide? His quest for new answers takes him from the walls of Nanjing to the bloody beaches of Normandy, from the economics of ethnic cleansing to the politics of imperial decline and fall. The result, as brilliantly written as it is vital, is a great historian's masterwork. Niall Ferguson begins "The War of the World: Twentieth-Century Conflict and the Descent of the West" with a simple question - what made the twentieth century, particularly the period between 1912 to 1953, the most bloody period in human history? The thesis seems well thought out and Ferguson has ample amount of supporting evidence to support his ideas, but his thoughts become disjointed as his narrative moves forward - losing most of its touch as the book nears its close. The goal one assumes Ferguson is making his way towards throughout is that the large decades long conflict was a herald of a shift of power away from the west and towards the east where in succession Japan and then China made vast steps in catching up with their more advanced neighbours. The final Epilogue seems almost anti-climatic, serving as only a mild movement towards the current political situation following the September 11th terrorist attacks, a movement that while helping to place the book into a modern context, does nothing to help stimulate the east-west dynamic which had so much unused potential. Simply put Ferguson doesn't manage to put together all the threads he put forward at the outset, leading to a book that comes off as half-finished. I finally ploughed my way through this one. I agree with my other esteemed reviewer, Niall went way off topic. I kept thinking Ferguson is never going to his initial thesis, but what an interesting book nonetheless. There are many sections where you cannot put the book down. It is like listening to a brilliant old sage, rambling on about world history and events. If you wanted an answer to how the western downfall occurred, you will be disappointed, but if you want to learn or refresh some very interesting facts about war history, this is a good book. Ferguson makes clear, very clear, that the inauguration of the 20th century was an unnecessary, baseless and monumentally destructive World War that could have been avoided. From there, he traces its consequences to the end of his book. You will have to judge for yourself how far he wanders away from his main thesis, or even if he does. The narrative leading up to the next World War is clarifying as well as edifying, to say the least.

**id 274**

Custom Made Sliding Wardrobes London Furniture Ltd As a young child watching films and TV shows depicting life in the future, a common feature was sliding automatic doors within the home. Now while this technology is certainly available for the very affluent, many of us are content with our swinging hinged doors. The same however can't be said for wardrobes. As we accumulate more clothes to keep up with the changing seasons, space within a bedroom becomes more limited and therefore all the more precious. Fitted wardrobes and under-bed storage are just some of the ways we save floor space and gather more storage room, but the functioning of our furniture can also have an impact. In order to maximise the space in your room consider bespoke sliding wardrobes from London Furniture Ltd. By having sliding doors there is no need to leave a wide berth of space for the doors to open and close. With years of experience in creating tailor made furniture for a range of commercial and domestic settings, we have a great understanding of how to make the most out of limited space and accessibility. The designs for our sliding wardrobes London are finalised and approved by you before we begin creating any physical furniture. One of our sliding wardrobes London designers will conduct a home visit and assess the dimensions and potential designs that could be used. Sliding door wardrobes from us can be fitted into a range of unique spaces such as underneath the stairs, in the loft, alcoves in the wall and even as an alternative shelving solution. The designs we develop are highly versatile so you needn't have to limit yourself to just a wardrobe for your room. Sliding door wardrobes could conceal shelves of office work or an entertainment system, for example. View the London Furniture Ltd portfolio for examples of the custom made fitted sliding doors wardrobes we've designed. Then contact a member of our team for information on how we may help you.

**id 275**

Up the Football League we go Thursday 18 October 2012 10:59 So, 10 games into the new Championship campaign and already those nasty folk at FIFA have stolen a weekend to play among themselves. But how have things shaped up so far? "It's a marathon, not a sprint!" you mid-tablers cry, but just for giggles we evaluate the state of affairs in the second tier so far. Already we have a winner -- although it's not exactly for the prize gong. The coveted Championship sack race was scooped by Blackburn 's Steve Kean, who was finally put out of his misery last month. But rather than dispose of the Scot over the summer, Venky's did the deed after seven matches with Rovers in third. Odd, you may think, but fans of the Lancashire outfit were voting with their feet -- just 13,405 turned up to see Kean's final match in charge. Ante-post favourites Bolton , meanwhile, sacked Owen Coyle with the Trotters languishing in 18th. A poor run of just one win in five cost the former Burnley manager his job -- and the new man will have to adapt quickly. Chris Eagles, with five goals in 10 games, has been a rare shining light. At the top it's perennial play-off victims Cardiff who lead the way, with Nigel Pearson's Leicester snapping at their heels. The former have enjoyed a consistent if not spectacular start to the campaign, with Peter Whittingham once again the driving force from midfield. The Foxes have shaken off a poor start to finally affirm themselves as serious contenders for the first time in four seasons. France Under-21 international Anthony Knockaert, an inconspicuous summer signing from Guingamp, already looks destined for bigger things after catching the eye with a sensational brace against Huddersfield. Wolves have recovered strongly after the losses of Steven Fletcher, Matt Jarvis and Michael Kightly to the Premier League. Stale Solbakken's troops have kept it tight at the back, while the capture of winger Bakary Sako is quickly proving one of the division's most astute signings. Springing out of lower-table obscurity have been a Crystal Palace side with four wins on the spin and a place in the top four. Dougie Freedman has worked wonders on a tight budget in south London -- but how long can they sustain it? And how long can they keep hold of livewire forward Wilfried Zaha? The Eagles' arch-rivals Brighton have lived up to their early billing as play-off contenders; having shipped only six goals, Gus Poyet's side are officially the league's meanest side. And, after a disappointing 2011/12 campaign, striker Craig Mackail-Smith is finally producing the goods with six goals in seven games. Completing the pretty play-off picture are new boys Huddersfield , while fellow Yorkshiremen Leeds are behind only on goal difference. Joel Lynch, Oliver Norwood and James Vaughan have all played their parts for the former, who also snapped up Leicester striker Jermaine Beckford on loan. Also bothering the score-keepers are Blackpool , although recent form has been patchy. Tom Ince has grabbed the early headlines from the wing and the Premier League vultures are circling. One can already imagine a flustered Ian Holloway prodding away the likes of Manchester United with his broom come January. Promotion hopefuls Hull endured a recent three-game losing streak and were dealt a further blow after learning Matty Fryatt's season is all but over through an Achilles injury. Jay Simpson has stepped up admirably, however, while centre back Abdoulaye Faye has notched three times. Middlesbrough have conceded more than they have netted so far but Tony Mowbray's side remain in good standing to mount a solid play-off charge. Consistency is now the name of the game, with the likes of Lukas Jutkiewicz and Josh McEachran looking to continue their good form. Nottingham Forest pip East Midlands rivals Derby by a point in the early standings, despite the Rams' slender derby victory at the City Ground. A barren five-game run through September yielded just three points, but manager Sean O'Driscoll recruited strongly over the summer and Forest will expect to challenge come May. Former midfielder

**id 276**

On John Ashbery, The Couple in the Next Room THE COUPLE IN THE NEXT ROOM She liked the blue drapes. They made a star At the angle. A boy in leather moved in. Later they found names from the turn of the century Coming home one evening. The whole of being Unknown absorbed into the stalk. A free Bride on the rails warning to notice other Hers and the great graves that outwore them Like faces on a building, the lightning rod Of a name calibrated all their musing differences. Another day. Deliberations are recessed In an iron-blue chamber of that afternoon On which we wore things and looked well at A slab of business rising behind the stars. (from Houseboat Days , 1977) Reading this poem, whatever you take from it, I think you would agree that what happens happens in the sentence beginning "A free / Bride on the rails..." Just prior to that, the word "stalk" spits at us with a sudden brassiness, displacing the ambling narrative of the opening. Before we have time to think about what this image is doing, the epic sentence hits us. It may be signalled by the word "great", but what makes it stand out is the difficulty of "free", "rails" and "Hers". (Ashbery loves to use his unfashionable capital letters to provoke syntactic uncertainty.) The last line of the poem is mainly there to hold in check the elegy that would effloresce in our minds if the poem ended "that afternoon / On which we wore things and looked well". It is true that the "stars" (like "blue" and "name") refer back to the poem's opening, and you can extract a biography out of this which makes sense of the poem's title and typifies the way that we always do infer stories about neighbours we don't know. Perhaps they are getting married or having a baby (what else do such couples do?). You can admire a traditional kind of skilfulness in the multiple meanings of "outwore" and "looked well". What I like still better is Ashbery's awareness of ways in which we understand a stalk -- (a) the bit that isn't the essential thing itself (e.g. the stalk of an apple); (b) the bit that IS the essential thing itself, what a plant has instead of a mind or skeleton; (c) its conductivity, something that stuff passes through, like a lightning rod. But what I like best is that sentence in the middle, the place where you can dive repeatedly and be in rough contact, without quite knowing what it is, with the thing that happens.

**id 277**

Anything CAN be a burden. For example, with loads of money, you might have all the people you used to know come out of the woodwork guilting you into giving them money... that would be a burden. Maybe not on your pocket because you have the cash, but on you mentally. How can excessive wealth ever be a burden? If you found it that difficult to deal with you could simply bequeath it all to a number of charities or a family member. There is no need to go on "suffering".

