**id 0**

Can we see God? 1 Timothy 1:17 Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen. Or 1 Timothy 6:15 15 which God will bring about in his own time, God, the blessed and only Ruler, the King of kings and Lord of lords, 16 who alone is immortal and who lives in unapproachable light, whom no one has seen or can see. To him be honor and might forever. Amen. Old Testament Genesis 16:13 13 She gave this name to the LORD who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me." Exodus 3:16 "Go, assemble the elders of Israel and say to them, 'The LORD , the God of your fathers, the God of Abraham, Isaac and Jacob, appeared to me and said: I have watched over you and have seen what has been done to you in Egypt. Deuteronomy 5:24 And you said, "The LORD our God has shown us his glory and his majesty, and we have heard his voice from the fire. Today we have seen that a man can live even if God speaks with him. Ezekiel 43:2 and I saw the glory of the God of Israel coming from the east. His voice was like the roar of rushing waters, and the land was radiant with his glory. Reconciling the Old and New Testaments So, how do we reconcile these apparent contradictions between the Old and New Testaments. Well I personally do not think they are contradictions but a difference in detail and revelation. Take a look at Judges 13:20-22 20 As the flame blazed up from the altar toward heaven, the angel of the LORD ascended in the flame. Seeing this, Manoah and his wife fell with their faces to the ground. 21 When the angel of the LORD did not show himself again to Manoah and his wife, Manoah realized that it was the angel of the LORD . 22 "We are doomed to die!" he said to his wife. "We have seen God!" Now taken alone, the "we have seen God" part, seems to indicate that God must be visible, yet we know from the detail here, that they really saw God through a messenger, in this case it was the Angel of the Lord . When you ask most people with bible knowledge, "who saw God", most would say Moses and the burning bush incident. Exodus 3:1-14 1 Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the desert and came to Horeb, the mountain of God. 2 There the angel of the LORD appeared to him in flames of fire from within a bush . Moses saw that though the bush was on fire it did not burn up. 3 So Moses thought, "I will go over and see this strange sight-why the bush does not burn up." 4 When the LORD saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am." 5 "Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground." 6 Then he said, "I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob." At this, Moses hid his face, because he was afraid to look at God............................ 13 Moses said to God, "Suppose I go to the Israelites and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' Then what shall I tell them?" 14 God said to Moses, " I am who I am . This is what you are to say to the Israelites: 'I AM has sent me to you.' " .................... Exodus 4:1-17 1 Moses answered, "What if they do not believe me or listen to me and say, 'The LORD did not appear to you'?" .................. 13 But Moses said, "O Lord, please send someone else to do it." 14 Then the LORD's anger burned against Moses and he said, "What about your brother, Aaron the Levite? I know he can speak well. He is already on his way to meet you, and his heart will be glad when he sees you. 15 You shall speak to him and put words in his mouth; I

**id 1**

Raj Giri of WrestlingINC.com recently interviewed former ECW and WWE superstar Dawn Marie Psaltis. In the second and final part of our interview below, Dawn discussed how the Kamala controversy cost her organization a TV deal, the business today, if wrestlers are better taken care of now than in the past, female wrestling today and more. WrestlingINC: This whole controversy with Kamala has cost you in other ways, as you told me last week that it killed a TV deal. Dawn Marie: Yeah. We had a television deal on the table with contracts with William Morris and they winded up backing out because of it. WrestlingINC: What reason did they give? Dawn: They just said that they were hesitant because of the smear campaign with 'Dr. Death' and now this one. It was just too much bad press lingering around it. They already knew about the Dr Death situation and they were still going to do it. Then, when this came to, they said, 'No, there's just too much bad press.' People might not watch the show because of it. WrestlingINC: What was the show going to be about? Dawn: It was basically going to be what Wrestler's Rescue was about. Let's take Jimmy Snuka for example. First, we would introduce the character, introduce who he is, this, that and the other thing. Then, we would describe his illness, his injuries and what he needs done. Then, we would show the campaign and the fund-raising. We'd do fund-raising stuff for him. Then, we would show him getting the surgery, pre-op, post-op, and getting better. A feel-good piece. We would have done the same thing for Kamala, we would have done the same thing for Billy Graham. They were all on the list of people we wanted to do TV shows on. WrestlingINC: how many episodes was it going to be? Dawn: 13. They were actually shopping networks. They had a couple of networks that were interested. They were a production company. WrestlingINC: With everything that you've been through and the charity's been through, what do you see as the future of Wrestler's Rescue? Are you going to continue to do it or have these reports been disheartening or discouraging? Dawn: They're very discouraging to me. I'm a single mother now. When I started the foundation, I wasn't in that situation. I was able to dedicate a lot of time to it. Now, I'm a single mom, it takes a lot of time out of my day -- or rather my week, I should say. I don't mind, but if people are going to smash the work that I'm doing, for reasons that I don't understand... I could see if I did something wrong. You know? Then, I'd be like, 'Hey, it's my fault. I didn't mail him out the check or whatever.' And I did something. [Laughs.] Then I could say, 'Hey, it's my fault. I need to get on the ball. Pull myself together and get everything organized.' I don't know what the future is for Wrestler's Rescue. There are days when I'm just like, 'No, I'm fighting. I'm going to keep it open. I'm not doing any fundraisers at the moment, but work on the back part of it.' But, then there are days when I'm just mentally exhausted and I get disgusted and I'm like, 'I should just shut it down.' It depends on the day you're asking me.

**id 2**

4WDOnline.com Archived Pages 2012 Chevrolet Equinox Most consumers of the automotive market have a thirst to invest in a vehicle that can be functional and practically inexpensive. With the current surge in gasoline prices and economic downturns, it is best to allocate budget for a low cost vehicle without necessarily compromising the performance of the car. The 2012 Chevrolet equinox can sell for $23,530 -- $30,970 -- not exactly cheap, but relatively more inexpensive that its counterparts in the market. The newer model is a tad pricier than the 2011 units, but the added features and modifications can definitely go a long way. Amidst the hype of producing compact SUVs, GM decided to compete with other brands and launched this second-generation of Chevrolet Equinox crossover that is closer to a mid-size rather than being compact. And when the vehicle is bigger, it follows that the ride performs best in transporting more passengers with its spacious interior and cargo space at 31.4 cubic feet behind the rear sets and 63.7 cubic feet with the rear seats fold. Suffice to say, this crossover resembles a Malibu sedan and the larger models of Traverse. Impressively, the 2012 Chevrolet Equinox runs on a 22 mpg rating in the city and 32 mpg on the highway -- reflecting the efforts of GM to be at par with Asian competitors. The base model of the car comes with 2.4 liter direct-injection four cylinder "ecotech" that can lessen air pollution while producing 182 horsepower at 6,700 rpm. The 172 lb-ft torque on the other hand is at 4,900 rpm. Buyers who would want a little more power can go for the optional 3.0 liter V6 upgrade. This motor produces 264 horsepower and 214 lb-ft torque. Both options come with a six-speed automatic transmission, but the upgraded model can bring in more driving enhancements with the 17/24 mpg FWD and 16/23 mpg AWD returns. Some buyers may also find it more convenient to install an all-wheel-drive system to enhance the traction of the car amidst inclement weather. But this upgrade should be taken with careful consideration, especially since it lowers the mileage to 20/29 mpg. Speaking of options, buyers may also enjoy taking their pick from the different trims of the 2012 Chevrolet Equinox. The entry-level LS trim is equipped with the standard air conditioning system, superb interior upholsteries, cruise control, tilt and telescoping steering wheel, Bluetooth and six-speaker sound system. On the other hand, the LT trim has two sub-models: 1LT and 2LT. The first features a rear view camera, premium quality cloth for upholstery, roof rack and an upgraded sound system. The 2LT adds up heated front seats, eight-speaker Pioneer sound system, remote starts, automatic climate control and auto-dimming mirror. While these features can be noteworthy, experts who have done reviews on the 2012 Chevrolet Equinox point to its lack in providing child-safety features. The safety equipment may be at par with typical low-cost SUVs in the market. Then again, practicality-wise, the 2012 Chevrolet Equinox has definitely been guaranteed to be efficient in fuel consumption expenses.

**id 3**

Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Formats Book Description Release Date: May 1, 2000 (Applause Books). This revised and expanded edition of Kislan's acclaimed study of America's musical theater includes a new section on "Recent Musical Theater: Issues and Problems." "The ancient union of drama and song, known as musical theater, comes in many forms vaudeville, burlesque, comic opera, minstrels, etc. The author reviews these and other highlights of American musicals ... with a fascinating background on the elements that contribute to the success of a Showboat ." King Features \* "Worth study by anyone who still thinks that the musical is a collection of songs." The Stage (Applause Books). This revised and expanded edition of Kislan's acclaimed study of America's musical theater includes a new section on "Recent Musical Theater: Issues and Problems." "The ancient union of drama and song, known as musical theater, comes in many forms vaudeville, burlesque, comic opera, minstrels, etc. The author reviews these and other highlights of American musicals ... with a fascinating background on the elements that contribute to the success of a Showboat ." King Features \* "Worth study by anyone who still thinks that the musical is a collection of songs." The Stage {"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"]}} This is good introductory reading for high school students who are seriously interested in theater. A wonderful yet solid history of the American theater occupies the front half of the book, but historical threads are found throughout. There is an insightful chapter on Sondheim and his creative processes. The section entitled "Elements of Musical Theater" is at times tedious reading, but informative. Kislan's "Problems and Issues"(what's wrong with the present Broadway scene)is an eye-opener. Some drawbacks: Much has happened to the theater since this 1995 edition. I would love an updated third edition. Many of the musical examples mentioned are in every theater-lover's listening library, but a new edition should include an accompanying recording(or at the very least a CD and/or video guide). This would be particularly helpful with regard to very early 20th century musical theater. Also, there are many wonderful musicals, composers & lyricists, and librettists who are not even referenced(Loesser,{Guys & Dolls is mentioned}Comden/Green, Schwartz{Pippin's there, too} to name a few). Surely their contributions are significant. My students have enough savvy to catch these omissions. They'll want to know why. Still in all, this is a good textbook for our youth. A plain vanilla introductory text suitable for students who find themselves taking a musical theater course to fill an elective. Because young people are less familiar with the history and art of musical drama than film, the highly accessible prose and tabloid formatting of this text would make it useful in a college as well as high school course. Readers who already count themselves as students of the theater, on the other hand, can not afford to miss Gerald Mast's comprehensive and savvy history, "Can't Help Singin'." But most of us don't. I bought this book expecting a history of the musical, and there are some interesting chapters on historical antecedents of the modern musical. But when it hits the 20th century, it bogs down in technical details of

**id 4**

Three months into his battle with esophageal cancer, Harmon Killebrew stood by the batting cage at Hammond Stadium in Fort Myers, Fla., and smiled that Hall of Fame smile. It was March 20, a quiet day with little fanfare at the Twins spring training complex. Most players had traveled to a road game, but Joe Mauer, Justin Morneau, Jim Thome and Michael Cuddyer were among those taking batting practice. Killebrew loved each of them like sons. After the workout, Killebrew found a chair outside the clubhouse and gathered himself for an extended moment. With tired eyes, he placed both hands atop a fungo bat, took a few deep breaths and went inside to remove his baseball uniform for the final time. Wayne Hattaway, the 71-year-old Twins clubhouse attendant, washed Killebrew's uniform, folded it and tucked it neatly inside a duffel bag next to his cleats and glove. On Tuesday, Hattaway reflected on that moment after receiving word that Killebrew had died at age 74. "It was an honor just to hold [Kille-brew's uniform]," Hattaway said. "This guy was so nice, I'm surprised the good Lord let him suffer." If Killebrew was suffering in mid-March, he barely mentioned it on his five-day trip to spring training. His doctors at the Mayo Clinic in Scottsdale, Ariz., had encouraged him to go, and Killebrew made it a personal goal as he went through chemo and radiation. "First of all, I was surprised he made it down there," Rantz said. "To see him in that uniform -- that was something. He came to my office and said, 'What do you want me to do, Jim?' I was thrilled he wanted to address the players." About 150 minor leaguers gathered in a meeting room. Killebrew offered a few words of encouragement, told some stories and reminded them to work on their autographs so they were neat and legible. It was a quick lesson in courtesy from a man with 573 home runs and 573,000 acts of simple kindness. "You couldn't ask for a nicer feller in baseball, really," Hattaway said. "He's in a Hall of Fame by himself." In sports, coaches and managers often talk about how lucky they are when their best players are their biggest hustlers because of the example that sets for the rest of the team. Since 1961, when the Twins first moved from Washington, Killebrew gave them everything he had -- on and off the field. He was a regular on the team's Winter Caravan, signing every autograph in every Midwest outpost, with that pristine signature. Frank Quilici, Killebrew's former teammate and manager with the Twins, recalled the way Killebrew befriended shortstop Danny Thompson when he was suffering from leukemia in the mid-1970s. "[Killebrew] was always keeping guys' spirits up," Quilici said. "If you were in a slump, you were liable to get more attention from him." Jack Morris grew up in St. Paul idolizing Killebrew, then became friends with him during his own playing and broadcasting career. "I'll always remember the good in Harmon," Morris said. "I'll look back at him ... as the guy who tried to show me that you don't have to be angry, you don't have to be mad. You can love and share love." Killebrew was among those offering encouragement when Hattaway went through his own battle with cancer a few years ago. On March 20, before leaving the clubhouse, Killebrew gave Hattaway a big hug. "I said goodbye," Hattaway said. "Told him I'd see him Opening Day." Killebrew didn't make it to the home opener April 8 as he had hoped. Friday, he announced he was nearing the end of his battle and entering hospice care. On Tuesday morning, he died in his sleep. Hattaway said he is planning to order one of Killebrew's jerseys to frame at his house in Alabama. "I'm going to put it someplace special," Hattaway said. "So when I look up, I can see that No. 3." By JOE CHRISTENSEN jchristensen@startribune.com Three months into his battle with esophageal cancer, Harmon Killebrew stood by the batting cage at Hammond Stadium

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Climate change action needed now Like most people, I'm an instinctive optimist. In any case, I see no margin in pessimism. If you concluded the world was irredeemably wicked, or destined for certain destruction, what would be left but to curl up and die? Since we can never be certain the end is nigh, much better to keep living and keep plugging away for a better world. I confess, however, I've needed all my optimistic instincts to avoid despair over the terrible hash we're making of the need to take effective action against global warming. We're showing everything that's unattractive about the Australian character. I've needed all my optimistic instincts to avoid despair over the terrible hash we're making of the need to take effective action against global warming. We pride ourselves that Aussies are good in a crisis, but until the walls start falling in on us we couldn't reach agreement to shut the door against the cold. This week's report from the Climate Commission - established to provide expert advice on the science of climate change and its effects on Australia - tells us nothing we didn't already know, but everything we've lost sight of in our efforts to advance our personal interests at the expense of the nation's. Advertisement Its 70 pages boil down to four propositions we'd rather not think about. First, there is no doubt the climate is changing. The evidence is clear. The atmosphere is warming, the ocean is warming, ice is being lost from glaciers and ice caps, and sea levels are rising. Global surface temperature is rising fast; the last decade was the hottest on record. Second, we are already seeing the social, economic and environmental effects of a changing climate. In the past 50 years, the number of record hot days in Australia has more than doubled. This has increased the risk of heatwave-associated deaths, as well as extreme bushfires. Sea level has risen by 20 centimetres globally since the late 1800s, affecting many coastal communities. Another 20-centimetre increase by 2050 is likely, on present projections, which would more than double the risk of coastal flooding. Third, these changes are triggered by human activities - particularly the burning of fossil fuels and deforestation - which are increasing greenhouse gases in the atmosphere, with carbon dioxide the most important of these gases. Fourth, this is the critical decade. Decisions we make from now to 2020 will determine the severity of climate change our children and grandchildren experience. Without strong and rapid action, there is a significant risk that climate change will undermine society's prosperity, health, stability and way of life. That scientists still need to repeat these long-established truths is a measure of how much we've allowed short-sighted and selfish concerns to distract us from the need to respond to a clear and present danger. In this we haven't been well served by our leaders. The Labor government's decline dates from Kevin Rudd's loss of nerve following the defeat of his carbon pollution reduction scheme in the Senate in late 2009, following the success of the Coalition's climate-change deniers in overthrowing Malcolm Turnbull and replacing him with a man whose record showed him willing to take whatever position on climate change he thought would advance his career. Had Rudd the courage of his professed convictions, he would have taken the question to a double-dissolution election, fighting in defence of his ''great big new tax on everything''. Instead he dithered, eventually yielding to pressure from those in his party - including Julia Gillard and Wayne Swan - wanting to put the government's survival ahead of its duty. Opposition leaders play a vital role in a democracy and are given considerable licence. They're not expected to speak the unvarnished truth. Dishonest scare campaigns have long been used by both sides. I don't like using the L-word, but Tony Abbott is setting new lows in the lightness with which he plays with the truth. He blatantly works both sides of the street, nodding happily in the company of climate-change deniers, but in more intellectually respectable company professing belief in human-caused global warming, his commitment to reducing carbon emissions by 5 per cent by 2020 and the efficacy of his no-offence policies to achieve it. He grossly exaggerates the costs involved in a carbon tax, telling business audiences they will have to

**id 6**

Resolved Question How to deal with being my parent's least favourite child? My mum prefers my older brother and always talks about his achievements and how smart he is. They always put his calculus tests and band certificates on the fridge and brag about him. She also loves my eldest little sister because she lives to read and is very creative and is always showing off her projects to people. My dad's favourite is my youngest sister because she is sporty and a tomboy and looks a lot like him. I have no accomplishments, I am the middle child, my sibblings are all pretty and tall and skinny whereas I am shorter and chubbier and average looking, and they never brag about me. Whenever something happens, it's my fault. They never rearrange their schedules for me like they do for my sibblings. They give more money to my brother than to me for school fundraisers even though we need the same amount of money. I am not as talented or smart and they know this. I know that i'm the least favourite. How can I deal with this? Best Answer - Chosen by Asker I know exactly how you feel because I'm also the least favorite out of four kids. Lemme tell you, honestly its kind of nice having your parents not support you as much because when you're big and successful you can tell everyone that you got there all on your own, that your family never really believed in you but you made it anyways. Its also nice because getting the least attention means you can do whatever you want and not get noticed so easily, and failures are also not that big a deal since that's what they think of you, so if your perfect siblings fail at something it'll look way worse than when you do. To be honest, i just realized how spiteful this sounds, I love my parents and I'm sure you do to. But thinking about the situation in this light makes you see it differently and see the positive things that come from it. Other Answers (7) This question makes me sad. I know I am my dad's least favorite kid but he at least makes an attempt to hide it. Just do what makes you happy and don't worry about what your parents say. All I can say is that if it makes you sad to be around your parents, then stop being around them and stop talking to them, stop going out with your family and stop talking to your siblings. Your parents will no doubt notice after a while and get the hint. First just remember that you are just as good as your brothers and sister. Your parents are lucky to have you. I think you should tell your parents.They may or may not listen. My husband went through the same thing and his parents still show favorites. Hopefully yours will make changes. Everyone has things they are good at. There is nothing wrong with being shorter. God made you that way. If someone makes fun of you they are making fun of god's work. im the middle child too and its the exact same with me but its all gonna change but enough of me all you have to do is get inspired find something you are good at and put in a lot of hard work and it will all pay off Oh, just wait a few more years. Start liking guys, turn to drugs, and trust some 30 year old named Mike. He'll show you that you weren't doing the good drugs... Or, you could go to church, read the Bible, and make friends with people who actually care about you. You are not alone and feeling this way. ALOT of middle children feel left out and excluded from being "special" like their siblings. Honey, you too will find your "calling" in life. Sometimes we all need a little encouragement and to feel good at something. Have you ever considered "Martial Arts"? It teaches you discipline, gets you into shape and gives you confidence. As you study it and practice you will be amazed of the transformation that will take place in your life. Plus you can enter competitions even at the beginner level etc. I know, as I study the Matial Arts ever since I was a teenager. Find something you like to do, and learn to BELIEVE in yourself. When you believe in yourself, your inner "Star" will shine and others will notice. Good Luck to you. It will all come together - just give yourself time.

**id 7**

Easton Corbin - All Over The Road lyrics No sir I ain?t been drinking I ain?t even had one beer This sweet things got me buzzing From whispering in my ear Just take a peek up in here At this little hot nest Mister, you?ll understand I?m doing my best And I know I?m all over the road I can?t help but go A little bit of left, a little bit of right It?s hard to drive with her hand over here on my knee When she?s all over me and I?m outta control All over the road Don?t wanna get no ticket Don?t wanna cause no wreck It?s hard to concentrate with her pretty little lips on my neck I say ?girl take it easy? She laughs, says ?it?ll be fine? How am I supposed to keep it between the lines And I know I?m all over the road I can?t help but go A little bit of left, a little bit of right It?s hard to drive with her hand over here on my knee When she?s all over me and I?m outta control All over the road Something ?bout these wheels rolling Radio playing gets her going I?m trying to get her home as fast as I can go And I know I?m all over the road I can?t help but go A little bit a left, a little bit a right It?s hard to drive with her hand over here on my knee Have a little mercy on me Sir I?m sorry I know I?m all over the road All over the road All over the road Send "All Over The Road" Ringtone to your Cell

**id 8**

Interactive | Narrative A photographer faces many problems when on a road trip. Too many subjects to shoot, not enough daylight hours, insufficient time to traverse the distances required. A lack of self-discipline only serves to complicate matters. Last night I went to bed convinced there would be a view worthy of an early morning, so I was out the door as soon as daylight began to press against the window. I have to say I hate it when I'm so right. Prenafeta is one of those traditional Spanish villages. There's a narrow, barely sealed road winding up the middle until the ascent of the sierra behind becomes too great, at which point the road splinters into narrow private drives to the last houses at the top of the hill. Rising amid the scrub behind the last houses are remnants of a Castillo . The houses are heavy stone and perched so close to the road you can peer in through the windows (or catch someone peering out) as you pass. Many of the houses occupy tiny plots of 5 -- 10 acres, and the small paddocks, poc-marked by very old olive trees, have been ploughed recently. I can only assume that many of these properties supply fresh vegetables to the nearby city of Mont Blanc, with a little kept aside for personal consumption. After a few hours of wandering between the houses, I returned to the hotel, had a desayuno tipico of preserved meats, toasted bread, tomatoes, juice, and coffee. From there, I packed the car and made my way back to Mont Blanc, stopping for a little while to shoot off several dozen pictures of a still functioning finca , nestled in the middle of endless vineyards. I'd passed all this on the way in last night, but it was dark then, and I was busy counting the last kilometre on the odometer. From Mont Blanc, I back-tracked a little to La Riba, a mesmerising river town nestled in the mountain ranges that march north to the Pirineos . In the town proper, there is little room for cars, especially larger ones, and footpaths snake up the mountain side in all directions, winding between (and under) apartments, shops and a school with a view to die for. The highway and the train line bypass this sleepy town by way of a massive overpass high above the river, and as such, the exit is a blink and you'll miss it affair. I disposed of a couple of hours with ease, before eventually I realised I hadn't really started travelling towards Madrid yet, and it was already midday. This ultimately meant I had to forego Vilaverd, another potential photo-fest I'd spotted just up the road when I last passed through on the train. So I struck out in the direction of Lleida , thinking I would simply stop there for lunch, and then press on to Zaragoza , and beyond that, Madrid. Approaching Lleida, it seemed to be another industrial city, similar to Geelong and just as dull, but as I found my way through the industrial area and headed towards the city centre, I caught a glimpse of what must be the main attraction -- an enormous fortress and cathedral perched atop one of the higher hills in the area -- and I knew immediately, I would be spending a few hours here. Somehow, I managed to negotiate my way to the vicinity of the fortress, parked the car and got myself a decent lunch nearby. One of the good things about Lleida, is that it's not exactly a tourist destination -- at least, not in the sense of Segovia, Barcelona, or Toledo. The people that are visiting it, are either lost, or have sought it out specifically. The end result of this is there are very few tourists. Arriving there on a weekday did help as well, as it meant the local influx was kept at bay also. I can't remember the exact dates here, but many of the exhibits within the cathedral were from the 12th and 13th centuries. It is notable for it's place in Roman and Spanish history, and the view from within the cathedral courtyard was incredible. The bell tower was a different story -- not sure what compelled me to climb that, but by the time I got to the second, larger bell, the passage had narrowed and the steps steepened, and I was hanging on with everything I had hanging

**id 9**

Born Blonde: 'We've Fucked Off A Lot Of People' Previous projects, astronaut suits and why space-rock might be the next genre to keep an eye on. Now is certainly a good time for your band to be compared to The Stone Roses, and Born Blonde has been receiving that line from music critics for a while now. This intriguing London quintet has been making quiet but steady psychedelic pop waves since their first song surfaced last year, and they are now ready to release their debut album 'What The Desert Taught You'. We sit down with lead singer Arthur Delaney right before their single launch party at the Shacklewell Arms in Dalston, to discuss how they managed to meticulously stamp their vision on the record, their previous projects before becoming Born Blonde, astronaut suits and why space-rock might be the next genre to keep an eye on. Your new single 'I Just Wanna Be' is out soon, what could you guys tell me about this song? We're really proud of it. It's quite a pure one, loads of detail. There's a Steve Reich inspired double guitar part running through the whole track that you can only hear on about the tenth listen; Tom and Josh put that down together in an inspired moment. The lyrics are pretty tight to how I was feeling at the time. We were close to finishing the album and I was trying to reach some conclusions on what it all meant; something beyond all the madness and synthetic ups and downs. You could call it 'the moment' or 'the here and now' but it's something less hedonistic than that. I guess the thing about the modern world is that you've got to keep running the whole time just to keep up. I think we all forget that it's important to just take the time to exist. There's beauty in the detail there but you can't see it if it's rushing past you the whole time. What would be the perfect setting or scenario where your fans should give this track a first listen? Definitely in the bath. I've read that your debut album is already recorded, mastered and ready to go. Have you decided on a name yet? Yeah, it's called 'What The Desert Taught You'. We decided on that because we felt it was a summary of everything we had gone through to finish the album. We got obsessed with the idea that we had left our road, gone in search of these songs and found ourselves coming round in a place of no feeling, a bit warped and void of all of the emotions and ways of being that you could normally associate with happiness. It took us quite a while to get back from that wilderness, and this collection of songs are about the journey out there and the attempt to get back; I think were one of those bands that are always up for really pushing ourselves in search of discovery, but this seems to always have a fall out or a price you have to pay for that. A lot of songs are about trying to cross the void between what your aspirations are and what your reality is. We all go through these periods in our lives when we're in crisis or can't seem to find the answers we are looking for from the world. Sometimes we have to spend some time away from what is real or true while we wait for those answers to come and to us: that is the 'desert'. The recording sessions started last year so you had a great amount of time in the studio to craft your songs, has this made you become perfectionists? We have actually had to tone it down a little bit as it was starting to get a bit out of hand. The reason we have ended up doing all of our own artwork and videos was because we kept getting stuff back from people we had employed to do it and it wasn't what we were seeing. We have fucked off loads of people that way. I guess when you see something or have a vision of it, it's really important to stay true to that. Otherwise your at risk of it becoming just someone else's impression of your idea, you know it sort of loses its soul and its relevance, we really hard pushed to see any point in that. To be honest, it's about building a team that you trust around you who are going to help you realise your ideas. In the studio our producer Barny laid down a new way of thinking for us, a lot of the time the way we were writing parts was so rapid that we just didn't have time to stop and think about them. Creatively that was our challenge, we had to break out of caring so much and into a place where we could express ourselves free

**id 10**

Monday, October 22, 2012 New colour: New Look Bet you thought I meant my hair colour!! Well the cut style is changing slightly but since its only half way to a new look I am not showing you yet. Last week Vince and I finally chose a new dining room table and chairs and since the dining room/kitchen and sitting areas are all one big room we needed to change the sitting area to go with our new look....so my painter (the new dad) came over to give my wall its new gravel paint colour . I have loved the dirty turquoise colour that it was and was nervous and a bit sad to see it go.... BUT...I love the finished look, the gravel colour seems to change with the light, sometimes looking mauve(ish) and sometimes brown(ish) plus its very smart. The rest of the walls if they are not windows are cream so the rooms are still light and airy. I have had fun adding some black and some neutral/black pillows and I've had fun searching for things that we already own that havent been out on display for ages to complete the new look, of course some things have had to be packed away as they dont look right at the moment. Oh, besides the table and chairs we also bought a new sideboard, its made from tin! I am still playing with ideas for what to put on it and on the wall behind it. One idea was lots of family black and white photos....time consuming to do but fun, we did buy a rather interesting large clock (I adore clocks as you know so buying anew one made me very happy!). I am also considering stencilling a number in red on the wall to match the numbers on the draws?? Probably 30 or since we live at No3, maybe a 3 would be fun? What do you think about the stencilled number on the wall? I will show you the table/chairs and wall once its completed but it will have to wait now until I return from my trip to the US for Quilt Market and Festival. TrackBack Comments New colour: New Look Bet you thought I meant my hair colour!! Well the cut style is changing slightly but since its only half way to a new look I am not showing you yet. Last week Vince and I finally chose a new dining room table and chairs and since the dining room/kitchen and sitting areas are all one big room we needed to change the sitting area to go with our new look....so my painter (the new dad) came over to give my wall its new gravel paint colour . I have loved the dirty turquoise colour that it was and was nervous and a bit sad to see it go.... BUT...I love the finished look, the gravel colour seems to change with the light, sometimes looking mauve(ish) and sometimes brown(ish) plus its very smart. The rest of the walls if they are not windows are cream so the rooms are still light and airy. I have had fun adding some black and some neutral/black pillows and I've had fun searching for things that we already own that havent been out on display for ages to complete the new look, of course some things have had to be packed away as they dont look right at the moment. Oh, besides the table and chairs we also bought a new sideboard, its made from tin! I am still playing with ideas for what to put on it and on the wall behind it. One idea was lots of family black and white photos....time consuming to do but fun, we did buy a rather interesting large clock (I adore clocks as you know so buying anew one made me very happy!). I am also considering stencilling a number in red on the wall to match the numbers on the draws?? Probably 30 or since we live at No3, maybe a 3 would be fun? What do you think about the stencilled number on the wall? I will show you the table/chairs and wall once its completed but it will have to wait now until I return from my trip to the US for Quilt Market and Festival.

**id 11**

Bash Quote: Niteowl7710: When I Went To The Website To See... Overall rating: (N/A) niteowl7710: When I went to the website to see what the current cover niteowl7710: And I got a pop-up from Spice.net...offering me (and I quote) niteowl7710: MONSTER TITS -- THE LARGEST BREASTS ALLOWED BY LAW enigmamofm: Wow. enigmamofm: wait enigmamofm: "By law? " niteowl7710: That sir, is what it said enigmamofm: There's some sort of regulatory legislature on that issue? niteowl7710: I'm not sure but I right now have a new goal in life niteowl7710: Figure out how to get a job in the Department of Health & Human Services (makes sense to me) niteowl7710: In the "Breast Measurement Bureau" niteowl7710: I'm srory ma'am but those are just too large, I'm going to have to fine you niteowl7710: Well yes Ms. I'm sure that does just seem like ttity fucking, but I assure you is a valuable tool we use here at the B.M.B. enigmamofm: You are a credit to you community sir.

**id 12**

Time to clear the air For some time it has been apparent that if action over the issue of cabin air contamination were to be initiated, German aviation would probably supply the impetus. That is now proving to be true. For the first time anywhere in the world, a senior government minister has not merely suggested yet another study to establish whether there is an issue at all, but has called for urgent action over an issue for which he clearly sees the evidence in front of his eyes. German transport minister Peter Ramsauer has written to EU transport commissioner Siim Kallas citing 74 reports of pyrolised oil fume incidents in German carriers, nine of which he says were judged by accident investigator BFU to have posed a serious risk to safety. Ramsauer says reports of these incidents are increasing, and he wants action. He wants Kallas to ensure the European Aviation Safety Agency comes up with a solution to the problem. EASA is aware of the issue, but has been using industry smokescreens and denials to put off dealing with it. EASA's own problem is the fact that it is chronically under-resourced. Ramsauer is right, however, to make this a European problem. Now EASA exists, Germany cannot deal with the issue on its own. But it is because Germany's reporting and investigating culture, while not perfect, is more honest and open than that of any other EU country, that EASA will ultimately have to act. (This first appeared as a leading article in Flight International 23 October issue)

**id 13**

Free Markets, Free People Debate: If it had been a prize fight, they'd have called it in the 9th round (update) Or, as Michael Moore said, "that's what you get for having John Kerry as a debate coach". It appears the debate went pretty much in Mitt Romney's favor last night, and, as you would see if you watched MSNBC's Morning Joe, they've suddenly "discovered" MItt Romney. I know it must be a shock that their made up Romney didn't show up last night. According to a CNN/ORC International survey conducted right after the debate, 67% of debate watchers questioned said that the Republican nominee won the faceoff, with one in four saying that President Barack Obama was victorious. "No presidential candidate has topped 60% in that question since it was first asked in 1984," says CNN Polling Director Keating Holland. And: While nearly half of debate watchers said the showdown didn't make them more likely to vote for either candidate, 35% said the debate made them more likely to vote for Romney while only 18% said the faceoff made them more likely to vote to re-elect the president. More than six in ten said that president did worse than expected, with one in five saying that Obama performed better than expected. Compare that to the 82% who said that Romney performed better than expected. Only one in ten felt that the former Massachusetts governor performed worse than expected. Now the poll only reflects debate watchers and not all Americans, but then the debates are aimed at, well, debate watchers, aren't they? One of the things I take away from the numbers is the 82% that say Romney performed better than expected actually got to see and judge Mitt Romney for themselves last night and not through the filter of the media. We talked about that sort of thing on the podcast. How America watched the debate between Ronald Reagan and Jimmy Carter, when Reagan was lagging in the polls, and apparently decided that night that Reagan was acceptable as President. Commentator and blogger Andrew Sullivan might have captured the collective reaction best with this tweet, "Look, you know how much I love the guy, and how much of a high-info viewer I am, but this was a disaster for Obama." On MSNBC, talk show host Chris Matthews asked incredulously, "Where was Obama tonight?" He suggested that the president take some cues from the liberal voices on the cable channel. "There's a hot debate going on in this country. Do you know where it's being held? Here on this network is where we're having the debate. We have our knives out. We go after the people and the facts. What was he doing tonight? He went in there disarmed." Obama failed to put any points on the board by not bringing up Romney's controversial "47 percent" remark or his work at Bain Capital, Matthews complained, while Romney "did it just right," keeping a direct gaze on Obama as he spoke, ignoring moderator Jim Lehrer's mild-mannered attempts to cut him off and treating he president like "prey." Matthews said, "What was Romney doing? He was winning." Comedian Bill Maher, who takes regular hard jabs at conservatives on his television show and who gave $1 million to a super PAC supporting Obama's reelection, tweeted, "I can't believe I'm saying this, but Obama looks like he DOES need a teleprompter" -- a reference to Obama's critics who say he relies too heavily on teleprompters. Not pretty. Not pretty at all. Now we'll go through the obligatory fact checks that no one will pay attention too. But the impression has been made. The only question is, was it enough to tip the election to the Romney side. And here's another point to ponder. If Americans were waiting on the first debate to determine whether Mitt Romney was acceptable, will they bother tuning in to any of the other debates. Or said another way, was this first debate performance enough to convince them that he can do the job and would probably be better than the incumbent. If I had to guess, I'd say yes. And if last night made the undecided comfortable with a Romney presidency, that should worry Democrats. It was the biggest question coming into this first showdown: Could Romney seem presidential standing next to the Obama? The answer appears to be yes. Wow. Also from CNN: "I don't think anyone's ever spoken to

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Just because you're at the track doesn't mean you can't stay up-to-date with the live blogs : you can send in messages to our live discussions during any of the sessions via most internet-capable mobile devices. 5 comments on Are you going to the Malaysian Grand Prix? I live in KL and always get free tickets but I think I won't attend anymore races as I can get the "actual" race results (which is the correct one) from the race stewards about a week after..saves money, time, effort and hair (since I don't have to pull out mine)..

**id 15**

The danger of weapons proliferation in the Middle East The increasing likelihood of a collapse of the Syrian regime of President Assad has led other nations to make contingency plans to prevent his stockpiles of chemical and biological weapons falling into the hands of terrorists. There are reports that the stockpiles, and the manufacturing hubs that produced them, have been under intense surveillance for months by Russian and NATO intelligence agencies. One particularly troubling report claims that several weeks ago President Assad authorised the deployment of these weapons against the Syrian forces fighting his regime, but was advised against such action by the Russian government. Advertisement If this is correct, it is a relief that Assad backed away from using these terrible weapons. However for the first time a regime spokesman has confirmed the existence of the stockpiles, claiming that while the weapons will not be deployed against the Syrian people, he could not rule out using them against any foreign forces. Given that Assad has claimed repeatedly that terrorist groups are seeking to overthrow his government, it is not difficult to see the regime using alleged foreign support as a pretext for future use of these weapons. The Israeli military is reportedly watching traffic from Syria to Lebanon for any evidence of weapons being transported to the Iranian-backed terror group Hezbollah. Some of the chemical and biological weapons dumps are apparently within 2 hours drive of the border with Lebanon. Israel has indicated it will take military action to prevent such weapons being transported into the hands of extremists. Advertisement The global community is also rightly expressing alarm over reports of al Qaeda operating within Syria and actively seeking to gain control of these weapons. There is little doubt that Russia, the United States and other countries will make contingency plans for safeguarding these stockpiles in the event that the Assad regime is no longer able to do so. However this may prove challenging if there is a chaotic collapse of the Assad regime rather than an orderly transition of power.

**id 16**

Blogging is one of the best ways to make money as a writer, but it is also something that you may want to make or start for a thousand reasons. And knowing how to Make a Blog is one of the keys to the kingdom so far as making money online is concerned. I want to explain something about how to start a blog and make a blog that works for you, which involves explaining a little about business online and what you can do with the tools and resources available to you. The fact is for anyone wanting to make money online by using a blog, there are more opportunities than ever. And there are also however hundreds of thousands of 'dead' blogs that represent lost hopes and dreams for those who wanted to "do something", be it to make money, write of their experiences, their knowledge, their travels or whatever. Let's look at how you can make a blog that makes money. That is the focus of many who are seeking to start a blog. They want a "job", even if its working for yourself blogging -- and what better job could you have? Freedom, money, the satisfaction of knowing that you can work when you want to. This page will guide you through the process of starting a blog : showing you not only how to make a blog but how to start a blog and make money! So let's start. First , let me tell you that most people who want to start blogging go about it in completely the wrong way. How come? They make some fundamental errors in setting up their blog. I'll run through the key mistakes made by newbies to the blogging business: - they buy every tool, resource, plugin, ebook out there. This is the well known 'shiny object' syndrome whereby they go about making a blog by making someone else a bunch of money instead. Big mistake. - they rush into the business. You need to think through what sort of blog and business you want. You may want the money now, but it's no good rushing if you know it is not going to happen straight away or never at all. - they don't have staying power. They start with a hiss and roar but wind up becoming discouraged and giving up altogether. Hence that growing digital pile of dead blogs. - they get distracted. Being online means being forever exposed to every make money online program out there. And to all those great wordpress plugins and great new packages that will make you money. - they don't have a disciplined approach to building their business. Make your Blog Your Business You really can make your business out of your blog and I would like to show you how you should be doing that. This site -- realwritingjobs.org has achieved a front page ranking for 'realwritingjobs' and a number of other keywords, which means it can generate high interest for people -- like you -- who want to make money writing. You have to remember that whenever you're looking at making a blog you need to know that you're marketing using the internet as your voice, your marketplace, your display cabinet and -- of course -- your cash register. You really can use it hugely and better than ever, so long as you're set up for success. How do you make a blog that's set up for success? Let's consider what you need to do to set up your successful blog. You will be using your blog to build blocks for your business. What do I mean? First, you need to set up a blog with hosting and with a design that suits what you want to do. You need to set up a blog with hosting and with a design that suits what you want to do. Click to Retweet Second, you need to ensure you are 'optimised' for maximum online visibility. After all, there's no point in doing what you want to do unless you have an audience and -- hopefully -- a 'buying' audience. Third, you need to spread the word by using social media as effectively as possible. The objective for my RealWritingJobs site is to help people find paying writing jobs, but also to use blogging as one of the best ways to achieve online income by writing. The Key component to making a blog successful is to ensure that it is monetized -- that it will help you generate income and become the best sales funnel possible and to make you great money night and day, day in, day out. Why blogs, though? Well, let me explain briefly why blogging is the very best way to make money online -- specially if it is writing that you want to do to make money. - It is simple and easy to set up. You simply don't need any special knowledge at all. - It addresses you special interests. You can identify what you're passionate about and make

**id 17**

Everything about the Sydney Harbour Bridge Menu The Sydney Harbour Bridge The Sydney Harbour Bridge, is one of the most famous landmarks in the world. The Sydney Harbour Bridge , which is also known as the coat hanger was officially opened in 1932 on March 19 by the premier at the time, Jack Lang. The Sydney Harbour Bridge took 6 years to construct. The Sydney Harbour Bridge -- Made from 6 million rivets Even though the Sydney Harbour Bridge is made of a common material known as steel, an interesting fact is that it contains 6 million rivets which were driven in by hand. Being made by steel, the Sydney Harbour Bridge requires painting regularly, and has a surface area of around 60 sports fields. You will notice as you drive across the Sydney Harbour Bridge that it has huge hinges so that it can expand when it hit with the hot Sydney Sun. They are on either side of the bridge right at the footings of the bridge pylons. You can also see these huge hinges by visiting the South Eastern pylon. You will have to walk to get there and there are 200 steps to get to the top, so don't try and do this with any elderly relatives. The top of the Sydney Harbour Bridge in all its glory The Official Opening of the Sydney Harbour Bridge The official opening of the Sydney Harbour Bridge was in 1932 on Saturday, 19 March. It was a very momentous occasion drawing in very large crowds to the city and around the Sydney Harbour foreshore. it is estimated that up to 1 million people came to watch the opening of the Sydney Harbour Bridge which was declared open by the then current New South Wales Premier, the Hon. John T. Lang. Find out more information on the Sydney Harbour bridge by browsing other pages in the sidebar. 5 thoughts on " The Sydney Harbour Bridge " There is nothing like the sydney harbour bridge, especially on NYE! Especially for tourists, I recommend coming to Sydney for the NYE celebrations and catching a spot on the heads along the bay. Grab a picnic hamper, some white wine or Champers and kick back and watch the fireworks! Love Sydney, Oy Oy OY. I would like to enquire how and where I can apply to take my family to have breakfast on Sydney Harbour Bridge. 2012. What is the cost involved and the date, if we are lucky enough to be able to get tickets. Many thanks Sonja

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The first six chapters of this manual represent one way of preparing people for the Exercises journey according to notation [19]. (1) If a prayer guide were to follow closely the instructions in these chapters, this preparatory phase should be completed within one and a half months. However, as you will discover, these pages illustrate a flexible approach rather than a rigid formula. The material suggested could represent a year's preparation rather than that of a month and a half. They are intended to be like the bellows of an accordion which can be expanded or contracted according to the feel and need of the music being played. More of the theory behind these six chapters will be found in the Chapters 21, 30, 31: "To You ... From Ignatius," "Different Perspectives In Understanding And Using The Exercises," "The Early Stages In Ongoing Spiritual Direction." During this and the next few interviews, one of your major tasks is to establish rapport with your directee. This may take even longer than the first two or three interviews, but the process will be facilitated by non-judgemental listening and respect. In this first interview, be careful not to overwhelm your directee with too many instructions. Remember how you felt at the beginning of your own Exercises journey -- your fears, anxieties, apprehensions, hopes, and misunderstandings. In addition to a warm, unhurried atmosphere, you want to establish a context of faith. You are a person of faith; the person you are directing is a person of faith. The essential work is the work of Jesus' Spirit who is present with you during this interview and is working through you. Hence at some point during this interview, you may want to pray with your directee for the Spirit's gift of wisdom. Start the interview by introducing yourself and then ask your directee for his name. Share some interesting aspect of your life, and then ask you directee a few questions about his life -- simple questions, such as: "Oh, you come from Hamilton. What part do you come from? ... How old is your son?" Don't forget to exchange names and phone numbers in writing. The atmosphere is one of two equals or two friends "just talking." After these initial attempts to establish a working relationship, allow enough time for your directee to express his fears and hopes. You might introduce this with such questions as: "Why did you decide to make the Spiritual Exercises? ... What do you hope for? ... When I went through the Spiritual Exercises, I found the beginnings very fearful. I was apprehensive for quite a while. How do you feel about beginning this journey?" As the conversation continues, listen actively; that is, listen by feeding back and checking out what you hear. Feed back not only the words that you hear but also the feelings that are being expressed. Through such active listening, you allow your directee to express himself more adequately. For example: Directee: I don't really know why I'm here (a bit fidgety and looking away from you). I had the idea of signing up a long time ago ... but ... ah ... I don't know.... At least I didn't know.... There's so much to do.... Everything seems to be coming at me... (pause). Prayer Guide: Everything seemed to be tugging at you ... clamouring for your involvement? Directee: Uha.... Yes, every time I seemed to turn around in the past few months, people were asking me to do something.... I didn't know whether I could do it. Prayer Guide: You put off your commitment to come for a long time because you experienced so many confusing demands.... You seemed to have a sense of fear that perhaps you would be taking on too much? Then begin to investigate how your directee uses scripture in prayer -- whether he has had much experience in praying with scripture, and what that experience has been: "Have you had much experience in praying with scripture? ... What have you found helpful? ... What struggles or difficulties did you have in praying with scripture?" Simply listen with those listening skills that you have developed; don't teach at this point. Rather, as you listen, highlight the positive aspects in what you notice. Do not comment or try to change the negative aspects. Sometimes at this initial stage, it may be helpful to share some of your own struggles with scriptural prayer but only if this helps to achieve rapport. Your interviews are not sharing sessions despite the sharing quality of the first few interviews when you are establishing rapport. As prayer guide, be

**id 19**

Recently, I've been getting asked [a lot] what it is that I have for breakfast. My answer is: on most days, a green smoothie. Then, the question that usually follows is: aren't you hungry shortly after? To which I answer: Nope. Not with the amount of veggies and greens I'm consuming. Because of this, I decided to post the recipe [well, actually it's more of a guideline] for how I make my green smoothie. I have to warn you though, there is no exact science to this, and some days it tastes amazing and some days it's ... well .... to be frank, not so amazing. It all depends on the freshness and/or the ripeness of certain ingredients. But the one thing remains the same is that I love the way I feel when I drink a green smoothie in the morning. Smoothies are different than juices. There are definitely stronger arguments that smoothies are better simply because the vegetables are being consumed whole, the way they were meant to be. I also find that for a meal in the morning, the green smoothie is much more filling and will hold you over better than a green juice. So what are the benefits when you drink green smoothies most mornings? Lots. Besides getting a boat load of vitamins and minerals from the gorgeous variety of greens, you are also getting a hefty dose of our best friend, fiber. Fiber helps us detoxify, and helps keep our insides happy. When our insides are happy our outsides look happy ... simple as that. With that, I bring you some directions for crafting your smoothie. Play around with different ingredents, see what you like and what you don't like, and always switch things up depending on what you find is fresh, local, seasonal, and organic. Happy Smoothie-ing! Start by placing a cup of water in a high powered blender. A Vitamix works the best, but if you do not own one, then a regular blender will work fine. Add the lemon juice (if using) as well as the protein powder (if using). Then, add the leafy greens. You will want to add about 5-6 large pieces of kale (I remove the stalks, I find they have a strong taste), and add a handful of spinach and a handful of romaine, and the parsley and cilantro. Will try your method of blending - been making similar smoothies but didn't really enjoy them that much as they're not smooth enough even though I have a decent quality blender. I usually do a big batch at the weekend and then freeze in small pots and then defrost overnight during the week so I can have one every morning without the prep - am not a morning person :-) Good way of using up any leftovers from my weekly veggie box, would recommend beetroot, tastes nice plus the pink colour! I have been drinking a green smoothie every morning for about six months now. What an amazing transformation. No one could have convinced me that I would not be starving but sometimes I look at the clock and it's 1 or 2 in the afternoon and I don't feel any hunger. It has so helped with my energy levels and moods. I am a believer now because I wasn't before. Well, that must be faith :) I just got a Vitamix and used it for the first time today, I made almond milk 10 minutes ago. Then I checked my emails and saw your new post. The main reason I wanted to have a Vitamix is because of the Green Smoothies. My other blender is fine but well... not a Vitamix ;) It always leaves clumps and seeds so I really can't wait for my first "new" Green Smoothie! Thanks for the guideline, great post!