**id 278**

I originally created this blended collage of my oldest son Gage in Paintshop pro a couple years ago to hang on our wall. A few days ago I shared the photo on the Facebook Fan page and a user requested a tutorial for this and another collage. I will share the other one later this week once I complete it. If you have a tutorial request contact me on the Paintshopblog Facebook Fanpage and I will try my best to complete it for you. As I mentioned, this collage was shared on the Paintshopblog fanpage and one of our fans requested a tutorial for it. Here it is NikkiLea, I hope this tutorial helps you and anyone else interested in creating custom collages. Thanks for following the fanpage. If you would like to create a similar collage using your own photos, then I recommend using photos taken in one general location around the same time of the day. Doing this will produce the most realistic results because the lighting and shadows will be very similar. If you do use your own photos try taking three different poses with similar orientations to the photos used in this tutorial. Alternately, you can use the techniques applied in this tutorial to create your own unique blended collage design in Corel Paintshop Pro. Once you learn how the tools and layer stacking works, the type of collages you can create are only limited by your imagination. To complete this tutorial we mainly use the Freehand Selection tool (set to point to point mode), and we briefly use the Eraser Brush set to a low opacity to blend in the background. You can also follow along using the video tutorial below. This tutorial should be compatible with all versions of Paintshop Pro. Blended photo collage Corel Paintshop Pro X4 Video Tutorial Preview Step 1 Step 2 Zoom in on the photo with the background that you want to use. Use the Rectangle Selection tool to select a portion of the background. Now, select Edit &gt; Copy to copy the selection to the clipboard. Next, go to Edit &gt; Paste as a new Image. Press CTRL+D to deselect the active selection. Step 3 Create a new 4000 x 2000 image with a transparent background. File &gt; New Image. Note: If you are using smaller photos for your collage then you will obviously need to use smaller image dimensions. Step 4 Edit &gt; Copy the image that you will be using on the right side of the collage. Next, paste (Edit &gt; Paste as New Selection) it to the newly created image on the 'Raster 1? layer. Rename the 'Raster 1? layer to 'Right.' Step 5 Select and zoom in on the image that you will be using for the middle of the blended collage. Select the Freehand Selection Tool with the mode set to "point to point." Slowly, trace around the head area. Once the selection is complete, right click on the mouse to complete the selection. Next, press 'Delete' on your keyboard to remove the selection from the image. Then press CTRL + D to deselect. Note: The selection around the hair doesn't need to be perfect. We will use the eraser brush to blend it later in the tutorial. Step 6 Pull up the 4000 x 2000 image and create a new raster layer and rename it 'Middle.' Select the middle image that we just removed the background from and go to Edit &gt; Copy. With the layer name 'Middle' selected go to Edit &gt; Paste as New Selection. Reposition the image using the move tool (Press 'M' on the keyboard) . Step 7 Lower the opacity of the 'Middle' layer and trace the contour of the arm using the Freehand Selection tool (point to point). This will make the middle image appear to be behind the right image. Once the selection is complete, turn the opacity back to 100% and then Press 'Delete' on your keyboard to remove the selection. Then press Ctrl + D to deselect. Step 8 Select the image that you will be using as the left layer. Remove the right half of the background using the Freehand Selection tool (point to point). Once removed, copy and paste on a new layer Raster named 'Left.' Step 9 Edit &gt; Copy the the background blend we cut out at the first of this tutorial. Create a new raster layer named 'Background Blend Left' directly above the 'right' layer. Step 10 Select the 'Middle' layer. Next, select the eraser brush and set the opacity to around 5% and blend/feather the area around the edges of the hairline. Note: This will not erase the area around hair/head, instead it will lighten it

**id 279**

Housing's emotional pull The idea of owning a home can tug on the emotions. University of Southern California Professor Richard Green wrote on his Real Estate and Urban Economics blog that "there is something about real estate" compared with other investments. Apart from being something we can touch and feel, homes can give a feeling of control. The professor remembers how happy he was when he bought a property and left the rental market "not because I thought I would make out financially ... but because I disliked my landlord and was relieved that I would no longer have to write a check to him". Speed buying For all of the benefits of owing a home, allowing your heart run away with your head can be costly. And yet there is evidence that people make the decision quickly. ING Direct UK in 2010 cited evidence that "the average home buyer spends just 21 minutes viewing a property before deciding to buy it." Part of the reason for these rapid decisions may be that people quickly form a mental image of themselves living in a property, even though they do not own it. They then either place a higher value on the property or are prepared to borrow more than they first planned. Behavioural economists call this thinking trap the " endowment effect ". Housing risks Love, especially for a home, can be tricky. Higher interest rates or lower income may make it difficult to pay the mortgage each month. Owning a home may also make it more difficult to move for a better job or to get work. House prices may also fall, leaving the owner not only with a broken heart but also negative equity . Even if one controls their emotions, an investment in a home still carries risk. Chris Dillow writes "housing is a riskier investment than many imagine" both because house prices tend to fall when jobs are most at risk and share prices, at least in the US, have for many years been less volatile than house prices. Similar observations were attributed in 2010 to US Federal Reserve Associate Director Karen Pence who was reported in the Wall Street Journal's Real Time Economics blog as saying homes make a lousy investment. The risks involved with investing in housing are not confined to the US. Falls in house prices in many countries over the past few years suggest this but press coverage may still give the impression that, over the long term, house prices generally rise. However, the extent of any increase should not be overestimated. Neil Monnery in his 2011 book Safe As Houses examined house price data for many countries going back decades and in some cases centuries. He found that it is "more normal" for house prices to grow at about 1% a year above inflation.

**id 280**

...the paradox then was that Pound's voice was not connected with 'life' in any direct way -- not like Lawrence's, for instance. It was still the product of a masking, an immersion in an act of projecting himself into something else. The Metro poem was an omen. It pointed to the extent to which Pound's life and work, his angry heart and visionary yearnings, would be close to an enactment of Eastern aesthetics and philosophy, a translation voyage that would shape his modernism. This paradox is deepened by the fact that Pound never travelled East: in 1914, he passed up a chance to go to China and was thereafter out of touch with crucial events as they unfolded. His China was a construction: what he got out of it was always literary and thus partially dead, even as he could breathe a life into it for aesthetic and political purposes. He hoped that China -- or his Confucius, at least -- would save Europe from itself, but it no more did that than his Chinese dictionary saved him from a crack-up when he was caged at Pisa in 1945. A shame more of it is not there, as there are some penetrating remarks on the tone of Cathay , a book of translations from the Fenollosa archive which Pound published in 1915: e sent a copy of two poems to his friend, the sculptor Gaudier-Brzeska who was in the trenches. The 'Lament' begins: By the North Gate, the wind blows full of sand, Lonely from the beginning of time till now! Trees fall, the grass grows yellow with autumn, I climb the towers and towers to watch out over the barbarous land; Desolate castle, the sky, the wide desert, There is no wall left to this village Bones white with a thousand frosts, High leaps, covered with trees and grasses; Who brought this to pass? Who has brought the flaming imperial anger? Who has brought the army with drums and kettle drums? Barbarous kings... and sorrow, sorrow like rain. Sorrow to go, and sorrow, sorrow returning... 'They depict our situation in a wonderful way,' Gaudier told him. The whole book was organised to do so. Hill states that a recent biographer, Moody, 'rightly praises Cathay as brilliantly ahead of its time - anti-war poems that jumped the gun on Wilfred Owen and others. Pound, who never went to the front, did not out of respect for the soldiers attempt to render the war directly. Cathay is momentously strong partly because it provided a godsend of deflection for Pound, a grand way of making an impersonal art, its classical mode, matter.' I was surprised to learn that Pound could not read Chinese when he produced this collection.

**id 281**

How to Get a Job You Are Unqualified For You see your dream job advertised. You immediately put pen to paper, or rather, fingers to keyboard, and send off a well-crafted cover letter, to which you attach your resume . In the letter you explain that you have "transferable skills" and let your passion come forth from the page like boiling hot water and steam from Old Faithful. And your reward? Rejection. But you have "transferable skills." You have passion. So, why are you being rejected? Because you are unqualified. "Transferable skills" means, "I don't have the qualifications for the job , but do me a favor and interview me anyway." No. Sorry. The employer does not need to do you a favor. The employer needs to fill the position with someone who can actually do the job. A person with a proven track record of success. A person who will not have a steep learning curve, if any at all (over and above learning "the company way"). "But," I hear you say, "people change careers all the time. Why does it work for them and not for me?" Simple. They network . They get introduced by a credible person, someone whose opinion the employer respects. That person tells them, "I understand that you are looking for a marketing pro. I know a woman who would be perfect for the position. And before you ask, she is totally unqualified, except for the fact that she has a great skill-set and more passion for marketing than you'll find in anyone else. If I could, I'd hire her. Give her ten minutes." Comments Interesting point. Networking is a very good way to transition careers or nab an opportunity for a job you might not be 100 percent qualified for. After the initial introduction, however, it's up to you to wow with your skills and passion. If you don't seem totally committed to this new career path in the video interview, it's unlikely you'll be hired even with the best recommendation. Remember that in lieu of skills, employers will look for dedication and passion. So make sure to let hiring managers know how much you want to grow in their company. I agree with Mary. Not everybody has these high connections who can help them with the job search. The problem is most people are refusing to help others because your "bad luck" may rub on them which in turn will blame you for their misfortune. Good article, from a 10,000 foot view. I agree, the nuts and bolts are a bit more complex. For those who believe that networking into a job you aren't qualified for somehow dishonest, I'd remind them that the employer will know full well you aren't qualified, and may hire you anyway. This isn't BS; it's giving An employer a different reason to hire you. Have you noticed that women always say they want a man who can make them laugh, but the class musician, quarterback, and bad boy all get more girls chasing them than the class clown? People don't generally recognize or articulate what they want very well. This is true for employers, because they write job descriptions with the perfect candidate in mind, but usually they hire someone they feel good about and would like to work next to, regardless of the qualifications. Surprise, surprise, but those people often do quite well at the job. You can train the skills, but you can't train the personality. Unfortunately, most talent searches are begun as if the opposite was true. The term "networking" is often misunderstood, and this is why people make comments like the one above: "What if you don't know anyone who can introduce you to the hiring manager?" Networking isn't about calling out the people you know and asking them who they know they can get you a job. Networking is about calling up the people you know, and asking them who they know that you can meet and learn from. You ask those people the same question. You asked ON their contacts the same question. You continue meeting people, expanding your network, as long as you can. Keep good records of what industry and company people work in, and you'll know who to call when that perfect job comes your way. Networking works really, really well because so few people do it properly. If everyone did it, It wouldn't work well at all. Mary... pray? I don't know. May be move so you can be around these "people" that seem to "know" hiring managers? These people that write this article seem to live in a la la land

**id 282**

A Quick Break in Scheduled Programming... ...HG here... I normally don't post here on Thursdays because of the 4 Moms posts, but today merits a special interruption (I'm sure the 4 Moms post will be up in a bit, though). The HM, as most of you know, has been taking some college math classes in order to finish up a specialized teaching degree. Math is not his favorite subject, but he recently did some arithmetic of a very enjoyable sort. He figured out that through their military life and road trips, my parents have: \* Driven 118, 347 miles together (not in a goat cart... but I'm sure some of their early vehicles felt about as reliable as one, and used more gas ) \* Flown 52,612 miles together \* Total: 170,959 miles That is a loooooooot of miles! And why am I posting this data today? Because they embarked on this journey three decades ago today. The HM doesn't have his log in set up for the new blog, but asked me to post this internet version of a homemade card... His note for the card: "Round trip from Bangor, ME to San Diego, CA is 6, 520 Miles. You have been my right seater for the equivalent of more than 27 round trips from San Diego to Bangor! You are the Best Right Seater a man could ever have! I love you and thank you for the last 30 years and I look forward to the next 30!" My own note: thanks so much to my parents for the gift of decades together they're giving to their children and grandchildren. It's a precious one, and one sadly growing rarer in today's world.

**id 283**

It seems to me that just about everyone has heard about the remarkable effort China made in getting Beijing ready for the 2008 Olympics. Well, the country's efforts for the 2010 World Expo in Shanghai surpassed even that. More countries participated in the Shanghai Expo than ever in the history of the event. This Expo also attracted a record number of visitors. Today Shanghai shines. Shanghai is the largest city in the world with a population of over 23 million. China and the West first met in this city almost two centuries ago. Those were the days when the West was into colonizing countries and after the Opium War in 1842 Shanghai was opened to trade as a treaty port; eight western nations were granted concessions where Chinese law did not apply. These countries built foreign banks and trading houses along the banks of the Huangpu River that runs through the city; dozens of these historical buildings still stand. Things changed in Shanghai when the Communists took over the country in 1949 and for many years the city kept a low profile. Today it's a city where the Apple computer store occupies prime real estate not far from the Waldorf Astoria Hotel. Around the corner is the old Shanghai and the ancient is just as celebrated as the new. If you stand on the west side of the Huangpu River where the British-style buildings are and look across to the east side you will be staring at some of the most cutting-edge structures in the world. The Oriental Pearl TV Tower soars 468 meters into the sky but it is overshadowed by the Jim Mao Tower, which is the tallest building in China and the third highest in the world. If you lose your bearings while walking the streets of Shanghai all you have to do is look upward and these landmarks will help you will find your way. The avenue on the western side of the river is called "The Bund". It is a good place to start your visit to the city. The views are spectacular and it is fun to watch the Chinese tourists pose for photos in front of the statues and the wall of flowers. You can take a river cruise from here or catch the hop-on, hop-off bus. There are even traffic police to help you cross the street, which is just about unheard of in this country where crossing the street is often hazardous. One of The Bund's landmarks is the Peace Hotel, which was called the Cathay Hotel when it opened in 1929 and was said to be the most luxurious mansion in the Far East. Next make your way over to Shanghai Old Street. It is divided into eastern and western sections. The eastern section, called the Yuyuan Bazaar or the Yuyuan Tourist Mart, has been refurbished to represent buildings of the Ming and Qing-style architecture of 100 years ago. Don't be put off by the souvenir stores with their Mao memorabilia and t-shirts bearing photos of Cuba's Castro and Argentine's Che Guevara. There are lots of interesting finds here. Near the centre you'll find the classical Yuyuan Garden, a must visit. Then wander down the narrow lanes of the western section, which is more authentic, and you will come upon the best food stalls imaginable. A popular dim sum is Xiao Long Bao, filled with ham, some ginger and pork skin jelly. Once you've had lunch and a cup of tea, head to what was once the traditional center of Shanghai where you'll find the People's Square (one of the most famous squares in China), the People's Park, the Shanghai Museum, the Shanghai Concert Hall, and the city's largest metro station, which is underneath the East Nanjing Road pedestrian mall. People dance, make music and exercise in the Park and it is obvious that they enjoy all the green space. The Shanghai Museum gets high marks from most reviewers and it is certainly worth seeing, although I found the newer museum in Beijing to be more impressive. The whole area is well landscaped and enjoyable to walk about. Walk to the section of Nanjing Road that is closed to vehicles. It is called China's #1 shopping street and its stores carry international brands. The place is bustling and you will be swept along with the crowd until you are once again at The Bund in this dynamic city of stunning contrasts in the world's fastest-changing nation.

**id 284**

'The Dark Knight Rises' Mobile Game and Film Coming This Summer The much awaited final Batman film and its official game will be coming this summer. As if a further confirmation that the " The Dark Knight Rises " is the next big thing, Gameloft has also released an official mobile app of the franchise. The mobile game will be coming in both Android and iOS later this summer. Gameloft has teamed with DC Comics and Warner Brothers Games to deliver an official game of " The Dark Knight Rises ." Unfortunately, the details about the mobile game, like about the film, are limited at the moment. Christopher Nolan and the cast are mum about the how the trilogy will end. IGN have managed to score the official iPhone trailer for The Dark Knight Raises game, which of course we have for our readers viewing pleasure below. " The Dark Knight Rises " is a full 3D action game that has superb graphics as Gameloft has stepped up their game when it comes to being visually great such as with recent titles like the recently release Men in Black 3. There is no word on a concrete announcement on the official release date for The Dark Knight Rises mobile game, but one could say it would be a safe bet to say the game should surface around the same time as The Dark Knight Rises movie hits the theaters. The focus of the three Batman films has always been Bruce Wayne. Nolan shared to Total Film Magazine "we somewhat left the audience hanging at the end of the last film in terms of Bruce's story and we want to bring it full circle and have a complete tale. We've a great ending we've been wanting to tell for some years now. We're just thrilled to have been able to bring our story around to its conclusion." "We have to give the audience something they haven't seen before, but also fulfill their expectations of what they enjoyed in the first two films. That's the tricky balance. With a sequel there is always the challenge of trying to meet or indeed exceed expectations," Christopher Nolan added. "The Dark Knight Rises" is one of the most anticipated films in 2012. The film will bring new villain, new characters and a whole new plot to the complicated life of Bruce Wayne. Mark your calendars on July 20 to make sure you will not miss the Batman's final film.

**id 285**

Accessories Overload! How to perfect the "arm party" It's an arm party and everyone is invited! Okay, well if we promise never to write anything like that again, will you at least attend? Awesome. The "arm party" -- or the wearing of a lot of bracelets simultaneously, if you want to get technical -- has been a must-do for the past few years, and shows no signs of slowing down this season. Here's how you can wear a plethora of accessories simultaneously , and keep this arm party hopping. 1. Show no fear This isn't a drill, you guys. In terms of wearing a lot of bracelets at once, don't see it as getting your feet wet with an accessory here or a bangle there. This is just like the Internet meme: ALL of the bracelets! So load up on as much as you can, and don't look back. 2. Keep it balanced However, you can't just load up one arm and leave the other one out. Use smaller bracelets to balance the one arm if you've got a slew of thicker bracelets on the other, and even it out: if you've got three thick bracelets on one arm, add two or three small ones in to balance. And vice versa. Just don't over-think it. 3. When in doubt, add more Ask yourself this: what would Iris Apfel do? Iris is famous for loading up on accessories and wearing what she wants, so take a page from her book of awesome. Care less about how you come across, and more about how you feel. These are bracelets -- they're meant to be fun! Don't get hung up on the "right" or "wrong" way to carry them off. Mix and match, keep it colourful, and opt for novelties like skulls and spikes -- even all at the same time. You don't want anything to look uniformly. 4. Just don't go overboard overboard A good rule of thumb when attempting the arm party is this: make sure you can move your arms. If you're starting to feel like you're doing the robot, take a few off. Other than that, pile them on!