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Social Media Law -- Interview with Pete Bott Part 1 I have recently been inundated with queries around the use of photos, music, and videos online. Social media offers huge opportunities for sharing and promotion, but many people and organisations remain in the dark about the pertinent laws and regulations around sharing copyright material online. I thought this would be a great opportunity to find out exactly what the law currently says about sharing photos, music and videos online -- what we can and can't do, and how to make sure we don't infringe copyright or break any privacy laws. Pete Bott is a Solicitor in the Music, Media & Entertainment Department at Blacks Solicitors LLP in Leeds, UK. He is also the former front-man of Leeds electro band, Heads We Dance , and a one-time label-mate of Little Boots , Plan B and The Streets , so he knows the industry inside out. I caught up with Pete and asked him to answer some common questions around music, media and entertainment law: Q: Could you explain the different types of levels of copyright, with regard to content such as music, photos and videos, which are posted online? A: In the UK, the most common types of copyright works are put into two categories. The first category, often described as "underlying works", includes original literary, dramatic, musical or artistic works. The second category, often described as "derivative works", includes sound recordings, films or broadcasts. As a result, a recorded piece of music, for example, will usually embody: 1) a musical work, 2) a literary work (the lyrics) and 3) a sound recording work. Those three separate works may be owned by three separate people. There are no "levels of copyright" as such but the owner of a copyright work has various exclusive rights including the right to copy the work and the right to issues copies of the work to the public. It is worth taking a look at sections 1-21 of the Copyright, Designs and Patents Act 1988 for further details. Q: How do you find out if information available online is restricted by copyright, and what should you do if you want to use a particular piece of copyrighted material for your own purposes? A: Unlike registered trademarks, a copyright work does not have to be registered, as copyright (subject to certain requirements) subsists automatically. As a result, you should assume that the copyright in any music, photograph, article or video that you find online is owned by someone who has the exclusive rights set out in the first answer above. Q: Are there any cases in which you are allowed to use or sample parts of copyrighted content available online without seeking permission? A: Yes, there are various exemptions which are set out in Part III of the Copyright, Designs and Patents Act 1988 and include "fair dealing" with a work for criticism, review and news reporting. Some owners of copyright works also expressly permit use without seeking permission. In addition, copyright protection may not last forever. For example, copyright in literary, dramatic, musical or artistic works expires at the end of the period of 70 years from the end of the calendar year in which the author dies (subject to the further provisions of section 12 of the Copyright, Designs and Patents Act 1988). Q:Can you explain what is covered under the remit of PRS? A:PRS for Music collects royalties in respect of the performing rights of its members, which are songwriters, composers and music publishers. Essentially, royalties should be paid to songwriters, composers and music publishers whenever their music is played or performed in public (this includes online, TV, radio, in a shop or pub, or at a gig). PRS for Music therefore licenses organisations to play, perform or make available copyright music on behalf of its members and distributes the resultant royalties to those members. Q: The rules have recently changed with regard to live music -- could you explain the changes, and how it would affect the recording and posting of live performances online? A: The Live Music Act 2012 came into force on 1 October 2012 with the effect that venues in England and Wales with a capacity of less than 200 people no longer need a licence for live music. The Live Music Act 2012 in effect seeks to remove some of the restrictions on live music put in place by the Licensing Act 2003 and thereby make it easier to put on pub gigs and small live performances. However, the Live Music Act 2012 does not affect the copyright la ws in relation to recording and posting live music online. Q: In the example of a primary school class wanting to sing a pop song at their school concert, where only parents and teachers would be attending

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In the prior post, we showed a presentation that looked at America from the perspective of a corporation and how it would be completely unsustainable. Luckily, there is little probability that America will ever have anything to do with S-Corp status, and far more likely end up as an agrarian Kolhoz. The reason: based on a Pew survey of America's youth, or those aged 18-29, more have a positive view response toward Socialism than they do toward Capitalism. We will leave it at that. Yep they come out of high school writing about how the Federal Reserve fixes prices at the supermarket so their poor sacred ass doesn't get ripped off. Reading sophomore papers about economics is a dismal adventure into the abyss of hopelessness for the future. Sandy Storm Victims....no different "where's the government, the government's job is to help everyone who can't help themselves". First, this statement/belief is bad enough. Second, the "government" told them to evacuate...they didn't. Common sense told them to store food....they didn't. If I have to hear one more person complain about the potential of dying from the cold I'm going to puke...get a coat and a blanket you morons. Complaining about police!! This is the best one. Crying because of looters and asking where the police are...Houston was without power for 10 days. Millions of people...no looting problem at all. zero. Of course, I remember seeing the signs on CNN "looters will be shot"....people, accepting responsibility for their own food, power and security. Imagine that. Well im closer to 50 than 40. in 8 months I made 153 \*unique\* changes to the software i am working on (bugs, enhancements, support changes. That's researched, written, tested and deployed. No rollbacks needed. about 1 delivered change per day. Mostly 8-10 days with an occastional 20hr push... Why is it that the richest men in the world have been financing both Communist revolution and Socialist legislation? Why is it that wealthy socialists co-opted tax-exempt foundations that now dominate American education? How did the socialist meme gain control over most of the world's press, radio and TV? How is it that oligarchs with crony connections to the center of power have developed powerful control centers in both the Democrat and Republican parties, taken over the U.S. State Department, manipulated themselves into control of the White House? Who are the members of the power group that is seizing the human and natural resources of the entire world? And why would they support what appears to be the pathway to their own destruction? The answers to all these questions appear in Tragedy and Hope written by Bill Clinton's mentor at Georgetown University, Dr. Carroll Quigley. They are the super-rich whose goal is to convert all governments to world socialism which they, the international bankers and business cartels, will control. Feudalism: control by an entrenched minority esp. for its own benefit : social, political, or economic oligarchy. You are reading this online, so I won't waste your time. The aim of the book is to provide enough shocking facts about the manipulative practices of America's power elite, that readers will be motivated (i.e., made angry enough) to take part in efforts to bring the richest 1% under control, ...before they impoverish the planet and destroy the biosphere. The book presents overwhelming evidence that masquerading behind a democratic facade, an economic elite comprising less than 1% of the population is quietly and cunningly ruling America. Their immense wealth and power enable them to exercise so much control over the governmental process, that they effectively operate the country as a Feudal oligarchy. The book will leave little doubt that Government has been serving as a tool to subsidize and legitimize their exploitation of national and international resources, while legislative tax changes have left the nation with a Feudal wealth distribution system. Presenting the evidence to substantiate this argument is not the main reason the book was written. Documenting the methods used by the elite to manipulate, control and exploit those with less money or power is the real purpose . At least 80% of the book is devoted to documenting their very effective methodology. While it is evident that most people are somewhat aware that government appears to cater to corporations and influential lobby groups, the average taxpayer is practical

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Houston, We Have a Problem Last week, John McCain and Barack Obama came together to support the economic rescue plan. Three weeks earlier, they came together in remembrance of Sept. 11, 2001. Those mature and bipartisan acts beg the question: What other issues should cause these men to speak with one voice? More important, since it will be somewhat anti-climatic that they speak with one voice come Nov. 5, what issues should cause our government to speak in unison? Not since John F. Kennedy, has a president truly understood the incalculable value of space. On Sept. 12, 1962, at Rice University, President Kennedy spoke to the importance of the United States having a vibrant and preeminent space program. "We mean to be part of it -- we mean to lead it. For the eyes of the world now look into space, to the Moon and to the planets beyond ... our leadership in science and in industry, our hopes for peace and security, our obligations to ourselves as well as others, all require us ... to become the world's leading space-faring nation." Forty-six years later, we are "the world's leading space-faring nation." But not for long. Other nations, particularly China, are angling for a shot at the title. Nature hates a vacuum and the Chinese see a huge opportunity with the retirement of our space shuttle fleet scheduled for 2010. That they are an ascending heavyweight in this arena was seen at the end of last month when Beijing launched its third manned mission into space and its first spacewalk. The fact that president and Communist Party head Hu Jintao was shown live on state television cheering on his "Taikonauts" bespeaks the political clout that is being marshaled behind this military-run program. In 2010, or shortly thereafter, when the space shuttle fleet is mothballed, the International Space Station -- built almost entirely with American taxpayer money -- will still be going strong. The station is a national asset now on the cusp of its potential. It could not only serve our citizens for years to come, but it could also be used as a staging platform to send United States astronauts back to the Moon and beyond. The obvious question then becomes, without the shuttle, how do we get our astronauts to the station that we built? Until Russia invaded Georgia, the United States had planned to pay Russia millions to launch our astronauts to the space station until our next generation booster and crew vehicle came on line. Now, that option, while still on the table, looks more and more risky. What about the private sector? NASA has initiated a program called Commercial Orbital Transportation Service. With the idea being that a private sector commercial company will design and build cargo and spacecraft that can service NASA's needs in low-Earth orbit. While welcome, the Government Accounting Office recently noted that the claims of these private companies to meet that requirement are "highly optimistic." The shuttle replacement Ares rockets and Orion capsules that are designed to return astronauts to the Moon and explore near-Earth asteroids and Mars are not scheduled to fly until 2014 at the earliest. History dictates that the launch date for each may be further out than planned. As of now, the United States has basically zero options for the four to six years our human spaceflight program will go dark While Mr. McCain and Mr. Obama have made more positive noises of late with regard to understanding the importance of our human space program, one could be forgiven if doubts about sincerity arose. Have they truly seen the light on the issue or are they playing to the tens of thousands of "space" votes down in Florida? While seemingly a convert now, back in November 2007, Mr. Obama unveiled a new $18 billion education plan that he proposed to pay for by delaying the NASA Ares and Orion programs for five years. "We're not going to have the engineers and the scientists to continue space exploration if we don't have kids who are able to read, write and compute," Mr. Obama said at the time. While no one expects Mr. McCain or Mr. Obama to be Kennedy-esque with regard to this issue, a number of thoughtful people in and out of the business do feel that both men need to understand that if we forfeit our hard fought preeminence in space, it's a position we may never get back. Coupled with that fear is the understanding that no nation on earth is more dependent upon its assets in space than the United States. Policy, like music CD's and novels, often needs a hook. I offer this

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for 49. Fulfilment by Amazon (FBA) is a service Amazon offers sellers that lets them store their products in Amazon's warehouses, and Amazon directly does the picking, packing, shipping and customer service on these items. Something Amazon hopes you'll especially enjoy: FBA items are eligible for FREE Super Saver Delivery and for just as if they were Amazon items. Book Description Release Date: 12 May 2011 1968. The year Paris takes to the streets. The year Martin Luther King loses his life for a dream. The year Eleanor Maud Portman is born. Young Elly's world is shaped by those who inhabit it: her loving but maddeningly distractible parents; a best friend who smells of chips and knows exotic words like 'slag'; an ageing fop who tapdances his way into her home, a Shirley Bassey impersonator who trails close behind; lastly, of course, a rabbit called God. In a childhood peppered with moments both ordinary and extraordinary, Elly's one constant is her brother Joe. Twenty years on, Elly and Joe are fully grown and as close as they ever were. Until, that is, one bright morning when a single, earth-shattering event threatens to destroy their bond forever. Spanning four decades and moving between suburban Essex, the wild coast of Cornwall and the streets of New York, this is a story about childhood, eccentricity, the darker side of love and sex, the pull and power of family ties, loss and life. More than anything, it's a story about love in all its forms. 1968. The year Paris takes to the streets. The year Martin Luther King loses his life for a dream. The year Eleanor Maud Portman is born. Young Elly's world is shaped by those who inhabit it: her loving but maddeningly distractible parents; a best friend who smells of chips and knows exotic words like 'slag'; an ageing fop who tapdances his way into her home, a Shirley Bassey impersonator who trails close behind; lastly, of course, a rabbit called God. In a childhood peppered with moments both ordinary and extraordinary, Elly's one constant is her brother Joe. Twenty years on, Elly and Joe are fully grown and as close as they ever were. Until, that is, one bright morning when a single, earth-shattering event threatens to destroy their bond forever. Spanning four decades and moving between suburban Essex, the wild coast of Cornwall and the streets of New York, this is a story about childhood, eccentricity, the darker side of love and sex, the pull and power of family ties, loss and life. More than anything, it's a story about love in all its forms. Special Offers and Product Promotions Buy any product sold by Amazon.co.uk excluding any Kindle Device and e-books and we will add a 10 promotional gift certificate to your account to spend on selected Amazon fashion. Here's how (terms and conditions apply) {"itemData":[{"priceBreaksMAP":null,"buy\\... to Basket","Add both to Basket","Add all three to Cart"],"showDetailsDefault":"Show availability and delivery details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and delivery details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Review 'At times laugh-out-loud funny, at others gut-wrenchingly sad, the book is peppered with unique and complex characters who are so original, well-observed and believable that you'll be completely absorbed into their world'--Easy Living 'It perfectly captures the hazy, magical nature of youth and all its mysteries, against a backdrop of real-life events'--Elle 'A story of sibling

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J' Adore Fifi Flowers...it is a contest! We first fell in love with Fifi Flowers on Facebook . We were captivated by the colors in her artwork and of course, her subject....PARIS! We are thrilled that she is contributing this month's Facebook Contest prize and we want you to learn a little bit more about Fifi and what inspires her. 1. We read on your website that life should be full of whimsy and fun...what do you do besides paint that keeps your day fun and whimsical? First... I am the mother to to teenage boys and they add FUN to my life everyday! Andddd... I find a bit of whimsy in everything I see and do. Being an artist I think I view my surroundings as a possible painting... and I constantly snap photos throughout the day... inspiration is everywhere! 2. Obviously we LOVE that you paint such colorful scenes of Paris, can you tell us when and how you fell in love with our favorite city? I visited Paris only ONCE but it NEVER left moi... I hope that one day I will return to that AMAZING City... Until then I will paint my dreams of Paris! What is not to love about the City... The history, the architecture... the incredible way it makes me feel knowing my favourite artist lived and created... How wonderful it would be to paint everyday in Paris... Ooh la la! 3. People send you their favorite Paris photographs and commission you to paint it for them. What is the most popular setting that is sent to you? The Eiffel Tower is probably the most popular. Many times the Eiffel Tower is NOT in the photos they send, but they want it added. Some many views I paint of Paris do not real exist... they are a dream, a fantasy... they are a bit of whimsy! 4. Do you have any secret spots in Paris that make for a great photo background that you can share with our guests? When I was in Paris I had no itinerary... my mother and I simply walked the streets... oui oui oui... there were places that we visited that everyone knows about but basically we just threw ourselves into the streets to experience the City! Everywhere we roamed we found a treasure... a FAB cafe, a chapeau (hat) shop, art exhibits at tiny museums, chocolat... There is not ONE secret spot but a multitude! I don't believe I've actually ever read a book about "Paris" but I've read many books set in Paris both fiction and nonfiction. We've featured books and interviewed a few authors who have written novels based in Paris on Reading is Fashionable ... such as Kirsten Lobe, Corine Gantz and Paula McLain to name a few. I have also been inspired to paint bookmarks after reading Paris based books... Hard to pick just one that stands out they ALL make moi yearn to be in Paris. To see more of Fifi Flowers artwork visit her website . To purchase one of her paintings or prints, visit her shop . You can also follow her on Twitter @FifiFlowers .

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How do I get it as a note, not media? How do I get it as a note, not media? I have a funeral card that I would like just the text on the one page to go into Person notes. When I scan it, it comes up as a jpeg or pdf and I can't get it to copy and paste into the notes. I know jpegs have to go as media. But I just want the wording, without having to type it all in by hand....help please! Sandy

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Michael Horn: On digital learning, feds can support conditions for transformation With the rapid growth of online learning -- both in full-time virtual learning environments and even more often in blended learning in schools -- there is an opportunity to transform the nation's education system from its factory-model roots to a student-centric one that can customize affordably for different learning needs and thereby bolster every student's learning and America's competitiveness. One of the main reasons the country's education system fails so many students is because it was never built to help each child realize her fullest potential. Because students have different learning needs at different times -- students learn at different paces, have different aptitudes, and have different levels of knowledge when they enter a classroom -- harnessing the power of technology to do the positive things it has done in so many other sectors of society is vital. Although this is an important national opportunity, it does not mean the best way to drive this innovation is from the federal government. That is one reason Digital Learning Now! , an effort led by former Governors Jeb Bush and Bob Wise to seize this transformational opportunity, focuses on the things states should do to create a student-centric education system. That said, it is important that the federal government support the conditions for transformation -- and eliminate onerous requirements for educators on the ground. To further this end, there are several steps it can and should take. Implement backpack funding: Title I and Title II dollars should follow students down to the educational, not just school, experience of their choice. With the growth in online learning courses, it is important to allow students to access great teachers and the right learning experience for their needs regardless of their zip code. Promote individual student growth as the measure of performance: Move away from No Child Left Behind's AYP school site accountability model. Create transparency by having states focus on the growth in learning for each individual student. Given that a student-centric system will recognize that each student has different learning needs at different times, it only makes sense to move to a system that leverages technology and captures how each child is doing in near real time, not just on an annual basis, and can give credit to educators that help a student make meaningful progress regardless of where she started. To the end of creating transparency in the education system around student learning, as well as creating a bigger market to spur private investment in digital learning, supporting the Common Core state standards is also an appropriate role for the federal government -- whereas acting as the nation's education venture capitalist is not. Support competency-based learning: Today's education system holds time as a constant with the result that each student's learning is highly variable. A competency-based learning system reverses the equation and holds learning constant -- students only move on once they have mastered a concept or skill -- so that time becomes the variable. In a system powered by digital learning to customize for each student's needs, operating in a competency-based system is critical. The federal government should support -- and even incentivize -- states moving toward competency-based learning systems, and it should eliminate all policies that anchor the current system in time, such as the AYP accountability measure that focuses on students clearing a minimal bar on an annual test on an arbitrary day. Focus on student outcomes, not regulating inputs: Today's system is regulated with an obsessive focus on inputs -- things like teacher certification laws that dictate the population from which schools can hire teachers, to categorical funding that locks in place the things on which schools can and cannot spend. The challenge with managing through inputs is that it blocks innovation. The federal government contributes to this with often well-meaning rules and regulations that have sown the seeds of a compliance mentality in school districts, as opposed to one that focuses on how best to serve students. Although it isn't glamorous, eliminating things like the "supplement not supplant" rule in Title I and other such requirements is necessary to unleash the power of digital learning. Help modernize the schooling infrastructure: Internet access is paltry in many schools today and won't support a move to a student-centric education system powered by digital learning. The federal government's eRate policy should be revisited to support modernizing schools' and low-income students' access to the Internet. Finally, one of the most important things the federal government can do is use its bully pulpit to celebrate and encourage innovation in the country's education system -- and to reward success for bolstering student-learning outcomes, almost regardless of how those gain

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Contents Alex Kovac, playing poker in New York City, drops $10,000 to gamblers Joey and Harry that he can't pay back. Alex persuades pal Jerry Feldman to hop on a plane to Las Vegas with him and try to win 10 grand to pay off the debt. Finding out that a similarly named Jerry Feldman is a regular there, Jerry is comped $10,000 by the casino, no questions asked. A room and other perks go along with the comp. A waiter named Smitty, an old acquaintance of Alex's, is an expert card-counter, so he is staked to a high-limit blackjack game by the guys. Patti Warner, a former girlfriend of Alex's, is now the mistress of the casino's boss. Their mutual attraction returns, but trouble follows after a $500,000 victory at the tables, not only from the casino but from Joey and Harry, who have come to Vegas looking to get their money or get even. Director Ashby had notorious bouts with the studio and recut the film for himself before it was taken from his hands and recut by the studio. Years later, while speaking at the University of Southern California, Jon Voight discovered the version of the film that had been shown to the students wasn't the theatrical version but instead Ashby's original cut (which was considered lost). This was brought to the attention of Warner Home Video who released the Ashby Director Cut on DVD on June 30, 2009.

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How To Find Your Type and Book Work One of the biggest mistakes actors make is not knowing their type, or as often referred to as a brand. Most believe that they are actors and can play many roles. In a majority of theater, this is true because of the distance between the actor and audience. But on-camera, which is more intimate, who you really are and what your look represents is obvious, and character make-up and wardrobe can rarely shield that. Type can be vital to your success, for booking commercials as well as theatrical work, especially when first starting a career. However, most actors don't give determining their type the time needed to figure it out. When you know your type/brand, you can shoot headshots that market you better, intelligently describe yourself to your representation, and submit yourself for roles that you have a better chance of booking. But how do you determine what it is? It is not easy for most. You may need help from others because it is difficult to be objective about yourself. Most actors tend to label themselves as more or less than how they choose to see themselves. That is why it is important to investigate. I suggest you wait to start defining or labeling yourself until you have completed at least six months of professional, not academic, acting training. Your initial training will help because: 1. Acting workshops expose you to a range of characters you might be right for. 2. Professional Commercial and Theatrical on-camera classes will give you a good opportunity to objectively see and study yourself. 3. Many scene-study and on-camera-technique teachers often cast you in roles that they believe are indicative of your look and personality. 4. Improvisation classes will teach you to trust your instincts and work through your blocks, which will help to free you up so an authentic you can be present During your investigation, you must honestly look at the following things. 1. Age. You don't have to necessarily look at your real age but instead at the age range you can authentically play. 2. Physical Appearance. Are you physically an ingnue? A young leading woman? A young leading man? A leading woman? A leading man? A character/comedienne? Then there is more specific typing, such as a young character, a character leading man or woman, upscale, country, hip/trendy, urban, etc. You might need assistance in labeling your type so I suggest you put together a concise questionnaire using those four factors. Then question teachers, friends, and some strangers that you meet at a party, waiting in line, on a plane, etc. Strangers can often be more objective. Be sure you let those you are asking know that you need honesty in order for them to be of help. And you must accept what they say (with no comments from you) so they have the freedom to be truthful. You may or may not like what you learn to be your perceived age, physical appearance, personality, and/or essence. It may not be who you really are (as you know yourself), but this is how agents, casting directors, and director probably could see you. Embrace the information. It will probably take more than what I prescribe here, but this is a good beginning. What you learn about yourself during this investigation into typing should be of great benefit to you personally and to your career. Have fun learning how others perceive you. Carolyne, a casting director, working actress, and director, is considered by agents, casting directors and students, the best Commercial Audition Acting Coach in Los Angeles. Since 1982, the Carolyne Barry Workshops have been one of the most successful, full training Acting Schools. Ms. Barry and her coaching staff have trained thousands of professional actors. The comprehensive acting, commercial, hosting, and musical theatre workshops and the teachers offered in her programs have often been voted the BEST by the Backstage readers. Follow Carolyne on Facebook and Twitter. www.carolynebarry.com www.mastertalentteachers.com

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Pages Sunday, 18 November 2012 FOTD - Hear Me Roar! I visited my sister today for dinner and to stay the night and she asked if I could attempt to recreate From Head To Toe's Lion on her. If you dont know who From Head To Toe is, she is a Beauty Guru on YouTube and she is pretty awesome too! Here is her tutorial: And here is how sarah looked at the end Unfortunately I forgot my camera so, we had to make do with the iPhone and that didnt work too well! Hopefully you can see what I did and at some point I will re do it using a decent camera! Products used: Yaby Daisy and Almond Butter Liquid Foundation Elf Cream Eyeliner in Black MUA Heaven and Eart Palette Top row number 1 and 5 MUA nude lipstick (shade name to be added) Rimmel Brown Eyebrow Pencil This is obviously not prefect as it was the first attempt but I am very pleased with how it turned out.

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Adapted by Alex Garland from John Wagner and Carlos Ezquerra 's legendary comic book and filmed in stunning 3-D, the hugely anticipated sci-fi thriller directed by Pete Travis comes home when Lionsgate releases Dredd on 3D Blu-ray, DVD, Digital Download, On Demand, and Pay-Per-View on January 8, 2013. It's no secret that the '80s are back in a big way in Hollywood, and for proof look no further than the success of " The Expendables 2 " and the countless remakes and reboots of Reagan-era franchises. That, however, doesn't make it any less strange that a sequel to the 1988 Arnold Schwarzenegger and Danny DeVito -starring comedy, " Twins ," is in the works with Eddie Murphy as a long-lost brother. The studio has already tapped a pair of writers to tackle the story of " Triplets ." "Book Of Mormon" star Josh Gad and Ryan Dixon (" Jackass: The Movie ") will team up for the treatment, but only Dixon will write an actual draft of the script, presumably because Gad will be busy with the upcoming NBC comedy "1600 Penn." Ivan Reitman won't be in the director's chair this time around, opting for producer instead. Despite living with the news of a sequel for eight months, Pier Paolo Pasolini 'S Trilogy Of Life (Criterion) Pier Paolo Pasolini was Italy's last Neo-Realist, a product of post-ww II Europe who was fervently Catholic, openly gay, defiantly Marxist, and one of the most original voices of the 20th century's second half. Before his brutal murder in 1975 (after the premiere of his still-controversial swan song, "Salo"), Pasolini directed a trilogy of films based on masterpieces of medieval literature: Boccaccio 's " The Decameron ," Chaucer's " The Canterbury Tales ," and "The Thousand and One Nights (also known as "The Arabian Nights "). The three films celebrate the uninhibited, earthy, raw carnal nature of the original texts, leaving little to the imagination, but also offering Pasolini's own very unique and pointed views on modern society, consumerism, religious and sexual mores (and hypocrisies), and an unexpurgated celebration of the human body, both male and female. Extraordinary production design by Dante Ferretti and another evocative, November is here! It's time for Thanksgiving, Black Friday preparations and new Movies On Demand titles to choose from! A lot of family-friendly films are coming this month, such as "Brave," and "ParaNorman," action films like " The Amazing Spider-Man ," " The Expendables 2 ? and drama like "Sparkle" and " Flying Lessons ." If you're an extreme sports fan, you'll love " Nitro Circus: The Movie (3D)" and horror fans might be interested in "The Apparition." Of course, with a new month of Movies On Demand titles also comes a new Movies On Demand giveaway! This month, one lucky winner will be able to win this prize pack, which includes: (1) $10 Cable Cash (1) [ Read More ] The post Check Out November And Holiday Titles On Movies On Demand (And Enter To Win ShockYa's Twitter Giveaway) appeared first on Shockya.com. After featuring in this year's action ensemble The Expendables 2 , Arnold Schwarzenegger 's cinematic comeback steps up a gear in January with the release of South Korean director Kim Jee-woon's (The Good, the Bad, the Weird, I Saw the Devil) English language debut The Last Stand , and Lionsgate has now released the 'final trailer' for the action comedy, which you can watch below. All we seem to have heard recently is actors and filmmakers expressing their desire to be involved with Disney's Star Wars: Episode VII and beyond. Well, Quentin Tarantino isn't one of them! At the Britannia Awards at the Beverly Hilton hotel on Wednesday, Entertainment Weekly caught up with the director of such films as Pulp Fiction , Inglorious Basterds and Reservoir Dogs and asked him for his thoughts on being part of the new trilogy. "I could so care less," he told the site. Not a fan of the idea then? "No, sorry. Especially if Disney's going to

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This is a discussion on couple problen need help within the General Maintenance, Troubleshooting & Accidents. forums, part of the Tech & Modifying & General Repairs category; hello i got a 04 impresa wrx with up pipe down pipe and reflash bough the car already modded i ... couple problen need help \*Registered users who are signed in do not see this ad. Please sign in or register for free! ello i got a 04 impresa wrx with up pipe down pipe and reflash bough the car already modded i get p0546 often and i know there some thread but im new to this and new to subaru i know not much bout all this and in 3rd gear high rpm i get p0244Turbocharger Wastegate Solenoid A Range/Performance so i dont really know what to do here and i live in a village so no good car shop haha to check it out any idea? Need to know which Engine Management. The car needs to be retuned. It is overboosting. PO546 is the EGT sensor. I am assuming who ever modded the car removed the EGT sensor. All of these are common problems. Google search the code number + Subaru to get more detailed info. ok i use cobb acess port and tuning is it gonna be expensive? i checked couple forum some says to use a 2.2 resistance between coupler but is it good that they remove egt sensor since it supose to be there to check for problems??7 ok i use cobb acess port and tuning is it gonna be expensive? i checked couple forum some says to use a 2.2 resistance between coupler but is it good that they remove egt sensor since it supose to be there to check for problems??7 Use the LWG map from Cobb to help with the overboost problem. The EGT sensor is only there to make sure the uppipe cat is alright; since it's removed (most likely), it isn't needed, so just do the resistor fix. You'll probably have to obtain it from the Cobb site. Unless the car has been custom tuned, that'd be my recommendation. If it has been custom tuned, you'll need to go to a shop and get the boost tables adjusted.

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The opportunity to budget monthly for your pet's health Our aim is to provide the best possible health care for your pets in a pleasant, friendly environment. Our practice is offering a new loyalty scheme which enables pet owners to spread the cost of routine treatment. Membership of the scheme is open to all clients who have been with the practice for more than 6 months. Our Premier Plan offers: Regular checks and maintenance of general health for your pet Convenient monthly payments for routine services Discounts on additional services Regular visits mean that we have the opportunity to administer necessary vaccinations and dispense accurate and up to date worming and flea treatments. In addition, an overall clinical examination gives us the opportunity to carefully monitor the general health of your pet, which in many cases may prevent problems arising in the future. What's included in the plan: Full clinical examinations, twice (once at the time of vaccination) per year Annual vaccinations Worming treatment Flea treatments Dietary Advice 10% discount on the normal fees for neutering 10% discount on the normal fees for dentals 10% discount on the normal fees for additional flea and worm products 10% discount on the normal fees for diets and sundries 15% discount on additional vaccinations 'Senior' plan includes annual blood test How do I register? Please call in at the practice to complete a simple registration form, which will require your bank account details. Should you have any queries our staff will be happy to answer any questions.

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Bertelsmann and Pearson to Combine Book Businesses The international media groups Bertelsmann and Pearson announced today that they will combine the activities of their respective trade-book publishing companies, Random House and Penguin Group. Bertelsmann will own 53 percent, Pearson 47 percent. The closing of the transaction is scheduled to take place in the second half of 2013, following regulatory approval. The announcement of the combination was made today in Gtersloh, Germany by Thomas Rabe, Chairman and CEO of Bertelsmann, and in London by Marjorie Scardino, Chief Executive of Pearson. Staffing and board memberships Upon closing, Markus Dohle, Chairman and Chief Executive Officer of Random House worldwide, will be CEO of the new group. John Makinson, Chairman and CEO of Penguin, will become Chairman of the Board of Directors. Additional senior executive appointments will be announced in due course. Bertelsmann will appoint five representatives to the group's Board of Directors, Pearson four. The new name will be Penguin Random House. Until the closing, the companies will maintain their current separate operations and continue conducting business independently. New publishing group coverage The new publishing group will include all the publishing divisions and imprints of Random House and Penguin in the United States, Canada, the United Kingdom, Australia, New Zealand, India, South Africa, as well as Penguin's publishing company in China, and Random House's Spanish-language publishing operations in Spain and Latin America. Random House's Munich-based German-language publishing company, Verlagsgruppe Random House, will not be part of the Group and will remain at Bertelsmann. In the new company, the publishing imprints of Random House and Penguin will continue to publish their books with the autonomy they presently enjoy, and retain their distinct editorial identities. Bertelsmann Chairman & CEO Thomas Rabe says: "With this planned combination, Bertelsmann and Pearson create the best course for the future of our world-renowned trade-book publishers, Random House and Penguin, by enabling them to publish even more effectively across traditional and emerging formats and distribution channels. It will build on our publishing tradition, offering an extraordinary diversity of publishing opportunities for authors, agents, booksellers, and readers, together with unequalled support and resources." A milestone for the Bertelsmann group Mr. Rabe also observed, "Today's announcement is a milestone not only for Random House, but also for the entire Bertelsmann group, with its 177-year publishing history. Its significance for our business and for the cultural resonance of our book publishing operations worldwide is on a par with such momentous agreements as the takeover of Goldmann Verlag in 1977; the acquisition of a stake in Bantam Books, our first-ever U.S. investment, that same year; the purchase of Doubleday in 1986; and especially that of Random House in 1998. Each of these steps was aimed at increasing the breadth and quality of Bertelsmann's publishing operations, as our new company will." For Bertelsmann, the planned combination also marks a significant step in the implementation of its four new strategic priorities under Thomas Rabe, which it recently adopted and announced: strengthening the core, digital transformation, the establishment of growth platforms, and the development of growth regions. The Chairman & CEO comments: "The combination of Random House and Penguin, first of all, significantly strengthens book publishing, one of our core businesses. Second, it advances the digital transformation on an even greater scale, and third, it increases our presence in the target growth markets Brazil, India and China." An almost perfect match Marjorie Scardino, chief executive of Pearson, said: "Penguin is a successful, highly-respected and much-loved part of Pearson. This combination with Random House - a company with an almost perfect match of Penguin's culture, standards and commitment to publishing excellence - will greatly enhance its fortunes and its opportunities. Together, the two publishers will be able to share a large part of their costs, to invest more for their author and reader constituencies and to be more adventurous in trying new models in this exciting, fast-moving world of digital books and digital readers." Markus Dohle, Chairman & CEO of Random House, adds: "Our new company will bring together the publishing expertise,

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Sites I write for I've had a bad cold the last few days so no major update just yet. Hopefully tomorrow. However for now, I'll point you at a couple of interesting links instead. First up is a group of people from a forum I frequent. They're raising money for the children's charity Whizz Kidz . They're doing it by playing a 48hr Tomb Raider marathon, attempting to complete every Tomb Raider game in 48hrs straight. Good luck to them is all I can say! If you want to track their progress or contribute a donation, go to their site http://tombraider.jimmed.net/ . The 48hr marathon kicks off next weekend, 23rd August. Second up is a collection of articles on family gaming at wired.com. These articles by Paul Govan look pretty promising and I've liked his past writing thanks to discovering him via play.tm. Makes a change from briefer writing on other sites that doesn't seem as journalistic in nature as these. So hop over to it at http://blog.wired.com/geekdad/2008/08/th\\...

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The reality can be less glamorous as many Doctoral students (at least from the Social Sciences) will be able to tell you and which are voiced in the article. The top three problems of working from home: it can get pretty lonely you are always at work... (so you start dreaming about 9-5 jobs) it needs a lot of discipline not to succumb to the urge to do (suddenly desirable) housework, sleeping, watching TV... [UPDATE: As was correctly pointed out: most of these problems apply to anyone who is self-employed as well though they might have an office]In an interesting turn these drawbacks of the home office lead some of the modern day super-flexible workers to actually spend money on renting shared office space... Leave a Reply There was an error with your comment, please try again. Name (required) Mail (will not be published) (required) Website Search About Since October 2006 I am both a DPhil student as well as a research assistant at the Oxford Internet Institute and here I share with the accidental reader my musings on different aspects of the Internet and society. Feel free to comment or simply ignore :-)

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Looking for a place to pass Christmas and new year in south east asia We are two girls planing a 10 days trip that includes christmas and new year. If someone have experiences or knows about a nice place to pass christmas, please tell and share it with us!! We though about Indonesia or thailand but we are not sure. Also in case you have been to these countries and know which islands and places are the best can you tell us about it? We wanted to have a mix of fun, instructive and relaxing times during the trip! Also for the Christmas we would like to be in a catholic place! I'm going to thailand for xmas and new year. I will be going to Koh phi phi just before xmas, koh tao for mas and koh paghnan for new year. these are very common backpacker places in thailand but all of them are known for partying and drinking so not sure if this will before you. maybe try Chang mai or pai. not sure about catholic places

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How to Make the Transition to Toronto Condos a Smoother One October 30, 2012 - Updated: October 30, 2012 As more and more of the baby boomers head towards retirement age they are having to face the question as to whether they should be downsizing to Toronto condos or not. Let's face it - managing a large home can be both financially and physically draining for an individual or couple that is heading into their golden years. It is at this time when downsizing needs to be taken into consideration. It can be quite a difficult transition to move out of a family-based home that you've been living in for many years. It's usually never an easy move but most seniors that have downsized into Toronto condos don't regret the decision later. It makes sense logically -- it's just emotionally that most people have a problem making a final decision to move. Your memories are still there One thing that you need to keep in mind is that your memories are there in your mind and not in your home. Holding onto a house because of the memories it has is not always the best decision to make. You will still carry the memories of the home onto your next residence and will be able to make the new home your own and establish new memories in it. While it may be a loss at the beginning, physically and financially it's the right thing to do and you can work through it and get to the other side. Call in the troops Ask your family for help - not just with the move but with the emotional strain that it will have on you as well. Let them know how hard it's going to be and that you would appreciate some assistance with the emotional impact it's going to have on you. Most family members will be more than understanding and give you some extra time during this difficult transition. You may even find yourself getting invited out for extra lunches and dinners that you can enjoy with your family. It's not always a downgrade Even though you may be downsizing on space you still may be upgrading on features. Many condos nowadays have luxurious benefits to them that you didn't have access to in your own home. The amenities available can be quite attractive in many Toronto condos! If you haven't started looking at Toronto condos yet it's a good time to start. You'll find a wide variety across the city of Toronto and working with a real estate agent will give you the chance to find out what's available so that you can make an informed decision about heading forward into a new residence.

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Having been researching things for some time I have come to the conclusion that the only resolve is the be "Plugged back into the matrix". I have come to the conclusion that people really are too ignorant. And even though my statement in the title is an ignorant view ignorance is bliss. It breaks my heart with all the heartache in the world. From wars to famine. Down to the average family just scraping by for a living. It also breaks my heart to read daily the bullshit that is put out as relevant news, while the inhumane facts are supressed. Many people on this site, and many others, are here purely to ridicule anything and everything. They cant see basic facts, which indicates that they are on a payroll. As many people have said, a single person cannot change the world. But collectively, we can create a better world. But, while there are so many dis-info people about and ridicule artists about. We will never move forward. I have a family that I love with all my heart. And while I have been researching, for the so called better future for my family, days, weeks and years slip by. And through all this time the police state world getting tighter and tighter. You will never beat the system, its been in place too long now. The only option currently is to play the system within the system. The fact still remains what I have in my head. The facts of the true goings on in the world. This will never change. I suffer from human morality. You dont need to be a conspiracy theorist to have the common sense to know what you are eating, or what medication is for what and the side affects. You merely adjust your eating habits to a healthier living standard. If you have a headache, suck it up. Dont bung pill after pill down your throat. Life really is too short. Enjoy everyone around your for every minute of every day of every year. Because, before you know it, time has past and they might be gone. Having been researching things for some time I have come to the conclusion that the only resolve is the be "Plugged back into the matrix". I have come to the conclusion that people really are too ignorant. And even though my statement in the title is an ignorant view ignorance is bliss. It breaks my heart with all the heartache in the world. From wars to famine. Down to the average family just scraping by for a living. It also breaks my heart to read daily the bullshit that is put out as relevant news, while the inhumane facts are supressed. Many people on this site, and many others, are here purely to ridicule anything and everything. They cant see basic facts, which indicates that they are on a payroll. As many people have said, a single person cannot change the world. But collectively, we can create a better world. But, while there are so many dis-info people about and ridicule artists about. We will never move forward. I have a family that I love with all my heart. And while I have been researching, for the so called better future for my family, days, weeks and years slip by. And through all this time the police state world getting tighter and tighter. You will never beat the system, its been in place too long now. The only option currently is to play the system within the system. The fact still remains what I have in my head. The facts of the true goings on in the world. This will never change. I suffer from human morality. You dont need to be a conspiracy theorist to have the common sense to know what you are eating, or what medication is for what and the side affects. You merely adjust your eating habits to a healthier living standard. If you have a headache, suck it up. Dont bung pill after pill down your throat. Life really is too short. Enjoy everyone around your for every minute of every day of every year. Because, before you know it, time has past and they might be gone. good post mate! i'm currently plugged into the Matrix whilst dining on cheap Taco Bell and guzzling a Pepsi. This is not my normal diet, but, balance in all things. The biggest "illusion" IMO is that this "present darkness" is going to be met "head on" with "the awakened masses" and last man standing wins. Almost as nutty as Jesus descending down on his majick elevator to rescue certain individuals from "hell" during the Rapture. Truly I am so excited I totally want to be left behind

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The Changing Face of Web and Search Engine Marketing A few years ago, search engine placement was arranged by your average Web designer and/or Webmaster. The Webmaster would simply submit a site to search engines manually or use rudimentary software that was widely available. Keyword relevance was largely a matter of link popularity and the Webmaster assigning a simple keyword meta-tag to each page of your site. The system used to work reasonably well, or so it seemed. That is no longer the case. Today, submission to the major search engines like Google is largely irrelevant, although there is a complex mix of PFI (pay for inclusion) and PFP (pay for performance, sponsored links, PPC ads) that require complex submission of details. Today's Methodology In today's Internet economy, sophisticated and complex programs - called spiders - surf the Web looking at the source code of Web pages. They sort through the complex web of formatting tags, programming script, multi-media, page titles, and content that the user may or may not see, to ascertain how to rank each page of your site for each and every word and word combination that it finds. These spiders index the words of each page found and add it to the engine's database, making them available as keywords for search engine searchers. In this new environment, sophisticated software programs that analyze the various search engine algorithms and how they rank selected pages have moved to the forefront of search engine placement. This has spawned a large industry of SEO (search engine optimisation and marketing) experts and specialist SEM firms. What Does Keyword Based Marketing Offer? If implemented correctly, SEO can offer a higher return on investment than nearly any other marketing strategy (online or offline). Placing high in the search engine ranking positions (SERPs) is a great way to attract first time visitors. Placement in the search engines can largely determine the "reach" of your online marketing strategy. The stakes in this battle are being raised all the time as the number of users going online increases - which in the U.S. alone approaches 100 million - with over 60% of those users spending some 48 BILLION dollars per year for online shopping (Greenspan, 2002, cyberatlas.com). With broadband prices in Australia falling rapidly and the rate of Internet takeup extraordinarily high, the Australian consumer is showing similar enthusiasm for online sales. Unfortunately, many potential buyers - some say as many as 70% - give up because they cannot find the good sites to shop at, because they are poorly keyword indexed or the actual site has poor navigation and design. When any business is making plans to improve their Search Engine positions, they need to understand that optimisation of your site for the Search Engines is not a one-shot job. It requires ongoing monitoring and tweaking in order to keep ahead of both the competition AND the changes the Search Engines make to how they rank sites. Any comprehensive Web marketing plan should: (1) Promote your web site based on the (optimised) content of your site and knowledge of the relevant marketplace; (2) Utilise data of how the average search engine user actually looks for information on your site - including alternative terms, synonyms, common phrasing, etc; (3) Include internal and external link building with relevant sites and relevant keywords; (4) Regular reporting of search engine positioning, general Internet visibility and actual visitor statistics/analytics and recommendation for improvements. Every serious Web site owner should be on a Web marketing plan that is definitely more than just a submission or reporting service. Set a monthly budget and take action. We've seen many of our clients benefit from the ongoing relationship we have developed with them through our web marketing plans. Plenty of page 1 rankings on Google, Yahoo, MSN are not uncommon over time, as we monitor and tweak their sites for the Search Engines. However, in almost all cases, those clients would have never achieved and then maintained those high rankings if they had not had someone in the know keeping track of how their site is ranking, and making changes where ever needed. It's like advertising in the Yellow Pages really. If you don't pay to have your ad included, you don't get an entry in the book, and eventually the calls to your business start to drop off as people update to the newest edition. Search Engine Optimisation / Marketing is the same. The Internet is NOT static - it's always changing and evolving, and in order for your site to get and maintain good rankings around the keywords that are important to you, you have to keep someone on the

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One of my all-time favorite leaders is learning to sky dive. He's been diving in tandem with an experienced diver, but recently he began jumping alone. He spoke of the moment of fear when he was holding on before letting go of the plane and diving downward. "It's like a safety net, being able to hang -- on but when you let go you can simply enjoy the ride". Of course I had to ask if this experience mirrored his own leadership journey -- and it certainly did. There are moments of "hanging on" when fear can grip you. It is the moments of "letting go" that can be the most rewarding -- when it all falls into place, things generally go as they should and you can soar while enjoying the ride. We all hang onto things we should let go of because of fear. They keep us from being the full human being -- and leader -- we can be. Some of the most common qualms I coach leaders around don't immediately appear to be as fear-producing as jumping out of a plane. Yet, for many, they may be more difficult to let go of: Playing it safe: Staying in our comfort zone gives you a false sense of safety. Yet to get to the point of enjoying the leadership ride, you need to take some risks. Some seemingly simple things can feel risky to a leader: letting go of behaviors that no longer serve you yet are "safe" rarely get you to the place you need to be. Trying on new, more effective behaviors is risky and hard. But if you don't take risks, you won't fly. Where are you playing it safe? Holding back: You may be reluctant to take that step away from the safety of staying silent when you need to step out and respectfully speak your mind. As a leader, others are waiting to hear from you. Gain courage to stand up to injustice, ethics, morality, and poor treatment of employees. Say the things that everyone else is thinking. What truth have you been waiting to speak? Distrusting others: Even senior leaders are known to be unwilling to trust others to get the work done without interference. What's often behind distrust of others is the leader's own fear that things won't get done "right" (or within their definition of "right"). It takes a lot of nerve to let go and trust others, but when you do, you gain trust. What small first step can you take to begin to trust others? Distrusting themselves: With a promotion, new responsibilities, or even a failure comes a new opportunity to trust yourself all over again. Letting go of beliefs about what you can't do is essential in order for you to enjoy the ride. Momentary fear will be present, but if you work hard to believe in what you are capable of, you will soar! What would be possible if you embraced your potential? A former executive in a Fortune 100 company, I own and operate a leadership solutions firm called Aspire Collaborative Services. We partner with great leaders to help them become even greater at developing, improving, and sustaining relationships with the people who are essential to their success. This blog is for leaders and those who help them to be more intentional about relationships at work. I am married, have two daughters, and a dog named Edgar the Leadership Pug who exemplifies the importance of relationships to great leadership. View my complete profile

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One of the biggest problems prior to placing concrete is determining the correct amount of concrete for the job. To make this task a little easier we have created a useful Concrete Calculator. Simply plug in the correct length, width and depth of your project and click on the "Calculate Now!" button. We will provide you with an approximation of the total amount of concrete you will need for your project. You will also want to add 5% more concrete to your "Total Yardage Needed" in order to allow for spillage, waste, overexcavation, and other causes. We have taken this into account also in our Concrete Calculator, providing you with the "Total Concrete Yardage Plus 5% Extra". Simply provide your results to the concrete dispatcher and we can conveniently arrange to have the necessary concrete delivered to your location. Concrete Calculator Please Input Measurements Below Total Length (in feet): Total Width (in feet): Total Depth (in inches): Calculation Results Total Concrete Yardage Needed: Total Concrete Yardage Plus 5% Extra: You can also figure the amount of concrete you will need manually by using the following formula:

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Thursday, 25 October 2012 As we see so much occurring in the world and on the news, is it a possibility that we are in the time of the End? Some say yes and some do not. We who are Christians know that it is going to happen sometime, but some of us do not want to give up the ship, so to speak. We know that it is coming sooner or later, but many hope it will be later. Why is this? Is it because of fear -- the fear of not really knowing what this future we look for will bring? Yes, some have that thought because they do not know which category they may be in. Are they in good standing or are they right on the line and afraid they could go either way? It is possible that time may soon tell. What are your thoughts on this? Do you think the end is near? Why or why not? Where in scripture can we learn when the end will come? Related Posts Comments (9) People have been saying the end times are near because of certain "signs" for so long now (literally thousands of years) that the claim is almost impossible to take seriously. Until people start finding better reasons than every previous doomsday cult, I can't help but dismiss them completely. Hey...as I've said previously, yet to no avail within revelife, the book of Revelation is NOT a hard book to understand...it comes with its own divine outline. If I can do it, anybody can...takes devotional reading/studying for different lengths of time, per individual, but once your eyes have been opened, WOW...everything is shown to you in perfect detail/order ! Numerous scientific advances have been made that now make the predictions of Revelation actually possible to be fulfilled. Revelation 4-19 is about the events known as the Tribulation that occur after the Church has departed at a time, in all likelihood, that neither Islam nor the United States are in the forefront. There are abundant signs given to warn us of the approach of the Second Coming of Christ. There are no signs given to alert us as to the timing of the Rapture of the Church. That can happen at any time as soon as the number or persons composing the Bride of Christ has been completed. The purpose of the Rapture isn't to give us a way to escape the Tribulation; it's simply the end of the Church age. As to the timing of the rapture or when the Tribulation will begin, no one can really know, but if you subscribe to the year for a day theory and that the Day of the Lord is 1,000 years, then the "Day of Man" is 6,000 years... timing it from the creation of Adam. According to the Jewish Calendar, this is year 5773 A.M. so there are 220 years left before the Tribulation begins by that reckoning. I'm honestly not sure what year it was 2012 years ago. Did someone say, "Happy Zero Day ?" My point is, this planet has been going on for a long time. Unless we do something truly trippy and stupid and blow up the Earth and junk, mankind (and womankind) will be going on for a long long time, long after we discover the secrets of the universe, and just what it is that makes that Q-Tip feel so good when you roll it in your ear. ? ? @Captric@xanga - Ya know, that's a funny point you bring up. I had heard that Jesus is the King of the Jews and yet (to my understanding) the Jewish Religion doesn't believe in Jesus or celebrate Christmas and his Birthday and junk ? How does that work ? ? ? The Jewish calendar is out, you can work it out yourself if you read the bible. Here is a link to a good bible timeline graffic http://www.irreligion.org/wp-content/upl\\... It is not so hard the to see that we have gone through 6000 years. But also we should try and understand that mans live for own rule will be 6000 years from the first sin, when man became mortal and thus God said that mans live would be 120 x 50 (jubilee) years. Then after this there will be a thousand year rule by Jesus our Lord and Savior. Jesus made it very clear to say it would be like in the days of Noah. Most people did not believe him (Noah) and only him and his family were saved. Daniels timeline says very clearly that from the going forth of the commandment to restore Jerusalem there would be 70 years. From 1947-1948 plus seventy years = 2017-2018 and

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The problem is whenever I fill up the form and hit Save the form is not processed at all which clearly means my view upload\_file is not working at all. What might be the problem? The simple logic is: user fills up the form, click save and the data's are stored in python variable which later I plan to store in a database. You are missing a condition to check if the form is invalid. Put an else for the if form.is\_valid() check. -- Burhan Khalid Nov 6 at 10:08 1 @BurhanKhalid no, there's no need to do that. The code follows the correct pattern: if the form is invalid, it'll fall through to the last line and show the form with errors. -- Daniel Roseman Nov 6 at 10:17 What does 'form is not processed at all' mean? -- alexvassel Nov 6 at 10:20 @alexvassel: Yes I have created the model. I am not redirected to the thanks page. After hitting the button save all I get is empty form and URL changes to 127.0.0.1:8000/upload\_file . I'd to redirected to thanks page if it has worked, right? -- sachitad Nov 6 at 10:23 that's an example. In that case, I was just using it to represent the creation of a fictional model called "Object". The point is that after you grab all your cleaned variables from the form, you have to actually do something with them. You could create a model, or handle a file upload, or whatever you need to do. -- Axel Magnuson Nov 6 at 10:16 Let's say if the form processed is successful, the data are stored in sessiong, sourceg, destinationg respectively. How do I know if the form processing is successful or not? I am not redirected to thanks page. -- sachitad Nov 6 at 10:18 when you say it's not processed, is it returning the same form with the data filled in? Because that would mean that you are re-rendering the same form. Most likely form.is\_valid() is returning false. -- Axel Magnuson Nov 6 at 10:23 No, fresh form is returned with URL changed to 127.0.0.1:8000/upload\_file as I have mentioned that in form action. Also, I tried changing the else statement. No luck. The form didn't reach to the upload\_file view. -- sachitad Nov 6 at 10:24

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Review: 'Housos vs Authority' (MA) \*\*\* and a half TO date, my life has been sheltered from writer/director/producer/lead actor Paul Fenech's "Housos", now on the big screen after airing on SBS. Approaching the film with a mind unsullied by expectation blew away my innocence. The film is full-on, no-holds-barred, no-opportunity-foregone, no-institution-held-sacred satirisation of the detritus of Australian society. Fenech films the days in the lives of folk living in Sunnyvale in Sydney's west, bottom-feeders in the ooze beneath the Oz pond. For us cinema-goers, the experience ranges from hilarious to mildly thought-provoking. SBS has announced that it will give the series another season. It's unlikely to have the full complement of the movie's grunge factors that compel us to put aside priggish restraints and laugh at its visual and verbal wit and its blissful embrace of elements that would infuriate the sanctimonious. Such plot the film has involves Shazza (Elle Dawe), her de facto Dazza (Jason Davis) together with Maori father of the year Kev (Kev Taumata), his wife Vanessa (Vanessa Davis) and thong-throwing wide boy Franky (Fenech) who do a deal with the Sunnyvale bikie chapter to drive in a borrowed van to Uluru so Shazza can sprinkle her mother's ashes. Slimness of plot leaves space for the film to take the mickey out of Kiwis, Lebs, Abos, Parliament, Julia Gillard, the cops, the welfare system, midgets, community clubs, strippers, national heritage sites, citizens' rights and the judicial system. The film's dedicated to the late Ian Turpie. Make of that what you will as you laugh, despite your better judgement.

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A little friction can be a good thing I was a minor player in an episode that is known, in my mind at least, as The Great Attribution Hubbub . Short version: via trackbacks and alerts from friends, some bloggers who tilt to the open side of the spectrum found that their posts had been aggregated with inadequate, unclear or non-existent attribution by an educational consultant. Said consultant's bio trumpeted that he was a big corporate player, and a founder of Blackboard. A few of the people who had their work aggregated responded with shock and vitriol, among them Alan Levine and Clark Quinn . Personally, I was nowhere near as upset. Though I don't want to diminish how others felt... and the comments to both Alan's post and Clark's post unearth some other details and allegations that to me are more troubling. I wasn't upset because when I decided to apply the CC-BY license to this blog, I did so mindful that my work could be appropriated for commercial uses I might not be comfortable with... I figured if something I posted here could be used in those ways, then I was obviously doing something wrong. So I got a wake-up call . If I want to maintain this space as a cozy lovenest of ed tech subversion, I need to do better. But the episode does reflect a few more significant lessons. One, that the CC-BY license, especially as practiced by most casual users (who rarely define how they wish to be attributed, etc...) does not protect against some uses that can feel like abuses. As I pointed out to Alan , since he embedded his attribution into his own RSS feed, legally speaking Gilfus did not violate the terms of his CC-BY license. Alan subsequently added SA (and some other choice words) to his license, and for similar reasons Clark uses SA and NC in his own terms. The ideological purity arguments aside, there are legitimate reasons that people might want to share, yet feel uncomfortable with what may come of it. That's why the SA and NC clauses exist, however ill-defined they may be. Which brings me to a comment on Alan's blog left by Martha Rans of Artists Legal Outreach . Martha argues that for artists a real attribution process involves some communication, and as a result "artists are sceptical of adopting Creative Commons licenses because they do not actually want it to be easy for you to avoid the direct contact with them they want." Which reminds me why I often send an email to people whose work I am reusing under CC, even though legally I may not be required to do so. It lessens the likelihood of ill will being generated, and a good relationship is usually worth more to me than a media asset. Frequently, the act of communicating opens up new possibilities, access to other resources, and useful dialogue. Which sends me back to a talk that David Wiley gave at UBC back in 2007 (I see I need to update those dead audio links). This talk has been immensely influential on my thinking. One of the key concepts David articulated was the need for "frictionless adaptability" around IP. Here's that segment, lovingly laid over a loop sampled from what may be the greatest single of the 1970?s, "Brandy" by Looking Glass : WileyBrandyOpenness.mp3 I'm starting to rethink friction when it comes to sharing. Certainly, most examples of frictionless sharing that I see on the web just add to online noise: autotweets, zombie curation (such as the "news feed" that prompted The Great Attribution Hubbub, at one point reproducing a post complaining about the misuse ), pointless notifications, redundancy. Do I need to know via Twitter that you favorited a video on YouTube? A Facebook notification that you are listening to music on Spotify? If that piece of media you just liked is worth sharing with hundreds or thousands of people in your networks, shouldn't it be worth typing 140 characters or less to tell us why? So many chunks of the Vapid Web that is choking the life out of my browser are fed by the frictionless web, or services that make it easy to spew an instant opinion or rating with no contextual grounding whatsoever. Restaurant and hotel ratings online are rarely useful, the "help" you will find on random ad-supported unmoderated discussion boards

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Site menu: David's post from a couple of days ago got me back into that "think of what this could look like" mode and started me speculating just what it was going to take to make it happen. There are days when I get into the flow of these technologies and think the sheer amazingness of what they can do should be enough to at least make educators want to sip the Kool-Aid. And when David laid out the ways that he could see teachers changing their routines with RSS and blogs and the like, I was mostly nodding my head in agreement. Mostly. What gave me pause was the phrasing more than the ideas. The key word for me at least in his plan was "require," that every teacher would be trained and expected to dive in and rid themselves of paper and begin working and teaching transparently for students and administrators and parents and community members to see. That administrators would begin to use aggregation as a way to keep track of what's going on, and that sharing of plans and ideas would become standard practice. Again, all great ideas, don't get me wrong. But as Stephen Downes noted, very little in schools is of magic wand creation. At my school, we've implemented some huge, mandatory changes over the last few years. A new student information system. A new operating system. Perhaps now, a new classroom model. We've planned and met and discussed and tried very hard to build consensus and "buy in" around the ideas, and we've met with our share of resistance along the way. In each case, the need for the change was fairly easily communicated. We had 30 some odd different systems that didn't talk to each other as our SIS. We couldn't run certain programs any longer on Windows 95/98. The benefits were tangible. As are the benefits of using RSS and blogs and wikis, I think. Tangible, to me, and perhaps you, but not so much to the vast majority of teachers who have literally no context or day to day experience with the technologies we're talking about. I've shown over 50 teachers at my school the wonders of aggregation. They've started Bloglines accounts, created search feeds, etc. I'm guessing only a handful still check their accounts. The blog experience is a bit better, but not stellar by any means. Now why is that? It's obviously not an easy answer, and there are many pieces in play, I think. First, the fact that over 50% of high school teachers are planning to retire in the next five years is a big, big issue. 42% of all teachers are over 50, and it's been my experience, stereotypical as it might be, that by and large, technology is not something older teachers come easily to. In fact, I did a training this morning where the frustration level among the older teachers was palpable, while the younger teachers were much more at ease. Second, very few upper level administrators have the technology experience necessary to see the potential nor the vision necessary to see how it all works together. And the transparency of the tools scares them, frankly. Much of this relates to issue #1: I'm sure the expected retirements among administrators is even higher. If the paltry number of principals and superintendents who are communicating with these new technologies is any indication, there's neither much understanding nor support for bringing these technologies mainstream. Third, while Alan (and I, to a certain extent) loves the flexibility of small pieces loosely joined, I don't think most classroom teachers find the mix-em-up approach as attractive. Time, habit, comfort level there are lots of reasons, obviously, but the bottom line is that cobbling together all of these tools might be a creative exercise for us and a daunting proposition for most. (I've started offering training one tool at a time for precisely this reason.) (And another thing, even my own limitations with writing scripts and code leave me pretty frustrated at times. I would love to have the time to learn how to use the Google Maps API or create sites with PHP but I just don't.) I'm lucky enough to get e-mails from lots of educators, a large percentage of whom want to talk about how to deal with the nudity on Flickr or the monitoring of student blogs or the ways we keep kids safe. Even I will admit to a yearning for Moddle to add modules for blogs and pictures and bookmarks so that we can have it all in one, easily made safe space. But I know that in some ways undermines the power of the Read/Write

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All of the studies show that if you can keep your pressures within 3% of the set pressure you will have improved safety, mileage, and tire wear. Our tire pressure monitoring system constantly gives you accurate readings of the pressure in each tire. Most of the air gauge used to check tire pressure is out by more than 5%. Our system will also warn you of a slow leak or high wheel temperature when you are driving. Because the sensor is inside the wheel it will always give an accurate temperature and will not be affected by snow or ice. The sensor will work down to -40 Celsius. If it gets colder than that the sensor will not read but will start transmitting again when you are moving because the wheel will warm up. Some liquid will not affect the sensor but some will. Please check with us for the list of liquids that work with tire pressure monitor sensors. Bead type balancing system usually does not affect sensor. The sensor will start to transmit the tire data under below conditions: Every 30 seconds under normal working conditions Immediately at a 20% low from baseline pressure Immediately at a 30% high from baseline pressure Immediately at a fast leakage of losing 4.8PSI in 16 seconds about 5PSI in 15 seconds Immediately at a high temperature exceeding 80?