**id 286**

30 days, 50,000 words, umpteen cups of coffee! NaNoWriMo time has arrived again. This seasonal event has become a tradition of mine, if 3 times can be called a tradition. If nothing else, it helps to establish, reinforce, or (in my case) reestablish the habit of writing something every day. Editing, proof reading, grammar ... faugh! This is about producing content! This year is going to be something really special for me. I've been telling you in previous posts about Scott Roche's The Way of The Gun over at Kickstarter.com. As of this writing, Scott has less than a day left. Go, contribute, enjoy! Anyhow, Scott has given me permission to set my NaNo book in his universe. I'm extremely excited about this! Of course, now I have to produce a novel. Let me tell you a little about it. I'm more than a little excited about this Kickstarter campaign from Scott Roche . It takes me back to those rainy, Saturday afternoons when my brothers and I would watch one Gene Autry or John Wayne western after another until Mom and Dad got tired of us being underfoot and shooed us off to clean our rooms. When they'd leave to get groceries, we'd sneak back into the den and catch dubbed Japanese martial arts films. We'd have to go to the den because back then we only had the one television. Apparently the buzzing sound the tube made attracted the dinosaurs. This anthology is all about that rainy afternoon when you could be both the stoic gunslinger and the fiery Kung Fu master. It is the swirled cone of chocolate and peanut butter that is the genre mash-up of Western and Wuxia. It's adventure to the W 2 power! A ghost writer is a person who writes any form of text, including books or even music, that is accredited to the person he is writing for. They are often used by famous people such as celebrities, politicians, business executives and other high profile people in the public limelight to write memoirs, autobiographies, music or anything else they desire. Written work such as books can be either fiction or nonfiction. Ghost writers do not have to write all the work; they may do the research and create a rough draft, and then leave the writing to the client. Or they may do a draft of the work, or just edit and fill in some more information after being given a draft. To give you all of you some idea of my summer, I started the process of this interview with Pip & Tee back in May. MAY! They got back to me in June and then my summer-itis hit and its been parked ever since. Hopefully, our two agents from the Ministry will not hold the delay against me. For those of you not acquainted with Pip & Tee, there are a slew of links at the bottom of the interview. Please feel free to check our authors out. A review of The Janus Affair will have to wait. Among other things, reading also got put on the back shelf this summer. It's on top of my TBR pile (Is it a pile if it in your Kindle?) and I hope to get at it soon. Did you miss me? I'm back! It has been a long summer. I've traveled a lot and I've learned a great deal. For one thing, beach trips with boogie boarding, sand castles, and family are more fun when you just go with it. Recovering from the pounding the surf inflicts on my body is taking longer each year, but the fun is well worth it. I've learned that traveling 15 and a half hours, across the Mississippi (twice), and into the mid-west is a beast. While I could probably do it in one day, I broke it into two. My family thanked me. Something about the grouch factor being significantly less. And, I've learned that I'm not nearly the tough guy I thought I was. I'm not stoic, I'm not strong, and I'm not indefatigable. In point of fact, the only thing machismo and I have in common is ... well ... I like cheese.

**id 287**

Samsung Galaxy Note 2 the Update to the Smartphone Tablet Hybrid The Galaxy Note is one of Samsung's most popular gadgets and most unique. Caught between being a tablet and a phone, it offers the best of both worlds and has caught user's attention because of it. It may be a bit big for a phone but what it offers in functionality keeps it selling. Now Samsung have released the Galaxy Note 2 and look to continue the success. Using its S-Pen technology that was such a success with the bigger screened Galaxy Note 10.1 the Galaxy Note 2 offers more power more multi-tasking and more size, everything that users have been craving. The question is of course will this be enough to make people upgrade and will it be enough to catch the interest of the users of the other phones on the market. Samsung have created a niche for themselves in the smartphone world, one that has made Apple take notice, the Galaxy Note 2 may just have what it takes to further push Samsung ahead in the battle to be the best. Build The most noticeable aspect of the Galaxy Note 2 is of course it looks a lot like the Galaxy S3. The difference of course is that the Note is obviously bigger. It's also curvier which puts it ahead of the S3 in style points. At 9.4mm thick it's now slimmer than the original Note (but not as slim as the S3) but weighs more than the original (182.5g compared to the note 178g). The only noticeable drawback really is when you answer a call on the Note 2 it does feel like you are using a tablet as a phone in some respect, but even then it's not that over-sized. Features The Note 2 is designed for Android 3.1 Jelly Bean which it can be updated to (it comes pre-installed with Gingerbread initially but is easily updated). Samsung's own interface TouchWiz UI is overlaid onto this adding homescreen with their own brand of apps. This includes S-Suggest and S-Planner. The Jelly Bean upgrade shows a big difference in the UI performance with everything being much speedier. The new improved smart pen also shows better sensitivity on the screen, this leads to much better performance when you are having fun. Another feature of note is the upgraded microSD card slot which now provides storage expansion to 64GB from the original 32GB. Connectivity for the Galaxy Note 2 includes Bluetooth 4.0 (which is an upgrade from the original Notes 3.0) and S-Beam (Samsung's version of NFC) is included for the novelty "phone bump" swapping on other S-Beam phones. Camera The camera on the Note 2 is an 8-Megapixel lens which is fairly standard on premium smartphones now, with auto focus and LED flash. The front facing camera is HD capable and can be used for recording. Interestingly enough the front camera is 1.9-Megapixels where the original Note featured a 2-Megapixel version. Performance of both cameras though is excellent as would be expected with a smartphone that is trying to be the best on the market. Screen Making the Note 2 bigger was a risk, but it's worth it. The screen is now 5.5 inches and it's HP Super AMOLED with a resolution of 1,280 x 720 (a reduction from the original Notes) but the quality of the screen is still excellent, especially notices in videos played on it. The screen is also Corning Gorilla Glass 2 which adds protection to it, though you won't want to be too rough with it, it keeps it protected for usual daily use though and from any drops it may have. Performance The Galaxy Note 2 now uses a quad core processor running at 1.6GHz; this is an upgrade from the originals dual core variety. This is backed up by 2GB of RAM which leads to the performance of the Note 2 to be very fast with little to no slowdown. Applications load fast and with all the added speed multi-tasking should be no problem at all. The phone is also capable of 4G which will speed up data speeds when available in your area. The battery in the Note 2 has been upped to be able to handle the bigger screen and quad core processor; this is an increase from 2,500mAH to 3,100mAH). The battery can last up to around 12 hours meaning that you'll get a day's usage easily out of it before you need to give it a recharge. Verdict The Galaxy Note 2 has more power, a bigger screen and increased performance because of its user interface upgrade. There are plenty of reasons to move from the first Note to this one and for people who've not had the pleasure to try out the original

**id 288**

Friday, 31 August 2012 Occasionally we've covered exceptional examples of cycling infrastructure on this blog. It is not only this blog, or only the Netherlands that produces such infrastructure. Such projects, big and impressive, often large bridges, tunnels or cycle-parking facilities, are photogenic and prestigious. They can also be the subject of press releases from the city in which they are built, or the designers and they're very popular amongst bloggers, on facebook and twitter. However, an emphasis on such things paints a false image. Riding to school. No hands required on the sort of mundane infrastructure you can expect to see everywhere It can be a pleasure to use exceptional pieces of infrastructure, but I'm uneasy about the amount of attention which such things achieve. The whole world doesn't look like the exceptions, not even to a cyclist in the Netherlands. After all, the very word exceptional means "deviating widely from a norm". By definition, almost all infrastructure is not exceptional but is actually just average. Prestige projects are very popular with politicians who want to make a name for themselves, and they can be great to have as an extra. However, it is the quality of design of the mundane infrastructure which is most important to encourage a high cycling modal share. This is what most people will use for most of their journeys. Prestige projects are not important at all if they are in isolation and not linked by a grid of high quality routes. So let's hear it for mundane, common, ordinary, unexceptional and boring infrastructure. Forget the exceptional stuff, it is the mundane which needs to be good. What is exceptional about the Netherlands is that the mundane infrastructure is of high quality, excellently maintenained , and perhaps most importantly, ubiquitous . This mundane infrastructure in the Netherlands is what makes the high modal share possible because it is available to everyone for all their journeys. The few pieces of exceptional infrastructure are spread thinly across the country and only useful to a minority on some of their journeys. The importance of having a tight grid of high quality routes to encourage the use of bicycles was a lesson learnt way back in the late 1970s and early 1980s and still just as valid today. Don't let your city get away with offering just a few prestige projects or just a few particularly good routes. Such proposals may sound good, they're great for boasting about, they're great for photo shoots and publicity purposes and politicians love to have their names associated with big projects. However, a few pieces of exceptional infrastructure cannot cause an appreciable change because for most people making most journeys in other places the experience of cycling will remain the same as it was before they were built. One of thousands of small bridges for cyclists doing what it needs to do Average Dutch infrastructure is what is featured most on this blog. It's also what we demonstrate most when we show people how Dutch infrastructure works . We take the routes that normal people take to destinations that normal people go to. We use the infrastructure that normal people use. There is no point in cherry picking a few particularly good pieces of infrastructure as this only creates a false image. It wouldn't show how people actually cycle on a daily basis and what is important to make this high rate of cycling normal. 7 comments: Anonymous said... Even worse are press releases about "excellent" facilities which are barely better than nothing.... ttp://www.eastleigh.gov.uk/the-council/\\... The Dani King Cycleway, will measure around 3500 metres in length which is slightly longer than the 3000m distance that the pursuit team rode to claim their gold medal at the London Olympics. The route will be marked by a series of new signs at each end and key points along the route. Dani said "It would be an honour to have a cycle path named after me. When people ride along it I hope it will remind them of the legacy of the Olympics and inspire them to keep fit and enjoy sport". Council Leader, Keith House said. "Dani is the first Olympic gold medallist from the Borough for eighty years - we want to recognise her great achievement and what better way than naming the excellent cycling facilities in her own home village after her." Sadly this is the approach we see in Australia. The only infrastructure that we see is the exceptional - exceptional in the sense that it is ANY infrastructure and it is often well below acceptable standards. Everywhere else there is nothing. The politicians - and worse - the bicycle advo