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I'm writing to report a mistake that resulted in missing the flight named "xyz" on 10th September, 2012. Please allow me to elaborate the problem and consequences of it. I was all set to go to New York on the flight "xyz". Nonetheless, I had missed my flight because of human error made by one of your staff members. Actually I was given a wrong boarding pass and apparently I ended up waiting in the wrong terminal to board. As a result of this, I missed my flight. It was a trip planned long ago to attend my friends Birthday Party. Because of this human error, all of my hotel bookings in New York were gone useless. My intention in writing this letter is to seek a compensation to embrace my flight ticket fare and other booking expenses as well that incurred. I trust this will be possible as the mistake was purely by your team member. writing is a continuous process. i think the standard we put in our writing is not the real attitude of native user. to read more the writing from western culture may improve our english. my another piece of advice is to write more in facebook. you can prior inform your friend that you both or all write on different issues thats why you can improve and practice your language skill. This is the question I got on 1st September in Sydney. I have 2 questions: 1. Does "general test" marking criteria same to "academic test", or it is stricter than academic, same to that of "reading"? 2. For the question you provided above, I am writing things like an old lady was sick and I had to make an emergency call to the hospital and took her to the hospital, thereby missing the flight. Do you think this is what the examiner wants or not? Will I lose marks for this? I am Emily one of your customer in your airline.I would like to complain in your service that you have been given to me.I have my scheduled flight last week but unfortunately I missed the flight that was because of the wrong boarding pass that was given to my by one of your airline attendant.You know what I missed my two day holidays because of the negligence and incompetency of your attendant.My flight on that day was very important to me because I have an important business seminar for my company for two days yet I was not able to do that and it really affects to my carrier because my company needs my presence on that time.I would like to request from your good office to please make some improvements in your airline company make everything comfortable to your customer specially in dealing with your daily flights and most of all kindly give updated seminars on chancing the quality of job rendered by your attendants and other airline workers.And also with regards to my flight.I would like to have my compensation of my tickets and my expenses of transportation going there in the airport.I would like to have this compensation before the end of this month. You did some mistakes. I couldn't post them here because need a word processor like Microsoft office. If you like send me a message to my email ( essay.corrector@hotmail.com) Here is a letter based on your thought Dear Sir, I am Emily Richardson one of passengers who takes flight regularly with your airline. I am writing regarding the flight on 13 June, No. 713, which supposed to take me from Heathrow to Glasgow. But unfortunately because of the negligence and incompetency of your member of staff, Mr. Charlie Parker, who gave me a wrong boarding card, couldn't manage to go on holiday. I did inform someone who in charge asking him to help me in this case. But he did not follow up the case, left me on the flight hall. You can imagine how this problem ruined my two days holiday. This was the occasion that I supposed to be beside my family to run a party for my nephew. A family gathers that could be nicer if I were there. Now I am asking to refund my tickets' price, hoping that I can take another flight to see my family as soon as possible. I'd enclosed tickets to this letter. And my telephone number and account number are listed below either. I am awaiting your prompt reply. You did some mistakes. I couldn't post them here because need a word processor like Microsoft office. If you like send me a message to my email ( essay.corrector@hotmail.com) Here is a letter based on your thought I am Emily Richardson one of the passengers who takes flight regularly with your airline. I am writing regarding the flight on 13 June, No. 713, which supposed to take me from Heathrow to Glasgow. But un

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This text is based on various funerals I have done, and is meant to be ADAPTED to the particular circumstances of the person who has died and those they have left behind. As you know Jane Cook died [day, time, place, and usually brief description of the circumstances]. Jane was important to each of you in different and very special ways as a wife as a mother and grandmother as a sister as some other family connection or as a friend And today you have come here with your love and your care and your respect We will say a kind of goodbye, today But there is a sense also in which we say hello Because while we say goodbye to the kind of connection we have had with Jane , we will also try to strengthen our memories today And say hello again to the Jane who lives on within us in our hearts and minds This is a time for expressing our sorrow at her death and for trying to comfort those who were closest to her But mostly this is a time for celebrating her life There will be an opportunity later in the service for anyone who wishes to come forward to say a few words, perhaps to share a memory or a sense of what Jane meant to you we will talk of her life and then we will commit her body to be cremated and end the service by taking the casket out to the hearse [or whatever is the intention] [At this point we might talk about any box for donations in the foyer and any memorial book that is to be signed, and issue an invitation to the social gathering to be held after the funeral.] Jane's spirit and her life were a part of the spirit and the life of the people who were close to her and with her death I guess there is a part of us too, that dies We mourn for her but we mourn also for that part of ourselves which, with Jane's death, is now behind us But there is something also that remains Because Jane's influence has not ended with her physical death Her warmth and her love and her values were given out and shared around and they have become a living part of the people who were close to her So Jane is not just part of the past each of you carries something important of her with you into the future We think, today, of those who were closest to Jane. Lives which have been closely tied together cannot be separated without pain So our thoughts today are particularly with Bruce Jane's husband And we think of the children [names ] And the grandchildren [names] [It is useful in fact to name all the closest people, whether related or not.] We think of those who were closest to Jane We think also of all the other people who have over the years been important in Jane's life or for whom Jane has been important The people she grew up with the people she worked with the people whose company she enjoyed One thing we can be certain of today is that Jane would not want you to remember her in sadness but rather in love perhaps with a smile and with a thought to all the good and happy moments of her life But although we know Jane would not want you to remember her in sadness you who knew her are inevitably sad right now This sadness is a hurt But it is a hurt which could only have been avoided if Jane had never been a part of your life It is worth remembering that sadness comes out of caring?out of love And that all human love ends in sadness Sadness then is a measure of love and therefore in its way a kind of privilege It also marks a new stage Jane will not be here in the same way for her family and friends any more and her love is changed But her love lives on in the things she has given in her life and which remain in the hearts and memories of those who knew her through her life. Along with our sadness at Jane's death we also find something to be glad about at this time We are glad she is not suffering and that she is at peace We are glad for the joys that Jane had and for the fullness of her life We are glad for having known her and for the things she gave and the things she taught us [An appropriate Funeral reading or piece of music might fit here, or a hymn.] So. Now is the time in the service for you to come up here to make your contribution, to share a thought, perhaps, or a sense of what Jane meant to you. I'm going to sit down for a while, and you should just come up here to the lectern in your own time and say what it seems right to say. And if there's some silence, too, well that's OK. [Sometimes the family prefer that selected people are invited by name. [After everyone else

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How To Make The Best Of An Apartment With Little Storage Space I just moved into a new place, and it's great, but it also doesn't have very much space to store my stuff. Yayboo! So I've been digging through the Lifehacker archives to figure out how I can fit everything in an apartment with just a few cupboards and closets. Here's what I came up with. We're going to take this room by room, but it's worth noting that you can store pretty much anything anywhere. Don't have any room in your kitchen? Store some of your kitchen's cleaning supplies in your bathroom. Store office supplies in your bedroom, or on that unused end table shelf in your living room. Anything goes when you're starved for space, so don't be afraid to improvise. Free Up Cupboard Space in the Kitchen The kitchen is where you're going to want everything as close and on-hand as possible, so we'll start there. If you're short on cupboards, see what you can store outside of the cupboards first. Lots of people store pots and pans on a rack, for example, which you can buy or even put together out of an old ladder . However, if you don't want to go putting holes in your apartment walls, you can build a nice vertical one out of spare IKEA parts too. When it comes to your drawers, you can easily free one up by storing your kitchen tools on your counter, using a container like this . I've been doing this for years, and not only does it free up some storage space, it makes everything a little easier to access too. If you're short on counter space, I've also had great luck in the past using a kitchen cart to "extend" my counter space. You can put something like a microwave or toaster on the top, and store a lot of pantry items on the shelves. Make Use of Every Nook and Cranny in the Bedroom What's great about the bedroom is that you probably have a lot of storage space already -- it just isn't being used effectively. Your closets are a great place to start: if you haven't filled them up with clothes, then you can fill them up with all sorts of other stuff. I originally put laundry and other linens in the closet and ran out of floor and shelf space quickly, so instead of doing that, put some shelves in your closet and make better use of your vertical space. Alternatively, you could get some easily stackable bins that fit in your closet and store stuff that way, too. Your laundry can go elsewhere. Then, make use of all the other space in your bedroom you don't necessarily see. I'm talking about behind doors, under your hanging clothes in the closet and under your bed. Get some bed risers for your bed. They'll lift it up several inches, giving you more storage space underneath. Plus they make you feel like a king in a giant bed. Of course, you could always go the slightly more elegant but more involved DIY route for under-bed storage, too. You should also grab one of the aforementioned behind-the-door shoe racks for your bedroom door, too. Again, it doesn't need to store shoes -- you can put anything in there that doesn't have a place. Reorganise Other Rooms in the House Your other rooms might not have as much storage, but there are still a few things you can do -- though they usually involve buying different furniture, since they're such open spaces. For example, I currently have my computer tower sitting on an IKEA table leg with storage built-in, perfect for storing my CD case, external drives, printer paper and more. You can also buy living room furniture with storage built-in , though don't forget to make use of the furniture you already have -- like coffee and end tables with built-in shelves on the bottom that no one ever uses. And, of course, you can always use those shoe organisers in the bathroom to hold personal care products and other miscellaneous items. This list is far from exhaustive, but it's been enough to get me from space-hungry to space-efficient. What about you guys? Do you have any good tips or products for making the most of a small living space? Share them with us in the comments.

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Pages October 22, 2012 Hey Ann, Is That The Best You Got? I'm not one to get political on my blog, but I don't think this is really a political issue. And I hate to mention Ann Coulter. I know she is using the word "retard" to get attention. But enough is enough. Ann, using that word doesn't make you funny. It doesn't make you look smart. It doesn't make a point about anyone or anything (other than maybe your own lack of class). It certainly doesn't make a point about Obama (the supposed "retard" in this scenario). A comment like this doesn't count as political commentary. If school yard name calling is the best you can do for an argument against the president, then I'm feeling pretty confident about this election. It does make you look ignorant and mean. That "retard" you mention is a human being. He's a person deserving of the respect and kindness due to all people. Yes, Ann, even to people like you who feel the need to insult others just to make themselves feel better. Because, Ann, when you call someone a retard, you aren't insulting the president. You are insulting this boy.

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What Happens to Your Body After You Drink a Soda Every Day, For a Long Time Sugar-rushes and caffeine-highs followed by a depressing energy crash are What happens to your body if you drink a Coke right now , but plenty of Blisstree readers actually seem to be okay with that. Some of you think it's alarmist to compare a caffeine and sugar rush to doing drugs, and some just don't really care about the slump they'll find themselves in after drinking 39 grams of sugar, but what makes us really worried about a soda-slurping habit is what happens over the long term. Here's a quick snapshot of you, in a few years, after drinking Coke on a regular basis: You'll Be Fatter: According to research in the Nurse's Health Study , which monitored the health of 90,000 women for eight years, drinking a single soda every day of the week added 10 pounds over a four-year period. You'll Probably Have Diabetes: In the Nurses' Health Study, women who said they drank one or more servings a day of a sugar-sweetened soft drink or fruit punch were twice as likely to have developed type 2 diabetes during the study than those who rarely consumed these beverages. You're Much More Likely to Develop Heart Disease: According to a study published in 2007 in Circulation , the journal of the American Heart Association, subjects who drank a soda every day over a four-year period had a 25% chance of developing high blood sugar levels and a 32% greater chance of developing lower "good" cholesterol levels. The Nurses' Health Study found that women who drank more than two sugary beverages per day had a 40% higher risk of heart attacks or death from heart disease than women who rarely drank sugary beverages. You're Probably Also Less Healthy In Other Ways: Several studies, including the 2007 study published in Circulation , suggest that diet sodas have some of the same effects on health as regular sodas, despite having none or very little of the sugar. Why? Drinking soda is typically part of an overall lifestyle that's not very healthy: We know you don't like us to compare drinking caffeine and sugar to substance abuse, but when it comes to your lifestyle, some think that soda is just like a gateway drug. "Soda is like a gateway drug", are you freaking kidding me? What, you think if you give kids a coke the next thing you know they'll be stuffing their faces with as much KFC as they can get their hands on? Honestly, you junk food nazis make me sicker than all the high fructose corn syrup in the world... anon This article is misleading, it bases everything solely on how many cokes the participants have. Obviously heavy coke drinkers are victims of many other bad dietary habits that are the main cause for these health risks. rk 10 pounds over 4 years ? are you kidding...that you call fatter. it is so less that it might not even be causal. Man, I guess I'm drinking a different coke as I'm UNDERWEIGHT after drinking a coke a day for 12+ years! Jackie soda is a gateway drug to an unhealthy lifestyle? oh come on. CP How many non-high school age athletes do you know who drink a soda every day? I think for most people who drink this way, it is likely they will consume other 'edible foodlike substances', in the words of Michael Pollan. If you drink a soda per day for a year, you are consuming over 31 pounds of sugar! Let that sink in for a minute... Maggie When I was in university I drank pretty much a bottle of coke a day my freshman year. I actually lost weight because I was incredibly active walking for an hour to and from school every day and playing on a varsity sports team but then my finger nails fell off on my left hand. I don't really know if this was because I was drinking so much coke but when I cut coke out of my diet they grew back. CP " then my finger nails fell off on my left hand. I don't really know if this was because I was drinking so much coke but when I cut coke out of my diet they grew back." Are you f\*\*\*ing kidding me? That's insane if it's true. Drink coke: lose weight and fingernails! I think we found them a new slogan

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Graduate hydrogeologist James Glover has won the The Chartered Institution of Water and Environmental Management (CIWEM) Young Members Award for his involvement in Mott MacDonald's Water for Schools. James conceived the Water for Schools initiative to help pass his knowledge on to the next generation. Since 2007, he has introduced real life examples and practical solutions to improve water and environmental awareness in two Cambridgeshire schools. Working very closely with these schools, he has integrated the concepts of water and environment across the school curriculum so that awareness is engrained from an early age. The children have constructed rain gauges from soft drinks bottles in CDT, recorded daily rainfall, and then used the measurements in their maths lessons as part of a statistics module. This gave the children a greater understanding of rainfall, ownership of their education and increased their enthusiasm for otherwise theoretical subjects. In the long term, this means that they will be able to make better decisions in the future about water conservation and has created more interest in following science-based careers. The initiative has now run for three years and has been successfully adopted as a permanent feature in the schools' approach towards integrating water and environmental awareness in education. James's initiative has also contributed greatly to an enhanced CSR profile for Mott MacDonald, which in turn has led to new business development opportunities. As a result of its success, Mott MacDonald is considering launching similar initiatives in the Netherlands and in Bangladesh. Judge Mark Etheridge, from award sponsor Jacobs, said: "Although each of this year's entrants were of an exceptionally high standard, it was James's presentation that showed a continued long term commitment to the environment, community and CIWEM. James' personal involvement with this initiative, mostly in his free time, has made a real difference to the education of children in his local community. In fact his sheer enthusiasm and sustained effort left the judging panel a little humbled." James, who is currently project managing a 2million project for the Environment Agency on Reservoir Inundation Mapping, said: "I am absolutely delighted to receive the award and am thrilled that such an initiative is considered to be worthy of recognition by CIWEM. I feel that trying to pass on my knowledge and experience to children in local schools can really make a difference to their outlook on water and environmental issues. Educating and inspiring the children of today can only help in ensuring that our tomorrow is there for us all to enjoy." James will be presented with his award and a cheque for 1,000 at CIWEM's Annual Dinner on 20th May at Drapers Hall, London. The Chartered Institution of Water and Environmental Management, CIWEM , is an independent professional body and a registered charity, advancing the science and practice of water and environmental management for a clean, green and sustainable world. www.ciwem.org The CIWEM Young Members' Award recognises the outstanding contribution to environmental understanding made by a young member of CIWEM and is sponsored by Jacobs.

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1. What rights are covered? The Commissioner enforces a Code of Consumers' Rights (the Code), which gives all consumers of health and disability services ten rights and places obligations on all providers to meet those rights. The rights are: 1. Consumers should always be treated with respect. 2. No one should discriminate against consumers, pressure them into anything, or take advantage of them. 3. Services should help consumers to live dignified, independent lives. 4. Consumers should be treated with care and skill and receive well co-ordinated services. 5. Service providers should listen to consumers and give them information in a way they can understand and that makes them comfortable to ask questions if they don't understand. This may require you to provide an interpreter. 6. Consumers should have any treatment to be provided to them explained, including benefits, risks, alternatives and costs, and have any questions answered honestly. 7. Consumers can make their own decisions about treatment, and are free to change their mind. 8. Consumers can have a support person with them at most times. 9. All these rights apply if consumers are asked to take part in research or teaching. 10. Consumers have a right to have a complaint about services taken seriously. 3. What happens if the Director of Proceedings decides to take no action? 4. What should I do if someone complains about the service I have provided? Take the complaint seriously, whether made orally or in writing, and try to deal with it as quickly and as directly as possible. Under the Code you must write to complainants within five working days to let them know you have received their complaint and tell them about your complaint procedures, the independent advocacy services provided by the Health and Disability Commissioner, and their right to contact the Commissioner's Office about their complaint. Within ten working days of acknowledging receipt of a complaint, you must decide whether you accept the complaint, or whether you need more time to consider it. You must let the complainant know what you have decided, and why, as soon as practicable. You must also inform the complainant about progress on the complaint at least once a month. Many of the complaints the Commissioner receives are about complaints not being taken seriously by providers, or complainants not being told what is being done about the complaint. Keeping people informed is a very important part of dealing with a complaint and resolving any dispute. 8. What happens to complaints referred to the Commissioner? Senior members of the Commissioner's staff carefully review the complaint and the Commissioner decides the best way of dealing with it. This may include a referral to another appropriate body (eg, the Ministry of Health), advocacy, investigation, or no action. The Commissioner may decide to start a formal investigation. If this happens, an investigation officer will be appointed to the case. This person will contact all the parties involved to gather evidence and investigate the complaint. Once all the evidence has been gathered, the Commissioner may ask an expert in the area to review the information and advise whether the services provided met expected standards. The Commissioner will use this advice and the other evidence to decide whether the rights in the Code have been breached. The Commissioner must act impartially - like a judge - and not take sides. If the Commissioner makes a provisional breach finding, you will be given an opportunity to comment and to raise any further points related to the investigation. The Commissioner looks at all the information and then makes a final decision. The final decision is a written report on the case. 9. How long will the investigation take? The length of time an investigation takes depends on the complexity of the complaint, the number of parties involved, and how long ago the events took place. A simple investigation usually takes six to nine months; a complex investigation can take eighteen months to two years. This is to allow time for all involved to have their say and for all the relevant information to be obtained. 10. What can happen after the final opinion is released? Usually the final opinion makes some recommendations. The most common recommendations for a provider who has not met his or her obligations under the Code are: to apologise to change the way he or she does things changes to organisational policies and practices to make it easier for individual practitioners to meet the Code of Rights requirements. The Commissioner may also send copies of the final opinion to relevant professional groups or organisations, so that they are aware of the Commissioner's decision and can tell their members about it. The identity of the parties is usually protected. The Commissioner can ask the Ministry and the Minister of Health to take steps to improve a service if an investigation reveals a problem, or if new rules are needed to protect consumers. The Commissioner can

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Member Area Why Take Care Of Your Skin? How did you treat your skin today? Did you get up and go to work without doing anything to it at all? If it was sunny, did you take the time to put on some sun block before heading outside? Or did you go out thinking that a few of the sun's rays would do you good? We all like to get a dose of sunshine now and again, and it's easy to fall into the habit of getting up without putting ourselves through a normal skincare routine, but in the long term we will notice the effects of not doing so if we don't take that time to treat our skin well. Our skin is an amazing thing, when you think about it. Even in the winter, when it's cold and windy and the occasional bout of snow is coming down, it is portions of our skin that have to brave the elements. The truth is that the more you take care of it, the more it will be able to weather any storm and keep on looking and feeling good as you go through your life. Some people avoid taking care of their skin and don't do any more than just splash cold water on their face every day. But in truth it doesn't actually take very long to look after it, and you will notice the effects as you start to get older too. So what should you do? Well, the first step is to cleanse your face on a regular basis. Doing this twice a day with a quality product will ensure that any undesired dirt or sweat on your face is removed, and you will feel much more awake when you make this part of your morning routine. An exfoliating scrub will also make your skin feel noticeably different, and a good one will help to reduce lines as well. Finally a good moisturiser will prevent your skin from drying out, which can easily happen -- especially in harsh weather. This whole routine barely takes more than five minutes, but the difference you will see over the course of days, weeks and even years if you keep it up is quite amazing. It's important to use good products though as they will contain better quality ingredients. You obviously need to make sure you aren't allergic to anything you try, so it's a good idea to buy the smallest size of anything you like the look of first of all. Once you know it is right for you, you can buy a larger one if need be. Isla Campbell writes for a digital marketing agency. This article has been commissioned by a client of said agency. This article is not designed to promote, but should be considered professional content.

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Just Posted to Our Discussion Forum. Book Description Atack exposes Hubbard's bizarre imagination and behavior, tracing the creation of Scientology in the years following World War II to perhaps its final schism following Hubbard's death in 1986. A shocking book that reveals all: the abuses, falsehoods, paranoia, and greed of Hubbard and his pseudo-military Scientologist henchmen. Amazon Reviews Despite legal threats, Jon Atack stands vindicated, June 4, 1999 Reviewer: A reader As I type this review, "A Piece of Blue Sky" still remains firmly within the top 1000 sellers here at Amazon after years of obscurity. Ironically, if it weren't for the aggressive efforts by the Church of Scientology to eradicate this book, it probably would have disappeared off the shelves years ago. The Scientologists ought to apply the lesson learned ten years ago during the controversy over Salman Rushdie's "The Satanic Verses": Threaten it, and it gains notoriety. "A Piece of Blue Sky" is one of those Books Scientology Doesn't Want You to Read. As they did with "Bare-Faced Messiah," Russell Miller's excellent biography of founder L. Ron Hubbard (unfortunately now out of print, although available on the Web with the author's blessing), the Church has attempted to stop publication of this book. They will tell you it is libelous. It is not - it has been challenged in the courts and vindicated. They will tell you it has been banned in Britain. It has not - one single paragraph did not meet Great Britain's stricter standards for documentation, and was removed (the book survives unexpurgated elsewhere). Given the Scientologists' well-known habit of aggressively defending their interests in the courts, surely they must accept the authority of the courts in this case, as well? In addition, "A Piece of Blue Sky" will tell you Things Scientology Doesn't Want You to Know. If you read the Scientologists' own publication, "What is Scientology?", for example, you will learn that during the late 1970s, the Guardian's Office (GO) of the Church was "infiltrated and set up to fail." Criminal elements within the GO supposedly overstepped their authority, infiltrating and burglarizing government offices to steal files concerned with the Church, without the knowledge or approval of L. Ron Hubbard. These criminal elements, we are told, were caught, prosecuted, and "forever banned from Church employment." Will Scientology tell you that these convicted criminals included Hubbard's own wife, who was running the GO? Will they tell you that Hubbard himself, though unindicted, was named a co-conspirator in the trial? No, but Atack fills in the blanks that the Scientologists' PR department would rather have left unfilled. One wonders why the Church is quick to volunteer unsavoury details about Atack and his book, yet remains strangely silent when it comes to its own embarrassing moments . . . I found Atack's writing style a little threadbare in spots. Also, I wish he had devoted more space to examining the space-opera "theology" of the Church. "A Piece of Blue Sky" is nonetheless compelling reading, and well-documented. This book is one of the must-reads for anyone interested in the Church of Scientology, the true story of which is often weirder and more fascinating than Hubbard's pulp science fiction. Important and Revealing work. , July 28, 2002 Reviewer: A reader I believe it is important for everybody to learn the truth about Scientology before they are trapped by a front organization. At some point in your life you very well may be scammed by Scientologists, my family lost $20,000 to them, and thus I think it is imperative to read this well-researched and well-written book. Negative reviews are invariably written by Scientologists who see it as their duty to stiffle any criticsm of their church. That is their right, but it is important that you not be put off reading objective works about Scientology merely because of their attacks on the works. By all means I would also suggest reading L. Ron Hubbard's original works as

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In this day and age, eating take out dinner under a desk lamp in the office at the end of a 10-hour day is more common than we'd like to believe. Some simply love their work, others are saving up for that new house, and some have chosen a career path that leaves them no other choice. But even in light of these benefits, some people just can't seem to support their partners' 60-hour workweeks at the office. We spoke to Toronto-based couples' therapist, Karen Hirscheimer for her expertise on how to cope when your partner's workaholism threatens your relationship. Difference between a workaholic and a hard worker The trick is knowing the difference between a workaholic and a hard worker. If your man is temporarily picking up extra time at the office to get the family out of a financial slump then you need to step back and re-evaluate your frustrations. But if you're finding that even his down time is work, follow this 10 step guide on bringing hubby back to earth, but Hirschemer cautions, "Work is an important part of life and as your husband's partner you should support his dreams and desires. Here are 10 ways to improve your relationship with a workaholic: 1. Don't turn a blind eye to the nature of his work Understand the pressures that come with your partner's work . According to Hirscheimer, "Assuming you knew ahead of time what's involved in his job and you've agreed to it, it's not fair to expect him to cut down his workload." However, it's ok to change your mind if the circumstance changes. Be open with him that you're finding it difficult to cope without his help. "This should matter to your husband and if it's brought up in a positive way, you'd be surprised the creative solutions couples can come up with when they work together." Page 1 of 3 -- Learn why comparing your relationship to others' can lead to damaging results on page 2.

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The thirst for notoriety sends some men nearly mad At last my chance has come and I with joy and pride feel glad The name of Smith you soon will see in the 'Telegraph' each day I'm elected in the County Council, Hip, Hip, Hip, hooray! Chorus: I'm a member of the County Council And as sure as dicky birds eat grounsel I'll make it jolly hot I'll upset the blessed lot Will this member of the County Council. We can't be bigger duffers than the poor old Board of Works And, anyhow, our Council shan't become a 'Board of Perks' With Roseberry for Chairman (and the best one, under circs.) We shall never have a chance of being called the Board of Shirks. Chorus: He's the Chairman of the County Council And as sure as dicky birds eat grounsel He'll make it jolly hot For each loud unruly lot Will our Chairman of the County Council. Now every meeting I'll attend and shout 'Hear! Hear!' and 'Shame' They curse and swear in Parliament, so I shall do the same I'll make speech whene'er I like, whether I make friends or foes And if I can't catch the Chairman's eye, I'll punch the Chairman's nose. Chorus: I'm a member of the County Council And as sure as dicky birds eat grounsel I'll make it jolly hot I'll upset the blessed lot Will this member of the County Council.

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Share this article: Comments ( 11 ) John Henry USA. I think before you become too smug and criticise someone else's (Fori, Kabul) Use of English you should brush up on your own spelling."ment" I presume was your own version of Meant. Don't be so quick to nit pick others. Wonderful photos. Have been to Sonora Desert Museum in Tucson (as mentioned by camman, Cambridge) and it is amazing. Ever in that area, take the time to visit there and the surrounding desert areas. The cactus flowers are beautiful to see. Birds nest in all sorts of odd places, this year I found collared doves nesting in my monkey puzzle tree. Rather them than me to be honest. The year before last I required stitches after pruning it when the spikes went straight through my leather gardening gloves like a knife through hot butter. Ouch! Fori, Kabul: You ment to say "No predator can reach the chicks." Prey are the hunted, predators are the hunters. I will bet English is not your first language. Your English will improve with time and practice.

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Michael Asher It is with great sadness that we learnt about the death of Michael Asher on 15 October 2012. Asher was one of the artists in the first issue of Afterall (in texts by Allan Sekula and Anne Rorimer , now freely accessible), and we have returned to his work many times since -- for instance in Stephan Pascher's essay on his project for Skulptur Projekte Mnster (1977 -- 2007) and in Rorimer's book-length study of his extraordinary work for Kunsthalle Bern (1992). Read Mark Lewis's tribute to Michael Asher here .

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The Face of Birth The Face of Birth gives us the big -picture on the importance of how, where and with whom we give birth. Through the diverse and beautiful stories of five women who choose to birth at home, it examines the issues of choice, safety, and empowerment, as well as many other academics, midwives and doctors. A 'must see' film for anyone interested in birth, The Face Of Birth will encourage and inspire all who have been or are about to embark on the journey towards parenthood. Filmmakers: Kate Gorman and Gavin Banks Kate Gorman has worked in the film and television for 25 years as an actor and 8 years as a director, her Feature film Five Moments Of Infidelity won best film at DIGISPAA and best film at the Salento Film Festival in Italy. Gavin has worked in the industry for the last 20 years as a cinematographer and director. He was DOP on the critically acclaimed documentary The Great Australian Lockout and feature film Bathing Frankie. He has directed and produced many corporate films through his company goodeyedeer.

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Categories Selling items online ? Here's a useful tip. The Majority of people have a website for a reason whether it is to promote themselves or sell their products. However we simply don't want to create a website for it to be viewed occasionally, want we want is to create target behaviours and allow our users to become engaged in our products. In fact most effective websites don't make the users think. The power of the unconscious Think about tasks where you are driving, walking to the bus or checking your emails. These will differ from person to person yet we all experience the feeling of completing tasks without having to think about it. This is our unconscious and most behaviour and decision making isn't conscious. When it comes to the design of a website users will want to glide through your website and get the information they are looking for. This is not only important for the functionality aspect of the design but this will tap into our users unconscious and as a result we are able to achieve so much more. Social validation can affect how we use websites. For example if a user is wanting to buy a product that has been highly rated by other people it will suggest that this product is trustworthy and therefore an ideal product to buy without having to put much thought into it. Human beings generally take interest in the opinions of other people and so to offer a website where feedback is given will be much beneficial in the long run. Websites such as Amazon and Ebay often offer other buying options that you may be interested in. This is another effective way to get our users clicking. If a product gets a poor rating we are very likely to even click on that item. However this is where we can pull the conscious mind in gear. The conscious mind often distinguishes between making a right or wrong decision and is often referred to as the logical mind. When we buy a product online what can often happen is the user feels a sense of dis-trust. They ask themselves how valid can the ratings be, have they been rated high by a sales team to increase the rate of sales? This is our users thinking. We do not want this so in order to turn it into a positive factor we need to add some logic to our webpages. For example when buying an item what other descriptions could you give of your item ? what about some statistics about the product such as the overall appearance, durability and price ? By providing more description on what previous customers thought of the product we are allowing our users to make a logical decision and guess what ? it gets the users clicking and at the same time gives them trust and comfit within your products. Look at the lovely description provided with Photojojo , although a general star rating would sway me even further. How can we make this even more effective? Research carried out by Susan M.Weinschenk author of Neuro Web Design found that by adding a 'Persona' and 'Scenario' will add to the sale factor. For example, if we are buying a product from Mothercare would we rather the rating of the product come from a mother or teenager? We are most influenced by people that we can relate to so by allowing our users the capability to add a persona into a rating forum such as mum, student, athlete ect, can influence the products we sell as who they are and the opinions they offer will be seen as very important to our buyers. An example could be "I really liked this product, it was good for money and has lasted me three years so far " By mum of three. A nice comment by someone the audience can relate to. Remember similarity is a good thing, as humans when we feel people are like us we tend to like them more. To conclude, when people come to our websites we don't want them to think too much. Make sure you provide strong detail and ratings for your products and gain trust between you and your clients. If you are not selling a physical product and are offering a service then provide as much detail as to who you are and what it is you are selling. In my website I describe myself as the following: "My name is Ciara Luke. I am Passionate about emotional design and the psychology behind creating great user experiences. Welcome to my website, your very own menu for what I have to offer. I have a range of different recipes that may suit your ideas for your website and ideas" This tells my users that they will be gaining a friendly service where they will establish control toward the final design. I may not be selling an physical item but it is how I describe myself that sells the kind of person I am. Think about social validation and how you may use it for your website and stop your users from having to think, it will gain you trust from your users and

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FileMaker Weetbicks Weetbicks Trivia 1.0 Introduction A little while ago I received an e-mail asking for ideas on how to implement a multiple choice testing database. It just so happens that I had begun to build a database a few years ago which does just that. While it is not finished, I have decided to release a first version for people to download, dissect and use. Weetbicks Trivia This database was built around 2008 and the original purpose behind it was to create a trivia database that could be placed on a FileMaker Server and where the database users would be able to take quizzes to test their knowledge in a range of areas - mainly FileMaker related. It was to be built up to be a nice certification training tool, or just to brush up on FileMaker knowledge. However other things got in the way and it was never finished. The toughest part was simply coming up with numerous FileMaker related questions. As with a lot of projects, the motivation disappeared and it sat around on my hard drive for years unfinished. Revival With an e-mail received recently asking about this type of database structure, I decided to brush off the database, give it a spruce up for FileMaker 12, and release it here for anyone to download. Hopefully if there is enough interest in the database I will continue to finish it. Currently it only contains a practise mode where you can choose one/all categories of questions, and you are presented with question after question until you can take no more testing :) Future Versions The plan has always been to make the database quite comprehensive and have different gameplay modes such as: Beat the Clock: X questions in Y minutes as a quick-fire mode, kind of like the certification exam. Challenge: Pit your knowledge against another user by challenging them to a test. Tournament: One or more database users enter into a longer format challenge which can span multiple tests over multiple days to find an overall victor. Stay tuned for future releases. The plan is to release a new version once enough new functionality is added, perhaps one mode at a time. Download Daniel joined Digital Fusion in 2006 following a Bsc and PgDipSci in Computer Science. He has become an integral part of the team, leading some of DF's most notable projects. In-house he is most recognised for his prowess on the pool table. In his spare time Daniel is a passionate cyclist and can often be found keeping fit on cycle tours or playing basketball. Comments 03 July, 2012 Interesting, Daniel! I too (in about 2006/7) did a "Trivia" database. Yes I added the obligatory Q&A but focused instead on the dilemma of running a Trivia Night for a fundraising Event.... including all the pre and post stuff. In yours I'm wondering why there is no highlight on the correct answer after a timeout? Timely feedback is the key educational advantage of this kind of tool. Most immediately you need more FileMaker questions... or at least 2 different ones... LOL... plus I'm not good all those US-centric Qs. Maybe also a number of Qs to ask field so you can have it auto-stop. 04 July, 2012 Thanks for the comment Lyndsay, yes you are right having some feedback on a timeout would be a good idea, I must have overlooked that one, will look at putting it in the next version. The questions are very US-centric, I paid some $ when I developed it to purchase some trivia questions (its impossible to find free ones in the required format!) but most of them are american, good for some folks I guess! Writing the FM questions is so tedious, I really empathise with those who have to write the certification exam :) Which is why it would be great if there was some assistance from the community in submitting questions for it ;) ;) 04 July, 2012 Hi Daniel, Nice little demo app. Suggestions for improvement: a progress bar to indicate how many questions remain I tested one section and got the same questions more than once. One solution to this might be, instead of just generating a question at a time randomly, rather generate a list of Question IDs randomly initially, screen the list to ensure that there are no duplicates, then put them in a Global Variable or Global field and proceed through the list. 04 July, 2012 Thanks for the suggestions Doug! I like the progress bar indication and that will be suitable for other modes of question answering. The practice mode intention is just to be one question after another with no progress limit, it is just random fire questions where you can answer as many or as few as you want and finish when you want. There would definitely be progress bar for

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One would have thought Mitt Romney would have cruised to a landslide victory this Tuesday past. No president had been elected with such abysmal employment numbers since FDR won in 1936. I can't think of any president in my lifetime that has fomented greater division among the populace, spurring class warfare and widening racial divisions. Even though one of the greatest of rhetoricians, a silver tongued chameleon brilliantly malleable to weave his messages to whatever the crowd genre, it still hasn't sunk in that he pulled off this victory. The political axiom is elections are about "jobs, the economy, jobs, and the economy." Has anything so drastically changed to alter this equation? Let's travel back over the four recessions prior to the 2008-09 downturn and measure the time it took to get back to pre-recession employment levels. Courtesy of a chart prepared by J P Morgan here are some interesting statistics. The recession of 1974-76 only took 20 months to return to pre-downturn employment levels. The 1981-82 recession returned 26 months later while the 1990-91 slump fully rebounded after 32 months and the decline of 2001 recovered in 47 months. But here we are in the final months of 2012 fully 58 months after 2008-09 was officially declared a recession in December of 2007 and we are still 2.7% above pre-recession employment levels and you can't even see any peephole of light in the tunnel. Compounding the anemia is that the "employee participation rate" is at 63.6%. Until this current malaise, from 1990 onward there was never a time when it sank below 66% and there were numerous years where the average participation rate exceeded 67%. If you "normalize" this rate at 66.5% then it would add over 4.5 million souls to the jobless rolls. It also increases the unemployment rate by 3 full percentage points. A set of facts like these adumbrate a Romney victory. So something else must have been at work......something that made perhaps millions of voters flee. It was an election of two different business models: The Obama statist/socialist versus the smaller government capitalist ideals of Romney. I enthusiastically pulled the Romney-Ryan lever and felt confident in victory. What Happened The GOP has the look and feel of a theocracy. The evangelical movement has co-opted the Republican Party and given it a veneer of intolerance. It is wonderful to have strong religious beliefs, just keep them to yourself. America is a secular nation and separation of church and state is enshrined in our Constitution. That said, America is, contrary to what the president proclaims, a Christian country. From my perspective this translates that our government is founded on and our laws constructed on the Judeo-Christian ethic grounded in the Ten Commandments. It implies a tolerance and embrace for people of different cultures and different religious beliefs. When I hear a controversy about whether or not the Ten Commandments can be posted in a school or outside of some state capital building I think the point is being missed. These "laws" should be viewed as a secular gesture of what binds Americans together. However religious or agnostic one is, in addition to any religious symbolism you care to attach, the Ten Commandments is a signpost of our American culture. "In God We Trust" on our currency is not a religious endorsement but a reminder that God and the secular are not mutually exclusive. There is however a "tipping point", a place where the religious tends to crowd out the secular and to me crosses the divide of separation of church and state. Each speech, Republican candidates often competed for most religious, most "family values", most pro-life. The definition of conservative has shifted from running a responsible government with a balanced budget to how many days a week you punched your attendance ticket at church. It borders on zealotry. If your credentials on abortion don't go back at least five generations, you might be branded an apostate. In the Republican senate primary in Texas Lieutenant Governor David Dewhurst was upset by Tea Party favorite Ted Cruz. The battle was nasty and it all boiled down that Cruz was able paint Dewhurst as an establishment moderate. The evangelical movement is inflexible on the wrong issues. It is clear their votes indispensable to any successful Republican white house bid

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How to make sure your writing project will fail Don't give a brief . Or a bad one. Or an incomplete one. I've said it before, but almost every bad project can be traced back to a bad brief , so this is your go-to screw up if you want to guarantee an epic fail. Post navigation One thought on " How to make sure your writing project will fail " It doesn't have to be a formal brief -- it can be as quick as five minutes or 100 words -- but you really need some kind of brief to refer to. I've got a case at the moment where I've done a new case study for the same client -- the tenth or twelfth for them -- and suddenly there's a new manager who thinks the style, flow, audience should be different. I don't have a brief to fall back on as I got into a repeat pattern with the client and now I have to rewrite the case study. Argghhh.

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Cute 4 You - Online Singles Dating It is hard to believe that Facebook is a creation of a guy who was socially awkward and did not have much luck with women. But Facebook today has changed our world and we have Mr. Zuckerberg to thank for that. The whole world is connected through Facebook and for us guys this opens a portal to communicate with women not only in the nation but also around the world. Almost everybody has a Facebook profile so if you saw a girl at a party and did not find the courage or perfect timing to approach her you can use Facebook to break the ice. But what do you do once she accepts the friend request? Here are a few tips on how to talk to girls on Facebook: 1. Use the info/about me section well The info section on Facebook can tell you a lot about a person. If you like a girl, check her profile and find out everything you need to know. You can use the information to decide if you share the same interests. You could also use the information as a conversation starter. Also make sure your profile is complete, an incomplete profile can ruin your chances. Make sure you enter all the interesting information and things that you like in your profile. 2. Upload your best pictures Delete all those self-shot and self-obsessive pictures. Instead keep pictures of you doing interesting things. Pictures of you with female friends smiling can really boost your chances. It makes a girl who is checking your profile think that you are fun person to be around and can make her feel comfortable if she spends time with you. 3. Do not sound like a creep Do not poke them unnecessarily or post on their walls nor should you IM her every time you see her online. This will make you look like the other guys who are desperate and trying too hard to grab her attention. When talking to girls on Facebook say something funny, girls love guys with a good sense of humor. But don't get too overboard with it, otherwise she will think you are a clown and you will end up in the dreaded "friend zone" forever. Talk about things that she might find interesting. The interests section of her profile will help you with this. The internet allows you to speak your mind but remember that words might sound different when she reads it. So make sure you read it before you hit enter. 4. Comments and compliments Commenting on her pictures and complimenting her or hitting like when she posts something can help you get noticed. But be careful and graceful with what you post on her pictures. Do not leave comments that will make you sound like a pervert. If you follow these tips on how to talk to girls on Facebook you will soon be an expert and once you have reached expert mode do make sure to share these tips with your friends so that they can tap into the power of social networking to find the girl of their dreams. Want to know how Dating on Facebook really works and be able to attract the woman of your dreams? Then get more tips on How to Meet Girls on Facebook here.

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Australia faces link to West Papua torture A counter-terrorism unit trained and supplied by Australia is accused of acting as a 'death squad' in Indonesia's West Papua province. Transcript LEIGH SALES, PRESENTER: An elite counter-terrorism unit trained and supplied by Australia is being accused of acting as a "death squad" in Indonesia's troubled West Papua province. The group, known as Detachment 88, receives training, supplies and extensive operational support from the Australian Federal Police. But there's growing evidence that the squad is involved in torture and killings as parts of efforts by the Indonesian authorities to crush the separatist movement in West Papua. Reporter Hayden Cooper and producer Lisa Mayne travelled to West Papua to file this exclusive report. And a warning, this story contains graphic images. HAYDEN COOPER, REPORTER: It's just after 9am on Thursday, the 14th June, and on this street in the Papuan capital, a killing is about to take place. The target is this man, independence leader Mako Tabuni, seen here speaking just weeks before his death. VICTOR YEIMO, CHAIRMAN, KNPB: He is like my family. He is a martyr of revolution. He is the leader of West Papua. [inaudible] He is a good man. ERSON WENDA, MAKO TABUNI'S RELATIVE (translated): We feel a very great loss because he was clearly a leader. The whole of Papua deplores that Mako was killed illegally. He was shot dead just like that, as if he was a thief. HAYDEN COOPER: The killing by police left parts of the city in smoking ruins after riots broke out in protest. At his funeral, thousands mourned Mako Tabuni. His successor knows that he too is now in the firing line. VICTOR YEIMO: The three days after Mako Tabuni's death they sent a text message to me. They said to me that "After Mako Tabuni is dead you are the next." HAYDEN COOPER: The killing of Tabuni was a coordinated police effort. And 7.30's investigation in West Papua raises serious questions for Australia, because the funding and training provided by Australia for counter-terrorism now appears to be being used to crush the Papuan independence movement and assassinate its leaders. We've come to West Papua to find out more about why Mako Tabuni was gunned down by police in broad daylight. And at this safe house on the outskirts of Jayapura, I'm about to meet two witnesses who are brave enough to tell us what they saw. Now, in both cases the men fear for their lives, so we've agreed to conceal their identities. But their accounts are compelling. WITNESS (translated): As activists, we already knew this was a game played against us, and we have strong reason to believe that this is the work done by Detachment 88. HAYDEN COOPER: Detachment 88 is the elite Indonesian police unit established in the wake of the Bali bombing, trained in forensics, intelligence gathering, surveillance and law enforcement by the US, the UK and Australia. They've played a crucial role in Indonesia's counter-terrorism efforts. They're ruthless, often killing suspects. But their anti-terrorism mandate is now creeping into other areas, like policing West Papuan separatists - and human rights activists are concerned. ANDREAS HARSONO, HUMAN RIGHTS WATCH: There is no doubt they are there in Papua. I believe that. HAYDEN COOPER: This leaked video surfaced last year. It shows Detachment 88 after they reclaimed a remote air strip from militant separatists. The trophy video taken on a mobile phone by the police identifies Detachment 88 officers who are often embedded with other units. It shows dead Papuans lying on the ground and appears to include picture of teenagers tied up with ropes. Here is a more brazen show of force. It's the Papuan National Congress last October, when police opened fire on civilians. Witnesses say Detachment 88 was among the security forces that day. HAYDEN COOPER: In 2009, Detachment 88 killed this militant Papuan activist Kelly Kwalik. He was a leader of the Free Papua movement, or OPM - a violent independence group with a record of attacking military and civilians. The Papuan police chief pra

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(1) For the purposes of this section, 2 companies are related to each other: (a) if one of those companies: (i) controls the composition of the board of directors of the other company, (ii) is in a position to cast, or control the casting of, more than one-half of the maximum number of votes that might be cast at a general meeting of the other company, or (iii) holds more than one-half of the issued share capital of the other company, (b) if the same person has, or the same persons have together, a controlling interest under any of the following subparagraphs in one of the companies and a controlling interest under the same or another of the following subparagraphs in the other company: (i) a person has, or persons have together, a controlling interest in a company if that person or those persons acting together can control the composition of the board of directors of the company, (ii) a person has, or persons have together, a controlling interest in a company if that person is or those persons acting together are in a position to cast or control the casting of more than half of the maximum number of votes that might be cast at a general meeting of the company, (iii) a person has, or persons have together, a controlling interest in a company if that person holds or those persons acting together hold more than half of the issued share capital of the company, (c) if: (i) more than one-half of the issued share capital of one of those companies (in this paragraph referred to as the first company ) is held by the other company (in this paragraph referred to as the second company ) together with the shareholders of the second company, and (ii) the proportion of the issued share capital of the second company held by shareholders of the first company is more than the difference between one-half and the proportion of the issued share capital of the first company held by the second company, or (d) if one of those companies is related to a company to which the other of those companies is related (including a company which is related to the other of those companies by reason of another application or other applications of this paragraph). (2) For the purposes of subsection (1): (a) companies may be related to each other notwithstanding that those companies do not own land in New South Wales, (a1) in subsection (1) (b), person includes company, (b) a reference in that subsection to the issued share capital of a company does not include a reference to any part of that issued share capital that carries no right to participate beyond a specified amount in a distribution of either profits or capital, (c) subject to paragraphs (d) and (e), any shares held or power exercisable by any person or company as a trustee or nominee for any other person or company shall be treated as also held or exercisable by that other person or company, (d) any shares held or power exercisable by a person or company by virtue of the provisions of any debentures of another company, or of a trust deed for securing any issue of any such debentures, shall be disregarded, (e) any shares held or power exercisable by, or by a nominee for, any person or company (not being held or exercisable as mentioned in paragraph (d)) shall be treated as not held or exercisable by that person or company if the ordinary business of that person or company includes the lending of money and the shares are held or the power is exercisable only by way of security given for the purposes of a transaction entered into in the ordinary course of business in connection with the lending of money, not being a transaction entered into with a person associated with that person or company within the meaning of Division 2 of Part 1.2 of the Corporations Act 2001 of the Commonwealth, or (f) without limiting by implication the circumstances in which the composition of a company's board of directors is to be taken to be controlled by a person or another company, the composition of a company's board of directors shall be taken to be controlled by a person or another company if that person or other company, by the exercise of some power exercisable whether with or without the consent or concurrence of any other person, can appoint or remove all or a majority of the directors. (3) The Chief Commissioner, in assessing the land tax payable by companies that are related to each other and that own land in New South Wales: (a) may assess: (i) all those companies separately, (ii

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The Death of the Moth, and other essays, by Virginia Woolf Will you allow me to draw your attention to the fact that in a review of a book by me (October ) your reviewer omitted to use the word Highbrow? The review, save for that omission, gave me so much pleasure that I am driven to ask you, at the risk of appearing unduly egotistical, whether your reviewer, a man of obvious intelligence, intended to deny my claim to that title? I say "claim," for surely I may claim that title when a great critic, who is also a great novelist, a rare and enviable combination, always calls me a highbrow when he condescends to notice my work in a great newspaper; and, further, always finds space to inform not only myself, who know it already, but the whole British Empire, who hang on his words, that I live in Bloomsbury? Is your critic unaware of that fact too? Or does he, for all his intelligence, maintain that it is unnecessary in reviewing a book to add the postal address of the writer? His answer to these questions, though of real value to me, is of no possible interest to the public at large. Of that I am well aware. But since larger issues are involved, since the Battle of the Brows troubles, I am told, the evening air, since the finest minds of our age have lately been engaged in debating, not without that passion which befits a noble cause, what a highbrow is and what a lowbrow, which is better and which is worse, may I take this opportunity to express my opinion and at the same time draw attention to certain aspects of the question which seem to me to have been unfortunately overlooked? Now there can be no two opinions as to what a highbrow is. He is the man or woman of thoroughbred intelligence who rides his mind at a gallop across country in pursuit of an idea. That is why I have always been so proud to be called highbrow. That is why, if I could be more of a highbrow I would. I honour and respect highbrows. Some of my relations have been highbrows; and some, but by no means all, of my friends. To be a highbrow, a complete and representative highbrow, a highbrow like Shakespeare, Dickens, Byron, Shelley, Keats, Charlotte Bronte, Scott, Jane Austen, Flaubert, Hardy or Henry James -- to name a few highbrows from the same profession chosen at random -- is of course beyond the wildest dreams of my imagination. And, though I would cheerfully lay myself down in the dust and kiss the print of their feet, no person of sense will deny that this passionate preoccupation of theirs -- riding across country in pursuit of ideas -- often leads to disaster. Undoubtedly, they come fearful croppers. Take Shelley -- what a mess he made of his life! And Byron, getting into bed with first one woman and then with another and dying in the mud at Missolonghi. Look at Keats, loving poetry and Fanny Brawne so intemperately that he pined and died of consumption at the age of twenty-six. Charlotte Bronte again -- I have beep assured on good authority that Charlotte Bronte was, with the possible exception of Emily, the worst governess in the British Isles. Then there was Scott -- he went bankrupt, and left, together with a few magnificent novels, one house, Abbotsford, which is perhaps the ugliest in the whole Empire. But surely these instances are enough -- I need not further labour the point that highbrows, for some reason or another, are wholly incapable of dealing successfully with what is called real life. That is why, and here I come to a point that is often surprisingly ignored, they honour so wholeheartedly and depend so completely upon those who are called lowbrows. By a lowbrow is meant of course a man or a woman of thoroughbred vitality who rides his body in pursuit of a living at a gallop across life. That is why I honour and respect lowbrows -- and I have never known a highbrow who did not. In so far as I am a highbrow (and my imperfections in that line are well known to me) I love lowbrows; I study them; I always sit next the conductor in an omnibus and try to get him to tell me what it is like -- being a conductor. In whatever company I

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I'm blogging about fashionable events, strategies and campaigns worldwide. PR Pret-a-Porter is about public relations, branding, marketing, e-stuff and what I recommend as a fine observer of the market. Sweden products in terms of communication 1. Electrolux Vac from the Sea programme, which ranked fourth in our Creative Index , is an example that combines everything required of a modern public relations campaign: social understanding, channel neutrality, ideas big and small, and a focus on genuine behavioural change. 2. Jung Relations' efforts for Absolut, meanwhile, which see powerful public relations thinking infuse the company's product strategy, are similarly impressive. Two that stand out are the Absolut Unique project , and the NoLabel campaign. 3. Another campaign that should not be overlooked is MSL's Ariel Fashion Shoot , recently named one of our Global SABRE Award winners.

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Open Question There was a baby mouse in my livingroom!? Ok....so I live in an apartment which I just moved in a month ago. I was sitting on my couch watching tv and I suddenly heard squeaking, so I looked beside me and a baby mouse is chilling on my laptop case right beside me. He was soooo cute and tiny. Anyway, I walked up to him and he stared at me and just continued chilling. I was thinking of how I could remove him from my apartment without harming him, so I decided to get a pair of tongs and I grabbed him gently as he just stayed put, but when I grabbed him with the tongs he started squirming. I hurried to bring him outside, but he got loose and scurried under another apartment's door which is empty and right infront of my apartment. I really don't want him coming back in my apartment, so should I just leave him or call the landlord so he can find him and remove him? you should tell the landlord ASAP. If you want you can go help them remove him. Place a towel/blanket along the bottom of your door so he wont be able to get in (hopefully the struggle to get in will deter him). GL! =]

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Discover the unique artistry of 40 local artists/artisans in one outstanding storefront gallery "I am delighted to be a part of the Owen Sound Artists' Co-op community and am honoured to have my work displayed along side this group of exceptional artists and artisans. I am looking forward to showing and selling some of my newest work there, and have a great assortment of new mills currently in production, as well as my new line of handcrafted wood spice funnels and my fragrant and flavourful hand-mixed peppercorn spice blends." Drop by to see my latest pieces and browse a truly inspiring collection of art and fine craft from some of the region's best artists and artisans. About our artisan spice mills: Handcrafted in my Owen Sound workshop/studio, these artisan spice mills are made from a wide variety of domestic and exotic hardwoods. They all feature my signature minaret design and include an authentic stronger than steel CrushGrindT ceramic mechanism. Made to grind peppercorns, sea-salt, or almost any dried spice, our Artisan Spice Mills are the ultimate combination of art and function and would be a perfect fit in any kitchen or dining room. A gift to remember , they are ideal for any occasion and are especially suited for weddings and house warmings (and they make an awesome " just because" gift for yourself too). About the Owen Sound Artist Co-op : Discover the artistry of the Grey and Bruce Counties of southern Ontario at the Owen Sound Artists' Co-op. The unique and personal gifts hand-crafted by their artists reflect the creativity of the thriving arts community in the region. The Artists' Co-op was formed in 1994 to offer public exposure for the many fine artists in Grey-Bruce and to serve customers in their search for a broad range of high quality gifts and collectables.The Artists' Co-op is located in downtown Owen Sound at 279 10th Street East (just west of 3rd Avenue East). You can find lots of parking in the municipal lot just behind the store (parking lot entrance off of 3rd Avenue East). The Co-op is open from 9:30 a.m. until 5:30 p.m. from Monday to Saturday.More info at www.osartistsco-op.com .

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The iPhone "personal hotspot" only broadcasts for 90 seconds as a security measure. When you want to connect, you have to open the personal hotspot menu every time. As soon as you open it, it allows connections for 90 seconds. After 90 seconds the connections stay connected, but new connections are not allowed unless the process is repeated. do i have to do something called rooting? The only thing I root my phone for, is adblock, it's very nice not having annoying banners in every free app etc, so I would definitely recommend it if you're sick of annoying ads, it's pretty easy to do. which apps are the must haves? Personal preference, depends what you do on the tablet. Google Currents should be on there by default, good for reading news articles etc. Also, be aware that Google's version of iTunes, Google Music, has yet to make it's way to Australia. But there are plenty of other online music stores that have Android apps available. Or if the store you use doesn't, you can buy the music from their online store and use one of hundreds of Android music players. Some kind of security software is recommended (Especially if you install apps from outside the Play Store). Checks for viruses, and can find your device if lost or stolen -- I use Lookout QuickPic for photo/image viewing ES File Explorer if you want a file manager Scrollable News for an RSS feed widget Apart from that it really depends on what you want do with it -and what else you use on other devices & what devices you have. Apps like Evernote, WD2Go, etc are extremely useful to me -- but the WD2Go is useless without a WD network drive(I assume other brands have similar apps) It all depends on how you are going to use your tablet. You can set it up to have you as a user and your wife as a user with two different gmail accounts and apps etc. Rooting: Short answer: No. Long answer: Only if you really really want to do something advanced that you can't find any other way to do, AND you have read a lot, then read some more, then read more again. Neither of my android devices are rooted and I personally don't have a need to do so.

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The Battle of the Khans There was no love lost between Munir Ahmad Khan and A.Q. Khan. Munir was chosen by Zulfikar Ali Bhutto to ramp up the Pakistan Atomic Energy Commission's work on nuclear weapons. AQ offered his services to Bhutto from Europe, and was tasked with collecting useful plans for manufacturing centrifuges. When AQ arrived in Pakistan, he found it difficult to work under Munir or anybody else. He secured his own laboratory complex, which was eventually named after him, an early indicator of his considerable skills at self-promotion. Munir went about his business of developing and acquiring the know-how, foreign and domestic, of building an indigenous base for producing plutonium and solid-fueled missiles. AQ focused on uranium enrichment and liquid-fueled missiles. After Bhutto's demise, General Zia ul-Haq played Munir and AQ against each other, initially siding with AQ, and then with Munir. The particulars of this competition are detailed in Feroz Hassan Khan's new book, Eating Grass: The Making of the Pakistani Bomb (2012). [Disclosure: One of my books was published by Stanford University Press, the publisher of Eating Grass .] My long review of Feroz's book can be found in the next issue of Arms Control Today . Here's a fore-taste having to do with the battle between the PAEC and the Khan Research Laboratories. No window into this rivalry was more revealing than the choice of which lab would play the lead role in carrying out Pakistan's 1998 nuclear tests. May 13 th , two days after India tested three devices, Prime Minister Nawaz Sharif convened a Defence Coordinating Committee meeting, at which A.Q. Khan and the PAEC's Samar Mubarakmand made their respective cases about which lab would be in charge. Mubarakmand assured the prime minister that his group would need only 10 days to prepare for the tests -- a time line that A.Q. Khan would have been very hard-pressed or unable to meet. Then, in Feroz Khan's account, as arrangements were being made for the impending test, Fakhar Hashmi of KRL visited the PAEC on May 14 and requested that Samar Mubarakmand give two bombs to KRL for testing. He spoke with such authority as to give the impression that the government had chosen KRL to conduct the test... This created much anxiety within the PAEC and its members, as many felt that the chance to prove their credentials was being stolen. To add insult to injury, A.Q. Khan purportedly wrote a letter to the prime minister in which he ridiculed the PAEC team, calling them "carpenters and blacksmiths" and requesting a "joint team" of PAEC and KRL personnel be formed with A.Q. Khan at its head. Army Chief of Staff Jehangir Karamat chose the more competent PAEC team to carry out the tests, but after vigorous protests by A.Q. Khan, Jehangir allowed him and a few members of his team to participate: Samar Mubarakmand told the author that A.Q. Khan wanted to push the button for the test, which created a last-minute disagreement. Major General Zulfikar Ali Khan [then head of the Pakistan military's cell overseeing nuclear work] was told that this was not acceptable to the PAEC team that had done the hard work, so it was decided that the honor of pushing the button should be given to a junior person who had made the largest contribution in designing the trigger mechanism [Muhammad Arshad]... At exactly 3:16, Pakistan Standard Time, Arshad prayed "All Praise be to Allah" as he pushed the button. Eating Grass is likely to figure prominently in a settling of nuclear accounts within Pakistan that is already under way. A.Q. Khan was awarded his nation's highest civilian honor, the Nishan -- e-Imtiaz, not once, but twice, in 1996 and 1999, prior to his 2004 public "confession" of misdeeds extracted by President Pervez Musharraf. AQ subsequently retracted that confession. Munir suffered many indignities because AQ regularly proclaimed his competitor's failings. Munir went publicly unrecognized until he received the Nishan -- e-Imtiaz posthumously in 2012, thirteen long years after his death. Now these tables have turned. As AQ futilely throws his hat into the ring of Pakistani politic

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Present Member Of The Legislative Council -- The Hon. James Holmes Present Member Of The Legislative Council. The Hon. James Holmes was called to the Legislative Council in May, 1901. He was born in Wrighton, Sussex, England, in the year 1831, and learned the trade of a painter. Mr. Holmes went to Australia in 1852, followed goldmining at Forest Creek, Bendigo, and Ballarat, and also carried on business as a painter at Geelong. He came to New Zealand in 1861, but shortly afterwards went back to Australia, and brought his wife and family to New Zealand. Mr. Holmes followed his trade in Dunedin for some time, and removed to Hokitika in July, 1865. For many years he conducted the business of a painter and paperhanger in Hokitika, and established a branch at Greymouth. In 1880, Mr. Holmes bought the Okuku water race at Kumara, and sold it after having worked it successfully for twenty years. He was also one of those who put up the second battery plant at Reefton. Mr. Holmes has served on the Harbour Board, the High School Board, the Licensing Bench, and other public bodies. He has been captain of the Fire Brigade, is vice-president of the Hokitika Savings Bank, and has been a Justice of the Peace for the last twenty-five years. He is a Liberal in politics. Mr. Holmes has had many ups and downs since his arrival in New Zealand, but has always paid twenty shillings in the pound. He has been twice married, and has, surviving, five sons and six daughters.

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Saturday, November 17, 2012 A cat in a laundry basket This morning, I woke up, put on some music and began to clean, manically. Cat-boxes. Laundry. Dishes. Trash. Newspapers that had piled up for approx 2 weeks. I 'cleared out' Wash's bathroom/The Guest bath. Half of the stuff I just threw out, the other half; his beard stuff, his aftershave, his handwritten notes (How to brush teeth, how to wash his hair and face etc) though, I put in a basket and put it under the sink. I can't bring myself to "find" a different place for them. When I was washing dishes my Pyrex coffee carafe slipped and shattered. When it did, it also broke a plate. An ordinary Ikea plate. Just one from the set we bought together when we first got engaged and moved in together. When that happened I ended up kinda crumpling to the ground and just sobbed for a half hour. Rationally, I know. It's a fucking plate. I still have 5 more of the same colour, and 6 more the same size. It's already been thrown out. But, for me, it was just a shock. When it broke, that memory of us being together when we got it, how excited and hopeful we were for everything at that point... it all came back to me in a flashback. And it brought me down. Literally. I could not physically stand, or stop my tears. About Me I'm a 26 year old former Caregiver. This is my voice to talk about my life- mostly about learning to live now. My husband was diagnosed in November 2009 with Glioblastoma Multiforme- terminal brain cancer. He was only 25 and I had literally just turned 23. He fought hard for almost 3 years before he passed away September 2012, just a month after turning 28. This was my blog about our life. This is still my space to find Hope. This is now my public battle to show what life is like as a 25 year old Widow.

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Flinders Street -- Lost & Found This office's unrealised project for the Air & Water towers (1977). We had considered dusting it off for the recent Flinders Street design competition. The following piece by Frank Godsell was originally published in the September issue of the Critical Australian Review of Architectural Criticism (Australia). When Elly -- our eldest daughter -- was seven, she disappeared into the bowels of Flinders Street station. I was not initially worried; our family has a cross-generational knack for spatial awareness; an unerring ability to locate ourselves whatever the terrain. Confident that she'd be able to orientate herself and fold herself back down to our schedule, I left the station and spent an hour or so at the National Gallery staring at the space where the Weeping Woman used to be. But an hour passed, and Eleanor didn't re-appear. I started to worry -- I hurried back to the station concourse; began searching the ill-lit labyrinth. It was edging in to twilight, and I was just enlisting the help of some of the station staff to search the clinker track-beds and cluttered tunnels in amongst the heavy bluestone footings when she re-appeared. She'd been down in the drivers' cafeteria, busily haranguing them about their scheduling; she'd told them she was researching a school paper and had spent the time explaining the multifarious flaws in, for example, running the central station in a radial network as if it were a terminus. This was her favourite topic (and it remains a passion of hers, albeit in a much more official capacity) -- she used to go on about it for hours, with little charts and graphs and network diagrams. It was something she could get entirely too wrapped up in; it had taken her a good five hours for her to tire of this didactic game and come wandering back to find me. She was safe. But I confess that I still have nightmares about those long five hours; still have dreams where the old bituminous ramps -- long-gone now -- stretch out into endless, echoing passages that thrust themselves thousands of metres below the level of the platforms; dreams where I'm following faint voices down amidst the gravel-rubble and the old iron-bark sleepers; dreams where I'm once again hunting for something disappeared, something lost. I cannot think of a positive way to put this. I have not heard a single good word said about the current Flinders Street ideas competition -- not a single kind word, from the smallest of graduate practices to the largest national offices; from the students entering it as part of their design classes to the academics and teachers supporting them. I have, however, heard a number of unkind words, some of which I am unable (and unwilling) to repeat. The general consensus is that the project is simultaneously too open-ended and altogether too restrictive. I tend to agree with this apparent contradiction -- the brief is entirely concerned with infrastructural and operational issues, welded together with a number of positive motherhood statements; a kind of recapitulation of Melbourne's platitudinal planning policy in miniature. For an ideas competition, the brief is preternaturally limiting. But even within this straightjacket framework, there is a conspicuous lack of aspiration. The restructuring and rationalisation of Flinders Street is a serious infrastructural project -- a task that, by the government's own admission, needs to be done. Why it has been shoe-horned into an architectural exercise is beyond me. I know that a number of entrants removed themselves from the competition in frustration as it became clear that their interrogation of the station's potential was rendered moot by the blinkered requirements of the current operator and the trepidation of policy makers. The competition is further stymied by the absolute lack of funding to push any winning design ahead. Certain voices have suggested that this is a simply a way to alert foreign capital to the potential for redevelopment. Those of an even more cynical bent have implied that the entire process is a way of rubber stamping an impossible design and safely pushing the project into the 'too-hard' basket -- a case for a future government to pursue, decades down the track. The competition should have been an opportunity to re-investigate the city's relationship with the river

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Resolved Question What happens at the end of Twilight Series? - Spoiler Alert for others!? I haven't read the books, I've seen both films but not my style HOWEVER it has got me to the point of wanting to know the ending... my friend has read the books and says he does turn her but is that the end? They "live" happily ever after or does he die afterwards or?? Best Answer - Chosen by Voters lol ya the books take a while to read but what happens is that edward and bella marry and on there honeymoon bella gets pregent and she is haveing a hard time with the pregnacy because the baby is half vammpire. So right before she has the baby she dies because the baby killed her from inside but edward bits her to make her a vamp. and she lives the baby lives to and the wolf jacob makes and imprint on the baby witch means that he loves her and will allways and she loves him. the baby grows very very fast untill she is 17 and then she stopss growing. they get a cabin and they pretty much live happly ever after! Other Answers (5) Edward turns her to save her life because on the honeymoon he get's her pregnant and the baby-thing is half vampire and half human so it wants blood and Bella has to drink blood and all that and the baby starts eating her or something (sorry can't remmember exactaly) so Edward injects her with vampire poison or whatever it was 9sorry my emmory is crap) and then she turns.. Then they go out and Bella, Renesmee(the baby) and someone else go out and then one of the vampires sees Renesmee and tells the Voltori and in the end they come and everyone prepares for a massive fight that doesn't happen and they live happily ever after. Source(s): since twilight and new moon are movies lets start with eclipse in eclipse victoria creats a new born army and tries to kill bella...she doesnt secceed victoria dies edward killed her during the big fight cullens and wolfs vs new born vamps and victoria...edward and bella get engadged and bella graduates ok breaking dawn breaking dawn starts with the wedding and soon after the honey moonon and island where they well you no... when bella discovers she missed her monthly gift they have to leave because she thinks she is pregant which she is with a rapid pregnancy that takes like 1 or 2 months to equal 9 and after almost dying of the birth of their daughter reneseme (ruh-nez-a-may) and jacob imprints on reneseme edward turns bella into a vampire..their daughter is a fast growing baby but eventually will stop growing....the other vampire sees her and thinks they turned a baby into a vampire which is forbiden so the volturi are after them and they get all the vampire to whitness that she is half huma and is grown and they face the volturi who they almost were gonna have to fight oh and their daughters gift is she can touch you and show you images and bellas gift is a 'sheild' and twords the end she works hard and can lift her mind shield for a few seconds and edward can read her mind....in the end they live happily ever after forever Source(s): Bella ends up getting pregnant with Edward's baby. And human mothers normally do not live through the birth of a vampire child. So Bella gives birth and afterword Edward changes her to prevent her death. And that is how she becomes a vampire. And they do live happily ever after. But, there is so much more so please read the series I didn't want to at first either but now I am so glad I did. And it makes the experience of the movies so much better. Source(s): ok i'll give you a short thing on eclipse ending so bella and edward make a deal bella marries him then he'll turn her breaking dawn bella and edward get married now they go on a honeymoon and have sex a lot then bella is preg but her baby is half vamp half human and is killing her right after giving birth edward has to turn her so she lives they have a child but the volturi come because irena thinks renesme is a vamp child (illegal lol ) big comotion after ward you never guess JACOB IMPRINTS ON THEIR BABY!?!?! true which means he will not age and will live with

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Hello, after playing this game for multiple months on various servers, I have come across the complications of only having a max of 50 members per alliance, to get around this complication, many large alliances create a sister alliance or multiple sister alliances, this however, creates a new complication, which is how does one player keep track of all these alliances creating an "Empire" so to speak. The only answer I have been able to come up with is to create multiple accounts so you can in some form be apart of all of your connected alliances (in my case just become the CIC of all of them) I was hoping that maybe EA could come up with a solution to this problem by perhaps making a new form of diplomacy entitled "Empire" or something along those lines. Basically this new diplomatic function would make it possible for one player, using one account, could control these attached alliances and the players who are apart of them. I am not looking to replace the ally function cause this would be something completely different. Also, there would still be CIC's for the individual alliances, but, there would also be one rank higher than CIC, which would control the entire Empire, he would have the power to move players between alliances within the empire, and be able to chat with members of every alliance in the Empire. I also do not want to change the way the ranking system works, ranks should still only be directed to individual players and alliance, there shouldn't be a rank for your Empire. The soul purpose for an Empire is to make it easier on a commander who is looking to make multiple alliances on a server and control what happens between them all, I believe there is much demand for something like this , and I would greatly enjoy the feedback of any or all EA representatives in charge of the Tiberium Alliances interface and organizational uses of the game Would be a good idea to make communication and alliance management more streamlined so we spend more time actually playing the game and managing our bases/army etc than trying to manage multiple lines of communication. The 50 player limit is there to \*try\* to prevent one alliance from dominating too much. Admittedly, it has completely and utterly failed at preventing that. But it SHOULD be difficult to control more than one alliance. Also, the number 1 alliance should fear their allies turning against them. This is a king of the hill game. If an "emperor" rank could view private allied forums, then it would be harder to organise a rebellion. And that kind of stuff is all part of the game, in my opinion. (11-11-2012 09:10 PM) a1ph4riu5 Wrote: Also, the number 1 alliance should fear their allies turning against them. This is a king of the hill game. If an "emperor" rank could view private allied forums, then it would be harder to organize a rebellion. And that kind of stuff is all part of the game, in my opinion. Funny thing is that usually everybody just submits to the top except for maybe 1 or 2 "rebel" alliances that wage a guerilla war for a few months before eventually losing. I have yet to see allies of the top alliance turn against the top alliance. If anything, the top alliance generally turns allies of the rebels against the rest of the rebels. alright, I get what you mean, but understand that this could also be used to Throw the #1 alliance off the top, maybe not in rank, but in sheer number of players! for example, On world 45, I am the CIC of Ragnum, we are ranked #6 overall, we have two sister alliances, Ragnum S2, and Ragnum F3, the leader on the server is an alliance called Kings of the North, who supposedly have a sister alliance called Iron-Wolves, the two alliances don't work together at all, except for the odd sharing of POI, unlike at Ragnum where we are truly a team, Kings of the North would most likely not use this "Empire Function" because of its form of creating one huge alliance, but, 3 or 4 lower ranked alliances such as Ragnum could rule under one player, creating more unison, and go to war and have a chance at defeating the top alliance(s). (11-11-2012 09:35 PM) CoolDudex3 Wrote: alright, I get what you mean, but understand that this could also be used to Throw the #1 alliance off the top, maybe not in rank, but in she

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Bobby Kotick Wanted To Take The Fun Out Of Making Video Games You'd be forgiven for thinking that the above headline is taking a liberty or two with a comment from Activision boss Bobby Kotick. Nope. Those words are straight out of the man's mouth. Speaking at the Deutsche Bank Securities Technology Conference in San Francisco yesterday, Kotick said, "The goal that I had in bringing a lot of the packaged goods folks into Activision about 10 years ago was to take all the fun out of making video games." Think he knows people outside the room will be reading this kind of stuff? Course he does. He just doesn't care . It's funny, it looks like an Onion article or some sort of parody of the man. But considering how much of a douche the man can be, and how much ho loves whoring and bleeding franchises dry, it doesn't surprise me. Still, there's good to come of it. At last Guitar Hero gets released in my country. Unlike Rock Band. Story telling and emotional resonance is much more that facial expressions. I suppose he also subscribes to the train of thought that "better graphics mean the game will be more fun." His idiocy isn't any move evident than in his attempt to remove the fun from making video games. The more fun you're having doing something, the more passion you have for it. You think a game developer is going to be working their hardest if they don't want to come to work for fear of the economic downturn or if they can't wait to get out of bed, express their ideas and work on something they're passionate about?

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Parti Qubcois The Parti Qubcois is a Qubec nationalist party, formed in 1968 through a union of 2 movements, a SOVEREIGNTY-ASSOCIATION movement in the Mouvement Souverainet-Association (the MSA) and the Rassemblement pour l'indpendance national (RIN). The MSA itself had been the result of an earlier fusion, for it allied itself with the forces of the Ralliement national (RN), led by the former Crditiste federal member of Parliament Gilles Grgoire. The MSA was created in 1967, when Liberal militants, following a policy conference of the Liberal Party of Qubec where they had failed to win acceptance for their program entitled Pour un Qubec souverain dans une fdration canadienne (&QUOT;For a sovereign Qubec in a Canadian federation&QUOT;), decided to quit Jean Lesage's party. They were led by Ren LVESQUE , the former minister of natural resources. The RIN may have created what could be called the vocabulary of independence for Qubec, but it was the PQ which made it acceptable to a good part of the Qubec electorate. Nothing less than complete independence was acceptable to the RIN. After the RIN and its leader Pierre Bourgault wound up its affairs in 1968, the PQ became the hub of virtually all the nationalist movements and associations in Qubec. It acquired workers, an infrastructure and a network of support, all of which grew rapidly. These supporters included the Socit Saint-Jean-Baptiste and the Mouvement national des Qubcois. After suffering electoral defeats in its first 2 tries (in 1970, with 23.5% of the popular vote, it received only 7 seats; in 1973, despite a popular vote of 30.8%, it elected only 6 members), it won the election of 1976 (41% of the vote, 71 seats), defeating Robert Bourassa's Liberals, who in 1973 had elected 102 out of a total of 110 deputies. This victory was largely a result of a clever electoral manoeuvre, orchestrated by Claude MORIN , by which the PQ promised to hold a referendum on sovereignty-association during the first pquiste term of office. One of the most important pieces of legislation of the PQ was BILL 101 , which made French the sole official language of Qubec ( see LANGUAGE POLICY ). The Agricultural Zoning Act, drawn up to protect Qubec land, was complemented by Bill 125 for the management of lands. The Auto Insurance Act established state-run property damage insurance and no-fault compensation. Bill 89 introduced a new CIVIL CODE and reformed FAMILY LAW . A unique feature of the PQ government was its attempt through Sommets de Concertation (&QUOT;summit conferences&QUOT;) to establish trust among social groups. The first summit was held in Point-au-Pic in 1977, followed by one in Montebello in 1979. The conferences called together interested parties in various fields to participate in policymaking and to try to arrive at a consensus on the future development of Qubec. One of the major concrete results of these summits was the creation of OSE (Opration Solidarit Economique, or Operation Economic Solidarity), a program of economic stimulus and job support. Lvesque, Ren, Video 2 On separatism (courtesy CBC). Referendum of 1980 The referendum which the PQ had promised during its 1976 election campaign was set for May 1980. Many public meetings followed an initial televised referendum debate in the National Assembly. Those who opposed negotiation for sovereignty-association won the referendum (60% to 40%). Nevertheless, the party was re-elected in 1981, winning 82 seats. Along with the belief in sovereignty-association, pquiste ideology was based on 2 sometimes contradictory tendencies: one insisting on consultation, the other on guiding people instead. The conflict blew the party apart in 1984 after the annual conference at which it was agreed that the PQ, once re-elected, could itself negotiate sovereignty-association. After a referendum-style consultation with the membership, Lvesque led a party which had lost the support of a group of dissidents who refused to accept the results of a vote allowing the PQ temporarily to put aside the idea of sovereignty-association. Late in 1984, the PQ government was rocked by the resignation from Cabinet of a group of independentistes, including Jacques

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PNGSDP wants to expand its mining operations Under the leadership of Australian Ross Garnaut the PNG Sustainable Development Program, owner of the environmentally destructive Ok Tedi mine, has recently invested in junior Australian mining company Highlands Pacific which has a stake in the Ramu nickel mine. Now Ok Tedi wants to buy into the huge proposed Frieda River mine -- a mine Xstrata wants to sell. PNGSDP is supposed to be investing in development projects for the people of PNG not expanding its destructive mining empire.... Ok Tedi wants PNG government to join it in Xstata's Frieda River Project Radio Australia Papua New Guinea's Ok Tedi Mining Ltd is keen to buy a stake in Xstata Copper's 5.3 billion US dollar Frieda River project. Ok Tedi Managing Director, Nigel Parker, says the company would like to move as soon as possible on the deal and will be talking with the PNG government in the near future. Pacific Beat's Jemima Garrett recently returned from a visit to Ok Tedi and she prepared this report. Presenter: Jemima Garrett Speaker: Nigel Parker, Managing Director, Ok Tedi Mining Limited. GARRETT: Ok Tedi is unique among PNG mining companies. Since the Canadian company Inmet sold out at the beginning of last year Ok Tedi has been 100%-owned for the benefit of Papua New Guineans. The PNG government has a 37% stake and the PNG Sustainable Development Program Limited the rest. But Ok Tedi is an old mine -- even if the mine extension plan currently under consideration goes ahead -- production is set to drop. Ok Tedi Managing Director, Nigel Parker, is looking for new opportunities for the company. GARRETT: Nigel Parker has been working with Professor Ross Garnaut, Chairman of both Ok Tedi and PNG Sustainable Development Program Ltd, to chart the way foreward. PNGSDP has taken a stake in Highlands Pacific -- a move which forges links to Highlands Pacific's exploration sites just 20 kilometres from Ok Tedi -- and to Xstrata Copper's Frieda River deposit through Highlands' minority shareholding in the project. Frieda River is a big prize. It is a world class copper and gold deposit even bigger than Ok Tedi's original resource. Xstrata has made it clear it may be willing to sell part or all of its holding. Nigel Parker says it is an investment that makes sense for Ok Tedi. PARKER: Frieda River is 70 kilometres north of us. It has some very good results. It is like an Ok Tedi 30 odd years ago, in a pristine environment. We are interested in it. We are looking at the developments of that with its current shareholders -Xstrata in the main -- but Highlands Pacific also has an 18% interest in that area so once the government has settled in and we start talking to the government, then I am sure that will become clearer to us as management as to what the State would like us to do in regards to that. GARRETT: What would it take for Ok Tedi to be in a position to buy into Frieda River? PARKER: It is simply the shareholder commitment to it. Our major shareholder PNGSD are very interested in it because of the benefits it would bring Papua New Guinea, particularly if Papua New Guinea's own mining and exploration company has a very large chunk of it. The state, with the new government of course, we'll have to assess the mood of the government as to whether they are committed to that, and if they are committed to that, then there is no reason why the Ok Tedi group can't become involved in that. GARRETT: Ok Tedi is a crucial source of revenue for the PNG government. In 2011, it received 496 million US dollars from Ok Tedi in taxes and levies and a further 64 million dollars in dividends. The government has a clear interest in ensuring Ok Tedi's future but it will also need to consider the environmental impact of development at Frieda River. Xstata is due to deliver its feasibility study on the Frieda River project next month. Ok Tedi Managing Director, Nigel Parker, is keen to get on and make a bid. I asked him when it might be feasible to act. PARKER: We would like to think as soon as possible! But we are coming up towards Christmas, of course. We have a new government that is starting to settle in, heading towards budget process and has some other priorities, I would suspect. GARETT: You mentioned that Frieda

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Is Melbourne Fair? Is Melbourne Fair? My understanding of the word "fair" or "fairness" is where everyone is provided with equal oppurtunity to progress in life. You can never be absolutely fair, there will definitely be some imbalance or something that is unfair. In some societies there high imbalance compared to others. Fair is a word that is often used when individuals are not disadvantaged due to anything. It is used when everything is the same and nothing is variable. In my perspective there are many cities that are very unfair, but then again there are still some cities in the world that are fair. I think that Mebourne is fair. This question is a very broad and complex question so multiple factors have to be looked at. First of all, Melbourne has many services for poor and needy people who cannot afford to survive on their own. Facilities are all around the city so that help can be received when needed. Melbourne has many police stations throughout the whole city, from the CBD to the inner suburbs and the outer suburs and it also has many in the surrounding towns. Justice and the law affect how we live and the safety and comfort that we live in and control the crime and hazards that are in the city and on the streets of Melbourne. Melbourne is also a democracy that gives people freedom and gives them their rights to vote for anyone they want. Elections are held in public places and let people choose the candidate that they like best. Democracy is much more fair than communism or something else like that, so that adds to Melbourne being fair. Distribution of wealth is very important to a fair and equal society. If there was high income disparity within the society then society would not be equal and people would not get equal opportunities. In order to improve equal oppurtunity and support for less fortunate people, the Government provides affordable housing for needy people. Melbourne has The Salvation Army where people can donate things for the poor. Salvation army also provide support to those people who are in finacial difficulty and cannot afford to buy food and clothing for themselves. There are many second hand stores where people can buy things hat they want for an affordable price. Melbourne also has a number of soup kitchens where people can receive free meals and keep themselves nourished so they don't have to go looking through other people's rubbish and garbage. Justice and the law is very important and necessary to a fair city because it controls not only the safety of the city, but also the way of livng in the city. When I went to the Old Melbourne Gaol, I saw the terror the prisoners must have been living in. There were no lights, sub standard food and hardly any time outside. This would have of course disciplined the prisoners and made them want to stay outside f it instead of inside. I'm guessing the prisons today are not so similar but thy still imply the same message.I believe it was correct to abolish the death penalty as no one wants to hear that a loved one has died or been executed, and no one also wants to breath their last breaths before being hung. So Melbourne is fairly equal even though nothing can ever be absolutely equal. This entry was posted on Saturday, November 17th, 2012 at 5:03 am and is filed under Uncategorized . You can follow any responses to this entry through the RSS 2.0 feed. You can leave a response , or trackback from your own site. One Response to "Is Melbourne Fair?" You have made a great effort to explore the key aspects of what you believe comprise a fair society. I am impressed by the additional research that you did and your ability to draw on trails and class sessions. For your next essay: \* Perhaps use a dictionary definition when you define your terms in your introduction. That will help you develop a clear framework for your essay. \* Always read your work out loud before you post it on your blog -- that will provide you with the opportunity to catch any awkward sentences, or ideas that you don't fully explain. Well done on embracing the feedback from your previous essay -- you effectively provided evidence that relates directly to Melbourne in order to support your arguments. Let me know if you would like to have an essay planner for your Mindfulness essay -- I am also happy to read over a first draft.

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Milk Today, to my horror, I found a tub, still sealed, of cottage cheese at the back of my fridge. On the lid it said 'best used befor 13 May 2012'. I was prepared for the worst when I opened it - but to my surprise it looks, smells and tastes perfectly fresh. On other occasions I have noticed that milk and fresh cream seems still fresh long after its expiry date which in the case of milk is at least two weeks after the purchase. My question - what makes it possible that those products don't spoil, grow molds, etc. and keep fresh for such a long time, especially in the case of the cottage cheese which is over 4 months past its expiry date? G'Day to you too! The shelf-life of cottage cheese will be influenced by a number of factors including the type of cheese, how it was manufactured (e.g., exposure to heat) and how it is stored. It is possible that your fridge is actually colder than the recommended storage temperature (likely around 4oC), or colder at the back of the fridge, and that will have extended the cheese shelf-life. But I think the most likely reason for your cheese's longevity is the packaging. The cheese may have been well-protected from light and moisture. Also, I think it was scientists at Cornell Uni in the States that pioneered the use of CO2 (antibacterial) to improve the quality of dairy products, something that was picked up by the dairy industry, and if used this would increase the shelf-life of cottage cheese considerably. Antioxidant and other anti-microbial agents may also have been used (I doubt you have an aseptic fridge!). The 'best before' date in most countries is a guidance to peak flavour and quality - your cheese may have tasted even better months ago!!! A lot of people discard food immediately it has reached its 'best before'/'use by' date, perhaps unnecessarily. Note that there may be national/product differences (and confusion!) in the definitions of 'best before' (e.g., product will lose quality after specified date) and 'use by' (e.g., product dangerous to eat after labelled date). In general though, it is better to be safe than sorry when it comes to perishable dairy products that are well past their 'best before' dates, even if they don't appear to have unusual odours or appearance.

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On august 25, 2012 somebody broke into my locker and took all the cash, cellular phone and my watch. The receptionist was very insensitive when I reported the incident and told me they cannot guarantee the security of the lockers. I asked her if this is the first time they have such an incident. She answered that it is not the first time but it doesn't happen often. I asked her when the last time they had a rubbery in the lockers was and she told me that happened 3 months ago. This is unbelievable for a serious service provider company. They are OK that every 3 months their clients could be rubbed. They do not feel responsible or obliged to improve the security. I do not recommend you Polar's Bear Club Lucian Stayed August 2012, travelled with friends Value Location Cleanliness Service Was this review helpful? Yes Problem with this review? Ask Lucian J about Polar Bear's Club This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC WMontreal Montreal Reviewer 5 reviews 4 hotel reviews Reviews in 5 cities 3 helpful votes "great place - only the change rooms are in dire need of upgrading" Reviewed 1 March 2012 1 erson found this review helpful I have been to the Polar Bear's Club several times and enjoy the experience immensely. The facilities are varied, there are indoor and outdoor parts, the saunas and the outside pools are great. But the change rooms are a in dire need of an upgrade. They are small (crammed actually) and while there are two showers in the women's (not enough), there is only one in the men's. When we were there my boyfriend decided to forgo having a shower rather than having to wait in tight quarters with five other guys, all wanting to take a shower at the same time. At this price, one would expect better. Stayed February 2012, travelled as a couple Value Service Was this review helpful? Yes Problem with this review? Ask WMontreal about Polar Bear's Club This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC COzols Hamilton, Canada Contributor 15 reviews 3 hotel reviews Reviews in 6 cities 9 helpful votes "Two days of heaven" Reviewed 6 February 2012 2 eople found this review helpful My husband and I took two of our children to the spa for a few days in January. The room was spacious enough for the four of us - we took a couple of inflatable matresses and were not at all crowded. Our room had a small kitchen, so we were able to have breakfast and lunch without leaving the club. The bathroom was HUGE. For dinner, we drove to Sainte Sauveur (sp?) and were overwhelmed by the number of restaurants there. Would recommend checking Trip Advisor before you go to select a restaurant as there is not internet available. With no TV or wireless, it is pretty peaceful. Loved sitting infront of the fire in the evening with the family. Sitting in the hot baths looking out at the frozen river was so relaxing. Going from the sauna to the cold pool was so invigorating - I was surprised that I actually liked it. And spending time in the relaxation rooms was idyllic. Thursday and Friday were fantastic and the facilities were not crowded at all. Saturday was a different story but not unenjoyable. I'd go back again in the mid week. The only hiccup we experienced during our stay was a bit of a mix up with our booking - one night instead of two - but that was cleared up without too much hassle. The staff were all pleasant but quite serious about guests not talking while using the facilities ... that had its good and bad points ... but served to preserve the peaceful atmosphere. Stayed January 2012, travelled with family Value Location Sleep Quality Rooms Cleanliness Service Was this review helpful? Yes Problem with this review? Ask COzols about Polar Bear's Club This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC Lisa C London, United Kingdom Contributor 11 reviews 3 hotel reviews Reviews in 5 cities 7 helpful votes "A wonderful experience!" Reviewed 6 January 2012 3 eople found this review helpful My boyfriend and I went to the Polar Bear Club yesterday, late afternoon into evening, and had a really fantastically wonderful experience. I wanted to give him something different for Christmas, a unique experience, and something that felt vacation-like and relaxing, and this fit the bill (and then some). We weren't sure what to expect. I had made the mistake of reading the reviews on here right before we headed off, and had mentally prepared myself for a crowded and possibly disappointing experience. In reality, it was far better than we could have dream

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'Back to the Future' day hoax hits again The infamous Back to the Future day internet hoax has fooled Facebook and Twitter users for a second time. Yesterday, a picture circulated online showing the date on Doc Brown and Marty McFly 's DeLorean time machine set to June 27, 2012. However, the image had been digitally altered by a canny social media manager. The actual date chosen by Doc Brown in the classic film is October 21, 2015. Two years ago, a similar trick was played on sci-fi fans by Total Film magazine. Steve Berry , who changed the date to promote a new Back to the Future box set, claimed he was surprised that people fell for it again. He told Mashable : "We promoted the image fully confident in the knowledge that everyone was familiar with the original hoax from a couple of years ago. We figured that no one would fall for the same joke twice, so the caption was deliberately replicated word for word so people would get the reference." However, only avid fans of the 1985 film managed to spot the prank, leading to the faked picture becoming a favourite on Facebook and other social networking sites. As of today (June 28), Back to the Future is still trending on Twitter.

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The Country Music Association of Australia (CMAA) this week announced the finalists in the 41st Annual Country Music Awards of Australia, with Kasey & Shane nominated for an impressive 5 Golden Guitars. Kasey and Shane have just returned from performing at the Americana's with Buddy Miller & Don Was and were delighted to sing backup vocals for Emmylou Harris -- one of their all time musical influences. Kasey returns to the U.S. this summer with a brand new run of tour dates in conjunction with the worldwide release of Storybook . The fifteen song release is a collection of songs that inspired Kasey to become a musician. In her words, "this album is a collection of songs and tributes to artists who have influenced me from when I was a small child up until now. I can honestly say that I would not be who I am today without the music from these incredible singer/songwriters and their inspiration." The album is the musical accompaniment to Kasey's autobiography, A Little Bird Told Me , which was recently published by Harper Collins in Australia. On Storybook , Kasey works her magic on gutsy, soulful tunes hand-picked from the iconic songbooks of Gram Parsons, Lucinda Williams, Steve Earle, John Prine, Townes Van Zandt and more. Click on the picture above for the EXCLUSIVE AMAZON PRESALE. Climb aboard the bus and experience the beauty of the outback highway with a unique country music tour led by Central Australian tourism award winner, Joe Ahern and hosted by Bill Chambers. As well as seeing some of Australia's stunning outback, nights will be spent liste...ning to strumming guitars and road worn songs around outback campfires. The Tour kicks off in Adelaide with a Candlelight concert in the Barossa Valley and takes in the majestic Flinders Ranges, a campfire concert on the Oodnadatta Track, the Opal capital of Coober Pedy, Ayers Rock, and then you'll end the tour in Alice Springs with Front Row seats to a concert with Kasey Chambers, Shane Nicholson and Bill Chambers. Cost from $2,925 pp twin share, includes all touring, accommodation, meals and admissions, as per itinerary. For more information contact : Aherns Tours & Charters Ph: (08) 8524 7166 aherns@ihug.com.au Futher info also at www.billchambersmusic.com Hey everyone. Thanks so much for all the congrats and well wishes from tamworth . We all had the best time. Highlights- busby Marou gig,Ashleigh Dallas gig,shane Nicholson gig( of course) but the biggest highlight for me was the dead ringer band reunion show! It was very emotional but so much fun. Really special time for all of us to all be back together playing again. All the people we shared the stage with that day are some of the most special people in my life and it was amazing to be back with them all- beccy Cole, Kym and Trev Warner, becs mum Carole and of course my family mum dad and nash. Thanks to those who shared that day with us. Looking forward to seeing some of you in w a this weekend and at the foggy mountain jam in a few weeks down the bottom of the hunter valley. Thanks to all who came out to the Melbourne zoo gig. It was awesome!!!! Hey everyone thanks so much for all your good wishes for the aria award. We had a great nite. Poet gave us 'both' a sleepin this morning to say congrats so that was nice. We had so much fun as always and I finally got to meet Kylie. I was very excited. Shane was too but for very different reasons. Ha. Congrats to all the other winners especially to boy and bear, kimbra and the li Hey everyone. Jus a quick update for ya. we are all doing great here at home with our new arrival. Poet is doing so so well ,sleeping so good ,feeding like trooper and fattening up. I'm feeling great (mainly cos she has been letting me have lots of sleep and recovery time) and jus as proud as punch.(although I'm still getting used to all the pink around everywhere) All the boys are still fussing over her of course. My good friend and beautiful photographer 'mouse' (Amanda Toombs-also took my book cover and latest album cover shots) po

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Main menu Post navigation The Virtual Workplace: Looking at the Newest Business Trend Every day more and more businesses are making the decision to operate as virtual workplaces, opting out of the costs that are associated with running a physical office. With the recent advances in technology there is almost nothing the average employee can do from an office that they can't do from their own home. Working from home saves employees the money that they would spend commuting to and from work and also allows them to get more sleep in the morning, with the option of still going into a virtual office when necessary. This keeps them more alert and happier and as a result they become more effective when they sit down to work. How Popular Is Telecommuting Becoming? The Society of Human Resources Management (SHRM) recently polled HR executives at leading companies that operate around the world and 43% of them have said that in the next five years we will see a significantly larger portion of the workplace telecommuting. In a study on American workplaces in the last five years, Nemertes Research found that there has been an 800% increase in virtual workers over this time period. As larger companies start to get a better understanding of technology they are realizing that a surprising number of employees do not need to work from an office. With more employees working from home the businesses can downsize offices, using virtual office services when larger spaces are necessary. More Flexible Working Hours Physical offices limit the range of hours that employees can work, nobody likes staying at the office for stuff that needs to be done into the later hours of the night. This same problem isn't that big of a deal when the employee is working from home; most telecommuters aren't as affected by changes in their schedule as other workers are. Companies have more freedom to stagger employee hours to deal with issues that can only be dealt with at non-peak office hours, without having to pay out overtime or deal with an unmotivated employee. A Significant Decrease in Operating Costs When employees telecommute it results in a smaller physical office space needed by their employer, if one is even needed at all. The costs associated with running an office are large, everything from the lease and electric bills down to phone lines, internet connections and office supplies both large (computers, printers) and small (paper, stationary) need to be paid for. When employees work from home or via a virtual office all of these costs are removed, saving businesses a lot of money over the long run. Although there are businesses that obviously can't transition into a virtual office, there are many that can. The amount of companies using virtual offices increases every year and even the ones that aren't making the change still have employees telecommute. When you sit down at your desk you should ask yourself, "is there anything I'm doing here that I couldn't be doing from home?" The answer may surprise you.

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Of all the things the internet has to offer, nothing quite beats the magic of an awesome science video. It's all about that feeling of seeing something that is so mind-blowingly cool while at the same time knowing that most of the world might just roll their eyes and say, "so what?" So instead of spamming my friends or nagging the person closest to my laptop to join me in a geek-out, I am introducing a new Hex19 feature: Geekgasm of the Day ! And what better way to start things off than with Yo-yos in space? Here we have an actual freaking astronaut geeking out over his high-tech Yo-yo while even explaining the physics behind his tricks. And it's all in Zero-G! If there has never been a reason to get behind privatized trips to space, we have it now. In the mean time, I need to polish up my "'Round the World".

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Best Answer - Chosen by Asker For the sake of mankind i hope so! Professor Stephen Hawking, celebrated expert on the cosmological theories of gravity and black holes, believes that traveling into space is the only way humans will be able to survive in the long-term. He has said, "Life on Earth is at the ever-increasing risk of being wiped out by a disaster such as sudden global warming, nuclear war, a genetically engineered virus or other dangers ... I think the human race has no future if it doesn't go into space." Another of his famous quotes reiterates his position that we need to get off the planet relatively soon. "I don't think the human race will survive the next 1,000 years unless we spread into space." Other Answers (12) Oh, no! Obama won't shut down NASA, he needs it to save the planet, or haven't you heard? We need to pay for Obamacare, so NASA will have to go without a lot of money, and it takes money to get into space, so NASA will concentrate on trying to prove how industrial nations are destroying the Earth, using satellites. What we need is another visionary to work on sending a probe to the nearest star, or some other nearby star, it would require some innovative engineering. We would have to develop some new propulsion system that could get 4-5 light years out in 10-20 years or less, something we could do, and like Project Apollo, it would spur many advances. Any multinational effort would be good, get the best minds the human race has to offer working on the project. Remember, the US put guys on the moon, but we needed Werner Von Braun, Kroft Erika and other German scientists to do it. Obama doesn't give a shout about going into space, he wants tax money to buy another term as Dictator of the United States. In any case, "we" will certainly go into space again, but not in a shuttle. American astronauts (and astronauts from many other countries) will continue to go up to the space station on the Russian Soyuz capsules. Later (in a generation or so), teams that will include American astronauts may venture back to the Moon or - more likely - to Mars. For that, they will definitely need a space vehicle that does not yet exist. The space shuttle cannot and never could go to the Moon - it was not designed for that. It was designed for heavy jobs in low Earth orbit, especially the construction of the space station and the ferrying of people and big instruments back and forth. The rest of the space program (exploration of the rest of the solar system by probes and the launching of better and better telescopes in orbit) is done by automatic rockets which are smaller and a LOT LESS expensive than the shuttle. The decision to stop the shuttle program was taken well before Obama became president. As hard as it may be for Americans to believe, there are other space agencies besides the US program. The ESA, Japan, Russia, China - all have viable space programs. And there are other space programs within NASA besides the shuttle program. We are still in space - the International Space Station is occupied, crews will use Russian craft to get there and to transport supplies until a shuttle replacement is developed. I have no political agenda or loyalty. But just to set the record straight, it was Pres. Bush who shot down NASA and Obama came into office and inherited that little tidbit. Although he didn't do much to try and correct it either. But we are still going to space. Until private industry gets their space vehicles up and running (hopefully in the next 3 or 4 years), American astronauts will hitch a ride with other countries. Of course "we" are (if you mean the U.S. -- this is an international forum with users from all over the world.) US astronauts continued to go to and from the International Space Station during all the years that the shuttle was grounded. How? They hitched a ride on a Russian Soyuz rocket, which has a much better safety record than the shuttle. Meanwhile, NASA will be putting its budget into the things which it does best: unmanned probes of the solar system, including Dawn, which just went into orbit around Vesta, and Jove, which launches next week to Jupiter. Why don't Americans KNOW what NASA does? The U.S. is going through hard financial times right now so the space program is temporarily on hold,but missions to the moon and Mars are being planned at NASA. Space exploration has been proven too valuable to be discarded

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Smoking and cancer: Giving up Giving up is the best thing a smoker can do to improve their health. Quitting greatly reduces the risk of smoking-related cancers. The earlier you do it, the better. But equally it is never too late to gain valuable years of life by giving up on smoking. Most smokers say that they would like to give up if they could. But stopping isn't always simple. Emilie and Mark have both successfully given up after being smokers for years. They shared their stories with us, telling us how they did it, and how they feel now. Support yourself Quitting smoking can be hard, but free services and treatments are available to help and these have been shown to improve the chances of quitting successfully. Smokers are much more likely to quit successfully if they get professional support than if they try to go "cold-turkey". The NHS has a range of services on offer. Smokers can now pick up a new and improved NHS Quit Kit from thousands of pharmacies across England to help them stop smoking. The NHS Quit Kit has been developed by experts, smokers and ex-smokers, and contains practical tools and advice to help smokers quit smoking for good. For the first time, the Quit Kit includes a new text support programme to give smokers extra help in those tough first weeks. This autumn the Department of Health is launching the Stoptober campaign. Research shows that if you can stop smoking for 28 days, you are five times more likely to stay smokefree. Stoptober leads you through a detailed step-by-step programme to help you achieve this goal. The new campaign includes a preparation pack, 28-day Quit Calendar and Health & Wealth wheel. You will also receive support and encouragement through a daily messaging service, inspiration from celebrity mentors, and expert advice through the Stoptober smartphone app, motivational text messages and the Stoptober Facebook page. Stoptober 2012 kicks off on Monday 1st October and runs for 28 days. For more information and to join the biggest stop smoking challenge of its kind, visit the Stoptober website. The NHS also provide: Stop smoking groups - sessions run by health professionals for groups of smokers who want to stop. In the sessions you can find out more about ways to give up and share tips and experiences with others. One to one counselling - in many areas individual counselling is available to help you give up. To find out more about these services and get support with giving up smoking, talk to your doctor or pharmacist, or call the NHS Smoking Helpline : England: 0800 022 4 332 Wales: 0800 169 0 169 Scotland: 0800 84 84 84 Northern Ireland: 0800 85 85 85 Isle of Man: 01624 642 404 Quit also have a helpline with information and advice to help you give up smoking. Call 0800 00 22 00 between 9am and 9pm or e-mail stopsmoking@quit.org.uk . Control your withdrawal symptoms When you try to quit, you may experience nicotine cravings and research has shown that these are often more severe than you expect . Don't let that put you off though - there are several products on the market to help control withdrawal symptoms. Many are free on prescription from your GP. Nicotine Replacement Therapy can help you by reducing your nicotine cravings. NRT has been shown to double your chances of successfully quitting. It is also less addictive than smoking and doesn't cause cancer. NRT is available on prescription or over the counter as gum, patches, tablets, lozenges, nasal spray or inhalers. You usually take a 10-12 week course. Zyban and Champix are other medicines that can help you give up smoking. They don't contain nicotine. Instead, they work by reducing your desire to smoke and relieving withdrawal symptoms. Zyban and Champix are only available on prescription and are not suitable for everyone. So talk to your doctor if you want to find out more. Putting on weight Many people are worried that when they give up smoking they may put on weight . This may be because: Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103). A company limited by guarantee. Registered company in England and Wales (4325234) and the Isle of Man (5713F). Registered address: Angel Building, 407 St John Street, London EC1V 4AD.

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Sign in to The Grid Reset your password No worries! We'll send you an e-mail containing instructions for how you can recover your password. Email: Reset your password No worries! We'll send you an e-mail containing instructions for how you can recover your password. Email: Join The Grid The Grid is all about what's happening in your neighbourhood right now, and nobody knows it better than you do. Join to submit pics and videos of neighbourhood news as it happens. Plus, you can post classified ads for free and receive our newsletter. The Grid is a weekly city magazine and daily website providing a fresh, accessible voice for Toronto. Our goal is to capture the vibe and energy of a city in ascendance, largely by rejecting the glossy, doggedly aspirational vision of it you see in so many other publications. City \_local news On Monday night, the Historica-Dominion Institute screened the first new Canadian Heritage Minute in over seven years at the Royal Cinema. Arguably the country's most popular pre-internet meme, the 60-second TV spots have, since 1991, delivered bite-sized tales of Canadian heroism, like the cancellation of revolutionary fighter jet the Avro Arrow and Dr. Wilder Penfield's advances in neural stimulation, the minute that originated the catchphrase "I smell burnt toast." "It's almost like they're inside jokes that all Canadians share," laughed the institute's president, Anthony Wilson-Smith over the phone from their office, of the occasional Heritage Minute parodies that pop up. The latest official addition to our collective Canuck consciousness, on the other hand, will be available online and has already aired on some stations. Thanks to a boost of federal funding, Monday's new vignette spotlights the lesser-known story of 68-year-old black Loyalist soldier Richard Pierpoint. A former slave who fought with the British during the American Revolution and fled to Canada,he later petitioned to establish the first all-black regiment in the War of 1812, known as the "Coloured Corps." While the institute wasn't making many new commercials during the past decade, it wasn't lacking for possible stories, especially from people who want to share their own family history. "Sometimes you have to say, 'We've only done 66 minutes on the entirety of Canadian history,'" says Wilson-Smith, "and I'm afraid this just isn't one of them, you know?'"