**id 289**

Diner reviews I live close by and agree that this is a welcome addition. I was nervous about the comments on the frosty reception. But I didn't see it like that. Service was friendly and efficient. Yes, some of the servers are young and inexperienced but they make up for that with an apparent desire to please. Atmosphere was nice and warm on a cool Melbourne evening. Place was full to overflowing at 8pm. The stuffed olives were an excellent appetiser and my son found the calamari to be as good as any he has had. Soft flesh, and a nice crisp batter. Pizzas were as advertised. Roman/Naples style. Which means a lovely base ( fluffy on the outside, but a nice crispy bottom) and a smoky taste. The toppings are delicate and for me, maybe a bit too subtle. I'm a fan of the Mr Wolf style which is a bit more robust. Wine list is limited but fine for the pizza. And not overly expensive. I'll go back......the convenience and atmosphere making for a good evening. Went there on Saturday night and had to eat at the bar, after ringing two and a half hours earlier. That was fine though as they told us that might have to happen. The entrees are a little overpriced but the main courses were great. We both had pizzas to share and they were as good if not better than any pizza I've had in Melbourne. Definitely worth visiting. I'm with you, RonnyBoy re the owner's frosty attitude and apparent lack of concern as to whether her customers are happy or not. Lucky the food was yummy or we mightn't be back, despite being very local. A strange attitude for someone running a new business like this. It's called the 'hospitality' industry for a reason... And despite them having 'family hour' from 5.30pm, they don't really seem to cater for - much less, like - children. Nice place, slightly over priced for the food & area but the staff were very rude. Staff had no clue on the menu or wines. Should have more wines by the glass to taste if it's trying to be a 'wine bar'. Were looking forward to trying the new restaurant in the area. Our initial impression was tainted when we walked in and presumably the owner/s were at the front sitting at the bar doing books, one of them got up to greet us and show us to a table. I think take your business to the back of the seating area or better still away from your clientele, if you are trying to create a nice dining experience. Got a drinks menu immediately but it took two more visits to the table before we had to ask for a meal menu, perhaps just some teething issues. Was hoping to find a place that we could drop in midweek often to grab a nice Italian meal, but unfortunately it seemed overpriced for the type of meals main $19 - $40. plus sides at another $8. I had the cheapest main the lasagna at $19 it tasted fine although didn't taste home made to me, the serving was very small, I don't need much to fill me but this was particularly small, perhaps I just lucked out. Disappointed in the bowl of truffle... more Were looking forward to trying the new restaurant in the area. Our initial impression was tainted when we walked in and presumably the owner/s were at the front sitting at the bar doing books, one of them got up to greet us and show us to a table. I think take your business to the back of the seating area or better still away from your clientele, if you are trying to create a nice dining experience. Got a drinks menu immediately but it took two more visits to the table before we had to ask for a meal menu, perhaps just some teething issues. Was hoping to find a place that we could drop in midweek often to grab a nice Italian meal, but unfortunately it seemed overpriced for the type of meals main $19 - $40. plus sides at another $8. I had the cheapest main the lasagna at $19 it tasted fine although didn't taste home made to me, the serving was very small, I don't need much to fill me but this was particularly small, perhaps I just lucked out. Disappointed in the bowl of truffle salt chips, expected some nice hand cut chips at $8 but it was just a bowl of mainstream shoestring chips. On the positive the place presented well. I have to say in future we

**id 290**

Skeena-Queen Charlotte regional district directors are so concerned about the potential impact of tsunami debris on the north coast that they are inviting Premier Christy Clark up to talk about solutions to the issue. Directors voted to write to the premier at their May 25 meeting in Prince Rupert, said administrator Joan Merrick, following a lengthy discussion about the debris. Styrofoam, chunks of insulation, buoys, fridges and other trash, believed to be from the March 2011 Japanese tsunami, has started washing up on islands beaches and more is expected in the coming months. So far, there is no clear answer to the question of what should be done with it. Ms Merrick said she has received several calls from islanders about the situation, including a group of Tlell residents who wanted to hold a clean-up. She told them they would have to pay to drop the beach garbage off at the island landfill like everyone else, but that the Tlell advisory committee might be able to cover the cost. The regional district cannot afford to offer free landfilling for tsunami debris, she said, although it may be able to make some room available at the landfill site for it. "There's obvious concern but nobody has an answer about what to do," she said. "If the debris keeps washing up it will have to be dealt with... Really, somebody in the higher levels of government has to take responsibility or assume authority." Ms Merrick will be on the islands in June and plans to have a look at the beaches and the debris that has already been collected. One of the regional district directors suggested using seine boats to clean up the debris before it reaches shore. Directors also voted to put the issue on the agenda for the Union of BC Municipalities conference in September and to contact the coastal communities network about it. Boat burned last weekend in Queen Charlotte. Quite a party. Jeff King photo.

**id 291**

The Way to Toronto's Heart is Public Transit! A message to local Liberals, provincial Liberals and even federal Liberals. People want public transit funded! In a recent poll 74% of people in Toronto said that they would favor a 0.5% sales tax increase if it meant that the money would go to public transit in Toronto. With all areas having a majority of no less then 67% of people supporting it. If the Liberal party of Canada wants to get back the riding rich city of Toronto and it's suburbs it has got to jump on the public transpiration system. Environics' Darren Karasiuk said this debate has made people more willing to consider a tax to pay for transit expansion. "I can't think of a time transit and transportation has received as much attention as they have in the last few months," he said. "The public recognizes this as an issue and they're ready to think and have a meaningful conversation about it." Public transit is the way to go when it come to improving the environment , the economy and traffic. Liberals have somewhat seen this opportunity by proposing a high speed rail system, but if Liberals want to get the daily commuters of Montreal we have to look at local transportation and infrastructure. Remember the Stephane Dion 70 billion dollar infrastructure fund . We need more policies like that were people can see the results right before there eyes. It seems the public is ready for it and so should the Liberals be. The poll's suggestion that 905 voters back the tax may be its most important finding. The suburbs are the key battleground in provincial and federal elections. They also have less transit infrastructure and far lower ridership numbers than the city.

**id 292**

SLR Online Dahlia v. Rodriguez A Chance to Overturn Dangerous Precedent In December 2007, Angelo Dahlia, a detective for the City of Burbank, California, allegedly witnessed his fellow police officers using unlawful interrogation tactics. According to Dahlia, these officers beat multiple suspects, squeezed the throat of one suspect, and placed a gun directly under that suspect's eye. The Burbank Chief of Police seemed to encourage this behavior: after learning that certain suspects were not yet under arrest, he allegedly urged his employees to "beat another [suspect] until they are all in custody." [1] After some delay, Dahlia reported his colleagues' conduct to the Los Angeles Sheriff's Department. Four days later, Burbank's Chief of Police placed Dahlia on administrative leave. Dahlia subsequently filed a 42 U.S.C. 1983 action against the Chief and other members of the Burbank Police Department, alleging that his placement on administrative leave was unconstitutional retaliation for the exercise of his First Amendment rights. The district court rejected Dahlia's claim, holding that his First Amendment rights had not been violated because police officers' reports of other officers' misconduct are, as a matter of California law, part of their official duties. Consequently, officers like Dahlia cannot obtain relief from retaliatory actions taken against them for making such reports. A three-judge panel of the Ninth Circuit affirmed because precedent required it to do so. [2] The panel took care to note, though, that it believed the relevant precedent -- Huppert v. City of Pittsburg -- was "wrongly decided and unsupported by the sole authority it relies upon." [3] Huppert is a dangerous precedent that the Ninth Circuit should overturn by rehearing Dahlia en banc. [4] Certain forms of government employees' speech should not be categorically unprotected; rather, whenever there is a legitimate question regarding the scope of an employee's duties, that question should be one of fact rather than one of law. This Note explains why, and suggests alternative approaches to analyzing the First Amendment rights of employees who speak pursuant to their official duties. Limited Protections for Public Employees' First Amendment Rights The Supreme Court has held -- most recently in Garcetti v. Ceballos -- that when public employees speak pursuant to their official duties, they are not constitutionally protected from employer discipline. In Garcetti , a deputy district attorney for the Los Angeles County District Office, Richard Ceballos, determined that an affidavit used to obtain a critical search warrant contained significant inaccuracies. He conveyed his findings to his supervisors and recommended dismissing the case. Shortly thereafter, Ceballos was subjected to a variety of retaliatory measures: he was reassigned, transferred to another courthouse, and denied a promotion. He then filed a petition under 1983, alleging violations of his First and Fourteenth Amendment rights. The Court deemed Ceballos's speech unprotected by the First Amendment. Although the First Amendment does "protect[] a public employee's right, in certain circumstances, to speak as a citizen addressing matters of public concern," it does not offer them this protection when they "make statements pursuant to their official duties." [5] By contrast, employees who make public statements outside the course of their official duties -- for example, schoolteachers who write letters to a newspaper [6] -- remain protected. The Court's holding reflects an effort to resolve the tension between, on the one hand, an individual employee's and the public's interest in that employee's speech and, on the other hand, the government's interest in efficient operations. Although the Court had previously espoused a balancing test to determine which interest prevails, [7] here it sought to announce a straightforward rule -- something that judges could more easily apply and that employees could more easily plan around. While Garcetti 's test was intended to be (relatively) straightforward to apply, it was not intended to be formalistic. As the Court explained, the "proper inquiry" as to whether speech was made pursuant to an employee's official duties is a practical one. Formal job descriptions often bear little resemblance to the duties an employee actually is expected to perform, and the listing of a given task in an

**id 293**

World view This article is about the concept. For the WorldView satellite class, see DigitalGlobe . A comprehensive world view (or worldview ) is the fundamental cognitive orientation of an individual or society encompassing the entirety of the individual or society's knowledge and point-of-view . A world view can include natural philosophy; fundamental, existential, and normative postulates; or themes, values, emotions, and ethics. [ 1 ] The term is a calque of the German word Weltanschauung [ˈvɛlt.ʔanˌʃaʊ.ʊŋ] ( listen ) , composed of Welt ('world') and Anschauung ('view' or 'outlook'). [ 2 ] It is a concept fundamental to German philosophy and epistemology and refers to a wide world perception . Additionally, it refers to the framework of ideas and beliefs forming a global description through which an individual, group or culture watches and interprets the world and interacts with it. [ 3 ] The true founder of the idea that language and worldview are inextricable is the Prussian philologist , Wilhelm von Humboldt (1767–1835). Humboldt argued that language was part of the creative adventure of mankind [ vague ] . Culture, language and linguistic communities developed simultaneously, he argued, and could not do so without one another. In stark contrast to linguistic determinism , which invites us to consider language as a constraint, a framework or a prison house, Humboldt maintained that speech is inherently and implicitly creative. Human beings take their place in speech and continue to modify language and thought by their creative exchanges. Worldview remains a confused and confusing concept in English, used very differently by linguists and sociologists . It is for this reason that Underhill suggests five subcategories: world-perceiving, world-conceiving, cultural mindset, personal world, and perspective (see Underhill 2009, 2011 & 2012). The linguistic relativity hypothesis of Benjamin Lee Whorf describes how the syntactic-semantic structure of a language becomes an underlying structure for the world view or Weltanschauung of a people through the organization of the causal perception of the world and the linguistic categorization of entities. As linguistic categorization emerges as a representation of worldview and causality, it further modifies social perception and thereby leads to a continual interaction between language and perception. [ 4 ] One of the most important concepts in cognitive philosophy and cognitive sciences is the German concept of Weltanschauung . This expression has often been used to refer to the "wide worldview" or "wide world perception" of a people, family, or person. The Weltanschauung of a people originates from the unique world experience of a people, which they experience over several millennia. The language of a people reflects the Weltanschauung of that people in the form of its syntactic structures and untranslatable connotations and its denotations . The term 'Weltanschauung' is often wrongly attributed to Wilhelm von Humboldt the founder of German ethnolinguistics (see Trabant). As Jürgen Trabant points out, however, and as Underhll reminds us in his 'Humboldt, Worldview and Language' (2009), Humboldt's key concept was 'Weltansicht'. 'Weltanschauung', used first by Kant and later popularized by Hegel, was always used in German and later used in English to refer more to philosophies, ideologies and cultural or religious perspectives, than to linguistic communities and their mode of apprehending reality. 'Weltansicht' was used by Humboldt to refer to the overarching conceptual and sensorial apprehension of reality shared by a linguistic community (Nation). But Humboldt maintained that the speaking human being was the core of language. Speech maintains worldviews. Worldviews are not prisons which contain and constrain us, they are the spaces we develop within, create and resist creatively in speaking together. Worldview can be expressed as the fundamental cognitive, affective, and evaluative presuppositions a group of people make about the nature of things, and which they use to order their lives. [ 6 ] [ citation needed ] Regardless of whether thought strongly shapes language and culture or vice versa, the worldview map of the world would likely be closely related to the linguistic

**id 294**

Paris on a shoestring Give your credit card a break & let Eurotunnel guide you through the best way to see Paris on a shoestring Sights It's easy to let your budget run away with you on holiday Often paying for things in a foreign currency can feel like not spending real money at all. This can be particularly difficult in a big city such as Paris, where it seems that everybody is selling something. However, the savvy traveller can survive on the most meagre of budgets while still experiencing the best that France's magnificent capital has to offer. So give your credit card a break and let Eurotunnel guide you through the best way to see Paris on a shoestring. Getting around The centre of Paris is surprisingly navigable on foot, wide avenues mean that you rarely feel hemmed in and the ever-visible Eiffel Tower means that you always have a point of reference to get your bearings by. There will be times however when you find it necessary to use the Metro. In this case it is advised to get a Carnet (10 tickets for \_11.60) which saves you money compared with buying individual tickets at \_1.60 each. Palais du Louvre Nine hundred years in the making the Palais du Louvre is more than just somewhere to keep the Mona Lisa. It will cost you \_9 to get inside the extensive former lodging for France's royalty (before all the unfortunate business with the guillotines) and view the extensive museum collection, but if you find your funds falling short then there is still plenty to see from the outside. The buildings themselves are a triumph of constant development, with extra wings being added throughout the centuries, right up to the infamous glass pyramid, constructed in 1989. Once you're done admiring the architecture, why not take a stroll in the Jardin des Tuileries ? Open to the public since the 16th Century these gardens feature several casts of statues displayed within the museum and a funfair during Summer. Once through the gardens you can continue your stroll up the spectacular Champs-Elyses , known in France as 'The Most Beautiful Avenue in the World'. At the other end you are rewarded with the iconic Arc de Triomphe, which towers above the tomb of the Unknown Soldier and its eternally burning flame. Cathdrale Notre-Dame de Paris There's much more to this impressive Gothic landmark than just running around with a jumper stuffed up the back of your coat shouting "The bells! The bells!" (though that is fun). In fact the creator of everybody's favourite Hunchback did more than just popularise the cathedral; Victor Hugo led the successful campaign for its restoration during the 19th Century. Today the cathedral is a stunning must-see landmark on a small island in the middle of the Seine. Entrance is free so it won't hurt your budget, though if you do want to splash the cash it will cost \_8 to go up the towers. Cimetire du Pre-Lachaise and Cimetire du Montparnasse Hanging around in a cemetery may not be your first pick for a day out, but Paris's two great graveyards, Pre-Lachaise and Montparnasse , should not be missed. Both are free to enter and feature some wonderful examples of elaborate and artistic gravestones and tombs which show that in Paris even the dead have style. And if the ornate carvings and sculptures are not enough then both cemeteries feature a host of famous names, both French and international, for the keen dead-celeb spotter. In Pre-Lachaise the biggest draw for British tourists is probably split between former Doors front man Jim Morrison 's final resting place and the magnificent Sir Jacob Epstein -designed tomb for Oscar Wilde , which visitors traditionally adorn with lipstick kisses. Other big names buried there include dith Piaf , Marcel Marceau and Pissarro . In Montparnasse you can find the graves of Jean-Paul Sartre , Serge Gainsbourg and Samuel Beckett amongst a host of other famous and influential names from the annals of history. Jardin des Plantes For something with a bit more life in it, why not head to this charmingly dishevelled botanical garden on the left bank of the Seine, just a small walk from Notre-Dame ? With more than 10,000 species of plants this garden was started in 1626 and provided a model for the foliage of painter Henri Rousseau's famous jung

**id 295**

Hi, just started playing this one and I have a cow shed and two chicken houses, along with my planting field. Was wondering, do we ever get the chance to have another planting field? I'm struggling to keep up with the quests and farmies, although the latter all want eggs! I did a search and all I could find was info on a second farm, but it's a second field I'd like. Thanks you have six fields on your first farm, so I believe you're talking about when to get a second farm with fields, right? You can get the second farm via quests, there is also a third farm which is only available for premium users Thanks for that anomar. I'll plod along with my quests and wait for my second farm then. Maybe the farmies will stop asking for eggs sometime soon too lol, they should go and buy some cabbage in case they get eggbound So you have four activated plots on your first farm? The last two are still unavailable and the fifth one is marked P which means that it is only available if you have a premium account. To unlock the available sixth field you can click on it and you will be informed how much pD this will cost, "All" you have to do is save up the requested pD and you can unlock this field. As already pointed out, plod through the quests and you will be able to open farms 2,3 and now 4! But don't hold your breath this will not be quick!