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CHICAGO, IL--(Marketwire - Nov 15, 2012) - A TransUnion Healthcare survey of healthcare executives found that hospitals and health systems across the country see point-of-service (POS) technology as a key tool for managing patient payment challenges threatening their bottom lines. Ninety-three percent of executives participating in the survey said their institutions are either using POS technologies or have plans to invest in them. Most executives surveyed believe increased insight into patient payment ability would have a positive impact on patient payment rates (67%) and collection costs (62%). "Hospitals are facing revenue cycle management challenges that will only get more difficult as health reform progresses," said Milton Silva-Craig, executive vice president of TransUnion Healthcare. "Hospital executives recognize that they can't get ahead of their financial challenges without getting in front of the revenue cycle, and they realize that point-of-service technologies must be part of the solution." The growing recognition and use of POS technologies comes at a time when bad debt and patient payment collection costs are becoming an increasingly significant financial threat to hospitals and health systems of all types. More than three out of four respondents said their institutions have seen an increase in bad debt over the past three years, and 86% said bad debt now accounts for more than 2% of their total cost of services. "These types of costs continue to be front and center in the national dialogue over cost control in healthcare," Silva-Craig said. "Such costs are exacerbated by administrative inefficiency and contribute nothing to care delivery." To manage these challenges, hospitals are increasingly using predictive analytics and technologies to help estimate patient out of pocket responsibilities, forecast payment ability and improve POS collection. Overall, 61% of executives participating in the survey said their institutions already use POS technologies, and 32% said they plan to invest in them. Predictive analytics are particularly fast-growing solutions. While 31% of respondents said they currently use predictive analytics to help manage their revenue cycle, another 28% reported that they are in the process of rolling out a predictive analytics solution, and an additional 30% said they are considering them to help manage their revenue cycle. While use of these advanced technology and data solutions is gaining traction, hospital executives cited a number of significant barriers to implementation of increased demographic and data collection at the point of service. The most cited challenges were cost of systems (63%) and increased staff workload (59%); whereas patient dissatisfaction with privacy (34%) and patient dissatisfaction with costs (36%) were cited less often. "TransUnion's research shows that hospital executives are recognizing the long-term value of putting the right data and technology infrastructure in place early on," Silva-Craig said. "The timing is no coincidence. Those institutions that become smarter about the front-end of their revenue cycle will be better equipped to handle the period of historic change that lies ahead of them." About the Survey In conjunction with Oxford Economics, TransUnion's national revenue cycle management survey reviewed responses from 101 hospital and health system executives, just over half of whom are C-level executives. Respondents represent a range of health organizations, including private non-profit, public non-profit and for-profit. The survey analysis looked at the state of revenue cycle management technology in the healthcare industry. Responses were collected in July 2012. About TransUnion Healthcare TransUnion Healthcare, a wholly owned subsidiary of credit and information management company TransUnion, empowers providers and payers with instantaneous intelligence by providing data and analytics at the point of need. In the provider market, TransUnion offers a series of data solutions designed to move critical decision making to the front-end of the revenue cycle process. In the payer market, TransUnion offers healthcare analytics and reporting solutions to help payers meet their reporting needs, control costs and improve the overall health of their members. www.transunionhealthcare.com

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Release Information Subscribe for Updates FOR IMMEDIATE RELEASE: TUESDAY, NOV. 15, 2011 Mover Rate Reaches Record Low, Census Bureau Reports The percentage of people who changed residences between 2010 and 2011 ? 11.6 percent ? was the lowest recorded rate since the Current Population Survey began collecting statistics on the movement of people in the United States in 1948, the U.S. Census Bureau reported today. The rate, which was 20.2 percent in 1985, declined to a then-record low of 11.9 percent in 2008 before rising to 12.5 percent in 2009. The 2010 rate was not statistically different than the 2009 rate. This information comes from Geographical Mobility: 2011 , a collection of national- and regional-level tables from the Current Population Survey Annual Social and Economic Supplement. The tables shed light on movement of people within the United States from one location to another during the year prior to the survey. These tables were part of four migration-related data products released today, which also included: Geographical Mobility: 2008 to 2009 [PDF], a report with analysis of various geographic mobility topics. It contains national- and state-level data from the 2009 Current Population Survey and American Community Survey. "Taken together, these products paint a vivid picture of a nation on the move and tell a more complete story than any one of them can separately," said Alison Fields, chief of the Census Bureau's Journey-to-Work and Migration Statistics Branch. "The record low mover rate was driven by a drop in the likelihood of people moving from one location to another within the same county. The last time this rate was so low, the overall mover rate also reached a record low." Reasons for Moving For those who moved to a different county or state, the reasons for moving varied considerably by the length of their move. According to Geographical Mobility: 2008 to 2009, when people moved a considerable distance between 2008 and 2009 ? 500 or more miles ? it was most likely for employment-related reasons, which were cited by 43.9 percent of such movers, as opposed to housing-related reasons, given by 11.6 percent. Conversely, when people didn't move far ? less than 50 miles ? 40.0 percent did so for housing-related reasons. Living in State of Birth As of 2010, the majority of Americans (59 percent) lived in the state in which they were born, so says Lifetime Mobility in the United States: 2010. The state with the highest such percentage was Louisiana (78.8 percent), followed by Michigan (76.6 percent), Ohio (75.1 percent) and Pennsylvania (74.0 percent). Conversely, in four states ? Alaska, Arizona, Florida and Nevada ? and in the District of Columbia, fewer than 40 percent of residents were born in that state or state-equivalent. Nevada, with less than a quarter, had the lowest percentage in the nation. The Most Common State-to-State Moves According to the 2010 American Community Survey, 45.3 million people lived in a different house within the United States one year earlier. Of these movers, 6.7 million lived in a different state. The most common state-to-state moves in 2010 were: California to Texas (68,959 movers) New York to Florida (55,011) Florida to Georgia (49,901) California to Arizona (47,164) New Jersey to Pennsylvania (42,456) New York to New Jersey (41,374) California to Washington (39,468) Texas to California (36,582) Georgia to Florida (35,615) California to Nevada (35,472) It should be noted that flows in the top 10 may not be significantly different from each other or flows outside the top 10. Four years earlier, in the wake of Hurricane Katrina, the most common move was Louisiana to Texas (118,552 moves). Among the next largest moves were New York to Florida (87,576) and California to Arizona (85,497). All in all, 7.9 million people moved between states during the 2005 to 2006 period. In early 2012, the Census Bureau will release the American Community Survey 2005-2009 County-to-County Migration Flow File, the first data set addressing this topic since the 2000 Census. It will show the number of moves between pairs of counties, with tabulations provided by age, sex, and race and Hispanic origin. [PDF] or denotes a file in Adobe's Portable Document Format . To view the file, you will need the Adober Readerr available free from Adobe. This symbol indicates a link to a non-government web site. Our linking to these sites does not constitute an endorsement

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Other Answers (3) your not gonna like it but you will just have to share and compromise, you will get used to it and so will she and then you will get used to be around eachother. lots of siblings share rooms so im sure you will be fine :) i have the same problem with my brother!! he is just being nosy but always breaks my things!! the best thing i could recommend (even though it sounds weird) is hiding things at the bottom of your underwear drawer 'cause at the end of the day why would she look there? and keep them in plastic bags as well just in case. another place to hide things is inside your pillow case or under your matrice or under your bed if it is low. a way to decorate could be by splitting the room in half (metaphorically) using the door as the meet point with your stuff on the left and hers on the right or vice versa! you could try getting her the same make up as you as a gift so she wouldnt have an excuse to use yours!!

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Church respects the law of the land, and the act of Confession Date: November 17 2012 Cardinal George Pell To the surprise of some, the Catholic bishops of Australia welcomed the Prime Minister's announcement of a royal commission into child sexual abuse. Australians believe in justice and there is a strong feeling that justice has been denied to victims of sexual abuse. Justice is also owed to the individuals and institutions working to prevent sexual abuse and helping victims and their families. I welcome the royal commission because it will help victims and help to clear the air. Victims have an absolute right to justice and I am pleased that they have welcomed the royal commission. It might be helpful to clarify some important points from last week. Some proposed an inquiry into only the Catholic Church. I opposed this for the simple reason that there is no evidence to suggest abuse is confined to the Catholic Church. I welcome the fact that the commission will consider the problem more broadly across all Australian institutions. If we are serious about tackling this scourge in our society, this is the right thing to do. As a priest, I have committed my life to looking after people, especially those in need and the vulnerable. The harm sexual abuse causes has always filled me with horror. I am ashamed that priests are among those who have committed such crimes. As a bishop in two cities, I have worked hard to eradicate this evil and to help victims. I am not interested in denying the extent of wrongdoing in the Catholic Church. The national ''Towards Healing'' protocol adopted in 1996 was a significant improvement in our procedures and has enabled us to make enormous progress in dealing with and preventing sexual abuse. Unfortunately, we have been unable to reassure all parts of the community of this. The commission will identify the truth of competing claims. The Archdiocese of Sydney published a booklet recently outlining its procedures for responding to sexual abuse and for reporting crimes to the police. These procedures have been met with wide approval both within the church and from outside experts (a copy is available at sydneycatholic.org). All Australians, and especially the victims, have a right to know where sexual abuse is occurring and its extent today. In NSW in 2010, there were 4886 cases of sexual abuse involving children reported to the police. Is the situation worsening with more reported violations? Has the number of prosecutions increased or decreased? There has also been misunderstanding over the seal of Confession, causing a diversion from the real issue. Going to Confession is not getting a ticket to sin. If a penitent is not genuinely sorry and is determined to return to his wrongdoing, then the sacrament is useless; a sacrilege and an insult to God. Catholic teaching is clear: the seal of Confession is inviolable. The law of the land is also clear. Federal and state laws protect a member of the clergy from being forced to divulge details of a religious Confession, just as it protects clients from being forced to disclose what they discuss with their lawyers. Religious freedom is protected by the Australian constitution; an essential part of the separation of church and state, which protects believers and faith communities from government dictating religious belief and practice. Priests are well able to comply with the law about reporting crimes while maintaining the seal of Confession as the law allows. As a bishop, I do not hear the confessions of my priests (except in an emergency). A priest who suspects the sacrament of Penance will be abused by a penitent should not hear such a confession. All in the Archdiocese of Sydney will co-operate fully with the royal commission. I will give evidence if asked to do so. I welcome the royal commission as an opportunity to demonstrate our commitment to victims and our efforts to prevent abuse. All these important matters will be examined thoroughly by the royal commission and we should now let the work of establishing it get under way. This material is subject to copyright and any unauthorised use, copying or mirroring is prohibited.

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Romney May Be the End of the Line for the Republican Establishment Click if you like this column! Mitt Romney's comments about 47 percent of Americans being dependent on government and locked in to vote for President Obama highlight a fundamental reality in American politics today: The gap between the American people and the political class is bigger than the gap between Republicans and Democrats in Washington, D.C. Romney's remarks are the GOP equivalent of Obama's notorious comments about small-town Pennsylvania voters bitterly clinging to their guns and religion. Both Romney and Obama highlighted the condescending attitude that political elites hold of the people they want to rule over. A National Journal survey found that 59 percent of political insiders don't think voters know enough to have meaningful opinions on the important issues of the day. That's a handy rationalization for those who want to ignore the voters and impose their own agenda. In the nation's capital, this gap creates bigger problems for Republicans than Democrats. Democratic voters tend to think that their representatives in Congress do a decent job representing them. That's because Democrats are a bit more comfortable with the idea of government playing a leading role in American society. However, 63 percent of Republican voters believe their representatives in Washington are out of touch with the party base. Establishment Republicans in Washington broadly share the Democrats' view that the government should manage the economy. They may favor a somewhat more pro-business set of policies than their Democratic colleagues, but they still act as if government policy is the starting point for all economic activity. Republican voters reject this view. They are more interested in promoting free market competition rather than handing out favors to big business. They detest corporate welfare and government bailouts, even though their party leaders support them. The GOP base sees government as a burden that weighs the private sector down rather than a tool that can generate growth if used properly. Ninety-six percent of Republican voters believe that the best thing the government can do to help the economy is to cut spending and free up more money for the private sector. The Republican base is looking for someone like a 21st century Ronald Reagan, who will display his faith in the American people. The Washington Republicans are more comfortable with politicians like George W. Bush, Bob Dole, John McCain and Mitt Romney. Though the establishment has dominated the party since Reagan left the White House, the 2012 election could well be the end of the line. If Romney loses in November, the Republican base will no longer buy the electability argument for an establishment candidate. From the view of the base, the elites will have given away an eminently winnable election. Someone new, from outside of Washington, will be the party's nominee in 2016. If Romney wins and does nothing to change the status quo, the economy will falter. He will end up as the second straight one-term president, and the nation will desperately be searching for an authentic outsider in 2016. If he wins the White House, the only way for Romney to succeed will be to side with the nation's voters and throw out the club in Washington. That will be great news for the country but bad news for political insiders on both sides of the partisan aisle. Click if you like this column! Scott Rasmussen Scott Rasmussen is founder and president of Rasmussen Reports. He is a political analyst, author, speaker and, since 1994, an independent public opinion pollster. Scott founded Rasmussen Reports, LLC in 2003 as a media company specializing in the collection, publication and distribution of public opinion polling information. Rasmussen Reports provides in-depth data, news coverage and commentary on political, business, economic and lifestyle topics at RasmussenReports.com , America's most visited public opinion polling site. This article is right on...This is the RINO's last dance ...McCain, Krauthammer, Rove and the rest..this is it..If Romney, another Bush/McCain so-called "Compassionate Conservatives", panzis who couldn't fight their way out of a ladys rest room , don't man up and get their $hit together Obama wins.. If Obama wins you will be living a new reailty and it won't be called America..If he pulls a Chavez (most is in the bag already Media, DOJ, Fed, Treasury, Unions , Education etc) and his "Fundamental Transformation of America" will be complete and none of this could have happened without

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The Parking Solution To Gibson Way? Anyone who knows Porthleven will know parking is a growing problem; in some areas it is at a critical point. This I believe is due to two factors, firstly there are more cars on the road, and secondly planning policy thirty or more years ago simply never took into account the motorcar. Gibson Way is just one of these areas as originally it was a simple street with light traffic. It has now progressed to a main access road to other parts of Porthleven. This road is now struggling with the number of cars parked, and the amount of traffic using it. There are around 70 houses in this street and most have at least one car, but in many cases there are two or three cars per household. There are a few small bays placed along this road to take a few of the cars off the highway, but they are just too small for the amount of cars now on this street. It means people then have to double park, and more worryingly park on the grass verges. This, especially when it is wet destroys these verges, and over a period of time have left deep welts in the ground. Using a big chunk of my Members Highway budget I plan to extend these bays so they will accommodate more cars. Ideally I would have extended them the full length of Gibson Way, but that is not affordable and would run into technical problems because of utilities and driveways. The extension of the existing bays I believe is a sensible way forward, and this was also favoured option I received in response from a letter I sent to every household along this street. The cost of extending these bays and the associated works is just short of 14k. If I had to pay this solely out of my budget then I would not be able to solve this without cancelling other projects I have planned. This budgetary issue was over come because Coastline Housing who have tenants on this road have agreed to part-fund this project to the tune of 5500. I am extremely grateful to them in agreeing to this as it shows that different agencies are capable of joining forces and solving issues that would otherwise not be solved. I have agreed in principle to the draft plans outlining the proposals. Now these will get drawn up formally where I will then send to every household along this street to make sure they are informed and happy with this proposed work. Once this has been done and there are no other issues, work will then start. I have also consulted with Porthleven Town Councils Transport Committee who have fully supported this plan. 8 comments on " The Parking Solution To Gibson Way? " Brilliant! A step in the right direction for poor parking around Port. Seen the warden out having a field day in fore street, so at least THAT area does get looked at. Just need to get rid of the opportunity to park at very top of fore st (on one side) at moment you can park on both sides and nearly block the road. Also people park very much illegally on the corner at the bottom of Torleven road 'just to nip to the post office'. Torleven road itself has its parking problems, compounded by the fact it's used by both kids walking to and from school and as a 60mph+ racetrack by young and old irresponsible drivers. Vicarage road is seen as pretty much a free for all long stay carpark for those journeying into the town, on BOTH sides of the road regardless of access to properties. There is almost NO linage on this road (bar at the cemetery entrance) so nothing can be done about any poor, borderline illegal parking -- especially again on very nearly blind corner into torleven rd. If we are doing access roads can I ask whether anything will ever be done about the parking on wellington road? As it is another area where parking (along opposite town hall) makes the MAJOR through road pretty much a one way street. Many of the houses there appear to have driveways I'm sure the problem diminishes as the village returns to winter with the few ever decreasing number of long term, home OWNING residents that are left in the village nowadays (probably 30%? population). The parking issue seems to be dramatically worse in the warmer months when the the great numbers of visitors fill the holiday homes owned by the likes of porthleven holidays and the many other businesses seeking, and almost succeeding, to turn our town soul into a summer 'sandals' resort (it would already be so if the likes of Osborne had his way!) Why doesn't the moaning

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First of all lads... Chelsea fan in peace! (if that is at all possible) I mainly signed up for the forum to ask whether you knew what our allocation for the game was going to be as we had no idea but in the last couple of days we have been given an allocation of 3000. Apparently the West Yorkshire Police wanted to give us 1500 tickets but Chelsea kept on pushing for more. I don't see why we shouldn't get the full 6000 allocation tbh. Why not? Is it simply because of what happened with the scum? I know our rivalry is intense but were this match at Stamford Bridge, you would have got the whole of the Shed. Do you lads think the 3000 allocation is fair? Chelsea are putting on transport for us Chelsea fans for A10 return on a subsidised train and coaches which is helpful. I think I'll get the train for sure. But does it not just ask for trouble as, like with the scum, surely there will be Leeds fans at the train station and waiting for our coaches like they did with the scum? How do you lads see the match panning out? We have just sacked Roberto Di Matteo (shocking, disgraceful, ludicrous decision) and you on the other hand got good news about the takeover etc. We also play you just 3 days after coming back from Japan. I think we will win but it will be a close game what with a hostile atmosphere and all. Lastly... I (like all Chelsea fans) can't wait for the game. We are very up for it and when the draw was made all Chelsea fans wanted tickets for this (a massive shame about the allocation). I know some Chelsea fans that planned on going but due to the allocation probably won't be able to get tickets. Could lead to some Chelsea fans going in the home end... Anyway... should be a cracker Poor Old Mr Bates wrote: First of all lads... Chelsea fan in peace! (if that is at all possible) I mainly signed up for the forum to ask whether you knew what our allocation for the game was going to be as we had no idea but in the last couple of days we have been given an allocation of 3000. Apparently the West Yorkshire Police wanted to give us 1500 tickets but Chelsea kept on pushing for more. I don't see why we shouldn't get the full 6000 allocation tbh. Why not? Is it simply because of what happened with the scum? I know our rivalry is intense but were this match at Stamford Bridge, you would have got the whole of the Shed. Do you lads think the 3000 allocation is fair? Chelsea are putting on transport for us Chelsea fans for A10 return on a subsidised train and coaches which is helpful. I think I'll get the train for sure. But does it not just ask for trouble as, like with the scum, surely there will be Leeds fans at the train station and waiting for our coaches like they did with the scum? How do you lads see the match panning out? We have just sacked Roberto Di Matteo (shocking, disgraceful, ludicrous decision) and you on the other hand got good news about the takeover etc. We also play you just 3 days after coming back from Japan. I think we will win but it will be a close game what with a hostile atmosphere and all. Lastly... I (like all Chelsea fans) can't wait for the game. We are very up for it and when the draw was made all Chelsea fans wanted tickets for this (a massive shame about the allocation). I know some Chelsea fans that planned on going but due to the allocation probably won't be able to get tickets. Could lead to some Chelsea fans going in the home end... Anyway... should be a cracker The annoying thing is... we would have given you 6000 no problem at Stamford Bridge. It's the cup... a bigger away allocation is one of the big plus points of the cup competitions... also if they weren't going to give us 6000 why do they take so long to decide what allocation to give us? 1500 they wanted to give us! Poor Old Mr Bates wrote: The annoying thing is... we would have given you 6000 no problem at Stamford Bridge. It's the cup... a bigger away allocation is one of the big plus points of the cup competitions... also if they weren't going to give us 6000 why do they take so long to decide what allocation to give us? 1500 they wanted to give us! Another thing is the cuts on the police in leeds!! they don't want trouble

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Make sure that you Play while you Work Abroad While working abroad, there are so many potential priorities vying for your time and attention. From the need to get to grips with the language to the necessity of learning the layout of your local area, there are so many things clamouring for your attention from the moment you move in. However, it is essential to ensure that you don't get sucked in to thinking that acclimatisation is all work and no play. While it's obviously important to get into the mind-set of your new job and surroundings as quickly as possible, taking the time to discover activities that are fun as well as relevant can be equally as important. It's natural to find working in a foreign country a stressful and complicated process that taxes you both physically and emotionally. Even if you don't have a new language to familiarise yourself with, the people, customs, local geography and pace of life can all add up to make things seem a little bewildering at times. This is why it's vital to get out there and do something that is fun as well as educational and helpful in letting you understand the local culture. For example, if you were working in Argentina then one ideal method of combining culture with recreation would be to experiment with some tango. This sultry, vibrant form of dance is a national treasure and as such it is considered a cornerstone of Argentinian culture. Not only will learning the dance help you understand a little better what makes the Argentinians tick, but it's also an incredibly energizing experience and a lot of fun to boot. Taking fun classes in your local area and learning dances like Argentine tango is also a great way to meet people and engage in an activity where there is no language barrier, only the rhythmic language of quick stepping feet and twirling bodies! One of the great things about getting involved in national pastimes is that it gives you something fun to do that is also an excellent talking point. This can be essential in helping you make a good impression at work and in social contexts where you can tap into the psyche of local people and strike a rapport with them. Activities that are deeply imprinted in the national psyche often appeal to people of all ages and stages in life. Argentine tango classes are no exception as they are designed to be as inclusive as possible to appeal to anyone regardless of their physical fitness level. So wherever you decide to work abroad, always make time to have fun. This can be as immersive as any number of language classes or workshops. Getting to see the locals doing what they love and joining in with them is a sure-fire way to ingratiate yourself with them and keep yourself grounded at the same time.

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I wasn't sure to expect from this movie. I hadn't seen Batman Begins and didn't know how amazing it was really going to be. Christopher Nolan genuinely knows how to create an incredible movie that... more In my mind Batman Begins was probably the first superhero film since Superman The Movie that had its feet firmly placed o the ground in terms of story telling and plot. The long awaited sequel is about to be released and this for some is what the fans have been waiting for, that is the return of The Joker. Just watching this film and the fact there is a sequel to Batman Begins is a bonus on its own. People though that this would never get off the ground at all, so seeing the majority of the original cast from the first film is a true achievement and goes to show how much belief the cast have ... more In January of this year we were all shocked when actor and heartthrob to a lot of people in the world Heath Ledger died of an accidental OD. However he did manage to act in two films before his death, one he never completed and the other was probably one of his best pieces of work, ever. His role in the Dark Knight is nothing like you would expect, he doesn't make you swoon ladies like he does in his other films, he doesn't just seem to be there for eye candy. He was always a good actor, I agree, but it's a shame his life ended just when he found his niche, his role as the Joker was truly his ... more 'Don't believe the hype', as 'Flava Flav', the rapper dude who wears the big clock around his neck, once said, the flamboyant Public Enemy singers iconic Hip Hop line spot on when it comes to reviewing the big event movie of 2008. When you hear only great things about a film and enjoyed the previous one in the franchise you expect and want it to deliver, which, although the Dark Knight did in some aspects, it just didn't nail it in the critical categories a sequels must for me, especially in the superhero category. I'm not saying its poor or anything but just distinctly underwhelming for the ... more Billionaire Bruce Wayne's alter-ego Batman has helped to free the streets of Gotham from the clutches of the mobsters that once controlled it. But now the thugs are fighting back, rallying around a dangerous psychopath in clown make-up who calls himself The Joker. He plans to kill Batman and take over the city. As The Joker's crimes escalate and become more personal, Bruce joins forces with District Attorney Harvey Dent, who also happens to be dating Rachel Dawes, Bruce's long-neglected childhood sweetheart. But like Bruce, those around him are not always what they seem... Christopher Nolan ... more Hard to believe I know but it has been three long years since Batman Begins first hit cinema screens across the globe, and now as I write this The Dark Knight takes the story on a seamless transition from one movie to the other. 2008's most anticipated movie would have been a blockbuster hit alone, but the death of one of the co-stars Heath Ledger an icon of our time solidified its place in history; when The Dark Knight opened a week ago in America it smashed box office record by achieving a whooping turnover of 67 million pounds on its first day. At the end of the already dark Batman Begins ... more

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A message from victims of press abuse to the Prime Minister Sixty victims of phone hacking and other press abuses have written an open letter to David Cameron with the help of Hacked Off. The letter, reported in today's Observer, urges the Prime Minister to reassure the public that he will keep an open mind about reforms to the press until after Lord justice Leveson reports the findings of his inquiry in the next few weeks. The victims are concerned about reports suggesting that the Prime Minister had already decided in favour of proposals put forward by newspaper proprietors and editors -- proposals for continued self-regulation that many victims had already rejected. Press self-regulation is discredited after years of failure to prevent press abuses and inaccuracies. Hacked Off campaigned for the establishment of the Leveson inquiry after the phone hacking scandal and hopes to see all parties approach the inquiry report with open minds. Hacked Off will continue working with the victims when Leveson's recommendation is announced in November. Make sure that you sign up to our newsletter , like us on Facebook and follow us on Twitter to make sure that you can show your support when the time comes. Read the full text of the letter from the victims to the Prime Minister below, followed by the full list of names who have so far signed. Dear Prime Minister We are individual victims of the unlawful and unethical conduct of the press in recent years. This conduct has included phone hacking, industrial scale data-mining, bribery of public officials, inappropriate contact with politicians, computer hacking, unlawful invasions of privacy, blackmail threats and harassment. It has also involved a shameful conspiracy to cover up many of these misdeeds. No public interest justification has ever been credibly advanced for these abuses. When you set up the Leveson Inquiry, we welcomed your action. The government appeared to be taking seriously the unchecked abuse of ordinary people by parts of the press. It also appeared genuinely to be concerned about the damage done to public trust in politicians and the police and indeed in the important role in a democratic society played by ethical public interest journalism. We accepted at face value your expression of regret at what had happened, both under your watch and that of previous governments. We understood that your experience of learning of the allegations against your former Head of Communications had underlined your determination to make sure that action was finally being taken to make sure that our free press, our police force and the political establishment put their house in order. We also welcomed your remarks, made in the House of Commons, that "We will never solve this if we try to do it on a party basis; we must try to do it on a cross-party basis", and that "We must at all times keep the real victims at the front and centre of this debate" (Hansard 13 July 2011: Column 320). We were further reassured by what you said about us when you gave evidence at the Inquiry: "I've read some of the evidence that's been put forward, and frankly some of that evidence is incredibly shocking. Some of it is really heartbreaking. The test of a regulatory system is not does that make the politicians happier? The test of the system is: is it going to provide proper protection to ordinary families who, through no fault of their own, get caught up in these media maelstroms and get completely mistreated?" "And the evidence of the Dowler family and the evidence of the McCann family is incredibly powerful in that regard. I will never forget meeting with the Dowler family in Downing Street to run through the terms of this Inquiry with them and to hear what they had been through and how it had redoubled, trebled the pain and agony they'd been through over losing Milly. I'll never forget that, and that's the test of all this. It's not: do the politicians or the press feel happy with what we get? It's: are we really protecting people who have been caught up and absolutely thrown to the wolves by this process. That's what the test is." (Official Transcript, 14th June 2011, page 57-8) When it comes to this 'test', you will be aware that the victims, after reflecting on the evidence put before the Inquiry in all its modules, made a submission which gives our view on the proposal for continued self-regulation put forward on behalf of some in the press by Lord Hunt and Lord Black (the 'H

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Monday Laughs........Credit where credit is due, including the Pig...... 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. Monday Laughs........Credit where credit is due, including the Pig...... Something new: Starting from today, Monday Laughs will credit the source of jokes posted if they were received from PF1 members. There is no point in crediting my other sources as they are unknown on this site, but I do acknowledge their contribution and my appreciation. There will be some errors and omissions because I have not recorded the contributors of many in my file, and unfortunately this will continue because I have a good number of jokes from long forgotten sources. If some are yours, please consider yourself thanked and appreciated. Jokes are not always submitted in the form they are received. Some I kiwi-ise, and many I edit for context, spelling, grammar or simply 'flow' reasons, I like to see good metre and rhyme in the poetic versions. SB=Submitted By... Billy . . There were four farm cadets who were in the final stages of interviewing for a job. The interviewer told them that he would ask each of them the same question, and whoever answered the question the best would be the one hired. All applicants agreed that this was fair, so the recruitment interviewer asked the first cadet the question, ?What is the fastest thing in the world?? The young man thought for a moment and replied, ?That would have to be a thought.? ?Why do you say that?? asked the interviewer. ?Well, a thought takes no time at all?it is in your mind in an instant, then gone again.? ?Ahh, very good. thank you,? replied the interviewer. Next the same question was posed to the next cadet, ?What is the fastest thing in the world?? The young man paused and replied, ?That would have to be a blink.? ?Why?? asked the interviewer. ?Because you don?t even think about a blink, it?s just a reflex. You do it in an instant.? The third young man was asked what the fastest thing in the world was, and after hesitating for a brief moment, he replied, ?I would have to say electricity. Why? Because my dad can flip a switch at the house, and immediately the light will go on down at the cowshed.? ?I see, very good,? replied the interviewer. Then, the last young man was asked, ?What is the fastest thing in the world?? ?That?s easy?? he replied, ?that would have to be diarrhoea!? Rather stunned, the interviewer asked, ?Why do you say that?? ?Well, last night after dinner, I was lying in my bed then suddenly I got the worst stomach cramps ever! Next thing I knew, before I could think, blink, or turn on the lights, I'd shlt myself!!!!!? SB-SP8's \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* Four old timers were playing their weekly game of golf, one remarked how nice it would be to wake up on Christmas morning, roll out of bed and without an argument go directly to the golf course, meet his buddies and play a round. His buddies all chimed in said, "Let's do it! We'll make it a priority; figure out a way and meet here early, Christmas morning." Months later, that special morning arrives, and there they are on the golf course. The first guy says, "Boy this game cost me a fortune! I bought my wife a diamond ring that she can't take her eyes off." The second guy says, "I spent a ton too. My wife is at home planning the cruise I gave her. She was up to her eyeballs in brochures." The third guy says "Well my wife is at home admiring her new car, reading the manual." They all turned to the last guy in the group who is staring at them like they have lost their minds. "I can't believe you all went to such expense for this golf game. I slapped my wife on the butt and said, 'Well babe, Merry Christmas, it's a great morning -- intercourse or golf course ...' She said, 'Don?t forget your sweater!' " \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* A rich man living in Darwin

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Lexus has revealed a new high performance sports coupe concept at the Australian International Motor Show in Sydney, the LF-LC Blue. A further development of the model which became the sensation of the Detroit motor show earlier this year, it swaps that car's burning red exterior for a lustrous Opal Blue finish, inspired by the natural base colour of the Australian gemstone. The LF-LC combines advanced technologies and materials with an organic design that points to styling cues that will influence future Lexus sports models. The concept in particular pioneers use of lightweight carbon fibre and the next generation of Lexus's industry-leading full hybrid powertrain. The experience and in-house capabilities Lexus has gained in the development of the LFA supercar have directly benefited the creation of the LF-LC, notably in the successful marrying of carbon fibre and aluminium alloy materials in its construction to achieve a light body mass. It provides an ideal platform for the next generation Lexus Hybrid Drive system. Dubbed Advanced Lexus Hybrid Drive, it features a new, high-energy battery pack designed to deliver to greater power from a unit that is smaller than those used in Lexus's current full hybrid model range. The full petrol-electric system in the LF-LC produces a maximum 500bhp (372kW), more power than any other Lexus hybrid. LF-LC Blue demonstrates what the future may hold for sports cars. Lexus has been synonymous with hybrid power, superior build quality, comfort and reliability; with the LF-LC it now reinforces its design and technology credentials. The concept hints at what is to come from Lexus, which is now actively studying how it can engineer and build a vehicle like this in the future.

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The Diagnostic & Statistical Manual of Mental Disorders (DSM) is one of the most widely used means of defining mental disorders. The use of a diagnostic criteria for each mental illness/condition allows agreement between clinians and specialists concerning the topography of each condition. The manual is maintained by the American Psychiatric Association . According to the DSM (4th Edition): Attention Deficit/Hyperactivity Disorder Either (1) or (2): (1) six (or more) of the following symptoms of inattention have persisted for at least 6 months to a degree that is maladaptive and inconsistent with developmental levels: Inattention (A) Often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities. (B) Often has difficulty sustaining attention in tasks or play activities. (C) Often does not seem to listen when spoken to directly (D) Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (not due to oppositional behaviour or failure to understand instructions). (E) Often has difficulty organising tasks and activities (F) Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework). 2. six or more of the following symptoms of hyperactivity-impulsivity have persisted for at least 6 months to a degree that is maladaptive and inconsistent with developmental level: Hyperactivity (A) often fidgets with hands or feet or squirms in seat. (B) often leaves seat in classroom or in other situation in which remaining seated is expected. (C) often runs about or climbs excessively in situations in which it is inappropriate ( in adolescents or adults, may be limited to subjective feelings of restlessness) (D) often has difficulty playing or engaging in leisure activities quietly (E) is often "on the go" or often acts as if "driven by a motor" (F) often talks excessively. Impulsivity (G) often blurts out answers before questions have been compleated. (H) often has difficulty awaiting turn. (I) often interrupts or intrudes on others (e.g., at school or work and at home). B. Some hyperactive-impulsive or inattentive symptoms that caused impairment were present before age 7 years. C. Some impairment from the symptoms is present in two or more settings (e.g., at school or work and at home). D. There must be clear evidence of clinically significant impairment in social, academic, or occupational functioning. E. The symptoms do not occur exclusively during the course of a Pervasive Developmental Disorder, Schizophrenia, or other Psychotic Disorder and are not better accounted for by another mental disorder (e.g., Mood Disorder, Anxiety Disorder, Dissociative Disorder, or a Personality Disorder). The DSM-IV codes for the three categories of ADHD are as follows: 314.01 Attention-deficit/hyperactivity disorder, combined type: if both criteria A1 and A2 are met for the past six months. 314.00 Attention-deficit/hyperactivity disorder, predominantly inattentive type: if criterion A1 is met but criterion A2 is not met for the past six months. 314.01 Attention-deficit/hyperactivity disorder, predominantly hyperactive?impulsive type: if criterion A2 is met but criterion A1 is not met for the past six months. The information presented is of a general nature and is not a substitute for professional medical or legal advice. ADHD.org.nz and their associates disclaim all liability or responsibility for any actions undertaken by any person in reliance on any information provided herein. Please contact a medical specialist or lawyer before undertaking any actions. contact us The content of the page is not copyright and may be reproduced freely. But ADHD.org.nz requests that anyone who reproduces it acknowledges ADHD.org.nz as its source. ADHD.org.nz. webdesign by W.Y.D. productions?, 2000. This page was last modified 210608.

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So while programming the final sections of a rather large project I'm working on, I started seeing some random errors appearing on arbitrary pages on the site. The errors were intermittent, but they completely stuffed the rest of the page when they displayed as they'd break the javascript a lot of the time. The appear appears like so: The culprit is as the error states, session\_start(). The error has to do with the session properties in the php.ini file, namely "session. gc\_probability". There's a discussion of the issue here , but no solid solution that I've found. This notice is only visible when error reporting is enabled in php.ini, and can be disabled by restricting the config to display no errors. You can also suppress the error message pertaining to session\_start by appending '@' to it (found here ):

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This Kindle blog of Kindle tips, Kindle news, and opinion explores the capabilities of these devices with their access to the entire global Net, through their wireless features. The Amazon Kindle reader and tablet are more capable than most realize. There are ongoing tutorials, guides for little-known features and latest information on the Kindle models and their competitors. Questions are welcome. I run into only a few (mainly Amazon Kindle Forum regulars) who realize how easy it is get the normal Google Play market apps and who therefore do go get them when they're up (within a day or so) at other appstore sites. I always recommend though that people wait to get these from any sites, including Google Play market, until they've been up a few days and no one is having problems with malware, since Google doesn't take the time to vet apps as Amazon does, to test for both malware or incompatability. Kindle Fire HD comparison reviewers almost automatically say that the Amazon tablets can use only Amazon apps and therefore should not be considered except by Amazon customers -- but this kind of statement can come only from NOT taking the time to check the normal Android settings. One click on one settings box is all it takes. It's very easy. At the Top Row Toolbar: Swipe down to get Settings / More / Device / and then merely CHECK the box that says: Allow Installation of Applications from unknown sources That's it! Then you can go to other app stores that are recommended, such as 1mobile.com, getjar.com, slideme.org, handango.com to find and download the app. To install the downloaded app, use either ES File Explorer or Easy Installer from Amazon's Android App store. Easy Installer hunts down your downloaded app-install files (\*.apk) so it's very useful if you can't find one that you know you downloaded. Amazon's appstore should be supported though Of course, if Amazon carries the app, it's best to get it from Amazon because they do a strong vetting of the apps they offer and because it's the way they make revenue from tablets sold at cost. I think it's important to support the Amazon Android app store, but I also think it's important that Amazon make more good apps available to us at a faster pace, and maybe they should have a suggestion box for the more popular requests. An example of another app that regulars at the Amazon Kindle Forums have been getting and encouraging others to use as an alternative (sometimes with the recommendation of "Forum Pros" there)... On Oct. 22, I gave some step-by-step instructions to tick the one checkbox to enable apps from other sources (as mentioned above) and I listed installation steps . This was in connection with an alternative browser ( Dolphin ) along with the one Adobe Flash Player file that is sure to work with later Android 4.x mobile systems that Adobe no longer supports for the future flash-players (tablets such as the Kindle Fires and the Google Nexus -- or is that Nexi?) :-) Most won't need this alternate browser (unless wanting to watch network TV shows that are made available for those who missed a recent showing on TV). UNLIKE Youtube, which supplies HTML5 coding for videos if you don't have a working Flash player, TV networks still tend to use Flash-only for their videos. They'll slowly change over. NOTE: With the Silk browser (no Flash player support on that), you can reliably view the Youtube videos if you have your " Silk " web browser menu settings for Requested website view set to "Automatic" rather than Desktop, though some sites will be of the minimal Mobile layout as a result. A GREAT normal Android feature that Amazon removed and should reinstate This is a small rant . I would like to use Amazon's Web browser more, but I use it less and less because they removed a feature that benefits eyes that don't respond well to smaller fonts. One more reason I use the Dolphin browser is that the Kindle Fire HD no longer uses a NORMAL Android feature that is a huge favorite of mine: Normally , on Android tablets, when you encounter small web text and your eyes want fairly large fonts, you are able to use pinch-zooming of web text, enlarging the text area fonts to a point that the text runs outside the display-width borders as fonts expand to a larger size -- a graduated size that we can more easily read -- and, usually, when you double-click on that now-enlarged text, the text on the display WRAPS to fit the width of the text area while

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Do you love bubble tea? Personally, I can't walk past a bubble tea shop without suddenly craving one of their sweet ice-cold beverages dotted with chewy boba tapioca pearls. It's the most thirst-quenching snack I can think of! Fortunately for my addiction, bubble tea is super easy to make at home. This is a drink that originated in Taiwan in the 1980's and spread throughout Southeast Asia before finding its way to the US. Most of us think of bubble tea as being synonymous with boba tapioca pearls, but bubble tea was originally just a cold milk tea that was shaken until frothy. Sometimes boba were added, but basil seeds or cubes of jelly were also used. You can find boba at almost any Asian grocery store or online. These marble-sized spheres are made from tapioca, just like the smaller pearls we use for tapioca pudding. They come in a range of colors, but all boba have a fairly neutral flavor. Once cooked, it's best to mix them with some sugar syrup -- this gives them some sweetness and also helps preserve any pearls you're not using right away. Boba are at their very chewiest best if used within a few hours of cooking. However, the longer cooking method I outline below helps the boba stay soft and moist for several days if kept refrigerated in simple syrup. They will gradually start to harden and become crunchy in the middles. For a quick-fix bubble tea when you know you'll eat them right away, just boil the boba until they are soft, 5 to 10 minutes. The sweet and creamy bubble teas you buy in the stores are usually flavored with special powders and sweetened condensed milk. You can buy these powders online along with the boba themselves, but I think that boba made with regular tea and other more natural sweeteners are just as good. You only need to make one cup of strong tea, any tea of your choosing, and mix it with regular milk, almond milk, sweetened condensed milk, or fruit juice. A little simple syrup leftover from soaking the boba helps sweeten things up. Instructions 1. Cook the Boba: Measure 2 cups of water for every 1/4 cup of boba being prepared into a saucepan. Bring the water to a boil over high heat. Add the boba and stir gently until they begin floating to the top of the water. Turn the heat to medium and cook the boba for 12-15 minutes. Remove the pan from heat, cover, and let the pearls sit for another 12-15 minutes. 2. Prepare Sugar Syrup for the Boba: While the boba are cooking, make a simple sugar syrup to sweeten and preserve them once cooked. Bring 1/2 cup of water to a boil over high heat on the stove or in the microwave. Remove from heat and stir in 1/2 cup sugar until dissolved. Set aside to cool. 3. Prepare a Strong Cup of Tea: This can be done either while the boba are cooking or ahead of time. Allow enough time for the tea to cool completely before making the boba. Bring 1 cup of water to a boil. Remove from heat and add the tea bag. Use one tea bag for regular-strength bubble tea or two for a stronger tea flavor. Remove the tea bag after 15 minutes and chill the tea. 4. Finish the Boba: Once the boba have finished cooking, drain them from the water and transfer them to a small bowl or container. Pour the sugar syrup over top until the boba are submerged. Let sit until the boba are room temperature, at least 15 minutes, or refrigerate until ready to use. Boba are best if used within a few hours of cooking, but will keep refrigerated for several days. The boba will gradually harden and become crunchy as they sit. 5. Make the Bubble Tea: Pour the prepared tea into a tall glass and add the boba. Add milk for a creamy bubble tea, juice for a fruity tea, or leave plain and add a little extra water. Sweeten to taste with the simple syrup from soaking the boba. Additional Notes: Very Chilled Bubble Tea: For an extra-chilly bubble tea, combine all the tea, milk, and/or juice, but not the boba in a cocktail shaker. Add a few ice cubes and shake for 20 seconds. Pour into a tall glass and add the bo

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Top 10 Most Valuable U.S. Coins Found in Pocket Change There are a number of fairly valuable U.S. error coins and die varieties in circulation today. These coins are overlooked by people because they have small distinguishing characteristics, such as a modest doubling of the coin image, or minute differences in the size or spacing of the letters in the legends. Learn which of your pocket change coins is worth a large premium over face value, and why. Note : Click on the images to greatly enlarge them and see details. Tip : Be sure to do your hunting with at least a 6x power magnifier so you don't miss anything! 1. 1969-S Lincoln Cent With a Doubled Die Obverse Photo courtesy of Heritage Auction Galleries This coin is exceedingly rare. The early specimens were confiscated by the Secret Service until the U.S. Mint admitted they were genuine. Counterfeits abound, but usually have the wrong mint mark . How to Detect : Look for clear doubling of the entire obverse ("heads" side) except for the mint mark. If the mint mark is doubled, it is probably a case of strike doubling , rather than a doubled die, which isn't worth much. (Mint marks were punched in the dies separately in 1969, after the doubled die itself had already been made.) Approximate Value : Around $35,000 or more in EF-40 or so. 2. 1970-S Small Date Lincoln Cent With a Doubled Die Obverse As with virtually all true doubled die varieties, only one side of the coin shows doubling. If both sides exhibit doubling, the coin probably exhibits strike doubling instead, and is worth little. How to Detect : The rarer Small Date variety is most easily distinguished from the common type by the weakness of LIBERTY. The Doubled Die Obverse is best demonstrated by doubling in LIB and IN GOD WE TRUST. Approximate Value : Around $3,000 in EF-40 or so. 3. 1972 Lincoln Cent With a Doubled Die Obverse The 1972 (no mint mark) Lincoln Cent doubled die variety shows strong doubling on all elements. The "Cherrypicker's Guide to Rare Die Varieties", which was an important source for this article, suggests using a "die marker" to help verify your finds. A die marker is a gouge or crack that identifies a particular die. How to Detect : Clear doubling of all obverse elements; look for a tiny gouge near the edge above the D in UNITED as a die marker. Approximate Value : About $500 in EF-40 or so. 4. 2004-D Wisconsin State Quarter With an Extra Leaf Variety experts disagree about the cause and long-term value of this type, but I've included in the list because it is very findable in pocket change and worth hundreds of dollars right now. How to Detect : There is some defect on the die that makes it appear as if there's an extra leaf on the lower left-hand side of the ear of corn on the reverse. The leaf is very clear. Known in two varieties, the High Leaf and the Low Leaf type. Approximate Value : $200-$300 in MS-60 or so. 5. 1999 Wide "AM" Reverse Lincoln Cent This variety is known for 3 dates, 1998, 1999, and 2000, with 1999 being by far the rarest. The mint erroneously used a proof die to strike normal circulation coins. How to Detect : The AM in AMERICA on the reverse is clearly separated in the Wide variety. In the normal variety for these dates, the letters AM are very close or touching. Approximate Value : $5 to $25 in circulated condition, $75 to $600 in MS-63 or better depending on color. 1999 brings the highest prices, with 2000 being second. 6. 1982 No Mint Mark Roosevelt Dime At the point in time that these coins were made, the dies sent to the individual branch mints would be punched with the proper mint mark letter for that branch. This variety is believed to be caused because one or more non-punched dies were used to make coins. (The letter P was being used for Philadelphia on dimes at this time.) How to Detect : The 1982 dime is missing a mint mark. Approximate Value : About $30 to $50 in AU-50, more for higher grades. 7. Presidential Dollar Edge Lettering Errors Ever since the first Presidential Dollar (the Washington Dollar issue

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An Interview with T Williams An Interview with T Williams A lengthy production career, beginning in garage and grime and evolving into house, has given Tesfa Williams the perfect musical background with which to excel in London's thriving bass music scene. Back in 2010 Williams had a crossover hit with the UK Funky influenced 'Heartbeat' , which crept onto mainstream radio playlists while maintaining underground cult status. Since then his releases on labels such as Local Action, as well as his own Deep Teknologi, have revealed a mature, versatile artist with a strong influence on his contemporaries. We caught up with him ahead of his Rinse FM compilation release. You're known these days for your house productions, but I'd like to start by talking about your earlier garage days. When did you first become aware of 'garage' as a movement or a distinguishable sound? Funnily enough I went to a youth centre party that happened in our area, I would've been about 12, 13, and to be honest I didn't even like it when I first heard it. I was fully a jungle head, and I was like 'this is not hard enough!' (laughs) but there was so many people around me that were into it. People like EZ, Tuff Jam, they seemed like Gods at the time. If your experiences growing up around London at that time were similar to mine, garage was everywhere - in people's cars, on pirate radio, playing in shops, but you rarely ever heard house. Was that the same where you were? Definitely. In my world, house just wasn't around. Even the 'house' that was around, people like Arman Van Helden, to me it was still garage. It just didn't really exist like that. It seemed like we were so dead set on that [garage] sound innit? Yeh, definitely. Do you think even now in 'urban' culture, house still doesn't really register? Slowly but surely it's changing. People like Jamie Jones and the Hot Natured lot, they've struck a chord with the urban circuit. There's a lot more people from that circuit that are into house now. So when did you start getting into it? It was about 2004, 2005, garage had evolved into grime, and grime really wasn't me. I've come from the circuit where it was like nice loafers, you know what I mean? You'd get your best shirt and that, and all these kids were wearing hoodies and stuff (laughs). Yeh I know what you mean. It lost the soul a little bit. Completely lost it. And I was like, this is not me. But then I found that house kind of went back to that, putting on your nice shoes to go out and party and have a good night. First and foremost that's what really did it for me -- the fact that there were females at the parties and I could put on my best and enjoy myself. What parties were you going to at that time? I was at Martin Larner raves, Liberty, at Hidden, and in the morning there'd be a house afterparty called Big. So me and my boys, we'd stay, unwind, listen to a few tunes, then every time we'd stay for a little bit longer, then a little bit longer, then in the end we were just going for the after party. Then I'd just go on the record hunt, trying to get everything I could. That's how I really got into house. What are the main differences you find between house and garage from a DJing perspective? Stylistically it's ridiculously different. In terms of how you mix it and how you build a set, it's completely different. In the garage / grime scene you've got MCs, and you had to have the latest dubplates, and also you'd just drop things in, you wouldn't be doing lost lasting mixes. There's more focus on the MCs, not so much on the DJs. You did the latest Rinse FM mix. How did you put the tracklist together for that? Not only is it the music that I like, it's music from people I feel are on the same wavelength as me. So there's people like Bashmore in there. I had to throw in a Tuff Jam tune in there - that tune is 13 years old, but it still sounds as fresh today. It really shows the line that runs through. What else are you into at the moment? Musically, there's a couple of people like Shadow Child, this girl called Hannah

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Roar and Liv , the exclusive new prequel novella to Under the Never Sky , publishes today . Beautiful, captivating and everything you'd expect from the amazing Veronica Rossi, this is a story we're seriously excited to share. So excited, in fact, that we're giving you a little sneak preview -- just in case you hadn't made your mind up whether to buy it! I make my move when the tribe is asleep. Footsteps light, I skim across the dirt clearing, the chirp of crickets the only sound in the calm spring night. When I reach Perry's house, I climb onto the window ledge and stretch up, grasping the rusted f lashing that borders the roof. Here goes. One. Two. Three. Swinging my legs out and up, I f lip myself onto the roof. My landing is almost silent -- just the brush of my knees on the stone tiles as I ease my weight down and the slosh of the jug of Luster that's tied to my belt. People say I'm quiet as a cat. If they could hear as well as me, they'd know that cats are actually pretty loud. Standing, I dust off my pants and scan the shadowed homes that circle the clearing. I hear a distant snore. The quiet creak of a door somewhere. Otherwise, nothing. I head for the warm thread of light that seeps through a hole in the roof. It comes from a small gap where a tile cracked a few years ago during an Aether storm. I tread lightly and avoid the noisy spots. Perry and Liv are asleep in the house, but I'm not skulking up because of them. It wouldn't matter if they heard me coming, but their brother, Vale, is inside as well -- home only hours ago from his trip to the north -- and I won't chance waking him. Kneeling by the sliver in the tiles, I bend down and peer through it, blinking as my eyes adjust to the light . . . and see a falcon with its wings spread wide. The tattoo on Perry's back. He's sprawled on his stomach in the loft, which is right below me. I try to look for Liv, knowing that if Perry is here, she's curled up in front of the hearth, but I have a poor angle. There's only one way to see her tonight. I bring my mouth to the hole and raise my voice just enough. "Perry! Wake up!" He doesn't move, so I try a little louder. "Wake up, you oaf!" Perry rolls onto his back and starts to snore. There's a saying that warns people against waking sleeping giants. I should listen to it, but I want to see Liv too badly. I pull the jug of Luster from my belt and unstop the cork, muff ling the pop with my hands. It's a shame to waste it, but I don't see any other way -- and this could be entertaining. I bring the jug to the gap and pour the Luster through it. I hear a solid thump as the roof shakes beneath my feet. The warm light from inside disappears as three fingers poke through the hole. Scrabbling, wrathy fingers full of murderous intent. After a moment, they're replaced by a green eye that's shiny like a cat's -- really like a cat's. Perry mutters a few curses and then asks, "What's wrong with you?" His voice is muff led, but I hear him perfectly. "Get Liv and meet me on the northern trail," I say. The cat eye moves left and right as Perry shakes his head. "No. Beach trail. Someone poured Luster on me and I have to wash it off." I recork the Luster and climb down. There's one more thing to take care of before I meet Perry and Liv. I cross the clearing again, guided by the light of the Aether, the rugged cottages of the Tide compound spreading around me. At Brooke's house, I rap softly on the door. She eases it open a few moments later and smiles. "The cave?" she whispers. Brooke is Liv's closest friend, and for the past year she and Perry have been together. Half that time Perry has been trying to end it. Perry will probably be streak

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Arsenal: Lacking A Little Bit The Oil Wide attacking areas are where we need more direct, typical wingers. Perhaps we need Jesus. No, not Christ but Navas. Just when I thought Arsene Wenger could not out-do himself, he goes on and comes up with "... lacking a little bit the oil..." Heh! So not only are Arsenal lacking a little bit the sharpness, but now they lack a little bit the oil. Fantastic! I like Arsene Wenger. Much of the focus has been on our failure to score a single goal so far this season. We are focussing on it so much so that it shall soon become a problem for the team. I think most of the pressure is coming because Robin Van Pussie scored for the Mancies and so far Arsenal have not scored. We are making such a crisis of it and yet it is only 2 games into the new season. Yes, ideally, we should be getting 3 points against Stoke and Sunderland, but even the bigger teams struggle against these teams. And would you prefer to get a score draw or a goalless draw? I would prefer a goalless draw because it suggests our defence is doing something right- so far. Chelsea have started very well, but somehow I get the feeling they will crumble when it matters. This Arsenal team, like a fine wine, will get better with time. Of course the real test of our defensive organisation starts against Liverpool. Liverpool harbour wet dreams of winning the league in my lifetime (I know, I don't see it happening too) so they are going to attack us. Unlike the lesser teams who go into games not to lose, the bigger teams go into games to win. Invariably this tends to open the games up a bit more, not the train-parking drills we have had so far. Much has been said about the Stoke City game. My thoughts? Stoke City fans are cretins. Booing Aaron Ramsey, after one of their players nearly ended his career, is just sick. I don't even know how they justify that behaviour. But I don't blame them. Their manager, Tony Pubis Pulis is a imbecile, together with the entire Stoke City management. I never once felt the jitters that I get whenever we play those savages. In fairness, a few of the Stoke City players are decent footballers who simply do the bidding of their imbecile boss. They could actually play football given a different manager... but I digress. We contained them throughout the whole game. You could see they were very pleased to come away with a point from this game. I can't wait for us to give them a real pasting at the hands of Aaron Ramsey in the return fixture. I am glad Abou Diaby has played 2 game sthus far and seems ok. He is way, way off the pace. I still remember that game a couple of seasons away at Aston Villa when he turned in midfield and drove up the pitch to score. I sure would like that player back. Where I think we are lacking is in our wide attacking berths. Walcott for me will never be any better on the wing than he is right now. His best bet for improvement is to move into a central striker's position and use his pace to run the channels. Gervinho is a decent dribbler but he doesn't seem to know what he is trying to achieve and runs the ball out a lot. He is not the player you expect to just run and cross the ball, he wants to drive all the way to the goal post before he tries to square the ball. Wide attacking areas are where we need more direct, typical wingers. Perhaps we need Jesus. No, not Christ but Navas. The spanish winger is quick, gifted technically and most importantly- he is a typical winger. He runs and crosses the ball, something which none of our wingers does. Antonio Valencia of Mancies United is a basic winger who just skips past his marker, runs like a fart down the line and sends an early cross for the attackers running into the box. These type of balls are very effective because they put opposition defenders under pressure- trying to clear a ball that is running past your goal mouth whilst you are running at speed towards your goal keeper tends to result in own goals, corners or straight goals for the attacking team. So if I had to buy two players before the transfer window closes, I would buy a winger and a striker or a winger cum striker and a winger. I don't see Walcott staying and equally, I think

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The luminaries have finally replied eight months later with a whole shotgun load of blame saying essentially "it wasn't us," blaming everything from "the psychology of denial" to low interest rates making borrowing cheap, to a "feelgood factor" to a foreign savings glut, to a sea of debt. It's "complex," they say -- code for "beats the hell out of us." Because they never actually answer the question, which was 'Why did none of you notice it?' Because to answer that they would have had to admit to the failure of their science. The best they can offer is to conclude, "the failure to foresee the timing, extent and severity of the crisis and to head it off, while it had many causes, was principally a failure of the collective imagination of many bright people, both in this country and internationally, to understand the risks to the system as a whole." Which still leaves open the question: Why did so many bright people suffer such a drastic failure of "collective imagination"? What is that if not a tacit acceptance that the leading theories of your science have failed -- that your bright people have been pursing economic dead ends?

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Sophie Calle Walking through this exhibition is like reading a brilliant and innovative contemporary novel. I am not using the simile of literary fiction lightly. Calle makes art you must read. Even the big photographs in the most spectacular installation, Take Care of Yourself, are only pointers to the words that constitute the work's heart. Calle got an email from a lover, dumping her. She asked a team of women -- all experts in their professional fields -- to respond to it. Each woman interprets the letter from her point of view: a jurist analyses it as the termination of a contract, a translator examines its grammar, a composer turns it into music. Nowadays the word "deconstruction" is used lightly by everyone, but this exhaustive, communal disembowelling of a text reminds you that Paris is the home of such literary theory. If you think theory is death to art and feeling, think again. The emotional roar at the centre of it -- her rage and bewilderment at the man's cruel email -- becomes louder and deeper with each new variant on the text. You could almost call it conceptual art's answer to Bach's Goldberg Variations. With each rewrite, the pain is increasingly real and hard to bear. Sophie Calle is famous, and the few bum notes in this show -- a video about a work's failure is a little bit gratuitous -- are too conscious of that. Yet what she presents in the gallery -- photographs, a diary -- stress distance and mystery, painting a tender portrait of a stranger. Calle seems alien even to herself. She goes to a small French town on instructions from a clairvoyant and wonders who she is, why she is there. You picture her and sense her anxiety. This exhibition leads you into the profundities of other lives, other hearts. Most popular on the Guardian Today in pictures After advising tourists against travel to the cities of Jammu and Srinagar for nearly 20 years, the Foreign Office has lifted its guidelines after a fall in violence. So, Dal Lake and part of the Valley of Kashmir, one of India's most beautiful regions, are once again open to visitors

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If you stand at the bottom of Big Ben with a portable radio you hear the chimes on Radio 4 before you hear them 'for real' The Eiffel Tower grows by 7 inches in summer A greyhound can accelerate from 0 to 45 mph in 1 second A Rubik's cube has more combinations than light travels inches in a century A London double decker bus can lean further from the vertical without falling over than a human can The Importance of Being Trivial The name of this site (taken from the title of one of my books) sums up the idea that 'trivia' -- so-called 'useless information' -- isn't useless at all. The very best trivia teaches us about the most profound things in life. Indeed it's the best way of learning about those things. 'Trivia' is just another word for 'facts so interesting you never forget them'. And why should we be ashamed of things being interesting? This is the philosophy behind everything I do -- my books , my walks , my quizzes . A great example is the 'hearing Big Ben on the radio' fact ... Big Ben On a visit to Big Ben, I was told that if you stand at the bottom of the tower with a portable radio and listen to the chimes on Radio 4 (they still transmit them live), you hear them on the radio before you hear them 'for real'. I couldn't believe it -- but was intrigued enough to try it for myself. And you know what? It's absolutely true. The bongs come out of the radio a fraction of a second before they reach your ears from the top of the tower. It's something so silly, so counter-intuitive, that you have to tell people. (Well, I did.) Researching the explanation, I found that it's because radio waves travel at the speed of light (186,000 miles per second) rather than the 700 or so miles per hour at which sound waves travel. The signal travelling down the wire from the microphone to the BBC goes at the speed of light too. Hence the radio version overtaking the real one. I realised that this would be the perfect way to teach the principle in school physics lessons. Instead of a boring teacher droning on that 'radio waves travel at the speed of light', illustrate it with this beautiful and quirky little fact. The kids will remember it then. I certainly would have done if my physics teacher had taken this approach. As it was I had to wait until I heard a piece of so-called 'trivia' in my thirties.

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I receive a parcel torn because it was not packaged correctly what will happed with my money ? I receive a parcel torn because it was not packaged correctly what will happed with my money ? Oct 7, 2012 12:04 AM I have a problem with the shipper (seller) sent me a parcel without packaged well, and the paper box had tore to the transport and the object is lost. calls the Greek postal thieves to avoid the mistake of his own packaged correctly one parcel. I receive a parcel torn because it was not packaged correctly what will happed with my money ? Oct 7, 2012 12:04 AM I have a problem with the shipper (seller) sent me a parcel without packaged well, and the paper box had tore to the transport and the object is lost. calls the Greek postal thieves to avoid the mistake of his own packaged correctly one parcel. Re: I receive a parcel torn because it was not packaged correctly what will happed with my money ? Oct 7, 2012 12:29 AM Hi, If the seller is unhelpful, you can open a dispute in the PayPal Resolution Centre. With an empty package you could open an 'item not received' dispute, or arguably an 'item significantly not as described'. The important thing is to get across that you received an empty, damaged package, no item, and the seller if blaming it on the Greek postal service. Re: I receive a parcel torn because it was not packaged correctly what will happed with my money ? Oct 7, 2012 12:36 AM Hi, If you are getting nowhere with the seller, then open a Significantly Not as Described dispute, stating empty package. The dispute needs to be opened within 45 days of making payment and you will have the option to escalate after 8 days. Don't close on a promise as once closed it cannot be re-opened, nor another one started. Don't open an Item Not Received dispute, because a) if the seller sent trackable method they can prove delivery with tracking number (presumably) or b) they now have messages from you stating you received - albeit empty box.

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Online Conference on GMO for Management of Animal Populations Biosafety Considerations in the use of Genetically Modified Organisms for Management of Animal Populations From 18 October to 15 November 2004, the Biosafety Clearing-House hosted an online conference on "Biosafety Considerations in the use of Genetically Modified Organisms for Management of Animal Populations" . The conference posts are archived below. Discussion topics included but were not limited to: the use of genetically modified microorganisms, nematodes and insects for biological control (including those used to cause sterility in pest species for conservation and/or commercial purposes) the use of genetically modified viruses to protect mammal populations against disease the use of genetically modified insects for reducing disease transmission rates In order to stimulate discussion, two background papers (see below) were provided to provide an overview of some of the issues.

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The Phantom wants to create life sized models of atoms, and he wants your help! Help the Phantom investigate the world of the very small by cutting a 28 centimeter strip of paper in half as many times as you can. If you can cut the strip of paper in half 31 times you will end up with a piece of paper the size of an atom. 1 strip of paper 28 centimeters long (11" inches) 1 pair of scissors Take your strip of paper and cut it into equal halves. Cut one of the remaining pieces of paper into equal halves. Continue to cut the strip into equal halves as many times as you can. Make all cuts parallel to the first one. When the width gets longer than the length, you may cut off the excess, but that does not count as a cut. How far did you get? Here are some comparisons to think about! Cut 1 14.0 cm 5.5" Child's hand, pockets Cut 2 7.0 cm 2.75" Fingers, ears, toes Cut 3 3.5 cm 1.38" Watch, mushroom, eye Cut 4 1.75 cm .69" Keyboard keys, rings, insects Cut 6 .44 cm .17" Poppy seeds Cut 8 1 mm .04" Thread. Congratulations if your still in! Cut 10 .25 mm .01" Still cutting? Most have quit by now Cut 12 .06 mm .002" Microscopic range, human hair Cut 14 .015 mm .006" Width of paper, microchip components Cut 18 1 micron .0004" Water purification openings, bacteria Cut 19 .5 micron .000018" Visible light waves Cut 24 .015 micron .0000006" Electron microscope range, membranes Cut 31 .0001 micron .0000000045" The size of an Atom! Is there anything smaller? Yes, the size of an atom nucleus would take about 41 cuts! Scientists use advanced technology to explore the world of electrons and quarks that are at least 9,000 times smaller than a nucleus. We can not see anything smaller than an atom with our eyes, even with the electron microscope. Physicists study much smaller things without seeing them directly. Is there an end to the quest for the smallest and most basic elements in our world? The search began with the Greeks and continues as scientists search for the Building Blocks of the universe. These things are far beyond the range of sensory perception but not beyond the range of human understanding. You can buy this resource on CD-ROM for use on computers without internet access. Visit our online store for more information!

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The types of questions The examples above begin to illustrate my belief that the answers to many of our more difficult questions is to be found in the details of issues sometimes seen as very technical for example, the relationship between psychology and neuro-physiology. If we fully understood the nature of the domain of psychology and how that domain of science related to neuro-physiology, then we would understand how the mechanism of what we are related to the experience of what we are, and whether one was reducible to the other. In more general terms, we do not even fully understand how knowledge relates to the object that knowledge represents. Nor is there any thorough and accepted theory of the nature of science itself and what if any is the nature and role of reduction (where one set of variables is reduced to more fundamental underlying variables) in science. Given this lack of understanding of science and knowledge, little wonder we can end up confused over questions of whether or not we are more than a bundle of atoms. My position is that if adequate answers can be secured to these types of questions then they could throw much light and understanding on the broader and more general questions such as 'what are we?' And how can I understand what causes me to do what I do and to feel and think what I feel and think? For many years there have been a core set of questions that have dominated my personal search. If we had a true general theory of psychology what would it and what could it tell us of a particular person in particular circumstances? If we had a true general theory of society what would it and what could it tell us about some particular society in some particular state at some particular time? Given that society consists of people, what is the relationship between a general theory of psychology and a general theory of society? All of the above questions focus on creating knowledge of various sorts of objects of the universe. That is, we have knowledge of something and the something. What is knowledge, how does it arise, and once we have created it what is the relationship between that knowledge and the object represented by that knowledge? The issues above are complex. Perhaps not each, alone, but in their inter-relatedness. For several years at a time I seemed to lose direction in the issues, eventually concluding that they were interrelated, and to solve one is necessarily to solve them all. That is, to solve the problem of a general theory of psychology is also to solve the question on the structure and status of knowledge, which is also to solve the problem of causality. The difficulty is circular and I judged it impossible to unravel the situation above and to deal the issues separately. I conceptualised the issues as follows. We need a general theory of psychology that integrates the best of the thought in the literature, Freud, Skinner, Neisser, Piaget, Kelly, and so on. We do not need more data, nor do we need more ideas. There are existing great insights that simply need to be ordered. But if I want to add thought to the theory, then how does it influence the body and the brain? There are many attempts in the literature to solve this problem, and many intellectual positions one could adopt, from inter-actionism to parallelism etc. None are very successful. And it is best to avoid these historical labels and seek to re-conceptualise the issues from the beginning. It follows that we need to examine the notions of cause and to build a theory of cause so that we can have a sound base on which to build a general theory of psychology. Now Hume analysed issues of cause as perception of constant conjunctions, and concluded, rightly, that noting of mere constant conjunction is not sufficient. But what is constant conjunction? In what way is it related to questions above on variables and abstractions? What perceptual mechanisms are at work here? In addition, current notions on cause have it as a physical phenomenon. But this seems to confuse two quite different things. The hypothesis is that knowledge is independent of that represented by the knowledge. So when I watch an atomic explosion and think E=mc, and any other differential and quantum equations, then there are two things, the mechanisms in reality which result in the explosion, and our representations of those mechanisms. What we know of reality resides in the equations. The mechanisms simply are. The extent that we can and do predict what will happen using the equations is testimony to the fact that we have certainly grasped the essence of the reality in the equations. But for all that they remain distinct from the reality, and from

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In order for me to breathe air, there need to be green plants producing oxygen. So, when I breathe in, I'm breathing in air that was mostly made in the green plants. But this is not a one-sided trade. I don't just breath in air, I breathe out carbon dioxide, which is in return breathed in by the green plants, and converted back into oxygen, for me to breathe once more. The green plants and I need each other. We trade what we produce, and both sides survive and prosper as a result of our necessary partnership. Motivational speakers have a simpler term: they call this process 'win-win'. There's no winner and loser when I trade my carbon dioxide to the green plants and get oxygen in return. I need the oxygen; the plants need my carbon dioxide in order to convert sunlight into food. Provided both sides play fair, this is truly a win-win situation. The problem is, too often over the last 30 years, and some would say for much longer, the world's economic system has not been win-win for the average person, indeed for most of us. It's been win-lose: they win and you lose. The rich speculators and traders get richer, while the rest of us get poorer. Like it or not, our country is going backwards. What happened? This widening gap isn't the Kiwi way. What's changed over the last thirty years? Let's have a quick recap of history. As a result of the Great Depression of the 1930s, the New Zealand Labour Party -- like its counterparts around the world -- legislated to rein in speculation, to protect jobs and to protect human rights. Most of New Zealand's great economic assets, such as our farms, our roads and our forests, grew and prospered as a direct result of these policies. As our nation grew more prosperous, the wealth was widely shared. No children needed to starve in the New Zealand I grew up in. However, the 1980s and '90s saw the rise of a philosophy developed by the rich, for the rich. It was called Neo-Liberalism. Neo-Liberalism is based on the idea that it's a dog-eat-dog world. Neo-Liberalism is based on the idea that greed is good, that we're all locked in an economic life-and-death-struggle with each other. Neo-Liberalism says that compassion is for suckers. Neo-Liberalism says that if the world is going to the dogs, it might as well be the top dogs. Indeed, to borrow from Oliver Stone's Wall Street , not only is greed good, "it's legal." [i] When the British Conservative prime minister Margaret Thatcher was asked about the effects that her Neo-liberal policies would have on society, she replied: " There is no such thing as society... There are individual men and women. " [ii] The amazing thing about the Neo-Liberals is their wilful blindness to how badly their ideas have failed. Not just once, but repeatedly. Neo-Liberal policies directly caused two of the largest financial crashes in history. Did they apologise? No way. Like some mad doctor, when the first dose of medicine didn't work, they wanted to double the dose. And so, the Neo-Liberal bandwagon rolls on. Right here in New Zealand, the National Party is still trotting out the same discredited economic policies that got us into this mess in the first place. I have just returned from Denmark and Finland, and I am convinced there are lessons for us all in how these Scandinavian countries run their economies. In particular, we need to take note of why the Scandinavian countries are slowly winning while many other European countries are rapidly losing. Let's take a quick look at the 'Scandinavian model.' The 'Scandinavian model' isn't really Scandinavian at all. It could also be called the traditional New Zealand model. A model based on the idea that the economy is like a farm or garden. If you want a garden to grow, then you have to dig the soil and plant the seeds. You have to feed and nurture the plants and you have deal to the weeds when they grow up amongst the crop. If this sounds like simple common sense: it is. Any farmer will tell you that you get back from a farm what you put in

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Technology Adoption and the New Pocket Watch Three years ago, it would have been hard to find two or three medallion schools in North America that publicly supported the adoption of online and open learning solutions. In 2012, we have witnessed the massive expansion of innovative, open learning platforms such as Academic Earth , Peer-to-Peer University , Skillshare and edX . Today, we are seeing a remarkable change-0f-practice, with the real adoption of information communication technology (ICT) solutions by even the most selective institutions. Perhaps most impressively, Coursera continues to secure some of the most elite and historically staid post secondary institutions. That is, Coursera announced another 12 partnering universities including perhaps Canada's leading university; the University of Toronto . These new partners include some of the "New Ivies" such as Rice University and one of California's leading universities, UCal Berkely . These impressive newcomers join early adopters and prestigious Ivy League schools such as the University of Pennsylvania and Princeton University. Although not close to perfect, the evidence appears clear that we may have reached new heights, if not the tipping point, in the adoption of online and innovative technology solutions within higher education. In a Student Context -- A New Pocket Watch 21st Century Pocket Watch If we can agree that information communication technology-based change is underway writ large, educators are now being given a gift in that the acceptance and adoption of these technologies by many students under 25 is a natural, comfortable experience. This is remarkably important for educators as we now often have willing partners in our efforts to leverage these technologies in order to widen access, increase quality and lower costs. Our students are in fact making our jobs easier in our effort to meet these three broad higher education challenges. As but one example of this adoption comfort, the next time you have a conversation with a group of teenagers, ask them, "Do you have the time?" What I find interesting when I ask this question is to observe their response. Notwithstanding the fact that many young people are no longer even wearing a watch, they quickly reach into their pocket and take out some type of mobile device. In other words, many students under the age of twenty will seek this information by viewing their cell phone, smartphone or small tablet device. Mobile Tools If in fact few people under the age of 20 wear a watch, it does beg the question, Why? When I asked students or my own children this question, they advise me that a watch is little more than an accessory; a device that is limited to confirming the time. Yet, they are equally quick to point out that their personal mobile device has much more functionality; one that provides them with the time but also with a richness of information and communicative capacity that keeps them connected. As I observe these mobile wonder-tools sliding easily into a pocket or purse, I come to realize that within this disruptive change comes a sense that this too feels familiar. With the wide adoption of mobile tools, we are in fact simply seeing the adoption of the 21 st Century Pocket Watch.

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Pages Friday, 23 November 2012 Beef and Red wine Stew with baby Onions and Mushrooms Oh my. Its been a long time since I made beef stew. Its not really something to be honest that crops up in my mind as I tend to cook fairly quick meal but having been sent a lovely piece of brisket in my Knorr Hamper -- cue me googling it and subsequently trying to explain delicately whilst manoeuvring into cow position within the kitchen as to where it comes from on the cow to a bemused friend (google it if you want a giggle), it needed using up and what better than a winter warming stew! Even more considering the ghastly weather of late - I hope that everyone is keeping well and warm! This is also 'the beef' that should have been intended for an ill fated beef bourginnon the previous week! Whilst I had heard of brisket, it wasn't really something that I was familiar with cooking, even less so handling a huge slab of beef but with a sharp knife it was quickly reduced to more familiar chunks! Nothing fancy went into the stew, however the beef was such good quality it really didn't need any lights or bells on to take it to new heights! \*I sold my old casserole pan, which would be perfect however my largest saute pan did the job nicely!\* 1) Start by heating 1 tbsp of the oil and browning the beef, you might need to do this in two stages -- don't crowd the pan 2) Remove any remaining beef from the pan to one side, add the remaining oil and brown the onion, stir in the flour, stock pot, then gently add the water stirring briskly and scraping off any stuck on bits, return the beef, cover and simmer on low for a good hour. 3) Add the carrots and celery, stir and cover and allow to gently plod away for a good 2 to 3 hours, giving the cursory stir when the lovely smells draw you into its path. Remove the lid for the last half hour to allow the sauce to thicken if desired. 4) To finish the dish, I used up some cute little onions that also came in my Knorr hamper, though totally optional! Ingredients: 200g Baby onions 3tbsp port 100g white mushrooms. Sliced into 4 1) Cover the onions in boiling water and sit for a few minutes, fish them out carefully, top and tail and peel -- most of the skins should rub off. Reserve the soaking water. 2) Heat roughly 100ml of the onion water with 3 tbsp of port, add the halved onions and gently boil for around five minutes or until just softeneing, add the mushrooms and a splash more of the water if drying out, repeat for about 15 minutes or until the onions are cooked but retain a little bite. Use these to garnish your stew Finish) Once the stew is at the desired thickness, and tenderness top with the onion mix, and serve with fresh green vegetables I.e. broccoli and maybe a nice potato dish. After my success with the other potatoes , I picked up a small bag of a variety called Corrole, though this time instead I boiled them, drained, added butter, fresh parsley and lemon juice (from a bottle), s&p to the same success, albeit minus the nice crispy bits. Still delicious. You can't taste the lemon, it just adds a certain something and I will be repeatedly making potatoes this way!

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Away From The Numbers: Holding Too Much Back From Reserves Every Friday, Southsider and blogger Michael McColl takes ALL CAPS "Away From The Numbers" for a fan's perspective on the Vancouver Whitecaps . Major League Soccer released their 2012 Reserve League Schedule on Monday and for Whitecaps junkies everywhere, it meant more game to be penciled into our diaries. Sadly, as last year, the schedule leaves a lot to be desired. Sure, it's better than when MLS disbanded their Reserve League altogether, but only just. The Caps play ten games, five home and five away, against Western Conference rivals Seattle, Portland, San Jose, LA and Chivas. Once again the games are a mish mash of days and times and the whole thing reeks of a missed opportunity, with the blame being firmly laid at the door of MLS and not the Whitecaps and other clubs. The Whitecaps will play four games at UBC's Thunderbird Stadium (a precursor to the new training ground being built there?) and one at our old haunt of Swangard Stadium. Three Monday games, one Tuesday and one Sunday, with four 11am kick-offs and a juicy 3pm one against Portland on Sunday April 22nd. MLS regulations for the League state that it is up to the individual clubs as to whether they make their games open to the public. Why would you not? Seriously, why?! It's as if MLS don't want people to see their 'product'. They should be insisting that the games are all open to the public, are all played as double headers where possible, and played on days and at times which would allow maximum attendance opportunities. Not just trying to attract whoever might be off their work or school that particular morning. You just have to look at the four and five figure crowds that Portland Timbers got last season to see what a success these games can be if done properly. There are a couple of bright spots for travelling Caps fans though. Anyone making the Easter weekend trip to San Jose will be able to see the first team on the Saturday and the reserves on the Sunday, assuming they allow fans in. For those of us making the Portland trip at the end of May, we can enjoy two trips to Piggy Park on May 26th and 27th. If you're a real Caps junkie, and are planning on making a week of it down in Oregon, you can even factor in two PDL games on your way home, as the Residency take on the Timbers on Friday June 1st and then face Seattle Sounders in Tacoma two days later. That's certainly my plan for a great footy week away. Access to and scheduling of games aside, the whole Reserve League just infuriates me on so many levels. This is a great chance for fans to see the fringe players in action, the rehabbers, the youth products who need tested against more adult opposition, trialists that the clubs want to have a look at. For many fans, it may also be the only chance that some will have of seeing the Whitecaps live, either individually or as a family. I think the Whitecaps games last season were a huge success. They may not have brought in giant numbers, primarily due to the days and times the games were played, but those that did attend enjoyed them and many got a lot closer to their blue and white heroes than fans of other 'Major League' sports, as players mingled afterwards signing autographs, posing for photos and just chewing the fat. These games provide great PR opportunities for the MLS clubs, especially those in crowded sporting markets, to show how fans can feel part of their team in a way that NFL and NHL fans will just never be able to. Being a football fan is a special feeling indeed, as we all already know. Perhaps even more importantly, these games are the only real competitive opportunities for the depth and young players to try and impress the coaching staff in meaningful matches. Boxall and Nanchoff are not looking likely to be starters this season and will be mainly relied upon for injuries, suspensions and fatigue. How are they meant to keep themselves match fit and sharp from training alone? How are they meant to be able to try and stake a place in the starting line-up if they haven't got adequate vehicles to do this and showcase their talents? Ten games, spread unevenly over the season, will not fully allow these players to do this. They need more. A player like Russell Teibert could go back and play PDL games, but not only could that

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Molly Brown Biography (Margaret Tobin) Molly Brown Biography Margaret Tobin was born on 18 July 1867 to Irish immigrants John and Johanna and attended a grammar school run by her aunt Mary O'Leary. Tobin attended school until she was 13 years old, and then went to work in a tobacco factory to help with the family expenses. When she was 19, she moved to Leadville, Colorado, and lived with her brother Daniel, where she got a job at a dry goods store, sewing carpets and drapes. She soon met James Joseph Brown, a mining engineer. They married, and a son, Lawrence Palmer, was born in 1887. Their second child Catherine Ellen 'Helen' arrived two years later. In 1891, Brown purchased stock in a mining company that soon struck gold, and he suddenly became very rich. They moved to Denver in 1894 and Margaret filled her house with expensive furniture and decorations from around the world. She enjoyed being in the local spotlight and an important part of Denver society. When her children were young, she was involved in the early feminist movement in Leadville and aided the establishment of the Colorado chapter of the National American Women's Suffrage Association. Brown also worked in soup kitchens to assist the families of miners. Her husband soon became one of the most important and wealthiest mining men in the state as he turned his silver mine over to producing gold in 1893 to combat the 90 per cent unemployment rate in Leadville. Margaret often travelled to Europe to study drama, music, literature and languages. She had also become a founding member of the Denver Woman's Club, which advocated literacy, education, suffrage and human rights in Colorado and the US. Brown raised funds to build the Cathedral of Immaculate Conception as well as St Joseph's Hospital by the turn of the century. In 1909, Margaret and her husband separated, but they never divorced. On the morning of 14 April 1912, Margaret Brown was aboard the giant cruise ship, Titanic. She had been vacationing in Europe with her daughter Helen when she was informed that her grandchild was ill. She travelled to New York while her daughter stayed behind in London, meaning hardly anyone knew Brown was aboard the 'unsinkable ship'. At 11:40 pm on 14 April a crewmember spotted an iceberg, but it was too late. Three hours later the Titanic sank to the bottom of the Atlantic Ocean. Of the more than two thousand passengers on board only seven hundred survived, as the Titanic did not have enough lifeboats for all the passengers and crew. Margaret was one of the lucky ones who survived. When they were rescued by the Carpathia, she worked tirelessly, helping the other survivors by handing out food, drinks and blankets. As the ship arrived in New York, Margaret found herself in the spotlight, as everyone had already heard about her bravery and good deeds. By the time the Carpathia reached New York, she had established the Survivor's Committee, been elected the chair and raised almost $10,000 for those who had lost everything. In a letter to her daughter, Brown wrote: "After being brined, salted, and pickled in mid ocean I am now high and dry ... I have had flowers, letters, telegrams-people until I am befuddled. They are petitioning Congress to give me a medal... If I must call a specialist to examine my head it is due to the title of Heroine of the Titanic." Margaret then used her fame to promote women's rights, becoming active in politics and, in 1914; she became the first woman to run for the US Congress. She also helped erect the Titanic memorial in Washington and continued to serve on the Survivors Committee but was annoyed that as a woman she wasn't allowed to participate in the Titanic hearings. When World War I broke out, Margaret travelled to France and helped establish a relief station for the soldiers. She was awarded the French Legion of Honour in 1932 for her work for Titanic survivors, her organisation of the Alliance Francais and her relief efforts during the war. In 1932, the "unsinkable Molly Brown" died from a brain tumour and was buried next to her husband. Brown was never known as Molly or as Unsinkable in her lifetime as this was a Hollywood invention, first started by Denver Post reporter Gene Fowler and author Carolyn Bancroft in the 1930s. Bancroft's highly fictionalised story was turned into radio broadcasts in the 1940s and was

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Andrew M Brown edits The Sunday Telegraph's Comment pages. He also writes about mental health and the influence of addiction on culture. Are SUVs driven by people who are worried about the state of their marriages? Waiting at the lights to cross the Fulham Road the other morning, I spotted someone driving a four-wheel-drive truck/car that seemed unusually gigantic even for this part of west London, which is teeming with Chelsea tractors. This example was a full-size, imported SUV, a Chevy Tahoe, and at the wheel was an attractive mother. The Tahoe's capacious interior made her appear tiny. Her (plump) daughter sat in the back. Anyway it was strange to see the tank-like Tahoe -- advertising slogan: "Like a Rock" -- struggling through the old streets of London. This (below) is more the sort of scenery that suits a Tahoe -- the vast open spaces. The commercial was released in 2002 and the poem the great James Garner reads was written by Patrick O'Leary, a science fiction writer. What with the general hostility to big cars that's in the air at the moment, it is hard to imagine an advert like this going out today. For those of us who don't have an SUV, there was a deeply satisfying Malcolm Gladwell article on the subject published in the New Yorker in 2004. Gladwell cited market research reported in Keith Bradsher's book High and Mighty showing that SUV buyers are "insecure, vain and frequently nervous about their marriages" and found comfort in being surrounded by a lot of rubber and steel. People's reptilian response to SUVs, according to anthropologist G. Clotaire Rapaille, may be summarised as: "If I am bigger and taller, I am safer. If I can put my coffee there, if everything is round, I feel safe." In fact, however, the SUV driver is unsafe (judged by crash statistics) precisely because he feels safe. The SUV driver, feeling secure and insulated by all that steel and rubber, is in a passive state, a state of "learned helplessness". It's the drivers of cars that feel unsafe -- the Toyota Camrys, Honda Accords or VW Jettas -- who are actually safest, possibly because they are less passive. I think that's the general gist of it. It is satisfying to have these insights, for those of us who don't drive an SUV.

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Investors seeking sound financial advice will naturally seek out professional guidance trusting that the guidance given is sound. A person looking to take out a loan for a car or mortgage or even home improvements go to their bank or a reputable finance company expecting to be treated fairly and honestly. However, this has not been the case as far back as a decade ago. Billions of pounds are being paid out to resolve the problem to people who have found that they have been mis-sold finance and are in a position to claim back ppi. (PPI) payment protection insurance or credit insurance is sold as an extra policy to give the consumer peace of mind if something unforeseen like, ill health or redundancy from their employment effects their position in regards to making payments. This is a good idea in principle, but when people have come to claim against such occurrences, they have found that they were not in fact covered by the very policy they have been paying for, due to unclear circumstances and in fact should not have been qualified for the policy. People who think they may have been mis-sold policies can claim back PPI by contacting the ombudsman service and collect forms and letter templates for free in order to claim back ppi. The company must first be contacted explaining the reasons why they are suspected of mis-selling a ppi policy and the process allows them eight weeks to reply. If they suggest that they are not at fault or they failed to return a response, the next stage is to inform the ombudsman using the generic forms. There are companies online that will take charge of the claim back ppi process on a no win no fee basis, taking away the hassle of form filling, but the waiting time still remains and they do expect a large portion of the payment, sometimes up to a third. To claim back ppi is worth it whichever route is taken, after all it is your money and better off in your pocket. I'm one of the thousands who were missold Payment Protection Insurance. I'm also one of the successful claimants having over 3000 returned to me. The most important thing in claiming back PPI is don't pay someone to do it for you. There is absolutely no need to as it is an easy process to follow yourself. PPI Claim Forms are widely available to download for free from websites such as Moneysaving Expert and the Financial Ombudsman website. Both of these websites also have great advice and information on how to proceed with your claim and details of the many ways that PPI was missold. The second most important thing to remeber when filling in PPI Claim forms is be honest. Remember the company that you are claiming against is more than likely to be a financial institute who will probably hold a lot of information on you from your original contact with them. It's ok if you can't remember certain things, especially if it is a while ago since the misselling took place, but put this on the PPI Claim Forms, don't lie! One of the questions asked when I filled in my PPI Claim Form was did my employer have sick pay and a redunancy package. The loan that I had been missold PPI on was three employers, four house moves and two relationships ago. The truth was that I couldn't remember, so I put this on the forms. Finally remember to include as much information as possible and double check it beore you send it off. If you include all the information the first time this will give the company less reason to come back to you and try to delay the claim. I would also suggest trying to keep a copy of you PPI Claim Forms. Since I couldn't get to a photocopier I photographed my forms with my phone! Don't forget if the company say no that's not the end of it. Take your case to the Financial Ombudsman

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Budgie Murmurations (large flocks) in Central Australia They're back and in even greater numbers. Thousands of wild budgerigars are once again congregating in massive flocks near Alice Springs. At a large waterhole, not far from Alice, thousands of budgerigars are delighting local birdlovers by appearing en masse just after sunrise. Budgies in a tree Local photographer Steven Pearce shot these images earlier in the week and says the experience was a one-off. "It's quite sensational, the flocks will twist and contort into [different] shapes...and obviously the birds are all trilling at the same time," he sounds. Thousands of budgies congregate at a waterhole near Alice Springs. (Images by Steven Pearce) "The sounds of the budgies all flying together, swooshing through the air, it's just as mesmerising as the visual sensation of it." The massive flocks of wild budgies attracted international interest last month with a number of filmcrews documenting them in locations including Uluru. They're back.... Recent rains had dispersed the colourful natives but the flocks are now back and it seems there's more of them than ever. "It's pretty easy to see by the photos that there's a massive swarm of them," says Steve "Thousands...they cycle through, dunking in the water, then flying away, then dunking." The skys are filled with budgies "When they have such huge numbers I guess they feel much safer to come down to the waterhole and have a drink...if you stay pretty still they'll come within two metres of you." The local photographer and bird enthusiast says the location of the spectacle is a closely guarded secret in birding circles because too many people could spoil what is a safe water source for the birds. Thousands of budgies congregate at a waterhole near Alice Springs. (Steven Pearce) "If it's made public and lots of people go there, there's a good chance that the birds won't like it anymore...then they have to find a new waterhole, perhaps a more dangerous one," he says. "The birds have obviously picked this one because it's remote, no-one goes there and it's free of predators, I guess." Budgie Murmurations Steve says he's travelled to the waterhole five times since he heard of the event, getting up at 4am in the hopes of capturing images like these. "It's one of those things that as a photographer, you're really just so obsessed," he says. "You see budgies on the horizon and get in the car and drive like idiots over a bush track, it's crazy."

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Anticipating the Mail At the Same Time; Nondesign Anubis -"ancient Egyptian jackal-headed God of the dead." I turned the postcard over, certainty pre-cancelled like the stamp. I didn't know anyone on holidays. Anyone who had left the country. Anyone Egyptian. But it was addressed to me and covered in words still and cold, like a comment left frozen in a block of ice. I touched the words and overhead grew a bird on fingered wings. At my feet flew a flower I could not find the scent of. "There is a difference" I read "in the ways we know one another. Here the sun is a Chinese magnolia, large and white and inattentive. There the sun in its nest sits hot upon your head, oppressive and patient in its long days. Here we feel free from the taint of the supernatural; you imagine all kinds of magic, as dangerous as the context of a stranger." Dear You Dear You, Protector of the ordinary, the everyday, and the obvious. "We are having a good time. Visited a serdab -- an underground, secret chamber in an Egyptian tomb. The place is full of Germans and Australians, indistinguishable in the heat from civilization, energetic in this desert to mimic the perseveration of an ancient culture. They take picture after picture..." Dear You. Who knows the unknowableness to a certainty of all things? "Wish you were here. To see appreciation fight possession. To feel the memory weaken. To reach the point of maximum disturbance. To offer some kind of new motive to the manes of the dead. Maybe even, to avoid an imagined risk. Love from All of Us who sense the movement of your ground From a distance

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This is a complete list of all the countries, territories and sub-national regions covered by the database. There are over 260 pages on countries and international organizations. Each page contains basic information on the country, including its formal name, capital city, area, population, currency, languages, and religions. The flags include the national and state flags, ensigns, and sub-national flags. Probably the fastest way to find a country is to use the individual alphabetic indices. These include miniature versions of each country's flag. To see the countries starting with a particular letter click on the letters on the left. If you can't find the place you want, try the complete index instead. This website is sponsored by United States Flag Store , the largest online vendor of flags and flagpoles. This flag store has an inventory of over 500,000 flags, including the flags of 200 countries, all 50 US states, as well as all US military, decorative and historical flags. All flags are available in a range of different sizes and fabrics. Throughout the site the more popular flags have a "Buy" button below them that will take you straight to a page to purchase that flag. Most order ship in less than 1 business day, and flags can be shipped worldwide. This flag store can also produce any flag on a custom flag basis.

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Police have told reporters that a man wielding three knives led to a terrifying stand off between officers which led to a shooting. Victoria Police Assistant Commissioner Andrew Crisp described how the officer who fired the first shot fell over in the driveway of the St Albans house, leading to a second officer discharging his weapon several times to enable his colleague to flee. "On approaching the front door, there was a male inside, they began some communication with that person. Not long after that, that male person has then come outside and it was quite evident he was carrying, as I've been briefed, three knives," he said. "One of the members has felt the necessity then to actually fire their weapon...He's then tried to move back and as he's tried to do that he's actually tripped over and gone down onto the ground. "The male offender has then continued to move toward...that particular Police member, causing or necessitating another Police member to then fire their weapon." Police had been called to a house in Elizabeth Street around 10:40am following reports a woman had been injured. Police were met with a man threatening them with three knives who refused to comply with requests to put them down. Two bouncers have been acquitted of the manslaughter of a patron who died after an altercation at Crown Casino last year. The Supreme Court jury return with its verdict in the case of three bouncers involved in an altercation with Anthony Dunning, 40, who died after he was taken to the ground by Crown security staff one night in July last year. Two bouncers had pleaded not guilty to manslaughter, a third pleaded not guilty to assault. The prosecutor alleged there was no justification for taking Mr Dunning to the ground or restraining him , which included an arm around his neck, and that a reasonable person in that position would've realised Mr Dunning was exposed to an appreciable risk of serious injury. Defence counsel said the actions were justified and there was no unlawful act. The jury heard Mr Dunning was obese, had gross heart disease and a blood alcohol level of about 0.19.

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Discuss Ryanair are a bunch of cnuts. Discuss in The Intelligence Cell on The Army Rumour Service; https://www.bookryanair.com/SkySales...g\\... Family member passed away. Dislike Ryanair with passion. Trying to book the ... cheapest... and it ain.t cheap tickets and then this... Error - Your session has been locked We are experiencing some difficulties ... Ryanair are a bunch of cnuts. Discuss Family member passed away. Dislike Ryanair with passion. Trying to book the ... cheapest... and it ain.t cheap tickets and then this... Error - Your session has been locked We are experiencing some difficulties with the website. Please wait 10 seconds and if you are not redirected back click here . If you have already submitted payment your new reservation or flight change MAY have been confirmed. Before starting again please firstly check your email account to see if you have received an email travel itinerary or alternatively you can check to see if your transaction processed by going to Manage Booking section of our website and completing the information required in Option 2. Now waiting to log back on again and go through that cryptic quiz - wouldn.t mind so much if I could the feckin thing. Tozzers. And that is before I mention the w\*\*kers who work at Stansted for Ryanair. Ryanair, you get what you pay for. I use them all th time and they're ok if you have a survival plan. If you're an occasional or first time user then you're dead meat. Or a cash cow for their ridiculous prices. Same thing really. I think your opening statement says it all. Would sooner walk than try and book a ticket with any of the Mickey Mouse airlines! By the time you've paid the "extras" that are inclusive with professional airlines and discovered that their cabin baggage is smaller than anyone else's and paid 40 for their compliant bag, might as well booked a scheduled flight with a major carrier! 65\_ return? My, that's a good deal. Would sir like to sit? Do I have a choice? No. OK, I'll sit in the most cramped seat with the ridiculously fat twat taking up 50% of my seat and 300% of my baggage allowance. That'll be another 150\_ Are you paying by credit card? Do I have a choice? No. Then yes. That'll be 20\_ Are you planning on breathing? There, managed some discussion. Flying into Graz last year, checked in bag went missing from baggage claim. My mate nipped outside to have a look whilst I was checking everybody inside. He found an 'Oirish' family with 3 times as many bags as persons waiting by the bus stop with my bag and a few others that weren't theirs. Most other affected passengers were assuming the bags had been lost/delayed by the handlers. Turns out the scam was a family would book on the 1p per flight deals, check-in outbound with no baggage, check-in inbound with hand luggage containing the valuables from whatever could be gotten from the carousel. ----------------------------------------\\... There are 26 million people in the UK who support Liverpool - Taxpayers. Book early (I appreciate Kromeriz doesn't have that luxury). Book a reserved seat (and get either the front row or the emergency exits). If the flight you're on doesn't do Reserved do Priority boarding. Take only hand luggage and obey the rules on size and single bag. Buy a bottle of water and a Kitkat before you board. Get into comfy-ish seat with extra legroom that you've booked. Sleep. Repeat on return journey. Have a good book and a relaxed attitude for any delays. Have a pretty girl to have dinner with on arrival in destination.

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Using electronic media in the field. I began at the University of Kent in the combined Master's program of Computing and Social Anthropology, so when I applied and was accepted as an MPhil candidate and later upgraded to a PhD candidate I had every intention of continuing this combination. I am fortunate enough to have some good equipment and good support both in the UK and in Pakistan. I was careful in selecting a field site to be sure that I would have regular access to both electricty and a telephone line. These are things that many anthropologists do not have in the field. As computer technology advances that becomes less of a problem (even today it is not so much a technical problem as a financial one), however this report is written in the context of one who has been very lucky to have these possibilities. I was pleasantly surprised to discover that Pakistan has a very solid infrastrusture for IT-- albeit mostly restricted to PC machines. There are numerous ISP's available in all the major cities and now even in secondary cities like Taxila. I will not discuss the details of setting up the service or setting up the website as that seems to me the least intersting aspect of using electronic media in the field (though admittedly important ones). I will cover three topics: electronically documenting fieldnotes, using the internet in the field, using audio/video equipment in the field. I do intend this to be anything more than a record of what I have done so far. No doubt, like with most other aspects of social science, everyone does things his or her own way. This is a brief summary of my way of using these things in the field and a brief explanation of why I have chosen to use them. Electronic documentation Electronic documentation was major part of my project from the outset. I worked on Professor Paul Stirling's Turkish Village Archives and the APFT website prior to becoming a doctoral student and was terribly impressed at the quantity of data that could potentially be made accessible. The nice thing about books is they are self contained and so searching through them for particular bits of information may be tedious but it is feasible. With Stirling's Turkish Village and APFT it became necessary to devise some other method for accessing all the data. I worked on both of those projects off and on for over a year and still cannot claim to have seen every bit of either of them. With electronic storage facilities it becomes increasingly difficult to see everything so it is not so much a question of browsing through everything as being more focused in getting exactly what you want. The first step in both of those projects was keyword searching. Anyone who has gone through the electronic version of Paul Stirling's book, A Turkish Village, can tell you that the keyword searches work but leave something to be desired. The computer is not a clever thing. It looks for specific words but it cannot find those passages that are relevant but do not contain any of the keywords. The APFT Content Coding System is a next step in the pursuit of making data accessible. With this system fieldnotes are supposed to be coded (though I never actually saw any that came in with codes) so that a search engine can search through the notes for content rather than keyword. For example I am very interested in hierarchy and status in the village I work in however I rarely use either of those words in my notes. I could simply add the keywords and that would solve some of my problems-- but there are times when I may be interested in particular aspects of status-- like those times when I witness or hear about inversions of predictable status markers or behaviour. One could simply continue to add to the list of keywords to cover all contingencies but then the fieldnotes are really only accessible to the keyword list writer. If I myself am unwilling to learn a new keyword list for every new anthropologist's fieldnotes then I can hardly expect anyone else to do so. Fortunately for me I came along a little after the truly initial experimental days of electronic documentation. Dr. Michael Fischer and Dr. David Zeitlyn at UKC have been working on getting vast quantities of data on the web and accessible for some time now. Michael Fischer began working on an SGML parser for field notes in October/November of 1998 (perhaps earlier but I became aware of it then). This parser facilitates content codes as well as security tags. This allows me to write my notes more or less uninhibited by worries about confidentiality since all notes are default coded to level 1 (which means only I can see them. I then upgrade the security level depending on the nature of the

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150. Carver's Approach to Board Governance and Church Board Engagement. One of the criticisms I hear about Carver's model of board governance is that it may, if applied inappropriately, distance the board from the operations of the agency and lead some board members to neglect their duty of care and oversight. It may seem to restrict a board's ability to add value to an institution, because of perceived focus on policy development as the board's primary role. Carver's approach may give some board members the idea that once the board members define appropriate policies, their work generally is done. Affirming compliance becomes the board's primary work. Conversely, some think the governance approach gives too much power to CEO's, enabling them to insulate themselves from rightful probing by the board into internal affairs. The CEO controls what happens within the agency, setting vision, developing strategy, overseeing resources, and implementing plans. As long as the CEO does this within the policies of executive limitation devised, the board members keep their nose out. Based upon my reading regarding his approach to board governance, both of these perspectives are caricatures of Carver's model. And yet just this past week I read Carver's approach being criticized for allowing both of these governance distortions to occur. Many church boards have adopted Carver's model of board governance or seriously are considering it. Without doubt Carver emphasizes the need for great clarity in defining the role of the board and the role of the CEO, so that the board can focus on the work of governance. As well, Carver considers that his model gives great freedom to the CEO within specific bounds. In most cases church boards find this distinction in roles helpful. The role of the chairperson in Carver's model gets adjusted, particularly with respect to helping the board discipline itself. As well the relationship between the board chair and CEO receives significant clarification. However, in terms of the perspective that Carver's model results in a loss of control for the board, Carver himself argues that "we present a governance system that allows boards to be more in control of the right things" ( Reinventing Your Board , 44). The board's "never-ending task" is to determine "not what the organization does but what it is for " (151). In his earlier publication Carver urges that "just as the board's work on Ends policies is a perpetual task, so is its pursuit of excellence in the governing process itself" ( Boards That Make a Difference , 1997, 210). Without doubt any model of governance embraced by a church board can go awry, unless the board leadership gives care and attention to ongoing implementation as a standard part of board operations. As well, when board leadership changes, often the ball gets dropped and the good progress made by the board evaporates as old habits resurface and generate dysfunction. This is why careful attention given to board leadership succession is well placed. It is possible for church boards that have adopted Carver's model to think that once Ends policies are written, their work is done. The idea that these have to be refreshed, refocused, and updated regularly gets lost. Further, board members can define executive limitation policies in ways that require the CEO or lead pastor to involve the board in vision development and strategic planning. And then there is the critical work of assessing whether or not the Ends are being achieved -- with excellence. Engaging the board members in this work becomes the significant responsibility of the board chair. I realize that some boards have had bad experiences with pastoral leaders who have not used their authority responsibly and so those boards determine to take back that authority, becoming more intrusive and less trusting. And such action may be justified for a time, until the board discerns that the church leadership has the capacity to steward greater authority. It is also the case that some church leaders have felt abandoned by their boards once the policy framework is in place. All the board members seem to want is to receive reports by which they can check compliance, but show little or no interest in the hard work of visioning, strategic planning and resource-building. However, neither of these scenarios fits the intent of Carver's governance model. Church boards who adopt Carver's model cannot delegate responsibility for achieving the Ends once defined. Nor can they avoid the responsibility for assessing their accomplishment and taking appropriate action when that fails to occur. Church board chairs, in collaboration with lead pastors,

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Why does the left side of the heart have thicker walls than the right side? Best Answer - Chosen by Voters The left side of the heart is used to pump blood to the rest of the body, and a large pressure is needed to pump blood to the body parts which are the furthest from the heart in the shortest time. The right side of the heart is used to pump blood to the lungs only. Less pressure is needed. Therefore, the left side of the heart has a thicker muscle. (: Other Answers (2) that is because the left side of the heart has to overcome a greater pressure of blood already present in aorta and other arteries that supply the blood to the whole body. as the route is larger the resistance offered is also large called peripheral resistance. hence blood pressure in aorta is around 120 during systole. so stronger force and hence stronger muscles are required. on the right side pulmonary vessels have only systolic blood pressure around 25 and resistance offered is also less comparatively. so they have thinner walls. The right side receives blood from the body and only has to pump it a short distance to the lung to add oxygen to it. The left side has to pump blood to the extremities of the body requiring more force. Like other muscles, the muscles on the left side bulk up when they are worked hard.

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A sudden change of tide: The people who quit their day job to sail the world By Sheena McKenzie , CNN November 8, 2012 -- Updated 1414 GMT (2214 HKT) HMS Illustrious accompanies the fleet of 10 boats out of Southampton at the start of their year-long Clipper Round the World Yacht Race. The 70 foot yachts traveled 64,500km across the globe, visiting 15 ports on six continents. More than 500 amateur sailors took part earlier this year, with the choice of joining for one of eight legs or the full circumnavigation. Recruiting is now on for next year's race, starting in July 2013. Crew from vessel De Lage Landen admire the view. Each yacht was named after a sponsor city from across the world. Sir Robin Knox-Johnston, the first person to sail solo, non-stop, around the world in 1969, founded the annual clipper race 16 years ago. The majority of competitors have never sailed a boat in their lives. After a three-week intensive training course they're forced to quickly learn the ropes on the high seas. A vessel arrives in San Fransisco on leg nine of the 13-leg race. Sailors can join for just one segment or the full year-long circumnavigation. Residents from Qingdao in China lay out the red carpet when their sponsored boat docks during the race. Qingdao finished ninth out of a field of ten yachts. The boat Visit Finland arrives in New York. With limited access to phones and internet, crews are essentially cut off from the outside world until they dock at port. Sailor Nik Brbora was taken to hospital by U.S coast guards after his yacht, Geraldton Western Australia, was struck by a storm in the South Pacific. Undeterred, crew aboard the Geraldton Western Australia arrive in San Francisco a day after two crew members were rescued. Qingdao crew members, David Hall and Joanna Sandford, embrace after arriving in Western Australia. "You learn a lot about the people on board -- it's human interaction on a really deep level," said sailor Lisa Blair. Along with the challenges are moments of joy, with stunning sunsets, close interactions with wildlife and a sense of wonder at nature. Crowds gather in Southampton to welcome home boats after their 12-month adventure around the world. Crew aboard winning boat Gold Coast arrive in Southampton. Crew member and former retail assistant Lisa Blair now teaches sailing professionally and hopes to circumnavigate the world solo. HIDE CAPTION Bon Voyage A grand adventure International race Hard Knox Steep learning curve Golden opportunity Warm welcome Big Apple Drama on the seas High spirits Strong bonds Picture perfect Hero's welcome Gold class &lt;&lt; &lt; 1 2 3 4 5 6 7 8 9 10 11 12 13 14 &gt; &gt;&gt; STORY HIGHLIGHTS 500 sailors, majority with no previous experience, will circumnavigate world Part of Clipper Round the World race, 12 yachts compete in year-long voyage As dawn approaches, a monster wave flips the yacht, ripping out the steering and smashing Brbora against the deck. Falling in and out of consciousness, the 29-year-old is rescued by U.S. coast guards who take him to the closest hospital -- 900 kilometers away in San Francisco. Nik Brbora. It's a terrifying and ultimately death-defying moment for the IT engineer from London. Yet now, as he looks back three months after completing the year-long Clipper Round the World Yacht Race , Brbora says the journey was also the greatest experience of his life. He was one of 500 amateur sailors racing ten yachts 64,500 kilometers across the globe, battling everything from hurricanes in the Caribbean to the dreaded doldrums of South East Asia. It may seem like the sort of grand adventure only the most hardened sailor would be capable of. But in an unusual twist, the majority of people on board have never sailed a boat in their lives. The event organizers are now recruiting for next year's clipper race. Those who enter face the prospect of saying goodbye to their jobs, family and friends for a 12-month voyage on the high seas. Setting sail in July 2013 from Southampton in the UK, the 70-ft yachts will visit 15 ports on all six continents.

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"When Dr. Batmanghelidj thinks of a glass of water, he doesn't think of it as half full or half empty. He thinks of it as brimming over with the essential fluid of life. He thinks of it as the solvent of our ills and deliverer of ripe old age. He thinks of it as the wave of the future." -The Washington Times The Wonders of Water: Amazing Secrets for Health and Wellness Water prevents and helps to cure heartburn. Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage. Not recognizing heartburn as a sign of dehydration and treating it with antacids and pill medications will, in time, produce inflammation of the stomach and duodenum, hiatal hernia, ulceration, and eventually cancers in the gastrointestinal tract, including the liver and pancreas. Water prevents and helps to cure arthritis. Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem. Water prevents and helps to cure back pain. Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs - the water cushions that support the weight of the body. These conditions should be treated with increased water intake - not a commercial treatment, but a very effective one. Not recognizing arthritis and low back pain as signs of dehydration in the joint cavities and treating them with pain-killers, manipulation, acupuncture, and eventually surgery will, in time, produce osteoarthritis when the cartilage cells in the joints have eventually all died. It will produce deformity of the spine. It will produce crippling deformities of the limbs. Pain medications have their own life-threatening complications. Water prevents and helps to cure angina. Heart pain - angina - is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure. Water prevents and helps to cure migraines. Migraine headache is a sign of water need by the brain and the eyes. It will totally clear up if dehydration is prevented from establishing in the body. The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eye sight. Water prevents and helps to cure colitis. Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication. Not recognizing colitis pain as a sign of dehydration will cause persistent constipation. Later in life, it will cause fecal impacting: it can cause diverticulitis, hemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum. Water and salt prevent and helps to cure asthma. Asthma, which also affects 14 million children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapor - the winter steam. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs that obstruct the free flow of air in and out of the air sacs. Not recognizing asthma as the indicator of dehydration in the body of a growing child not only will sentence many thousands of children to die every year, but will permit irreversible genetic damage to establish in the remaining 14 million asthmatic children. Water prevents and helps to cure high blood pressure. Hypertension is a state of

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City boy racks up most expensive bar bill in the world A young financier splashed out over 200,000 on drinks at a Liverpool nightclub, breaking the world record for the highest bill ever paid in a club. PlayGround club owner George Panayiotou with the Midas. Credit: Splash 23-year-old Alex Hope spent 125,000 on a 30-litre Midas bottle of Armand de Brignac, known as Ace of Spades -- the world's most expensive bottle of Champagne. The 45kg bottle had to be carried to the table by two waiters. He spent a further 80,000 on other Champagnes, vodka, beer and mixers for guests including Manchester City footballers Joe Hart and Adam Johnson and Manchester United star Wayne Rooney's wife Coleen at the PlayGround nightclub at Liverpool's Hilton Hotel. Hope also ordered a further 40 75cl bottles of Armand de Brignac -- the Champagne endorsed by rapper Jay-Z, and handed them out to single women in the club. One clubber observed: "He didn't seem to be drinking a lot and looked totally sober." The 204,000 bill, including an 18,500 tip, is thought to be the highest ever paid in a club, beating the 170,000 paid last June by professional US gambler Don Johnson at the One For One nightclub in London's Park Lane. "It caused a bit of a stir. We have some of the best Champagnes in the world, but nothing like that. Everyone was talking about it and wondering who on earth this guy could be," admitted one member of staff. The day after, Hope boasted on his website: "Just opened the world's largest Ace of Spades bottle at the PlayGround. Great night! Miami Next!" After just three years in finance, Hope is well known in the industry as a high flyer, and has been tipped by many to become one of the biggest traders in London. 12 comments on " City boy racks up most expensive bar bill in the world " Men are like Bordeaux wines, the older they get, the better they are! A young of 23 is not and shall never be ready to act with a wise attitude. Well done for making the finance sector looking as childish as ever: they simply do not get the message, don't they? I think the drinks industry must take some responsibility for their decision to produce, market and sell these super-glactic-delux beverages which are produced purely for gangsters and people with more money and sense to parade how rich they are. The price does not reflect the quality of the beverage inside the bottle, merely the price which the highest bidder is willing to pay to flaunt their wealth. Don't even get me started on the banking industry... Wow, this is like the film 'cocktail' mixed with 'wall street'. I thought these kind of irresponsible stories, with added receipts for proof were done with 4 years ago. Who is paying someone who is 23 so much money -- and why is he wasting it on footballers? Do some good with your life son and help those less fortunate than yourself. You can get a nice prosecco for 9.99 in Sainsbury's. "Help those less fortunate than you". You sound like Pres. Oblaima, Crystal Lover. He did. He gave 40 single women a 750 of Ace Of Spades. He must have earned the money by anticipating market changes. Some consider that work!! Jim, Thank you for your brilliant commentary. I remember in the New Testament where Jesus tells his followers to give money to the poor or "just give 40 single women a 750 of Ace Of Spades because, you know, it's basically the same thing." You're awesome Jim and, as a supporter of President Obama myself, I am happy to see that you are on the other side of the aisle.