**id 296**

I believe IMHO that the only mobile OS that stood toe to toe with IOS was the WEBOS. It was very polished and felt like IOS on steroids. Yea, app support sucked and Palm's marketing was the worst thing ever but the WEBOS had potential. I am surprised that Microsoft or Google didn't make an offer to buy it because that could have leveled the playing field. Currently, I have an iPhone 4 and a Palm Pixi Plus. The Palm has webos and it is no where near as good as iOS. Yes, the interface looks good, but the functionality is severely lacking. Maybe, if they had more time, it could have been a competitor, but they didn't and it isn't. I really like the OS as well. It was very advance when compared to other platforms at that time. If they didn't go with Sprint, had a better advertising plan and went with Enyo at the very beginning, I think they would have a chance.

**id 297**

Starting a Home Practice Are you wanting to start your own home meditation practice? The number one piece of advice I have for you is: Just do it! Having said that, a recent question that came in asked for more details, so in response to that reader, here's... Six Useful Home Meditation Tips 1) Don't meditate in front of the TV (even when it's off), or in front of the computer. If you take some time to create a meditation-only space in your home, it's more likely you'll enjoy the experience, and not feel distracted and antsy. You can use any images or objects you find remind you of stillness, or peace, when creating this space. 2) Abide by the pleasure principle. If it starts feeling terrible, STOP. At least in the beginning. There's no point trying to 'break through the pain barrier' when you're just starting out. Psychologically speaking, we will tend to gravitate towards that which is pleasant. So, if we have the memory of meditation as some kind of dramatic battle, it's likely that we'll try to avoid it like the plague. 3) Use a timer, and start with short times. 10 minutes is a manageable time to start with. If it feels comfortable, you can increase the time incrementally. But don't force it. Humble steps work better in the long run. 4) Don't force your body into an elaborate sitting position if you have an injury, or if it feels painful. I did this, when I was 22, and screwed up my right knee trying to do full-lotus without being properly prepared. I learned the hard way that there is nothing sacred in a posture. Sure a meditation posture can definitely help to circulate energy and generate 'fire', but it's not absolutely so. So if you have an injury, please don't feel bad if you have to sit on a chair, or stool. As long as your back is upright, and your belly is open, it's good enough to meditate. 5) If you are comfortable sitting on the floor, it really helps to keep your knees on the ground, with your buttocks raised higher then them, on a cushion. If you have your knees higher than your buttocks, you get weird circulation things happening, which makes the experience rather unpleasant! 6) Don't spend too much time worrying whether you are 'doing it right' or not. There is no one judging your practice, and no 'meditation police' that are going to issue you a ticket! There are, however, techniques that are useful for anchoring the mind in the present moment, and holding up a mirror to our patterns of thought. See below... There are literally hundreds, if not thousands of free guided breath meditations you can download. Everyone has their favorites. I would recommend visiting Gil Fronsdal's site, audiodharma.org for a collection of practical, non airy-fairy guided breath meditations to help you get started. The site, dharmaseed.org also has hundreds of really good meditations. If you type 'breath' into the search bar, you'll get all that they have to offer! Another one is what's called 'Body-Scanning'. It's basically a way of coming out of the head (where a lot of us may spend our day, working in an office and so forth), and into the direct felt sense of the body. You will find that there is an inherent quality of calm and relief that comes from this kind of meditation. Try it and see! The websites above will have many to offer as well, all for free. I would also add that the attitude you bring to the cushion will go a long in way in terms of getting meditation going in a way that feels natural and authentic for you. If there is an attitude of real interest -- a real curiosity about what this mind of ours is, and particularly how it departs from the present moment, in favour of ideas of the past, future and parallel universes right now, then we're less likely to kid ourselves. You could call this sincerity. It's a kind of authenticity of intention, I reckon. A heartfelt desire -- no -- need to meditate. It's like when we're hungry: eating isn't just a good idea among other ideas, it's the only appropriate response. Meditation works best if it's coming from a similar place. Kind of like; 'I'm so hungry for peace, for rest, for stillness, for some clarity in the midst

**id 298**

In an interview yesterday, Liverpool goalkeeper Pepe Reina made light of the fact that his recent spell on the sidelines was the longest he'd been out of any team during his playing career. The Spaniard returned with a clean-sheet against Wigan, but after the excellent cover-performances by Brad Jones, the pressure is well and truly on Reina to maintain his form or risk being dropped. Rodgers' recent faith in Jones may have been an unwelcome wake-up call for Reina, because it appears he may be keen on leaving Anfield in January. "His agent has been exploring the possibility of a La Liga return, and testing the market among clubs who could afford to pay the Spanish keeper's 100k-a-week wages. "The goalkeeper could leave Anfield in January if the price is right". Reina has been in the comfort zone for the last six years: guaranteed a place in the team as long as he remained fit; no real challengers for his position, and repeatedly picked despite incrementally poor performances. Things have now changed though, and Reina's time as an automatic starter is at an end. In recent weeks, Liverpool have been linked with a number of goalkeepers , including Jack Butland, Jason Steele, Ali Al Habsi, and Marc-Andre ter Stegen, and I'm sure this will not have escaped the Spaniard's notice. Despite Brendan Rodgers' repeated public support, the writing is on the wall for Reina, and he probably knows that, which is why it makes sense that he may be looking for a way out of Anfield. Reina has subtly threatened many times in the past to leave the club, and to be honest, I would have no problem if he left in January. Arsenal are reportedly the 'the early front-runners' to sign Reina, with Arsene Wenger open to a 'realistic swap deal' for the 'Keeper. Theo Walcott is the obvious option for a swap deal, and although I'm not the 23-year old's biggest fan, the deal would make sense for Liverpool. Jaimie Kanwar 49 Comments: es been more good than bad for us, and who believes the mirror. its notoriously poor in terms of authentic news. Rodgers loves pepe's style of play and suitability to the system, and hopefully he'll find his form again. how many golden gloves ? lets not forget the best of pepe,just because of a bad year or so....it must be hard playing under shite managers like kenny and woy. Hope this is not true. Reina is part of that world class spine of the team that we've had for the last 5 years. He's a proper red. Just wish we could promise him CL footy. Who knows what January will bring. SHOULD be a busy one. Just because it's The Mirror doesn't mean it's automatically false. If you were objective, and studied their stories over a period of time, you would see they get lots of things right. The perception that tabloids get things wrong every time is just a tired cliche. So according to this dubious article his agent is looking for a La Liga return and Arsenal are the front runners...? I know there aren't many English players at Arsenal but still I'd call them a Ligue 1 team rather than a La Liga team.. not every time every dog has its day .Pepes just coming into his prime as a keeper and imo has a lot higher transfer value than walcott due to the lenghts of there contracts and personally i do not rate walcott I'm a little surprised that you (and others to be fair) would be so willing to accept Pepe's departure. I dont dispute his form in the last 18 months or so has not been to the standards he has set, and the lack of competition for place could well be the cause of that. But that doesn't mean he isn't still a top goalkeeper. One we would certainly struggle to replace in my opinion. His overall Liverpool career has been excellent. And i know you are not specififcally doubting that, but i dont think we should be so quick to forget what a fantastic keeper he has been for the club. For me, he has been one of the very best keepers for a long time. And i have every confidence that he will once again return to be at the very top of his game. And even if he is not quite at that same level, he is still better than the majority of keepers around that we would realistically get. Even ehen making mistakes (as every keeper does),

**id 299**

Hallowe'en parties should be about fun home-made costumes, says Lucy Cavendish. So why are women making things harder for themselves by following Lady Gaga's lead and running up dresses made of meat? I haven't been to many Hallowe'en parties recently, not adult ones anyway, for one perfectly good reason. I hate dressing up. Perhaps I'm scarred from a party I went to a couple of years back for a friend's wedding anniversary where we were all made to dress up as Barbie and Ken. The small daughter of a friend of mine had to lend me a blonde wig to make me vaguely resemble a Barbie. That's how unenthusiastic I am about dressing up. But years ago, when I had a social life and could be enticed out of my house, I used to make a real effort for Hallowe'en. My usual garb made me look pretty hideous -- I'd usually go to parties dressed as a witch with fake warts on my nose and a pointy hat with green hair attached to it. It made apple-bobbing pretty difficult, but at least I looked scary. Witches' robes, ghosts' outfits made from old sheets, or -- if you're feeling really adventurous -- cat costumes complete with tail made from a metal clothes hanger wrapped in fabric -- these are the Hallowe'en dress-ups we all know and love. And this sort of dressing up did help create a party atmosphere -- you could use the luminous skeleton costume or bad vampire outfit as an excuse to talk to the people you didn't know. It really was the ultimate ice-breaker -- after all, it's hard to be aloof if you're dressed like Grotbags. But, my how things have changed. The internet search engine Yahoo! has reported that the most searched Hallowe'en costume across the world is the infamous meat dress Lady Gaga wore to the MTV Video Music Awards last month. Such is the demand to do a Gaga that master butchers in New York are trying to make meat dresses for their most demanding of customers, while cautioning that the dress would be "highly perishable". No kidding. Those who can't afford the $2,000 price tag for the authentic Gaga experience are settling for plastic versions. Fully grown women are going off to Hallowe'en parties looking, literally, like a dog's dinner. This competitive Hallowe'en costuming really has gone too far. No one dresses as a witch any more. If anything, people now dress as pop stars, as if pop stars have anything much to do with Hallowe'en, which they don't. In fact, current Hallowe'en costumes seem to bear no resemblance to anything traditionally scary at all. Take Cindy Crawford, who was pictured attending a Hallowe'en party dressed as Amy Winehouse. I suppose Gaga and Winehouse look more witchy than, say, Beyonc but still... what is going on? Part of this is to do with the increasing commercialisation of Hallowe'en. Those who hate the whole idea of Hallowe'en claim that in its modern form it is just an American invention. But traditionally Hallowe'en was a Celtic celebration, a prelude to All Saints' Day. Now it has been overtaken by trick-or-treaters and endless children dressed up as Casper the Ghost wandering round the streets. Such is the bad feeling towards Hallowe'en that some shops sell posters which say "No trick-or-treaters welcome" for people to put up on their windows and doors. This year, despite the recession, there seems to be an increased upsurge in the whole "selling" of Hallowe'en. It is now the most commercially lucrative festival after Christmas and Valentine's Day. And as expectations rise, so do the fancy nature of the costumes. This year my children have got much more savvy with their dressing-up demands. My daughter, aged three, recently announced that she wanted to celebrate Hallowe'en as a "pink princess witch". "You can't," said seven-year-old Leonard. "You have to go as something scary. Anyway, there's no such thing as a pink princess witch." Only there is. The next day we happened to be in the local branch of the Co-op when we saw it. A pink witch costume complete with sparkling broomstick priced 14.99. "