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Many people now rely on their smartphones, sat-navs or other GPS devices to find their way around. But when these fail us, and there's no-one to ask for directions, there's a more natural way to navigate, says Tristan Gooley. It's not every week that a massive solar flare knocks out the GPS network, but all it takes is a flat battery or a mechanical fault to hobble your automated orientation aids. And if there's no-one around to ask and no paper map on hand, you could be in trouble. Natural navigation may be just what you need. This involves working out which way to go without using maps, compasses or any other instruments. It relies on awareness and deduction, so does depend on retaining some awareness of direction throughout each journey. 1. TV satellite dishes Look for satellite dishes and signs of weathering These really are the "get out of jail free" cards in an urban area. This is because the dishes point at a geostationary satellite, one that stays over the same point on the Earth's surface. In the UK there is a dominant satellite broadcaster, hence nearly all the dishes tend to point in the same direction - close to southeast. The same applies in rural areas - especially those blessed with pubs screening sport. 2. Religious buildings East is east From earliest times, religious buildings and sacred sites have been laid out to give clues as to direction. Christian churches are normally aligned west-east, with the main altar at the eastern end to face the sunrise. Gravestones, too, are aligned west-east. To find direction from a mosque, you need to go inside and look for the niche in one wall, which indicates the direction for prayer. This niche, known as al-Qibla, will be the direction of Mecca, wherever you are in the world. And synagogues normally place the Torah Ark at the eastern end, positioned so worshippers face towards Jerusalem. (Synagogues in countries east of Israel will face west.) 3. Weathering " Start Quote The prevailing winds carry rain and pollution. These then hit the buildings, leaving patterns. The wind comes from the southwest in the UK more often than from any other direction. This results in asymmetrical weathering patterns on buildings - similar to the erosion seen in nature . Look up, above the cleaned glass and metals of the lower floors, to the natural stone or weathered bricks higher up. Notice how the building's corners all show subtly different weathering patterns. The contrast between southwest and northeast corners is the greatest. But the shifts in colours, where the rain and pollutants have left their mark, can be read on all sides with a little practice. Trees, too, indicate direction, with the very tops combed over by the prevailing wind. 4. Flow of people Rush hour crowds point the way Pacific navigators learned to follow the birds in their search of land. They quickly realised that while an individual bird can behave eccentrically, a pair - or even better a flock - will follow a pattern. The same is true of human beings. There is no point following an individual, you could end up anywhere. But following a crowd in the late afternoon will take you towards a station or other transport hub. In the mornings, walk against the flow to find these stations. At lunchtime in sunny weather, crowds move from office blocks towards the open spaces of parks and rivers. 5. Road alignment Wind direction and road layout can help Roads do not spring up randomly, they grow to carry traffic - and the bulk of traffic is either heading into or out of a town. So the biggest roads tend to be aligned in a certain way, depending on whether you are in the centre or on the outskirts. In the north or south of town, the major roads will tend to be aligned north/south. In the northwest or southeast, they will have a bias towards northwest/southeast. This is why road maps of big towns show a radial pattern. It is common sense, but very few people realise this when they feel lost in a big city. 6. Clouds Look up into the skies One of the best ways not to lose your sense of direction is to hold onto it. My favourite way of doing this in a city is to orientate myself - using some of the clues above - and

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Review: New on DVD for November 6 Special This week's releases include a number of holiday specials and features, including a couple of home-viewing staples; the complete adventures of Hollywood newbies; an engaging political drama; and a starlet's final moment in the spotlight. Sony Pictures Home Entertainment image:130456:1::0 Arthur Christmas (DVD) With two billion presents to deliver across the globe in a single night, Christmas at the North Pole has become quite high tech. Santa the Twentieth (Jim Broadbent) isn't able to keep up as well as he used to, but his son Steve (Hugh Laurie) is more than ready to take the reins. Santa's other son, Arthur (James McAvoy), is less ambitious; he's content in his position in the letters department responding to the requests of the world's boys and girls. But when a child is missed, everyone's faith is shaken and it's up to Arthur, Grandsanta (Bill Nighy) and a stowaway elf (Ashley Jensen) to make things right. This movie was an instant holiday staple. If it doesn't reinforce your faith in Santa Claus (or at least your holiday spirit), nothing will. It contains the best and most entertaining explanation of how Santa is able to deliver all those presents in one night, involving a giant craft, an elf battalion and a massive control centre. It really looks like the filmmakers thought of everything. The characters are immediately endearing and/or captivating thanks to an outstanding voice cast and well developed personalities. Arthur has the biggest heart, which is often overshadowed by his awkwardness. Steve is commanding, but his attention to detail has made him lose sight of the big picture. Santa is the stalwart executive trying to hold on to glory past, while Grandsanta is an old man still rebelling against age. And the elf, Bryony, is a cute ball of energy that always puts in for a laugh. The narrative is relatively simple, but it left room for a great deal of creativity and the filmmakers at Aardman Animations took full advantage. The adventure is akin to a road trip across the Earth, packed with obstacles, strange encounters and numerous hijinks -- on several continents. Special features are not available. (Sony Pictures Home Entertainment) HBO image:130457:1::0 Entourage: The Complete Series (Blu-ray) The suddenly risen film star Vincent Chase (Adrian Grenier) learns the ropes of the business and the high-profile world of the wealthy in Hollywood, but he doesn't do it alone; he brings his close circle of friends since childhood with him. His agent finds they often make his job harder as the Queens boys not only sponge off the star but also have his ear. For eight years audiences followed the exploits of Vince and his friends as they rode the waves of stardom and heartbreak. Produced by and based on the early adventures of Mark Wahlberg, the guys bought extravagant cars, bedded models and partied at the best spots with the most popular people. Each season included numerous cameos, with most celebrities appearing as themselves. Vince fell in love with Mandy Moore; Eric got into a fight with Seth Green; and Johnny did a TV series with Andrew Dice Clay (who was later replaced by Jamie Kennedy). Actors, directors and musicians played across the screen like a showing of Hollywood's who's who. What started as a crazy fantasy-come-true for a group of guys from Queens became, particularly in the final seasons, an engaging drama that swirled around love, divorce, drug addiction and money. Of course the fantasy element of the show means they always came out on top, giving fans a satisfactory ending with room for expansion (possibly an Ari spinoff or feature-length film still in the works?). Special features include: 21 commentaries by cast, crew and special guests; 10 behind-the-scenes featurettes; two panel discussions with cast and crew; and a series retrospective featuring exclusive footage and candid interviews. (HBO) Entertainment One image:130458:1::0 Even the Rain (DVD) Idealistic filmmaker Sebastian (Gael Garcia Bernal) and his cynical producer Costa (Luis Tosar) arrive in Bolivia to make a revisionist film about Christopher Columbus' conquest of the Americas. But as filming commences, the local citizens begin to riot in protest against a multi-national

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Photos from around the world OK.. so this is actually my own website, [ Commercial URL removed ]. I can't find a category/ thread for night shots in this forum, and wondered if anyone wanted to give input, or tell me what they think of these shots? As I'm really interested in night photography and bringing out colour against a blue (Blue Hour) or black sky. Most of the night shots are at: [ Commercial URL removed ]

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My question is where do I put the unattend.xml file for a custom installation of Windows 7? Yet sounds simple enough, after many years using the sysprep tool during the Windows 2000 and Xp days and now Windows 7 comes with a completely complicated way of doing a custom installation method. My main reason is so I can have the user profiles on another partition instead of the usual default location where windows installs it like c:\documents and settings (for example). I have tried putting the unattend.xml in the root of the cd, but the installation and custom settings I did was more of a miss than a hit needless to say. I don't know if I should rename the .xml file to something else, or put this in the main windows 7 directory like the (i386) where I used to put my winnt file in Windows XP and Windows 2000. I have no idea which one is the main directory for Windows 7; nor can I boot from bios with a flash drive to test more than once for each method. Any suggestions? wainuitech 13-08-2011, 10:40 AM How did you make the unattended file ? Done it many times using WAIK, and the unattended file was simply put onto a USB drive, then when booting the PC it looked and found that first and then the installation proceeded from the DVD, with all the details as per the Unattended file. Only thing is, you have to pull the USB drive out during the first reboot, other wise it will start all over again :crying (found that out while I was on the phone) Edited: it is still called unattended.xml wainuitech 13-08-2011, 12:33 PM FYI -- heres the documentation (http://technet.microsoft.com/en-us/libr\\... / method I use with WAIK. (Step by step) undiejuice 13-08-2011, 01:54 PM @Wainuitech. Yes that's the tool I used to create the xml file. I downloaded the ISO from the Microsoft website a few months back while I was having an experiment using Windows 7 and the waik tool for the first time. I managed to use videos from YouTube, which helped me guide using the waik application, but many of them have failed to explain what you have to do once the xml is complete. Are you supposed to put in the root of the cd or in the sources folder or rename it? Cheers. wainuitech 13-08-2011, 03:05 PM Neither -- What I do is put the unattended file on a USB drive, plug that into the back of the PC, (not the front USB's as sometimes they wont work) or laptop, with the DVD in the drive, and the BIOS set to boot from the USB drive first, power it up and away it goes. It reads your .xml file and carries out the instructions / Options provided. On reboot, remove the USB drive, other wise it starts again :( In the second post, the linked instructions under "Validate and Save Settings" , step 5 Copy the Autounattend.xml file to the root directory of a USB flash drive (UFD). If you read the whole thing, you can of course ignore the OOBE, you can add in a volume License if you want or have one ( see screen shot) as well as any OEM information you want. This method for example is making a PC then imaging it, and the image can be deployed over a LAN to how ever many PC's you want or are licensed for ( after sysprepping the original). If you are only doing a few, it may be just as easy to put the .xml file on a USB drive, and install from the DVD. I've had 3 going at once while building for customers, just have to manually enter in their product keys and user Names, ( not entered in the .xml file) but all the company details etc are in the .xml file. undiejuice 13-08-2011, 05:28 PM @wainuiTech. Dam. By the sounds of it, I need an up to date PC which will allow me to do the above steps such as booting from a usb in bios. Looks I might just have to point my existing Windows 7 documents to my already made my documents in my E: partition drive instead. Oh well, you can't win them all I guess. wainuitech 13-08-2011, 05:47 PM Dont go upgrading so fast :) I just remade the .xml file for my systems here, and it didn't work, where as my old one does.:confused: I'll

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Inn Crowd Richard Gere and his wife, Carey Lowell, have opened a luxury B&B in Bedford, NY. Over the course of his 30-plus-year career, Richard Gere has been called many things: American Gigolo, Mr. Cindy Crawford, Sexiest Man Alive and world's second most famous Buddhist. But his latest moniker is surely his unlikeliest: innkeeper. This summer Gere and his wife, Carey Lowell, will welcome their first overnight guests to the Bedford Post, an 18th-century house and barn in Bedford, New York, that they have turned into a small luxury hotel, restaurant, bistro and yoga loft. "We're total neophytes," says Gere, 60, whose familiarity with innkeeping had been pretty much limited to his turn in the 2008 tearjerker Nights in Rodanthe , in which he played bed-and-breakfast manager Diane Lane's guest-turned-lover. Not having a clue about how to operate a hotel or restaurant has allowed him to run wild with "what-ifs," he says, to imagine vast possibilities for his fantasy retreat in this tony, horse-country enclave 45 minutes north of Manhattan. Gere and Lowell envision hosting symposia headlined by A-listers from the lecture circuit. And with neighbors like Martha Stewart, Ralph Lauren and Jean-Georges Vongerichten to tap, the couple hope the place will be a magnet for like-minded, powerful souls to come together to save the planet -- or at least to chat about big-picture ideas over veggie burgers. "There are a lot of very effective people who live up here, and I saw this on one level as a clubhouse for these people to engage on levels that might be of benefit to the world," Gere says one rainy summer morning as he digs into his breakfast alongside Lowell in the inn's private dining room, a cocoon of recycled wood and velvet club chairs. Ruggedly handsome in jeans, work boots, zip-up sweatshirt and tan corduroy jacket, he wears Buddhist prayer beads on one wrist, his tousled silver hair swept high off his face. "I see us generating ideas and networking on a very high level." Gere, whose foundation has long supported the Dalai Lama, has frequently used his celebrity to shine a light on hot-button issues, whether by discussing Tibet on Charlie Rose or hitting up Bill Gates to fund an initiative to raise AIDS awareness in India. As a model for his inn, he and Lowell looked to friend Alice Waters's Chez Panisse. While shooting 2005's Bee Season , Gere ate there almost every night, and he admired the way the restaurant drew together luminaries from varied fields over sophisticated food and wine. To that end, they recruited chef Brian Lewis, a champion of slow food cooking who has done stints at Lutce and Oceana in New York, Bix in San Francisco and Vu in Scottsdale, Arizona. Lewis, 42, a Westchester County native, was intrigued by the idea of an inn anchored by an ambitious farm-to-table restaurant and a yoga studio. And as Gere describes it, the Bedford Post's philosophy is as organic as the seasonal ingredients that Lewis sources from local and family farms: From good karma, food and conversation, good works will flow.

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James Waite has been to the Amsted Maxion factory at Cruzeiro. He reports: Three of these 5ft 3ins Sentinel locos were delivered to the British-owned Sao Paulo Railway, works no's 8398-8400. They're generally quoted as having been built in 1931 though the young lady who showed us around told us that the staff had found a 1930 date on one of them. They were SPR no's 166-168. The railway was nationalised in 1946 and became the EF Santos-Jundiai - a name which is perhaps most familiar to those of us who visited the country in the 1960's and 1970's for the remarkable cable-worked inclines with their steam braking locos at Paranaciacaba, between Sao Paulo and Santos. The locos were sold in 1947 to the Fabrica Nacional de Vagoes which had been established in 1945 in Cruzeiro as the country's first major builder of railway wagons. At the time Cruzeiro was an important railway centre and the point where the metre gauge Rede Mineira de Viaao line (originally the British-built Rio and Minas Railway) running southwards from Minas Gerais met the EF Central do Brasil 's broad gauge main line between Rio de Janeiro and Sao Paulo. The RMV was a spectacular line which climbed through the Serra da Mantiqueira on the border between Sao Paulo state and Minas Gerais. Sadly it closed in the 1990's and Cruzeiro is no longer a railway junction though two isolated parts of the line at Passa Quatro and at Sao Loureno have been preserved by the ABPF, the Brazilian preservation organisation. The ABPF also have one of their repair facilities in the RMV's old works in the town and, intriguingly, there's still a short stretch of mixed broad and metre gauge track within the factory yard. After various changes in ownership the factory has been run by Amsted Maxion, a heavy engineering business, since 2000. The locos still carry their SPR numbers. No 167 was fitted with a new boiler earlier this year and was in steam when we visited. The interior of the cab, which houses the boiler, was immaculate in every respect. No. 166 was set aside and partially dismantled. No. 168 was the subject of an unsuccessful attempt at the factory to convert it to a diesel and its remains are believed still to be around the site though we didn't see them. The wagon on the right in the fourth photo is one of the factory's products. The factory no longer builds complete railway wagons but only the parts for them for assembly at another of the company's plants. I don't think that there is any connection with the main line network. The working method appears to be that steel plates are brought to the site by lorry where they are offloaded onto the wagons by crane - after which the loco pushes the wagons inside the plant. We were told that the locos don't see very much use nowadays so we were very lucky to see no. 167 in action. A few words of advice to anyone thinking of visiting. The company has concerns about industrial espionage. They won't let you take your own camera into their premises but instead lend you one of theirs and then vet your photos before uploading them to you which they did very efficiently the day after our visit. We were most grateful to Bruno Sanches of the ABPF for all his help in arranging the visit for us and for accompanying us on the day - and also to the company's staff who, like so many people in Brazil, were unfailingly kind and helpful. They're well aware of the heritage value of the locos and, now that no. 167 has been reboilered, it should be operational for a good many years to come. All the pictures except the last one (166) are of 167, the mixed gauge track can be seen in a couple of the pictures.:

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How Much Exercise Do You Have To Do To Lose Weight On Nutrisystem? I often hear from people who are trying to get an accurate look at how their life and lifestyle might chance on the Nutrisystem diet. One of the common questions that I am asked is "how much exercise is required on Nutrisystem? And how do they know if you are doing it or not?" I will try to thoroughly answer this question in the following article. Nutrisystem Doesn't Have Any Exercise Requirement, But They Do Encourage It: It's a misconception that Nutrisystem requires or makes its dieters exercise. This isn't the case. A lot of people mistake this diet with other popular prepackaged diets where you have to meet with a counselor, weight yourself, and discuss why you might have gotten the results showing on the scale. Many people fear that they are going to be face to face with a counselor demanding to know how much exercise they are doing and why. This isn't the case. There is counseling available on this diet. It is free, but it is conducted online or via telephone. You are not required to use the counseling or to meet with anyone and there's no exercise requirement. With that said, you are most definitely encouraged to exercise. In fact, they sometimes throw in free exercise videos or other resources with every food order. It is common sense that adding in more movement is going to burn more calories and enhance your results and the speed at which you see them. I do have to say though that most of the clinical studies that I have read regarding Nutrisystem do not include or mention exercise within their results section. I am sure that there are folks who get results that they are happy with without huge amounts of exercise. But I'm equally as sure than even a little bit of exercise is going to enhance your results and make you feel and look a lot better. In my own experience, I certainly don't kill myself. I might walk or bike after dinner. I might play family football with my kids. I don't really keep track and I don't overextend myself so that I will make all sorts of excuses to avoid it. I just try to incorporate more steps and movement into my day and I have seen good results with this. I also find it to be a great stress reliever and detractor when you are tempted to go off of your diet or to do something silly. Because it doesn't make sense to put in all that effort and then to mess it up all. So, there's no set amount of exercise that is required. But it's obvious that they would like for you to move a little more -- so much so that they give you the free resources to make this happen. However, there's no drill sergeant that is going to tap you on the shoulder and demand to know how many hours of exercise you have logged in this week.

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A unique weather situation has blanketed most of the state with murky, smoke-filled, grey air. Unlike a typical winter inversion, where bad air tends to linger over Utah's valleys, the current situation is much thicker. SALT LAKE CITY -- A unique weather situation has blanketed most of the state with murky, smoke-filled, grey air. And while most of it isn't coming from Utah's wildfires, the high pressure lurking above the Beehive State is sucking smoke from a handful of fires burning out of control in neighboring Idaho. Unlike a typical winter inversion, where bad air tends to linger over Utah's valleys, the current situation is much thicker. "You can't go to Park City and get away from it," KSL meteorologist Kevin Eubank said. Eubank said the smoky air will stick around the rest of the week, as no major weather events are set to roll through to clear it out. A northern flow will stick around until at least Friday and possibly Saturday, he said, with westerly winds expected to arrive Sunday. "It'll take something strong to clear it all out," Eubank said. A handful of human- and lightning-caused fires are burning in central and western Idaho, some of which have spread across hundreds of thousands of acres and aren't expected to be contained until mid- or late-October, according to the U.S. Forest Service's Active Fire Mapping Program . Unhealthy air quality levels have been reported for areas surrounding Salmon, Idaho, while air in much of the rest of the Gem State remains moderate. In addition to poor visibility and downright ugly aesthetics, the dense, dirty air in Utah prompted the Utah Department of Environmental Quality to issue pollution advisories Tuesday. Increasing particulate levels means those with respiratory or heart diseases, children and the elderly, must limit their exposure. "You breathe this in, and it makes you tighten up," said University Hospital emergency room physician Dr. Troy Madsen. "The other thing I'm seeing is that people just get very congested, eyes are watery, and it makes it just that much more difficult to exercise." Madsen said more patients are visiting the emergency room, as poor air quality impacts symptoms of asthma and emphysema. Air quality is at "red" alert levels throughout much of northern Utah -- in Salt Lake, Davis, Utah, Tooele, Weber, Cache and Box Elder counties. A "yellow" action level was posted for Uintah County, and Washington County remains "green." In red areas, the Department of Environmental Quality recommends avoiding heavy or prolonged exertion outdoors for sensitive people and reduced exertion for everyone else. Individuals are asked to drive as little as possible during "red" and "yellow" days because cars contribute significantly to the area's pollution, according to department spokeswoman Donna Spangler. With the lingering pollution, air conditions will remain unhealthy until wind or rains clear it out, she said. "We're not getting any weather pattern to clear it out, and so it just makes it worse," Spangler said. Wendy Leonard works as a reporter for the Deseret News, and while her daily duties are dictated by breaking news, she currently focuses on writing about issues involving health care, medicine and transportation. She began more ..

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Smallfield Family William was born on the 8th June 1895, in the warden?s house at St John?s College, Tamaki. His father became headmaster of St John?s Collegiate School in 1891, and in 1896 when the theological students came back from a house in Gladstone Rd, Parnell, was appointed warden and tutor of the theological department. In January 1902, Percy Scott Smallfield and his family left St John?s College Tamaki, as General Synod had decided that St John?s was to be only a theological college. P.S.Smallfield obtained the beautiful old Willamson Mansion on Parr Rd, now an Auckland City Council Park, for St John?s Collegiate School. There his three sons, Eric, William and Walton were educated. In 1914 the First World War started. William joined the army when he was 20 years old . His training started at Trentham Military Camp in March 1916. After the war William returned to Auckland and stayed with his parents and two sisters, Winifred and Ruth, at 8 Liverpool St, Epsom. He had learnt the art of printing at St John?s College and had done an apprenticeship at an Auckland printing firm before he joined the army. Early in 1920 he left his position as manager of the Jobbing Department of the Taranaki Daily News in New Plymouth and went to Whakatane and had a stationers? shop and printing works behind it. It was a successful business. In the library he first met Eva Millicent Law, the Town Clerk?s assistant. They were married in St Peter?s Church Onehunga, by the Rev Canon P.S.Smallfield on 26th December 1921. William served as a member of the Whakatane Borough Council. He studied for a law degree. He was made a Justice of the Peace on the 29th March 1923. I was told he was then the youngest Justice of the Peace in New Zealand. In 1922 he purchased a half-acre of land in James St where he had a nice house built. My brother Percy and I remember it very well. From 3rd July 1929 he served as a Lay Reader at the Anglican Church. He realized that he was called to the Ministry of the Church. William and Millicent sold their house and business and moved to a rented house in Fifth Avenue, Tauranga. On the 20th September 1931, William was made a deacon in the Church of Holy Trinity, Tauranga, by the Bishop of Waiapu, the Rt. Rev. W.H. Williams. In 1932 he moved to the Waikato Diocese. The bishop there was the Rt. Rev. C.A. Cherrington. He was ordained a priest in 1932. His father came down from Epsom, Auckland, and was one of those who laid his hands on his head when he was being ordained a priest in St Peter?s Cathedral, Hamilton. The laying on of hands has come down from Bishop Selwyn to Bishop Cowie, to my Grandfather Percy, to my Father, and to myself in old St Paul?s Wellington. He served in parishes in Tauranga, Hamilton, Wanganui, Taihape and Trentham. He was made a Canon of St Paul?s Cathedral, Wellington in 1952. He was chaplain to the Forces from1935-48. It was a coincidence that in 1947, 31 years after being in Trentham Military Camp, he became vicar of Trentham. The parish church was called St John?s Church. He was educated at St John?s Collegiate School and he started in the army at the Trentham Military Camp. The Rev Canon W. M.Smallfield retired as Vicar of Trentham in 1964 at the age of 69 years. With his wife he lived in Papatoetoe. He helped as assistant priest at St George?s Papatoetoe. He died on the 28th November 1969. He is buried with his wife at Purewa Anglican Cemetery not far from where he was born over 74years before.

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The full story... Jewish abuse victim welcomes Royal Commission MARK COLVIN: Jewish victims of abuse have joined the broader welcome for the Royal Commission on institutions and child sexual abuse. In Victoria, police have told the state's child abuse inquiry that their research has turned up 69 offences in the Jewish community, with 18 distinct victims over the past 50 years. One victim is Manny Waks, who says he was sexually abused at his Jewish school in Melbourne in the 1980s. Manny Waks spoke to Alison Caldwell. MANNY WAKS: I was abused by two separate perpetrators within the ultra-orthodox Yeshivah centre, and not only was I abused but also when I did raise the issues of abuse later on, these were attempted to have been covered up and ignored and basically the suffering continued. ALISON CALDWELL: What sort of reaction has there been in the Jewish community to the idea of the Royal Commission? MANNY WAKS: Generally speaking, it's been very welcomed. Publicly, all organisations are making all the right sounds and noises and welcoming it. There is though a very big difference in a practical sense to see how these organisations will actually cooperate with a Royal Commission. Up until now, the Yeshivah centre and its leadership have been very uncooperative. Victorian Police, in courts, have made that very clear and I can tell you as a victim, and my family have been victimised, harassed and intimidated, and of course, many within the Yeshivah community who are absolutely appalled by Yeshivah's handling of this, but that doesn't make it all that much easier when my father cops abuse simply because he's standing up, strongly supporting his son who was abused over many years and many within the community were aware of it and did absolutely nothing about it. ALISON CALDWELL: The people who are criticising you - on what basis are they criticising you? Are they saying, you know, you've brought shame to the community or to the college? What are they saying? MANNY WAKS: Certainly, that would be a part of it. A lot of them say, "Let's deal with things internally." Within the ultra-orthodox community, there are also elements who believe in the concept of nasira (phonetic), which is not informing the actions of fellow Jews to the external authorities. Really, these issues pre-date contemporary times, when anti-Semitism was rife in Eastern Europe and there were pogroms. Unfortunately, that type of attitude still prevails among segments of our community. The point is, last year in July when I went public with my case, as a direct result from that, we're now in a position where we've had a committal hearing for 12 victims with the one perpetrator, 41 charges, and we'll be awaiting trial next July. And the issue of cover-up is becoming much more clear by the day. ALISON CALDWELL: There have been allegations in the Catholic Church at least of perpetrators just being moved offshore, moved to different diocese or actually moved overseas. Certainly you say that's happened in the Jewish community as well. MANNY WAKS: Absolutely. We have two cases that we know of - David Kramer for example, at the moment. He's a former teacher at Yeshivah. When allegations surfaced in the early 90s about what he had done, the response was initially Yeshivah was going to do nothing about it, but ultimately, after parents threatened to go to the police, action was taken to dismiss him and he was sent overseas. Initially, my understanding is, he went to Israel. Allegations have surfaced there that there were some abuses going on there, and then he ended up in the US in St Louis where he ended up abusing children there, or at least one case for which he was charged, and he's now just finished a seven year sentence in a US jail, and Victoria Police is in the process of extraditing him from the US.

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The Casual Vacancy: We Are All Jealous of Each Other by Lollipop Goldstein I am currently reading JK Rowling's new book, the Casual Vacancy . I'll probably write a longer review later, but my short take on it is that if you like people, you will like this book. I know that's a strange thing to say, but I think there are people who like people -- in general. And there are people who only like certain people -- more specific. And if you fall in the former category, you will like this book because at its heart, it is about what drives people. And if you fall in the latter category or you're expecting Quidditch fields in Pagford, you will probably not like this book very much because some of the people are pretty difficult to like. And yet you love them. I mean, you love them if you fall in that former category of liking people in general. If you fall in the latter category, you will probably not like a bunch of these characters and you will not enjoy the book. And that's my short take on Rowling's new book in case you wanted to know whether or not you should read it. I guess my point is decide whether you like people or don't like most people. Part of reading the Casual Vacancy is pure joy: I love the town as much as I love Hogwarts, by which I mean that all the characters feel like people I could one day meet if I could find the fictional town of Pagford, and even the most hateful ones -- the Draco Malfoys of the small town -- would still be exciting to get to have a cup of coffee with and pick their brain. Reading it is relaxing; or, as Edgar Rice Burroughs once explained as to how one knows if they're holding a good book: My stories will do you no harm. If they have helped to inculcate in you a love of books, they have done you much good. No fiction is worth reading except for entertainment. If it entertains and is clean, it is good literature, or its kind. If it forms the habit of reading, in people who might not read otherwise, it is the best literature. The Casual Vacancy passes the test; it is the best literature. Part of reading the Casual Vacancy is seething jealousy: I want to write like that. I don't want Rowling's fame or the book sale numbers or the sellout readings. I just want the skill. If I could write like that, I don't even know if I'd publish. I'd just entertain myself all day long, creating these tiny worlds and manipulating the characters in them for my own enjoyment. Which perhaps is a good thing that I don't have that skill because I would not be able to live with it. I think having that type of writing skill would literally consume me. My G-d -- just writing about it is making me tweaky. So I read the book alternating between being curled up in the corner of the sofa, practically purring because the book is so good, and then picking up my journal and jotting down notes about just. how. jealous. I. am. I was recently talking with a friend about something I'm doing this week, and she turned to me, mouth open, and said, "I am so jealous of your life." Which is a funny thing to hear because you can't actually hand your life over to someone. (It has just occurred to me how uncomfortable my dissection of my jealousy may have just made JK Rowling if she's reading this post, so I apologize. But I have to be honest. I am just seething with jealousy!) My instinct, when someone expresses interest in something I own, is to give it to them. Like the sweater I'm wearing? Why don't you borrow it? Like the way these cookies smell? Why don't you eat one? Like my life... er... well... I can't really hand that to you. So I was sitting there, stuck between my own jealousy on one side of me in the form of the book which was inside the purse against my hip and my friend's jealousy, which was radiating toward me a few inches away from my other hip. And it occurred to me that sometimes when I am reading Facebook, I am almost perusing the status updates in the same way I walk through Whole Foods, judging all the fruit as whether or not the visual makes me want to eat it. Consume it. I scroll down the page

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Post navigation Two Orange Loaves from Mary Berry Yet again, I find myself with an abundance of fruit (oranges in this case) and a short period before they are pronounced unfit for human consumption. So, turning to my trusty Baking Bible from Mary Berry, I discovered 2 orange loaves (among many other orange recipes) that would help me use up two of my dozen oranges. I feel there will shortly be a batch of marmalade made (for which I already have a great recipe !) to use up the remaining fruit. The two cakes which caught my eye were the Carrot and Orange Loaf and the Orange Wholemeal Victoria Loaf. While I loved them both and especially the use of carrot and orange together, ultimately I did have a favourite, and that was the Orange Wholemeal Victoria Loaf. As the Carrot and Orange Loaf has 200g of wholemeal flour in it, and the Victoria Loaf has a scant 50g, it comes as no surprise that the Carrot and Orange loaf was a much denser cake, while the Victoria Loaf had all the flavour in a light, fluffy cake. Try one, or both as you please; they were great served together as a nice contrast to each other. Either way, both are easy, good ways to use up fruit and make very tasty cakes. Orange and Carrot Loaf Ingredients: 1 whole orange 150g softened butter 150g light muscovado (or brown) sugar 175g carrots, peeled and finely grated 2 large eggs 200g wholemeal self-raising flour 1 level tsp baking powder 1/2 level tsp ground mixed spice Approximately 1 tbs milk 2 tbs honey, to glaze After pre-heating your oven to 180c (or fan-forced 160c), grease a large (900g) loaf tin and line the base. Finely grate the rind of your orange into a large mixing bowl and set aside the orange to use later. Into the same bowl, place the butter, sugar, carrots, eggs, flour, baking powder and spice and beat until well mixed. Add a tablespoon of milk to give a dropping consistency if it is a little thick. Pour into the prepared tin and bake for 50 minutes to an hour, until just firm to the touch. While the cake bakes, cut all the pith off the orange and halve it before finely slicing into half-moons to adorn the top of the cake. After 50-60 minutes, brush the top of the cake with honey, lay the orange slices over the top and drizzle a little more honey over it. Pop it back in the oven to finish off for about 10 minutes, or until a tester comes out clean. Leave to cool in the tin for a few minutes before turning out onto a cooling rack. ????????????????????????????????????????????? Orange Wholemeal Victoria Loaf Ingredients Cake: 100g softened butter 100g light muscovado (or brown) sugar 2 large eggs 50g wholemeal self-raising flour 50g white self-raising flour 1 whole orange Topping: 25g softened butter 75g sifted icing sugar 1 tablespoon fine cut marmalade OR Icing sugar to dust Firstly pre-heat your oven (or leave it running from your last cake as I did!) to 180c (or fan-forced 160c), then grease and line the same large loaf tin as before. Grate the orange rind into a large mixing bowl, add all other cake ingredients in and beat well for 2 minutes until smooth. Turn into the prepared tin and level the surface. Bake in the pre-heated oven for 40 minutes or until well risen and golden brown. It should be shrinking from the sides a little too. Remove from the tin and place gently on a wire rack to cool (be warned, this is a delicate cake when baked, with an easily damaged surface). If you wish to make the icing, simply beat all ingredients together in a bowl until smooth and then spoon on top of the cold cake, smoothing together with a palette knife. Otherwise, just give a generous dusting with icing sugar once it has cooled instead. It is a delightfully soft and fluffy cake and really doesn't need the icing at all. Enjoy the fruits of your (minimal) labour and share with good friends; it always tastes twice as good that way!

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John 20 - Matthew Henry Concise Commentary on the Whole Bible The sepulchre found to be empty. (1-10) Christ appears to Mary. (11-18) He appears to the disciples. (19-25) The unbelief of Thomas. (26-29) Conclusion. (30,31) Verses 1-10 If Christ gave his life a ransom, and had not taken it again, it would not have appeared that his giving it was accepted as satisfaction. It was a great trial to Mary, that the body was gone. Weak believers often make that the matter of complaint, which is really just ground of hope, and matter of joy. It is well when those more honoured than others with the privileges of disciples, are more active than others in the duty of disciples; more willing to take pains, and run hazards, in a good work. We must do our best, and neither envy those who can do better, nor despise those who do as well as they can, though they come behind. The disciple whom Jesus loved in a special manner, and who therefore in a special manner loved Jesus, was foremost. The love of Christ will make us to abound in every duty more than any thing else. He that was behind was Peter, who had denied Christ. A sense of guilt hinders us in the service of God. As yet the disciples knew not the Scripture; they Christ must rise again from the dead. Verses 11-18 We are likely to seek and find, when we seek with affection, and seek in tears. But many believers complain of the clouds and darkness they are under, which are methods of grace for humbling their souls, mortifying their sins, and endearing Christ to them. A sight of angels and their smiles, will not suffice, without a sight of Jesus, and God's smiles in him. None know, but those who have tasted it, the sorrows of a deserted soul, which has had comfortable evidences of the love of God in Christ, and hopes of heaven, but has now lost them, and walks in darkness; such a wounded spirit who can bear? Christ, in manifesting himself to those that seek him, often outdoes their expectations. See how Mary's heart was in earnest to find Jesus. Christ's way of making himself known to his people is by his word; his word applied to their souls, speaking to them in particular. It might be read, Is it my Master? See with what pleasure those who love Jesus speak of his authority over them. He forbids her to expect that his bodily presence look further, than the present state of things. Observe the relation to God, from union with Christ. We, partaking of a Divine nature, Christ's Father is our Father; and he, partaking of the human nature, our God is his God. Christ's ascension into heaven, there to plead for us, is likewise an unspeakable comfort. Let them not think this earth is to be their home and rest; their eye and aim, and earnest desires, must be upon another world, and this ever upon their hearts, I ascend, therefore I must seek the things which are above. And let those who know the word of Christ, endeavour that others should get good from their knowledge. Verses 19-25 This was the first day of the week, and this day is afterwards often mentioned by the sacred writers; for it was evidently set apart as the Christian sabbath, in remembrance of Christ's resurrection. The disciples had shut the doors for fear of the Jews; and when they had no such expectation, Jesus himself came and stood in the midst of them, having miraculously, though silently, opened the doors. It is a comfort to Christ's disciples, when their assemblies can only be held in private, that no doors can shut out Christ's presence. When He manifests his love to believers by the comforts of his Spirit, he assures them that because he lives, they shall live also. A sight of Christ will gladden the heart of a disciple at any time; and the more we see of Jesus, the more we shall rejoice. He said, Receive ye the Holy Ghost, thus showing that their spiritual life, as well as all their ability for their work, would be derived from him, and depended upon him. Every word of Christ which is received in the heart by faith, comes accompanied by this Divine breathing; and without

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Saturday, October 20, 2012 Teaser Thought i would tease you all with a little behind the scenes shot from my latest shoot! I spent today running around an old caravan park, visiting mcdonalds for ice cream cones and laughing with the incredible rachel claire and alexis as we shot quite possibly the hottest model ever. I'm literally going to be jumping out of my skin until i can show you the final images. I can't wait to hear what you guys think of the styling!

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Undecided Question Can personality disorders be cured or at least improved? I'm being diagnosed at the moment, I've not got a formal diagnosis yet.. But apparently it's likely that I have Avoidant Personality Disorder with traits of Borderline Personality Disorder. It's very long-term, I'm 21 now and I grew up thinking I just had some kind of depression, coupled with severe anxiety and moodswings. If I do have the aforementioned disorders, could they be cured or treated? :/ With this all looming over me I don't feel like I'll ever get to be 'normal' - whatever that is. I don't know much about either condition other than what I've Wiki'd, so any information would be most welcome. I read somwhere online that people with personality disorders just hurt people and will never get better, but I'm not like \*that\*. I don't hurt people or anything. :/ Answers (4) Answerer 1 Hi ! I have borderline personality disorder. It can be cured after a year of intense CBT or DBT. Here is a site where you can talk to people with both these disorders. They don't judge, and are really nice, and you can make friends and meet people like you, and me!!! See ya there! your personality IS you. All a personality disorder means, is that there are aspects of you which are holding you back from your goals and dreams. Ever heard the saying that someone's their own worst enemy? It's up to you to decide what normal is, and once you've done that you can figure out how to be it. CBT and especially DBT can help people to deal with automatic thoughts of worthlessness and helplessness. Counselling or psychotherapy can help you deal with traumatic events from the past. You can learn ways to be more assertive, more tolerant or manage your anger. Anti depressants can help some people deal with low mood, others find courses of antipsychotics or mood stabilizers helpful. Some people reject medication altogether - it's all good. You might find it worthwhile to learn alternate coping mechanisms if you turn to drugs / alcohol / cutting / sex with total strangers to make yourself feel better. Everyone's problems are different, and everyone needs different types of help to deal with them. But there's no one pill or therapy that can sort out all of your problems, and nobody can put a time limit on how long it'll take. There will always be aspects of yourself that you don't like - just like as the rest of the population. The trick is to minimise the impact of the 'bad' side, and maximise your skills and abilities. Good mental health help should assist you to do that. People are right in saying that there's no cure for a personality disorder. That's true, because it wouldn't be ethical, productive, desirable or beneficial to force someone into having a different personality -even if it were possible. What you can do is build up your strengths, learn to deal with your weaknesses, and take charge of your own wellbeing. These personality disorder diagnoses just mean that psychaitrists don't know how to help you. That's ok, I have bipolar, and they didn't help me with their garbage medications either. If lithium doesn't work, I think a person with bipolar is screwed. elp yourself. Don't count on mental health professionals. Look to peer counseling. I have a nice therapist, and she is very helpful with relationship issues, and other specific things, but for the global problems, not any help at all. She never says the WRONG thing, though, and that's very valuable! \*\*\* DBT will treat parasuicidal behaviors well, but is not very effective for treating borderline as a whole. CBT does not treat personality disorders well, either. That is why I say you have to look to yourself and peer support groups for help - the mental health professionals usually do not know how to help you. Many are hostile to people with personality disorders, and will not take them into therapy, especially borderline. I learned about this on blogs BY PSYCHIATRISTS, so people thumbs me down. There is a heirarchy in the DSM - when the cause of a mental problem is known, it is moved into neurology. Then there is the Axis I and II disorders, which

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Common menu bar Breadcrumb Access to information and privacy How to make a request under the Privacy Act A request for personal information held by Citizenship and Immigration Canada ( CIC ) should be made to CIC under the Privacy Act . The requester must be a Canadian citizen, a permanent resident or currently in Canada . Formal requests under the Privacy Act must: Be made in writing; Be signed and dated by the requester; Include the name, Canadian address, and if possible, a telephone number and/or e-mail address where the requester can be contacted between 9 a.m. and 5 p.m. on weekdays.

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When this old world starts a getting me down, and people are just too much for me to face. I'll climb way up to the top of the stairs and all my cares just drift right into space. On the roof, it's peaceful as can be and there the world below don't bother me, no, no. So when I come home feeling tired and beat, I'll go up where the air is fresh and sweet. I'll get far away from the hustling crowd and all the rat-race noise down in the street. On the roof, that's the only place I know, look at the city, baby. Where you just have to wish to make it so, let's go up on the roof. And at night the stars, they put on a show for free. And, darling, you can share it all with me, that's what I said, keep on telling you That right smack dab in the middle of town , I found a paradise that's trouble-proof. And if this old world starts a getting you down, there's room enough for two up on the roof, up on the roof, up on the roof. Everything is all right, every thing is all right. You got the stars above and the city lights below, let's go up on the roof.

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The World Future Energy Summit has recently finished in Abu Dhabi and for me one of the highlights was the Turanor , an impressive solar powered yacht designed and built by Planet Solar. It is the largest boat of its kind to ever sail and the first ... The World Future Energy Summit has recently finished in Abu Dhabi and for me one of the highlights was the Turanor , an impressive solar powered yacht designed and built by Planet Solar. It is the largest boat of its kind to ever sail and the first to ever circumnavigate the globe powered entirely by the sun. It steadily cruises at an average speed of five knots, but is capable of reaching more than double that on clear, calm, sunny days. The project was conceived by Raphal Domjan of Switzerland as a method of demonstrating the possibilities that current solar technology holds for clean transportation. The yacht carries a huge rack of Lithium-Ion batteries capable of storing up to three days' worth of sailing power, easily enough to allow transit to continue throughout the night, or during overcast skies. Never once in thousands of miles has the boat had to turn on its diesel back up, in fact the diesel is only on board is to satisfy the insurance companies. Whilst the Turanor has sailed around the world it has generated lots of media attention and public interest which has helped to boost recognition of the solar industry and the potential there within. At a price of $20 million the boat will not itself be available to everyone, but the investors are already experiencing ROI from the concepts that it has proven and the other ideas it has tested. One useful technology that could be put into the general market is the software created by Planet Solar which uses weather data to steer the boat into the sunniest areas, a very useful tool for future solar transport. The mammoth trip also demonstrated that neither the solar panels nor batteries suffered significant wear from salt or water, another important discovery for future solar powered boats. Solar transport still faces many obstacles before it can be mass produced for sale to the general public at reasonable prices, it is more likely that the first solar powered yachts will be available for luxury cruisers. Still, it is obvious that the basic concepts of clean transportation are tenable, now we just need to be patient and wait.

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Please note: we have been online for eight years, and we want CSI Files to continue as a free site. But if you block our ads we are at risk. Please consider unblocking ads for this site - every ad you view counts and helps us pay for the bandwidth that you are using. Thank you for your understanding. Review: CSI: New York -- 'The Lady In The Lake' A young woman in a ball gown is found dead in Turtle Pond, and the CSIs must determine why her fairy tale had such a tragic ending. Synopsis : Flack arrests Phil Rennick for murder, and the man says he threw the gun in the Turtle Pond by Belvedere Castle in Central Park. Adam tries to find the weapon by diving into the water, but he doesn't have any luck. Mac is unwilling to let Rennick get away with murder, so he has the pond drained. They find the weapon, but they also discover another body. A young woman in a ballgown is tied to a sunken boat, and she has been underwater for several days. The victim is Ashley Braden. She was hit over the head with a rock, and she was pushed into the water within minutes of being killed. She is wearing a cheap bra and a designer dress, but the tag is still in the dress, indicating that she planned to take it back after she wore it. There's bruising around her wrist from being grabbed, and Jo finds a small blood stain preserved under her arm. A CODIS hit leads to Joseph Skiver. He has a long rap sheet, but he denies killing Ashley. He last saw her Saturday night, and she said she couldn't see him anymore because she didn't want to give her rich boyfriend the wrong idea. She had a past, but she was leaving her old life behind. Skiver says he was happy for her, and the blood must have gotten on her when he was hugging her goodbye. Plant trace on the victim's shoe leads to the primary crime scene next to the castle. There was a party in the castle that night, with 300 very rich people, but none of them reported Ashley missing. Danny reassembles a $50,000 check that was torn into pieces. The name ends with 'ello', and Ashley was the guest of Matthew DiBello at the party. They speak to the man, who says that Ashley sent him a text on Sunday morning that she was going to Kansas City for a few days. He had no idea the woman was killed, and he denies giving her the check. He knew about her past, but he didn't care. A series of divots in the ground next to the pond are from water running off an umbrella. Someone was standing there, facing the pond, during a short downpour after midnight. This person either killed Ashley or saw who did it, and a bloodstain that was protected by the umbrella leads back to Matthew. He grabbed Ashley's arm during an argument, and the clasp of her bracelet cut his palm. In order to determine if he was the killer or the witness, they trace Ashley's phone. It was thrown away after sending Matthew the message Sunday morning. Matthew's mother, Krista, killed Ashley, and her son is an eye witness. The woman denies that Matthew saw anything, and she insists that he wouldn't tell them even if he had seen something. Jo speaks to Matthew, acknowledging the obstacles that Ashley had to overcome in her life. She was able to accomplish so much before her life was tragically cut short, and Jo convinces Matthew to do the right thing for Ashley's sake. He asks to speak to his mother, and he confronts her about hating Ashley. The young woman was just trying to impress Krista by dressing up, but it wasn't enough. Krista tried to bribe her to break up with Matthew, but Ashley tore up the check and turned to walk away. Krista hit her over the head and put her in the boat. Matthew didn't know what he was seeing until they told him Ashley was dead. Analysis : After visiting Yankee Stadium in the previous installment, "The Lady in the Lake" offers fans a glimpse of another authentic New York City location: Belvedere Castle . It's always great to see the CSIs working cases against a real Big Apple backdrop, so it's a treat to see Central Park and the castle this week. Most of the time, studio lots in Los Angeles do a great job of standing in for the city, but nothing compares to the real thing. The cast and

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DataObjects as Pages - Part 1: Keeping it Simple In this two part tutorial, I am going to show you how to display DataObjects as if they were pages. This is often very useful for times when you have lots of items that don't warrant full site tree objects, but do need to be displayed on their own on the site. In this first part displaying Staff Members we are going to keep it simple, using a Data Object Manager to manage our Staff Members and referring to their ID in the URL. Later in part 2, we will see how to use ModelAdmin to manage a Search Engine friendly product catalogue. Note. We will be using the DataObjectManager module in this tutorial, which you should install if you don't already have it. You can also use a ComplextTableField in place of the DataObjectManger if you prefer not to use any external modules. Preperation We will be creating 4 files in this tutorial, StaffMember.php , StaffPage.php , StaffPage.ss and StaffPage\_show.ss. Lets create these files and their initial code (you can also get them from the STARTING\_FILES folder in the SourceFiles Zip attached to this page. The StaffMember DataObject Now that we have our basic staff member DataObject, lets's add some meat to it. A few db fields & relations, the summary\_fields static, CMS fields for the popup and a function to generate our thumbnail in the DataObjectManger (see this post for more info on DOM/CTF thumbnail generation). It's all pretty standard here, the only things to note are that we are adding a has\_one relation to the StaffPage page type and that we define $summary\_fields and use the function name getCMSFields() ( not getCMSFields\_forPopup() ). This is so that when we define our DOM in the next step, we don't need to supply these as arguments as DOM knows to look for these automatically. The StaffPage Page Type Now that we have our DataObject, we need a page that allows us to create them. We will be doing that through the StaffPage which will have a has\_many relation to StaffMember . Remember that StaffMember has a has\_one relation to StaffPage , Meaning that each StaffMember can only be accociated to a single StaffPage while each StaffPage can have lots of StaffMember s accociated with it. If this is confusing don't worry, you can leave understanding relations to another day :) Again, this stuff is pretty standard. Notice that our DOM definition on line 13-17 has far fewer arguments than many examples you will see. That is because as mentioned we used $summary\_fields and getCMSFields() in our StaffMember DataObject so the DOM will pick these up automatically. Here are some pics of what your StaffPage should look like in the CMS: Now that we can create StaffMember objects, lets get a basic template together to display them in a list. You may have noticed something strange here. As we loop through the &lt;% control StaffMembers %&gt; we are using $Link as if each individual StaffMember were a page. Of course this is works fine when using SiteTree objects, as their links are generated automatically, however our StaffMembers are DataObjects and so don't have a URL at all and we don't yet have a way of displaying each staff member on it's own, nevermind linking to it! We will be adding a way to generate the correct link in a bit, but before I confuse the matter too much, let's create a way to view our StaffMembers as actual pages. The StaffMember Detail Page Here is where things start to get interesting. Up to now we have been doing pretty standard stuff, but now we are going to use SilverStripe to create 'virtual' pages on the front end of our site for each StaffMember . To do this we are going to use URL paramaters. These are values passed to the Controller as an array via the URL. They are stuctured /action/ID/OtherID so the URL www.mysite.com/somepage/ somefunction/value/anothervalue would create the following array: ('Action' =&gt; 'somefunction', 'ID' =&gt; 'value', 'OtherID' =&gt; 'anothervalue') . It

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Brady mad to want to get involved with Ireland Posted by arseblog on 25 Oct 2007 / Comments disabled Hello all, it's a fairly quiet morning really with the Liverpool game not till Sunday. A few bits and pieces to get through though. We'll start with Liam Brady who, according to the Irish media , has told Arsene Wenger he wants the vacant Ireland manager's job. I'm not sure why he'd want it but there you go. The whole situation is a bit of a farce really. After promising a 'world class' manager the FAI then appointed Steve Staunton with Bobby Robson to give him some credibility. That was an experiment in cheapness doomed to failure and you have to think they'll have to get somebody with a good managerial track record, what with Staunton's only experience being second assistant coach to Paul Merson at Walsall. Brady has overseen our youth system for the last ten years, more or less, but his forays into management itself weren't a success. He had a hard time at Celtic when, to be fair, Jesus himself couldn't have pulled off enough miracles to do a good job, and then he went to Brighton where he left after less than two years disagreements over how the club should be run. The most bizarre thing about all this is the suggestion that the FAI are going to get David Dein to help them find a new manager. Wait for the inevitable 'Wenger for Ireland' story, haha. To be honest Chippy would be better off at Arsenal working for good people and with good young players instead of surrounding himself with the pathetic, idiotic and half-way corrupt shitehawks that make up the Football Association of Ireland, not to mention having to work with big mallet headed cunts like Robbie Keane. Manuel Almunia is doing his best to concentrate on his job as the current number one goalkeeper at Arsenal and ignoring the jibes of Jens Lehmann. The Spaniard says: I only want to play well. If I read the papers and listen to what other people say about me, then I'd turn crazy. I don't want that. And it must be a horribly uncomfortable situation to be in, knowing that someone you have to work with every day holds you in such little regard. We've seen through the years with Oliver Kahn that Jens is incapable of being friendly with a close rival and the same applies with Almunia. It's a credit to Manuel that he's ignoring it and just getting on with his work. It just makes Jens look more childish than he already is. Theo Walcott says comparisons with Thierry Henry are nice but he's his own man. Or boy. Or adolescent. Would he be a youth? or some kind of stripling? It doesn't matter. Once he can keep doing what he's been doing in the last few weeks then we'll be quite happy indeed. Will he start against Liverpool on Sunday? Walcott v Hyppia? What he lacks in physical presence he makes up for by not being as slow as a gnu. Robin van Persie talks about Arsenal and how much he's enjoying his football. I see some people have jumped on a comment which implies his future is tied to Arsene Wenger's but what he says is: One day the working relationship will come to an end, whether that is because I go or because Arsene Wenger leaves. Isn't it entirely possible that he could go after Arsene Wenger leaves? Yes, it is. That won't stop the headline makers making headlines to get hits for their hugely irritating blogs and websites which foul up Newsnow though. But enough of that, enjoy the article, it's interesting stuff. Beyond that it's your last chance to enter the FM2008 competition with full details of the question and email address in Monday's blog . Tomorrow's Arsecast is a landmark 50th Arsecast and as such is full of great stuff, an incredible special guest and all kinds of cool stuff. Well, it might be. Ok, there's probably no special guest. Not from the lack of trying but you know celebs these days. Arrange a meeting at 9.30am and they turn up a full two weeks late leaving you sitting there with a cold coffee and cobwebs. Don't worry though, I'll gunther something together later on this evening. Until tomorrow. Written by arseblog Fan of Arsenal, Robert Pires and most everything to do with rum and whiskey. Smiter of those that ought to be smote.