**id 300**

Why can a carbon atom form a variety of organic compounds? The tetrahedral shape of the Carbon atom as well it's strong-(but not too strong) electronegative make it an ideal element for bonding (mostly covalent bonding) to many other elements. But it is the Awesome capability of chemical self-bonding that makes this element so unique. Long, repeated strands of carbon can form an enormous number of chemical, biological, and commercially important molecules. um i hope all of yall reading this know that's right and thanks for the answer

**id 301**

5 ways to make a difference in the world Advice from the director of War Child Canada Samantha Nutt, author of Damned Nations and founder and executive director of War Child Canada, has this advice. Can't give generously? Giving regularly may be better Donating even a small amount of money to a charity on a monthly basis is more effective than one-time contributions because it fosters programming stability, which leads to better management and stronger results on the ground. Inform yourself Take the time to read or watch at least one piece of international news each week. Money travels better than goods Avoid overseas donations of hard goods, such as clothing, shoes and books. These donations are costly and can even be inappropriate, hurting local economies and costing jobs. Divest If you don't support the idea of arms, land mines or cluster bombs being shipped to war-torn countries, make sure you have your own ethical investment framework to follow. If you receive benefits from a company or government pension fund, let them know your views. Ask the right questions before you volunteer abroad Could I be costing someone a job locally? Am I trained and qualified for the task? What will happen once I leave -- are my efforts sustainable? Sometimes the better choice is to simply be a tourist and to spend your dollars in nearby markets and on goods produced by local women's co-operatives.

**id 302**

Fort St. John & District Chamber of Commerce - In Business for Business The Fort St. John & District Chamber of Commerce has been in business since 1952 serving the needs of our member businesses with support, incentives, benefits and the representation needed to make their enterprises grow. One of a number of bowls contributed by Janice Hendricks for the Chili Bowl Bash One of a number of bowls contributed by Janice Hendricks for the Chili Bowl Bash If you don't have a ticket for the North Peace Potters' Guild Chili Bowl Bash for this weekend you are going to miss out on something really good. An amazing variety of bowls; here is one and the child competitiion is heating up. What appear to be some amazing recipes submitted by wonderful volunteer chefs. The shopping is happening now. There may still be a couple of tickets. Check at the Hairbin and the Artspost studio.

**id 303**

Wish there was an app for that? Write it yourself! 2. to bring about or effect by a plan, scheme, or the like; manage: He contrived to gain their votes . 3. to plot (evil, treachery, etc.). verb (used without object) 4. to form designs; plan. 5. to plot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\\... If someone had told me in 2009 that I would author apps, I would have told them that wasn't possible. How could I write an app? I didn't know how to code them or how to get them on the market. I was an app user -- just wishing there was an app out there that could do this, that, or the other thing for me; until I got on Twitter. Stumbling Into App Authorship When the #SLPeeps first formed, there was an explosion of sharing thoughts, ideas, and resources, as I've blogged about before. One of the things that came of it was the #SLPeeps Shared Folder on Google Docs (now called Google Drive -- thanks to Shareka Bentham (@speechreka) who created folders initially). As a part of this sharing process, we decided we wanted a repository of common goals we use and discuss -- to make it easier to share our goals with others. Janelle Albrecht (@albrechtjn) set up the SLP Goal Bank to fulfill that goal, and it still exists. A little before this, Barbara Fernandez was busy writing some of the first SLP specific apps with her company, Smarty Ears Apps. I knew about her, sometimes interacted with her, and watched her company and apps with interest. She approached those of us who had first started the SLP Goal Bank to write an app with our own goals. It all happened extremely fast but suddenly I was a co-author for an app! I just sort of fell into it by accident and found the process very interesting. However, for that app, all I had to do was contribute a bunch of my own goals to various areas of speech pathology -- I didn't have to do any lay-out or trouble shooting. I couldn't even test the app because I didn't yet have an iPad at that time. Writing the App This process got me thinking, though -- what if I could write an app that was missing in my life? I now knew a little bit about how to write it while working with a designer/publisher and realized it's as 'easy' as writing a book (and I actually did have to write a book for my app, but most people wouldn't need to do that). As it happens, what was missing in my app life was a phonological awareness profile. I had grown weary of the CELF-4's screener 1 and was screening kids with it more or less daily. So, in the summer of 2010, I started thinking about what I would want a phonological awareness assessment app to look like and do. I contacted Barbara at Smarty Ears, who loved the idea, and then I started working on it -- SLOWLY. The Content I started by writing the profile the way I wanted it; touching on the major areas and skipping the not so major areas that contributed to the length of the screener I was currently using. I fleshed out things I wished I could speak to better, like segmenting consonant clusters. I spent quite a bit of time (months) choosing words that target a variety sounds and word lengths, as appropriate, and aren't too similar to other sounds/words in the same subtest. I took time to organize the profile items into a more or less developmental progress, but by overriding type, and decided not to create a criterion score. This was so that there's no worry of false positives/negatives and so that sections of the profile can be skipped as an educator sees fit depending on age and reassessment status. There's nothing worse than feeling obliged to administered several subtests you know the child can/can't do (or shouldn't be able to yet do) just to get a criterion score. Portion of pen and paper test version of the Pro-PA I then put the whole thing into a pen and paper screen and passed it out to several of my friends globally as well as my own colleagues, to test it out on real kids and get feedback on items that failed consistently or anything that didn't work. Then I spent several months refining the screen. I should note here that I didn't go into designing my own profile out of nowhere -- assessing PA skills in children and setting goals to

**id 304**

Political handcartism I was relieved when I discovered renegade neuroscientist Loretta Graziana Breuning who claimed that at university you have to sign up for "handcartism", the orthodoxy that society is going to hell in a handcart. Handcartism forces young people to embrace a depressing outlook or be socially shunned. It's not just a young person or university phenononom. It's also prevalent in politics and on blogs. Being a rescuer feels good and being pessimistic is considered clever. Political handcartists are not as pessimistic as they tend to think they are clever enough to succeed in getting enough support to save the world. "Being a rescuer feels good and being pessimistic is considered clever" sums up a common impression of how Greenies see themselves -- they preach pessimism, but promote themselves as the saviours. Green handcartists don't seem as pessimistic as some, for example blog handcartists, because they have faith in their ability to rescue us. This could be because the Green Party has a degree of success with significant support and a number of MPs. The Greens keep preaching the imminent end of the world unless their radical policies are followed -- these policies are very socialist but of course Greens are far more clever than all the communists states that have falied. Handcartists can be seen across the political spectrum. Winston Peters has a handcartist tinge, seeing himself as the wise old rescuer from all our political woes. Rt Hon WINSTON PETERS (Leader -- NZ First) : New Zealand First has got news for Sam Lotu-Iiga and his nervous backbench mates, and it is all bad. The end is nigh. Look, this Government is not going to survive 3 years. It will not make it until the next election, and this is why. It is totally dysfunctional -- totally dislocated. The Conservative Party also preaches a need to return to the good old days of a moral society (ignoring the extensive immorality in societies for yonks) -- what they really yearn for is a return for a return to much wider subservience to a few men, especially priestly types. They think Christianity is the only and whole solution to everything, but don't want to openly show their Christian aspirations. 2 Comments Yes an apt point indeed. New Zealand has been in a Handcartism mode since the 2008 financial crash. Except Paula Bennett's stripping the handcart of decent beneficiaries who are struggling, and a awry government who is close to handing out water and air rights. Can they rescue us from that? Hope so. I am a pessimist -- as I am wired to learn, warn and suggest, in the hope those who have more political power than I right now, will do something constructive.