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Applicant Obligations Entering Australia You must activate your visa by entering Australia within 12 months of your visa being granted. If you do not activate your visa within this period the visa will cease. If your visa ceases and you still want to travel to Australia under the Working Holiday program, you will need to reapply. Visa conditions You must comply with all your visa conditions while in Australia on a Working Holiday visa. In addition to the work and study limitations, additional visa conditions may be imposed on your first or second Working Holiday visa. Any conditions will be included in your visa grant notice. A breach of any of these conditions may result in your visa being cancelled and you may have to leave Australia. Studying You must not study in Australia for longer than four months. If you study while on your first Working Holiday visa, you may return to the same institution if granted a second Working Holiday visa. If you are considering studying in Australia, for a period of time longer than four months, it may be helpful to check if there is a student visa option that is more suitable to your needs. See: Student visa options Studying in Australia Working If you hold a Working Holiday visa the main purpose of your visit must be for an extended holiday. You can do any kind of work over the course of your 12 month stay in Australia, however all Working Holiday visa holders are limited to a maximum period of six months work with any one employer. This limitation applies to all employers and all forms of work. The 'employer' is the business or organisation for which you are working directly. If you are referred by an agency or labour supplier to a business, you can work for six months for that business. The same agency or labour supplier can refer you to another business where you can work for another six months. You cannot stay in the same position with an employer for more than six months by using different employment agencies, business affiliates or sub-contracting arrangements. Working for longer than six months with the same organisation, regardless of whether the duties or location of the employee change, is generally not allowed (see extending the work limitation below). A Working Holiday visa holder may, work for independently owned franchises located in different areas for up to six months at each, as long as the franchisees are different employers with different Australian Business Numbers. The six month work limitation applies to full-time, part-time, casual, shift and voluntary work. Volunteer work is subject to the six month employment limitation. You are able to undertake volunteer work activities for an organisation or employer for up to six months. Workplace-based training is considered to be work. You are able to undertake workplace-based training with the same employer for up to six months. If you hold a second Working Holiday visa, you may return to work for a further six months for an employer with whom you worked on your first Working Holiday visa. Extending the work limitation Requests to extend the employment period beyond six months are only granted in exceptional circumstances . An extension may be allowed for a very short period of time (less than one month) and only if there is very strong justification to grant it. Exceptional circumstances must be extraordinary and unforeseeable, and relate to an Australian permanent resident, citizen or business. Exceptional circumstances might include: Remaining in your current job for a very short time ( less than one month ) as you are critical to the completion of a specialised project that has unexpectedly gone over time. This generally only relates to highly skilled activities. Example: A lawyer in the middle of a trial. Performing disaster recovery work following a major disaster. Example: Clean-up, re-building or emergency management activities following a major flood. Remaining in your current job while a decision is being made on an application for a visa which would allow you to continue full time work with your employer without leaving Australia. Example: Subclass 457 -- Temporary Business (Long Stay) visa, Subclass 820 -- Spouse visa. Note: If you intend to apply for a work extension on the basis of such a visa application, you must lodge the visa application before submitting the work extension request. Please direct your request to the departmental office that is processing your visa application. Exceptional circumstances do not include remaining in your current job because you: ave the required skills or because of labour shortages are required to complete a project in a job that is not highly skilled Example: retail or administration intend to apply for another visa that permits you to work but have not yet lodged the application with the department Note: You will be required to provide a letter of support from your employer. Visa holders who

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User menu ...it's like TP for your PC Main menu The PC Decrapifier Wipes Unwanted Junk Is your PC running slowly? Even brand new PCs often come with LOTS of pre-installed software that can cause that new machine to come to a crawl. Not to mention all of the annoying pop-ups! Others may have a PC that's a couple years old and we're the ones that installed a bunch of junk! It happens to the best of us. We try a bunch of programs over time and forget to remove them. The PC Decrapifier is here to help! It's a free tool for you to use that helps remove programs, unnecessary startup items and icons that can slow down your PC. It takes you step by step, giving you recommendations on what to remove, many of which can be removed unattended. Head over to the download page to get started! Are you a PC technician or commercial user that wants to use the PC Decrapifier as a part of your business? Go ahead and try out the free personal version first. If it suits your needs, pick up a CHEAP commercial use subscription . Advertisement Easy to Use The PC Decrapifier provides a wizard style interface to help you choose and remove the garbage clogging up your computer. Great for PC Technicians Are you a PC technician or commercial business, tired of constantly wasting time removing pre-installed applications? The PC Decrapifier can help you speed up that process, saving you lots of time! Check out our inexpensive commercial use subscription . It's Portable Too! The PC Decrapifier was created with portability in mind. It doesn't rely on any other frameworks to download before using. Just run it right off a portable USB drive. There's nothing to install!

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Why is Mayor Rob Ford in Court This Time? You could be forgiven for losing track of all of Mayor Rob Ford's various legal and ethical problems. He's had more than a few . Today, he's in court again, this time as a result of some comments he made about a local restaurant operator, Tuggs Inc., while still a candidate. Here's a quick rundown of what Ford is accused of doing, and what happens next. What is Ford accused of? He's accused of libelling George Foulidis, whose family owns Tuggs. What did Ford do? It all started in May 2010, when council gave final approval to a 21-year lease extension for Tuggs Inc., operator of the Boardwalk Pub in Woodbine Beach Park. The lease extension amounted to a monopoly for Tuggs: the City had granted the company the exclusive right to sell food and drinks on a stretch of beach near Ashbridges Bay, a privilege it had already enjoyed since 1986. What irritated Rob Ford about this arrangement was the fact that, contrary to staff advice, council awarded the lease extension without first looking for other operators. Usually, in situations where a number of different suppliers can provide a service, the City makes the best-qualified ones participate in a competitive bidding process to ensure that Torontoians get the best possible deal. That didn't happen here. Ford would have been well within his rights to grouse about council's decision, but in interviews with various media he lashed out not only at his colleagues, but at Tuggs. Some of what he said was arguably unfair. In an interview on Newstalk 1010 near the end of July, 2010, host Jerry Agar asked Ford if someone involved in the Tuggs deal was "getting money under the table." "I truly believe they are," said Ford. In August 2010, the Toronto Sun ran a story in which Ford was quoted as saying that "corruption and skullduggery" (those were his words) are rampant in closed meetings of council, like the one at which Tuggs won its lease extension. The article , by Jonathan Jenkins, strongly implied that Ford believes the Tuggs deal to be an example of this "skullduggery," but didn't quote him saying so. Jenkins also wrote that Foulidis "and people associated to him [sic]" had donated money to then-Councillor Sandra Bussin, who had been instrumental in getting council to approve the lease extension. The Tuggs deal was a handy illustration of one of Ford's favourite campaign talking points: sole-sourced contracts. Ford believed that millions of taxpayer dollars were being wasted because of the City's occasional refusal to put leases and purchasing agreements out to competitive bids. But not everyone was swayed by Ford's rhetoric. George Foulidis, whose family owns Tuggs, came to believe that the candidate was exploiting him for political gain, by insinuating that Tuggs had somehow been the beneficiary of corruption. In October 2010, Foulidis filed a lawsuit, seeking $6 million in damages for Ford's alleged libel. What happens now? After more than two years of waiting, during which Ford's lawyers tried to get the suit dismissed as an abuse of process, Foulidis and Ford will face off in court. The trial started earlier today, and is scheduled to continue for three more days. A number of high-profile people have received summonses to appear in court, including former mayor David Miller. The Globe reports that Sun columnist Sue-Ann Levy and former councillor Sandra Bussin are also believed to be on the list. It's not yet clear whether any of them will be called upon to testify. After the trial is over, there will undoubtedly be more legal maneuvering before the judge arrives at a decision. Does Foulidis have a case? Well, at least one expert thinks so . Brian Rogers, a journalism professor at Ryerson University with expertise in libel law, told the Star that "It's a relatively easy case for the plaintiff, because all they have to show is that something was published about them that harmed their reputation." The onus will be on Ford to defend himself. CORRECTION: November 16, 2012, 2:30 PM This post originally said that Mayor Rob Ford was quoted in a Toronto Sun article as saying that a deal between the City and Tuggs, Inc. was characterized by "corruption and skullduggery." In fact, the mayor

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Using SEM to get a clearer picture of security threats Security event management (SEM) tools are designed to monitor security events across an organisation's network. They work by correlating data from a range of IT security systems - including firewalls, routers and anti-virus systems - and predicting threat levels based on this aggregated data. SEM tools became popular about three years ago, from suppliers such as ArcSight , netForensics and -NetIQ. SEM products usually support real-time collection and analysis of log data from host systems, security devices and network devices. Since their arrival, these security software tools have matured to bridge compliance and security gaps. There are now a large number of SEM products available, many of which feature compliance tools within the interface or versions that are optimised for compliance. In addition, industry and government regulations such as Sarbanes-Oxley are forcing companies to close gaps in security administration. Ikomi says, "Companies face a daunting challenge in discerning and responding to threat information buried within large volumes of messages from disparate security and network devices." Ikomi says that, in responding to these challenges, companies face difficult decisions about how to allocate their limited IT and security resources. "SEM tools, if appropriately developed, can provide tremendous value. However, many systems take a long time to deploy, are over-complex, hard to use and expensive." According to Gartner, having a clear set of objectives is critical to successfully implementing SEM systems. "Organisations that do not properly plan or limit the initial scope will experience a higher likelihood of project failures, excessive cost expenditure, and results that do not meet expectations," says the analyst firm. Mark Jones, associate partner and head of business risk and security at Atos Consulting, says that users generally make the business case for an SEM system in two ways. The first is through measuring the number of successful attacks on an IT infrastructure. The second commonly used measure is the operational cost incurred when managing an event. Atos Origin, which includes Atos Consulting, is responsible for the IT security for all of the Olympics events, including London 2012, and SEM is an important element of this process. Jones says that the main implementation issue that is encountered with SEM is managing collaboration between the partners involved in an SEM project. "There is no contractual control over partners that are involved in managing the project, so it is important to work collaboratively with all partners to facilitate their buy-in." A second problem area, says Jones, is that of business alignment. "The value and criticality of assets has to be assessed to make sure that security measures are aligned to the assets." Such as assessment could identify huge levels of security for only a minor threat. Verifying the security of personnel involved in any SEM system is also an issue, says Jones. "In the context of the current geo-political climate, it is essential to ensure that background checks are made on all personnel to ensure that you know that the people you are dealing with are who they say they are." "With alerts coming directly from a variety of individual products, the potential consequence for security administrators is a combination of information overload and mistrust: the first as a result of the volume of alerts from different sources, and the second from the fact that many of these can turn out to be false alarms. "Aggregating and correlating events can deliver a fuller picture of what is going on, while at the same time reducing the volume of information presented to administrators. "Moreover, correlation can help to make sense of disparate events that may otherwise be overlooked in isolation. The overall consequence should be more informed and timely decisions, and an improved ability to prioritise responses," says Furnell. However, Furnell warns that, as with any security measure, SEM cannot be regarded as a panacea. "It still requires correct deployment and configuration, as well as appropriate monitoring and response for the alerts that result," he says. Alastair Broom, security line of business director at Dimension Data UK, which has deployed SEM systems for its users, says users need the right skills to monitor and manage the data that is generated. "SEM tools provide visibility into security events on the network. They provide correlation and consolidation of security events, presenting a single view of the current security posture of the network, and can be a valuable tool in the identification of potential threats," he says. "An SEM implementation, however, will only be successful if organisations have the skills and resources available to monitor and manage the environment, and respond appropriately

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Related News Recently an anonymous AFL agent writing for The Age offered the opinion that the AFL was embracing free agency as a means of increasing news coverage. "The fact is, moving players creates interest and excitement and allows the football fan never to be detached from the game," the agent wrote. "Ultimately, the concoction of high-profile players, cashed-up teams and media speculation will crush cricket and soccer in this country. Or at least, that's the AFL's aim." While the agent chooses to ignore that fact the players themselves were behind the push for free agency, there's no doubt he is correct in stating that the off-season will see AFL remain in the headlines. You need look no further than the NFL to see the kind of media speculation sports administrators crave. The NFL season may have officially ended on the first Monday of February with the New York Giants winning the Superbowl, but one of the most interesting and entertaining off seasons ever has ensured the NFL stays well and truly in the spotlight. Even among the March madness of college basketball and the run-in toward playoffs in the NBA and NHL, the NFL has been able to remain prominent among the sports pages. There has never been an off-season that has seen so many big moves and created as much controversy. And the draft is still over three weeks away! No doubt the biggest story of the off season was Peyton Manning. The Indianapolis Colts' champion quarterback missed all of the 2011 season due to neck surgery. The question everybody was asking was whether Manning could ever play again, let alone reach the high standard he had set in his 14 seasons. The Colts faced a tough and delicate decision. Under Manning's contract the Colts had until March 8 to decide whether to pay the $US28m option bonus Manning was due or let him go as a free agent. The question was whether they would pay huge money to a nearly 36-year-old quarterback coming off a serious injury, or start again and rebuild under one of the most promising quarterbacks to come out of college in years, Andrew Luck. The Colts decided to hitch their future on Luck and the Manning sweepstakes began in earnest. Manning of course decided on the Denver Broncos. And of course who happened to be the incumbent quarterback at Denver? Only the most talked-about U.S. sportsman of the last six months, Tim Tebow. John Elway, the former Broncos great and current executive vice president of football operations, wasted no time trading Tebow to the New York Jets. The same New York Jets that had only just re-negotiated a contract with quarterback Mark Sanchez, who was coming off a disappointing season. Sanchez was already under pressure from demanding Jets' fans who were quickly losing patience with their quarterback. Signing Tebow to the biggest market in the U.S will no doubt lead to a huge boost in merchandise sales, but the pressure on Sanchez will be enormous. You can imagine the cries for Tebow when Sanchez throws that (inevitable) first interception of the season. The drama didn't end there. Free agency has seen some big other names move teams. Probably the best defender to move was the Houston Texans defensive end Mario Williams. Williams was the No. 1 pick in the 2006 draft that caused controversy when the Texans elected Williams over college phenoms Reggie Bush and Vince Young. Needless to say that six years later the Texans have been vindicated. Williams signed with Buffalo Bills. Other big names have even announced comebacks. Future Hall of Famer wide receiver Randall Moss ended a 12-month retirement and signed a one-year deal with the San Francisco 49ers. It gives Moss a chance to win a Super Bowl that eluded him at the Patriots and Vikings. To add to the off season drama, the New Orleans Saints were embroiled in a bounty scandal, dubbed Bountygate. An NFL investigation found that several Saints defenders operated their own fund to reward performances in games, including offering bonuses for knocking opposition players out of the game. Saints coaches and officials were implicated as well, and accused of lying to the NFL in order to cover up the allegations. As a result of the investigation, Saints Superbowl-winning coach Sean Payton was sensationally suspended for the whole of the 2012 season. Defensive coordinator Gregg Williams was suspended indefinitely and

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What information do I need to provide for my SMSF Audit At the end of each financial year your Self-Managed Super Fund will need to be audited by an independent third-party SMSF auditor. Having your SMSF audited isn't exactly exciting, but it is an essential part of the compliance process. Looking to save money on the audit by going for a cheap service may come back to bite so I always recommend paying a decent fee to an experienced auditor is worthwhile. If they are not doing at least 25 audits a year then don't use them as experience is crucial and it is necessary to have knowledge of what to look for and how to guide you the ultimate client. The SMSF audit involves a review of your fund and the strategies and transactions during the year to ensure it remains a 'complying fund' in line with the ATO's definition. Who can audit my SMSF? Your SMSF can only be audited by an approved SMSF auditor. SMSF auditors are most commonly qualified accountants; however there are some additional requirements. SMSF Specialist Auditors, as appointed by the SMSF Professionals' Association of Australia, are also qualified to complete this important SMSF function. SMSF Audit Check-list The person performing the SMSF audit will require a number of documents and may seek these from your Administrator, accountant or directly from you the Trustees. The auditor will generally have a standard SMSF audit check-list, however the following will give you some guidance on what you are generally asked to provide: Financial statements of the fund. Cash Management and Bank statements for all fund accounts including Cheque, Savings and Term Deposits. Managed fund /Wrap annual transaction and income report. Share Broker's statement showing all transactions. Holding statements for all shares held during the year and the end of year balance. Buy & sell contracts for all shares held during the year including Off Market Transfers and any corporate actions. Statements showing clearly the ownership of all fixed interest securities like bonds, hybrids and notes. Contracts for any property purchased or sold Copy of the Title deed showing evidence of ownership for any property in the correct name. Property valuations and updated if starting a new pension. Building & Liability insurance certificates of currency Lease agreements and rental income statements Documentation for any art or collectables including evidence of Insurance in the name of the SMSF. Details of any debts owed by the SMSF including loan statements showing repayments Documentation of any related party loans or investments Confirmation of any contributions or withdrawals Confirmation that the member is eligible for contributions or meets a condition of release for withdrawals This is not an exhaustive list and your SMSF auditor may require additional documentation. For further information on the issues raised in this blog please contact our Castle Hill SMSF Centre or Windsor Financial Planning Office. While we are not auditors we can point you in the right direction of people you can trust. I hope this guidance has been helpful and please take the time to comment. Feedback always appreciated. Please reblog, retweet, put on your Facebook page if you found information helpful. The information in this article is provided for illustrative purposes only and does not take into consideration your personal circumstances. You are encouraged to seek financial advice suitable to your circumstances to avoid a decision that is not appropriate. Any reference to your actual circumstances is coincidental. Genesys and its representatives receive fees and brokerage from the provision of financial advice or placement of financial products.

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Documentation of Amurdak In 2009 Iwaidja Inyman published a book of five stories in Amurdak, a sister language of Iwaidja no longer used as an everyday channel of communication. In 2010, for the first time, the Adjamarduku Outstation Knowledge Exchange hosted Robert Mailhammer who has taken over from the work originally done on the language by Robert Handelsmann in the 1990s. Robert described his experience in the Transient Blog . "When I started working on Amurdak in 2007, I was told that the last speaker of that language had just passed away. I wasn't discouraged by that at all, since I had spent virtually all of my previous linguistic life examining "real" dead languages, some of which we don't even have records of. However, it soon became apparent that it was very frustrating trying to make sense of Amurdak without being able to go to a speaker and ask them about who killed whom in a particular story or what the 2nd person non-singular future tense of a particular verb was, all of which slowed down the investigation of Amurdak considerably. However, it was known that there was at least one partial speaker of Amurdak, who lived on Croker Island, and who was also an accomplished songman of an Amurdak song series, but I never got a chance to go and work with him. Then in late 2009, there was some indication that there might be another (partial) speaker of Amurdak in Darwin and there was also some money to go and find out. With the kind and generous help from Bruce Birch, Nick Evans and Sabine Hoeng, supported jointly by the DobeS Iwaidja Documentation Project (Phase II) and the MILR-funded Minjilang Endangered Languages Project (aka Iwaidja Inyman), plans were made to travel up to Croker Island to firstly help Bruce with some Iwaidja transcriptions and secondly to find out about this "new" speaker, and thirdly see whether I could work with Charlie Mangulda, the Amurdak songman. When I arrived in Darwin in early May 2010, Bruce and I met up with that potential last speaker and it became quite clear that I wouldn't get very far. On top of this we received news that Charlie Mangulda wouldn't be available for consultation, which was particularly disappointing. But we had heard that a relative of one of Bruce's consultants supposedly could translate the stories from the text collection Rob Handelsmann and I had published a few weeks earlier\* and Sabine and Bruce had distributed among the Amurdak-affiliated community into Iwaidja when she listened to the CD. So the plan was at least to see about that. With Bruce as an extremely generous and kind host and expert mentor I set out on my first fieldtrip... After the first session with Rae Giribug, the above-mentioned relative, it became obvious that the story was true. Much like a professional interpreter she was translating a 20-year old recording from Amurdak into Iwaidja, one of the local languages. She could say back the words in Amurdak, translate words from Iwaidja into Amurdak and I was even able to ask about specific grammatical forms! So working nearly every day, we managed to transcribe and translate three narratives, which had been previously untouched, and we also filled in some blanks in existing transcriptions. On top of that I started trying out my theoretically and passively acquired Amurdak and by the final day of my stay we had little conversations in a language that I had only known from recordings from last century. We had started the resuscitation of Amurdak as a means of communication! It was a truly wonderful experience. In addition, there was a clear indication that perhaps also other community members might be able to understand at least some Amurdak. When listening to a recording one man said something like: "I understand that lingo right through". It remains to be seen how much can be made of this, but on top of Rae Giribug, there are two other members of the community with a reportedly even better knowledge, one which I missed and another elderly lady, who is rather difficult to get hold of. There was even a bit of an Amurdak-rush happening, as many people in the community have Amurdak affiliations, and I handed out CDs, copies of our text collection and copies of the draft dictionary. As Peter Austin pointed out (and see here too), this case is a really good argument for disseminating language material back to the

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Online application form You can now apply to become a member of the Foundation Trust by completing our online application form. Important notice If you are a member of staff you do not need to complete this form - you will automatically become a member with the option to opt out. If you want to opt out please email ftoffice@kmpt.nhs.uk or call 0800 376 9229. What does being a Member mean for me? Members will play an important part in how the Trust will operate in future. If you become a member you will have an interest in the development of the Foundation Trust, and become one of its owners. Members will take on responsibility for their local NHS services from national Government -- operating in much the same way as a co-operative society or mutual organisation. As a member, you can decide how much or how little you want to be involved. There will be opportunities for you to have your say, or simply have an input if something comes up which is important to you. What we aim to do by recruiting members We want to recruit more than 12,000 members to provide a strong link between the services we provide and the communities we serve We want to positively raise the profile of mental health and challenge discrimination and stigma in our local communities through our membership We want members to be an important part of the Trust, with a part to play in shaping the strategic direction of the organisation We want members to be strong ambassadors for our vision We want members to be channels of communication between the Trust and local communities. We want members, including those with experience as service users and carers, to vote for and be elected as governors -- their experiences will have a valuable role in shaping our new Trust for the future.

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Signs of the Times Follow us Origin of the Species God poured two things generously into humanity as He created our first parents. He gave them the breath of life, which was His alone to give, and then He gave them a creative streak, in His image. The first time the breath of life came to humanity was on day six of Creation. On this day we read that "the Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being" (Genesis 2:7). The name that God gave this man -- "Adam" -- literally means "ground" or "groundling." He was made from the ground. Up to this point in the Creation narrative, everything God created was spoken into existence. God said it, it happened and God said it was good. But when it comes to the first human, He knelt down and formed man with His hands out of the ground. Recently in sunny Queensland I watched an artist kneeling on the beach in front of a huge mound of sand forming it with his hands. From this pile, that would have measured three metres deep by six or seven metres long, emerged a sleeping dragon. It was amazing to watch. And as I did, I couldn't help wondering if this is what it would have been like to watch God forming Adam out of clay. What would emerge? Only the artist truly knew. When God had finished making His sand-sculpted man, He gave life to His newest creation. Using His mouth, not to speak this time, God breathed life into the first man. Humans are a unique mixture of heaven and earth. We are made here on this dusty blue-green orb, but our life is from God. Next in the text we see an interesting outgrowth of being created from the ground. The fruit of Adam's labour emerges from the same place he came from -- the earth or nature. "The Lord God took the man and put him in the Garden of Eden to work it and take care of it" (Genesis 2:15). And that's been a major source of identity for humankind since. We are the custodians of the earth. We even call "her" our mother. We truly are the children of both God and nature, for that is how He created us. Thus finding a love for both God and nature brings us inner peace and fulfils our destiny. After creating Adam, God had a special job for the first man to do. "Now the Lord God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. So the man gave names to all the livestock, the birds of the air and all the beasts of the field. But for Adam no suitable helper was found" (Genesis 2:19, 20). Adam was the first zookeeper, and all the animals were new. That first day in the Garden was a busy one! And as Adam named each species he noticed there were pairs or groups of like kind. But he was alone. Once Adam recognised his uniqueness and his lack of a mate, God went into stage two of human creation. God formed Eve. "So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh" (Genesis 2:21). In the original Hebrew text, the word translated "rib" is literally "side." It is used in the story of Noah's ark when God told Noah to "put a door in the side of the ark" (Genesis 6:16). God took a portion of Adam's side -- not his head or foot, which could represent domination or submission -- to represent the side-byside nature of the man and woman. They were to be equals. "Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man" (Genesis 2:22). All day Adam had been naming each of the creatures as he saw them. So, it makes sense that he should name this one too. What would he call her? "The man said ..." (Genesis 2:23). The word translated as "said" in this verse is more aptly "shouted," "exclaimed" or "shouted." Whatever Adam is about to say, he is having a tough time keeping it in. He is amazed, overw

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Truvada approved to reduce the risk of sexually transmitted HIV in people who are not infected with the virus On July 16, 2012, the Food and Drug Administration approved Truvada (a fixed dose combination of emtricitabine/tenofovir disoproxil fumarate) to reduce the risk of HIV infection in uninfected individuals who are at high risk of HIV infection and who may engage in sexual activity with HIV-infected partners.Truvada is to be used for pre-exposure prophylaxis (PrEP) in combination with safer sex practices to prevent sexually-acquired HIV infection in adults at high risk. Truvada is the first drug approved for this indication. Truvada for PrEP is meant to be used as part of a comprehensive HIV prevention plan that includes risk reduction counseling consistent and correct condom use, regular HIV testing, and screening for and treatment of other sexually-transmitted infections. Truvada is not a substitute for safer sex practices FDA previously approved Truvada (August, 2004) to be used in combination with other antiretroviral agents for the treatment of HIV-infected adults and children 12 years or older. As part of PrEP, HIV-uninfected individuals who are at high risk will need to take Truvada daily to lower their chances of becoming infected with HIV should they be exposed to the virus. Again, PrEP indication means Truvada is approved for use as part of a comprehensive HIV prevention strategy that includes other prevention methods, such as safe sex practices, risk reduction counseling, and regular HIV testing. As a part of this action, FDA is strengthening Truvada's Boxed Warning to alert health care professionals and uninfected individuals that Truvada for PrEP must only be used by individuals who are confirmed to be HIV-negative prior to prescribing the drug and at least every three months during use to reduce the risk of development of resistant HIV-1 variants. The drug is contraindicated for PrEP in individuals with unknown or positive HIV status. Truvada for PrEP is being approved with a Risk Evaluation and Mitigation Strategy (REMS). The central component of this REMS is a prescriber training and education program to assist prescribers in counseling and managing individuals who are taking or considering Truvada for PrEP. The training and education program will not restrict distribution of Truvada but will provide information about the important elements of a comprehensive HIV prevention strategy, the importance of adhering to the recommended daily dosing regimen, the serious risks of taking Truvada for PrEP if already infected with the virus or becoming infected with HIV while taking Truvada for the PrEP indication. "The REMS for Truvada for the PrEP indication is aimed at educating health care professionals and uninfected individuals to help ensure its safe use for this indication without placing an unnecessary burden on health care professionals and patients who use Truvada for treating HIV infection. Truvada's safety and efficacy for PrEP were demonstrated in two large, randomized, double-blind, placebo-controlled clinical trials. The iPrEx trial evaluated Truvada in 2,499 HIV-negative men or transgender women who have sex with men and with evidence of high risk behavior for HIV infection, such as inconsistent or no condom use during sex with a partner of positive or unknown HIV status, a high number of sex partners, and exchange of sex for commodities. Results showed Truvada was effective in reducing the risk of HIV infection by 42 percent compared with placebo in this population. Efficacy was strongly correlated with drug adherence in this trial. The Partners PrEP trial was conducted in 4,758 heterosexual couples where one partner was HIV-infected and the other was not (serodiscordant couples). The trial evaluated the efficacy and safety of Truvada and tenofovir versus placebo in preventing HIV infection in the uninfected male or female partner. Results showed Truvada reduced the risk of becoming infected by 75 percent compared with placebo. No new side effects were identified in the clinical trials evaluating Truvada for the PrEP indication. The most common side effects reported with Truvada include diarrhea, nausea, abdominal pain, headache, and weight loss. Serious adverse events in general, as well as those specifically related to kidney or bone toxicity, were uncommon. As a condition of approval, Truvada's manufacturer, Gilead Sciences, Inc., is required to collect viral isolates from individuals who acquire HIV while taking

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Study News Tuesday, 30th October 2012 One year down, three to go! We are now one year into our research study, and what a year it's been! Thanks to everyone who took part and helped us make the last year a successful step towards our mission of defeating dementia in Down's syndrome. But we're not quite there yet, and we have another three years to go before the project is finished! We've seen lots of people since we started, and 21 people have now been to Cambridge to have their brain scans. But we still need about 40 new people to help us! If you or someone you know is interested, we'd love to hear from you. This website contains all the information you need to get in touch, so we hope to hear from you soon! Until then, we'll keep you updated right here, so don't forget to stop by whenever you have a minute to see how we're getting on! Liam. Monday, 3rd September 2012 The Down's Syndrome Energy Study. It's been a busy summer here in Cambridge for the Down's syndrome research group . Almost 20 people have visited Liam and Tiina in Cambridge to have brain scans, and there are more on their way over the next couple of weeks! But we still need more people to come and help us, so please do get in touch if you're interested. It's also been a busy summer for Kate , who has been setting up a new Down's syndrome project. Kate wants to know why some people with Down's syndrome find it difficult to do exercise. She thinks that people with Down's syndrome might have problems with their mitochondria (click HERE to hear how this word sounds). These are like 'little energy factories' inside our cells which help us to make energy. Kate would like people with Down's syndrome to help with her research by coming to Cambridge and doing some exercise. If you would like to know more about Kate's study, you can click on HERE . I know she would love to hear from you! Thanks for keeping up to date with our study, and there'll be more news soon about how we're getting on with our work to defeat dementia in Down's syndrome! Liam. Friday, 6th July 2012 Full steam ahead! We're now well under way with our project, and Tiina and I have been very busy indeed since our last update. We've been plodding on through wind and rain, visiting people all over England. There are now 21 people who have volunteered for our study, and 12 of those people have already been to visit us at the Wolfson Brain Imaging Centre in Cambridge. At this point, we'd just like to say a big thank you to all of those ladies and gentlemen who have helped us out so far, you've been fantastic! So now we are going full steam ahead, but the search for volunteers is still on! We need lots more people to help us complete our project, so if you're interested please get in touch, and help us to Defeat Dementia in Down's Syndrome! Liam Friday, 27th April 2012 A strangely dry spa day in Cambridge It has been another busy busy month for Liam and I. We have found ourselves driving by the beautiful scenery of The Cotswold landscape (not that we are complaining!) and explored the small towns of Suffolk and Norfolk counties. Unfortunately, we have mostly been accompanied by clouds and rain with an odd sunny day a week. So there has been even more reasons to shelter in the Wolfson Brain Imaging Centre in Cambridge, where the kettle is always warm and the beds of the scanners are comfortable and welcoming. At least this is what we believe. We hope that the two individuals, who visited the brain imaging centre with us, feel the same. After all, they were the lucky ones who had a chance to relax on the comfy beds while listening to their favourite music..We hope it felt more like a strange dry spa break, now who wouldn't want that? Mmm (dreaming..) Tiina Thursday, 29th March 2012 Twelve is the magic number A warm welcome to our followers! It has been the most sunniest and warmest week in March -- I hope you all have had plenty of chances to soak up the sun! Liam and I, on the other hand, have been seeing the sun mostly through the windows of our car as we have been extremely busy with driving to visit our participants all across the eastern counties and beyond! Nevertheless, it is a great pleasure to announce that we have successfully recruited and consented 12 individuals with Down's

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An increasing number of manufacturing organizations are looking at industrial networking as a discipline. Many of these companies are bringing together traditional automation engineering with corporate IT to gain a cross-functional view of how industrial network performance can be improved. In 2012, the need to reduce operations cost continues to be a pressure. As manufacturing processes become increasingly complex, manufacturers are asked to be more flexible and agile to meet their customer and global supply chain demands. At the same time, manufacturers are also pressured by the need to reduce the risk of adverse events, driving greater scrutiny and accountability. While this pressure has decreased from 37 per cent to 27 per cent, the focus on risk cannot be an afterthought. All of this translates into a greater need for timely and informed decisions, enabled by making real-time data available to more people in more locations than ever. Aberdeen used four key performance criteria to distinguish the Best-in-Class from Industry Average and Laggards, where the Best-in-Class are the top 20 per cent of performers, Industry Average are middle 50 per cent of performers, and Laggards are the bottom 30 per cent (Table 1). As Table 1 shows, the Best-in-Class companies are able to directly influence the efficiency of their network by optimizing their industrial network with an average of eight hours of network downtime per year (99.91 per cent uptime) as compared to Laggards, who experience 135 hours, or five days, (98.45 per cent uptime) of network downtime per year. At the same time, they are also able to reduce manufacturing operations costs by reducing the Total Cost of Ownership (TCO) by 11 per cent. The Best-in-Class do this all while improving their manufacturing productivity with an OEE rate of 90 per cent and overachieving their operating margin by 25 per cent, compared to Laggards who only achieve 60 per cent and 5 per cent respectively. Business capabilities With millions of dollars invested in enterprise business and engineering systems, and millions more invested in process control and factory automation systems, companies are looking for ways to power the enterprise with a real-time capability that capitalizes on the untapped synergies of these two domains. The Best-in-Class enable this synergy by implementing the following business capabilities (Table 2). As more manufacturers are seeing the benefits of using Ethernet's Transmission Control Protocol/Internet Protocol (TCP/IP) technology as their industrial communication standard, network architectures are changing. Manufacturers have to navigate the complex architectures and pick one that will ensure minimal network downtime, all while enabling the same productivity levels. To overcome this challenge, the Best-in-Class are first defining networking standards and then implementing those practices across their enterprise. Part of the challenge with industrial networking is that a lot of manufacturers do not know where to start. If there is a defined roadmap, it makes it much easier to implement and share best practices across the company. In addition to this, the Best-in-Class have outlined standardized practices for introducing new equipment and incorporating it into the network. When manufacturers do not properly connect their assets to the network, they risk not receiving the critical information from those assets. Providing and sharing these kinds of best practices across the company removes any frustration and doubt, and thus minimizes the time needed to implement, manage and maintain the system. At the same time, while these business processes are an important foundation, they can't be implemented without the right organizational structure. The Best-in-Class understand the importance of having an executive sponsor and ownership for improving the network architecture of the facility. Without a true budget holder, it becomes extremely difficult to find the funds needed to invest in equipment, services and training. Simultaneously, an organization needs a leader to drive the change in the culture. With the developments in technology, it has blurred the traditional lines between business (IT) domain and the real-time domain of control engineering and operations. This in turn has created a cultural battle between automation and control engineers and corporate IT. The Best-in-Class are forming cross-functional teams that include both IT and automation and control engineers to build out a network strategy that has a balanced view from all groups. Issues such as network topology, isolation, security and network management are critical - and why the Best-in-Class are developing teams with the domain knowledge to design, implement, and manage such environments. The cross-functional team needs the knowledge to make appropriate decisions around questions like: 'How

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Fifteen for a Moment It's no surprise that the older our children get, the more likely it is that they are sexually active. Which sexual behaviors are considered appropriate at what ages varies from person to person, family to family. What most agree on, however, is that our children live in an increasingly sexualized world where initiation into intimate relationships may be happening earlier than ever before. According to Teens Today research from SADD, while older teens are more likely to report being sexually active than are younger teens, nearly one quarter (24 percent) of 6th graders reported some type of sexual activity other than kissing. Tellingly, SADD's data also points to a significant spike in such behavior between the 10th and 11th grades. In her book, "You're Teaching My Child What?," psychiatrist Miriam Grossman states that 34 percent of girls are sexually active by age 15, and by 9th grade, 20 percent of teens have had oral sex . The topic of sex, in all its forms, is hard to escape -- even for young people. All that exposure may create a sense of pressure to become sexually active before they want to be. And early sexual behavior means more partners and more risk. Find Local: Just last year, for example, the Centers for Disease Control and Prevention (CDC) reported that among U.S. high school students (surveyed in 2009): Almost half (46 percent) had had sexual intercourse; More than one in seven (14 percent) reported already having had sex with four or more partners. The result? Staggering rates of STDs/STIs and pregnancies. And then there's this: new data published in the Journal of the American Medical Association points to an estimated 7 percent of American teens (as young as 14) and adults carrying the human papilloma virus (HPV) in their mouths, most commonly traced to oral sex. While many psychological and biological factors play into such statistics, many young people seem to begin their sexual journeys with little regard for safety -- social, emotional or physical. And although boys have traditionally been thought to outpace girls on the sexual activity scale, that may be changing. Recent research conducted by the Center for Adolescent Research and Education (CARE) at Susquehanna University, in partnership with SADD, revealed that of the 35 percent of 16- to 19-year-olds surveyed who reported ever having engaged in intimate sexual behavior (other than intercourse), the girls outpaced the boys 40 percent to 29 percent. Of those reporting having ever had intercourse, girls still led the way, 31 percent versus 22 percent. One proven-effective method of reducing teen sexual behavior and its unwanted outcomes begins with parents who are willing to tackle this (still) most difficult of subjects. SADD's research points to the efficacy of such dialogue: more than half of teens whose parents provide a strong level of guidance say they avoid sexual activity (52 percent), compared with those whose parents do not (27 percent). Because early intimate sexual behavior among teens has been linked to unwanted pregnancies and increasingly high rates of disease -- not to mention anxiety, depression and loss of self-esteem -- parents have an important role to play by talking with their teens about pressure to have sex, opening dialogue, answering questions and conveying expectations. So it's time to get those conversations started. After all, they're just 15 for a moment. Stephen Wallace, associate research professor and director of the Center for Adolescent Research and Education (CARE) at Susquehanna University, has broad experience as a school psychologist and adolescent counselor. For more information about CARE, visit www.CARESU.org

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Freerider MX has landed an all-new trick! Yep, from issue #75 onwards, they'll be available on both iPad and iPhone as well as the print version. So you'll be able to read your favorite magazine any time, any place. On top of the ground-up new look for the mag, they've specifically designed each issue to suit the iPhone and iPad, so it's a unique experience each time you read the mag on each of the platforms, plus there's a few cool little extras. The pics look insane and the content is in a super-easy-to-read format, you're gonna love it! Freerider MX wants to be just as innovative and progressive as the sport it's built around, so they're going full steam with their digital editions. PURCHASE AND SUBSCRIPTION INFORMATION Should you wish to subscribe to Freerider MX iPad/iPhone Edition, you have a choice of receiving: 1 digital issue over 2 months or 3 digital issues over 6 months or 6 digital issues over 12 months. - The price of single issues and a single issue subscription is $4.49. The price of a 6 month subscription is $11.49. The price of a 12 month subscription is $22.99. - Payment will be charged to your iTunes Account at confirmation of purchase. - Your subscription automatically renews unless auto-renew is turned off at least 24-hours before the end of the current period. - Your account will be charged for renewal within 24-hours prior to the end of the current period, and identify the cost of the renewal. - Subscriptions may be managed by the user and auto-renewal may be turned off by going to the user's Account Settings after purchase. - No cancellation of the current subscription is allowed during active subscription period. - Any unused portion of a free trial period, if offered, will be forfeited when the you purchase a subscription to that publication.

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When anyone talks about email marketing , you will almost always hear the phrase -- "The Money Is In the List." I have to imagine that anyone in online business, whether it be internet marketing, or affiliate marketing , has to have heard this phrase at least a few times. It seems to imply one of 3 things: 1) that all you need is a list, and you will make money 2) that if you have a list, you will make money for sure 3) that if you don't have a list, you won't make money Well let's look at it as it relates to email marketing. 1) Online, all you need is a list and you will make money. This one could definitely be true. If all you have is a list and you know how to maintain it and keep it dynamic and market to it, you could absolutely make money. But how did you get the list in the first place? Unless you outright bought it, you had to gather those email addresses from someone and in some way. So that may not be all you have. 2) If you have an email marketing list, you will make money for sure. Definitely not true. Especially these days. As Internet users become more and more savvy, and even more skeptical, they are not as easy to sell to as they used to be. Also, if you have a list, but you don't engender trust or develop relationships and give subscribers a reason to stick around a) no one will buy and b) everyone will unsubscribe. 3) If you don't have a list you won't make money Absolutely not true for a second. There are so many ways to make money on the internet -- and for some of them a list doesn't even make sense. If you have traffic you can make money without a list, just fine. So this doesn't quite seem to be a fact, and it doesn't quite seem to be a myth. Like most other things. The magic of an email marketing list is in the relationships that can develop between the list owner and the subscribers. Even if there is never one personal, one-on-one conversation, there is still a relationship. It all begins and ends with the list owner. If a list owner can maintain a list where most of the subscribers believe that the list owner knows what he or she is talking about and they are interested in the subject matter, and messages are sent out regularly, then that is a thriving list. If someone has a thriving list and they know how to recommend timely, quality products in a non-hard sell way, then that list will more than likely make money. And, here's the big one, nothing can take those email marketing list subscribers away -- not a website crash, not a forum loss -- nothing. When people say "The Money is in the List" I believe they are talking about the money magic that happens within an active, thriving list when quality products are routinely introduced to it. The revenue possibilities from an email marketing list are absolutely limitless. Lewis Leake is a part-time affiliate marketer. His main job is a Senior Developer in the IT department of a large regional grocery business. Leake & Co. Inc. is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for sites to earn advertising fees by advertising and linking to amazon.com.

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You are currently viewing our boards as a guest which gives you limited access to view most discussions and access our other features. By joining our free community you will have access to post topics, communicate privately with other members (PM), respond to polls, upload content and access many other special features including the MEMBERS ONLY area. Registration is fast, simple and absolutely free so please, join our community today ! If you have any problems with the registration process or your account login, please contact us . It's getting closer this London Gig , one of the suggestions was bowler hats, so we will be wearing bowler hats decorated with tinsel, as it's Christmas,some already have them for anyone else wanting to take part here is a link I know someone had suggested to take my son for his 18th birthday....I was only a bit late in accepting said suggestion Great idea Quote: Originally Posted by buttonslovesu Hi It's getting closer this London Gig , one of the suggestions was bowler hats, so we will be wearing bowler hats decorated with tinsel, as it's Christmas,some already have them for anyone else wanting to take part here is a link I can probably get one in Manchester. I have to go soon and reserve my seats on the train anyway. I also have to find out what train to get coming back to Mcr. I want to have time to go home for a rest before coming out to The Ritz. So I'll look for a bowler hat then. If I can't get one, thanks for the link. Is it a certain type or colour, or doesn't it matter? I can probably get one in Manchester. I have to go soon and reserve my seats on the train anyway. I also have to find out what train to get coming back to Mcr. I want to have time to go home for a rest before coming out to The Ritz. So I'll look for a bowler hat then. If I can't get one, thanks for the link. Is it a certain type or colour, or doesn't it matter? Black would be preferable, but if you want to have another colour, it's no problem It's getting closer this London Gig , one of the suggestions was bowler hats, so we will be wearing bowler hats decorated with tinsel, as it's Christmas,some already have them for anyone else wanting to take part here is a link This gives me an excuse for another trip to 'Popplewells house of fun' in Ayr. I went there the other day shortly after my return from Amsterdam and I swear, I saw things in there that made Amsterdam look mild. The word 'camp' must have been invented for Mr Popplewell and his helpers I reckon.

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And how are you going to do that? 9 October 2002 Respect for individual choice, like all principles, is alright in principle but does not cover all cases and if taken to its "logical" conclusion becomes absurd. Surely if the principle is to applied to parents choice about what sort of children to have then it should also be applied to the child's choice about what sort of parents to have, and how are you going to do that?

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Auto Industry News Economic Times Joining the automobile companies exporting sports utility vehicles, Franco-auto major Renault would shortly begin shipping of its popular SUV, Duster, from its Oragadam manufacturing facility, a top official said today. CHENNAI: Joining the automobile ... Bloomberg ??Those reports indicate clearly the premium sector of the automotive industry in China is growing faster than the low-end market,?\_ James Liu, managing director of Novelis China, said in the interview. Novelis is the U.S. unit of India's Hindalco ... Russia Beyond The Headlines The Ministry of Industry and Trade sent a brief to the Russian White House in late October that concerned the upcoming government meeting on the development of the automobile industry, following Russia's accession to the WTO. The document contained ... Businessweek The French government has moved to support Peugeot, which is junk-rated by all three major ratings companies, by backing 7 billion euros in new bonds for its financing arm. The EU outlined plans on Nov. 8 to increase funding for the auto industry as ... Christian Science Monitor The Tesla Model S nabbed one of the auto industry's most coveted awards this week when Motor Trend named the electric vehicle as their 2013 Car of the Year. Skip to next paragraph. In Pictures: Twisted future: the weird shapes of electric cars ... PluginCars.com Lincoln Journal Star GigaOM - - Pocono Record WASHINGTON ?? The most fortuitous decision President Obama made, the one most likely to win him a second term, is the decision to put government money into bailing out the automobile industry. It looks like a no-brainer today, but when he announced the ... Jags Report Businessweek U.S. News & World Report (blog) - -

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Bruder Fire Engine top of the range There is a whole lot of play fun in this big unit. Click to see more details Come to the rescue with this realistic fire engine! Made of high quality plastic, this truck has tons of bells and whistles for endless imaginative play. Features include a tilting cab that reveals the detailed engine, folding mirrors, a light and sound siren module, an extendable ladder mounted on a turntable with a basket for play figures to stand in, stabilizer legs that store in the back, plus a roll-up fire hose that really shoots a powerful stream of water!

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I think if followed properly and to every letter of the Koran it is a better alternative to Christianity or any other religion....but it seems Muslims today are behaving like the Christians five hundred years ago. ( Originally Posted by StUdEnTIGCSE ) I think if followed properly and to every letter of the Koran it is a better alternative to Christianity or any other religion ....but it seems Muslims today are behaving like the Christians five hundred years ago. Islam is not a better alternative to many other religions. In Islam, if you're a homosexual and have a partner, you get executed. If you leave Islam and become an Atheist or join another religion, you get executed. In Islam, if you're a witch, you get executed. Witch hunting may have been over in England hundreds of years ago, but not in other parts of the world, like Saudi Arabia. (Yes, in the 21st century, there are Muslims, even in the West, who genuinely believe in magic ). It shouldn't be too surprising to see a portion Muslims believing in black magic, since they also believe that Muhammad flew over the desert on a flying donkey. As hilarious as it is seeing people believe in magic, it's also a very serious issue, people do get killed because they're thought to be witches, and not just in Islam, but also in tribal African religions. ( Originally Posted by Politricks ) In Islam, if you're a homosexual and have a partner, you get executed. If you leave Islam an become an Atheist or join another religion, you get executed. In Islam, if you're a witch, you get executed. Witch hunting may have been over in England hundreds of years ago, but not in other parts of the world, like Saudi Arabia. (Yes, in the 21st century, there are Muslims, even in the West, who genuinely believe in magic ). It's a monotheism, so it's a particularly evil type of religion. It is based upon the self-flattering and immodest claim of a group of flea-bitten desert dwellers that, of all people, God would chose them to carry out his mission. There's no point in talking about it's positive impact in years past (I'm a Classicist, so I should know - many Classical texts survived through the work of Arab scholars). Today, in the here-and-now, it is the cause of pain, discrimination, deaths, hate and intolerance. Remember, religion of peace, how you killed the US Ambassador in Benghazi because of a film you didn't like? When a religion does such things, it is a complete farce to attempt a rescue by pointing out its 'good bits'. Islam - like Christianity, Judaism, etc - is subversive, exclusivist, and evil. ( Originally Posted by mb9236 ) It's a monotheism, so it's a particularly evil type of religion. It is based upon the self-flattering and immodest claim of a group of flea-bitten desert dwellers that, of all people, God would chose them to carry out his mission. There's no point in talking about it's positive impact in years past (I'm a Classicist, so I should know - many Classical texts survived through the work of Arab scholars). Today, in the here-and-now, it is the cause of pain, discrimination, deaths, hate and intolerance. Remember, religion of peace, how you killed the US Ambassador in Benghazi because of a film you didn't like? When a religion does such things, it is a complete farce to attempt a rescue by pointing out its 'good bits'. Islam - like Christianity, Judaism, etc - i s subversive, exclusivist, and evil. ( Originally Posted by cheetahs56 ) No such thing as a witch in Islam. Don't troll, and if you're not trolling i seriously worry where you will get in life. Witchcraft is a penalty punishable by death under the Shariah, surely you should know that? Islam acknowledges the existence of black magic and jinns possessing people (yes, jinns are what the genie in the Disney film, Aladdin , is based on ) " A Sri Lankan woman is currently facing decapitation by sword on a witchcraft charge in Saudi Arabia, in accordance with Wahhabism, a strict form

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Lewis takes ALGA top job Published on Wed, 14/11/2012, 06:56:32 | By Julian Bajkowski South Australian and Mayor of Marion, Felicity-ann Lewis, has been elected as the president of the Australian Local Government Association, beating outspoken Queensland Central Highlands councillor Paul Bell in a ballot at the organisation's annual general meeting held in Hobart. The election of Mayor Lewis comes as the peak body faces renewed uncertainty over whether it will be able to muster enough political support in Canberra to guarantee direct funding for local governments from the Commonwealth. The move would require a referendum to be put to Australian people on whether or not local governments should be formally recognised through an amendment to the Constitution a mechanism that would provide certainty on direct federal funding. Although the push now appears to have bipartisan support, the core question is whether parliamentarians believe there will be enough electoral support for the proposal to succeed at the next election -- or whether it is better wait and try to keep building support. So far ALGA has welcomed the referral of the proposed amendment to a parliamentary committee, however the Gillard government has already indicated that another proposed referendum question on constitutional recognition for Indigenous Australians is unlikely to be put to voters in the federal next poll. Mayor Lewis vowed immediately after her election that constitutional recognition will stay a main priority. "The whole question of adequate and certain federal funding for local services is of great concern to councils and communities alike," Mayor Lewis said. The new president has also singled out the mess surrounding Financial Assistance Grants (FAGs) for local governments, which is now under review, for attention. "FAGs were designed to increase the effectiveness and efficiency of local government but ALGA has long argued that the amount provided to councils is not adequate and does not reflect increased costs to local government in construction and wages," Mayor Lewis said. "The Federal Government recently announced a review of FAGs for local government and while ALGA has welcomed the Commonwealth review, we have also stressed the need for the review to be broad enough to address the issue of whether current funding is sufficient. Mayor Lewis said ALGA wants to see Canberra assess whether the amount of money provided by FAGs is enough -- and particularly whether indexation was adequate "given that the annual cost increases faced by councils do not reflect the CPI [consumer price index]." "Local government cost increases are related to increases in construction costs and wage levels and these have been well in excess of the CPI, which means that the value of the FAGs for local communities is falling," she said. Many councils are understood to have been angered by the shuffling of dates and amounts of the latest round FAG payments that tore unexpected holes in budgets. The issue was further inflamed by some state governments attempting to muzzle councils from speaking out on the problem. Mayor Lewis's election as ALGA president for two years follows a brief spell when she was elevated from vice president to president following the retirement of the Mayor of North Sydney, Genia McCaffery, who stepped down from local government in September. A statement from ALGA said Mayor Lewis "has been a member of the ALGA Board since 2009 and served as ALGA vice president between 2010 and 2012. She is the City of Marion's first female Mayor and the longest serving Mayor of more than ten years." "As ALGA President, I am also looking forward to continuing to promote better alignment of all three levels of government, especially in areas such as infrastructure and planning, which rely on place-based solutions," Mayor Lewis said. "Meaningful partnerships between the levels of government can only improve the quality of government decision-making for all Australians, and confidence in elected representatives." ITCC has a range of business and management qualifications, some of which are government funded. If eligible, Federal Government funding will cover the total cost of some of the below qualifications for you or your staff.

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I got back from work a few hours ago. I took a nap as soon as I got home and I woke up from that not too long ago. I was going to go out to the bar but I feel like staying home and relaxing while drinking some good ol' Corona Extra with lime. Is that what life was like before kids? I can't remember. Me, I am cleaning, reorganizing the bathroom, cooking, dealing with the garden, all while playing with the kids. Then, we have a birthday party (which means a trip to the store for a gift too). I was supposed to make cherry pierogi now for 2 weeks but it just isn't happening. Maybe Monday. Is that what life was like before kids? I can't remember. Me, I am cleaning, reorganizing the bathroom, cooking, dealing with the garden, all while playing with the kids. Then, we have a birthday party (which means a trip to the store for a gift too). I was supposed to make cherry pierogi now for 2 weeks but it just isn't happening. Maybe Monday. Enjoy your relazing weekend, guys! Well, that's one of the reasons why I'm not totally sure I want to ever have children. Marriage isn't something I want at least until I get a Ph.D. In all fairness, Tyrion, you are male, right? So don't worry, what I am doing will likely not be in your future, few men play in the garden, reorganize the bathroom while playing with the kids and make cherry pierogi. wildrover, So sorry the plans are temporarily on hold for such a silly thing. In all fairness, Tyrion, you are male, right? So don't worry, what I am doing will likely not be in your future, few men play in the garden, reorganize the bathroom while playing with the kids and make cherry pierogi. Even if you're a male breadwinner it can be tough. Your employer can get you to work harder if he knows you have kids to support. That's one reason why I won't even think of kids until I have a bunch of money in the bank. In all fairness, Tyrion, you are male, right? So don't worry, what I am doing will likely not be in your future, few men play in the garden, reorganize the bathroom while playing with the kids and make cherry pierogi. wildrover, So sorry the plans are temporarily on hold for such a silly thing. Its not a disaster.... just another problem along the way....Gives me a bit more time to enjoy the last moments on my farm in the forest before heading for the big city... I will be gone by next weekend... I'm going to spend the evening reading Ubik by Philip K Dick in addition to some NFL season previews for certain teams. Also, I'm going to go for a walk at the nearby park. I love walking there on weekends because it's empty and feels like it could be my own backyard.

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Schnapman said: What kinda side missions can you do like stuff like hunting and what not Yep! It's very linear for about 5-6 hours, and then the side missions all open up. You can hunt, play bowls against George Washington, search for hidden items and complete a number of Naval missions. It's quite diverse. Schnapman said: is it true that every rock/cliff surface and tree climable More or less. Smaller trees are not climbable, and sometimes you'll need to find a way up to the higher trees elsewhere. Most cliffs are climbable. GreenThumb said: Will mmgn give me a free copy &lt;3 Interesting trades are accepted... sjt333 said: will i ever get to stab a pope again Youi'll get to stab plenty of other historical figures. Skelerax said: Any chance they left the scalping in? Not that I'm aware of. Schnapman said: How long is it Main quest could be done in about 25 hours. More like 40 all up if you do the side missions.

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ANU on the up in world rankings You may have noted the Academic Ranking of World Universities is out today, and I am very pleased to say we have improved our position by six places, placing ANU 64th in the world. The ranking, produced by the Shanghai Jiao Tong University, places ANU top in Australia when we adjust to take size into account. This improvement clearly reflects the high quality of research at ANU and the commitment to excellence from all ANU staff. ANU has also done very well in rankings by discipline and subject. In disciplines we ranked 37 in the world for science (including maths) and in the top 100 in social sciences and life sciences. By subject, ANU took out the top Australian rank at 30 in the world for physics, a subject identified as of national importance in terms of training graduates to meet future workforce needs. The ANU community has every reason to be proud of these results, and to see them as an endorsement of the work we all do. Thank you for all your efforts. In addition to the excellent staff already here at ANU, I am pleased to say that a number of high-profile strategic appointments have been made in the recent past, and we will continue to nurture and add to the already very impressive talent pool at ANU. I would expect our ranking position to further improve in coming years. It is also very pleasing to see an overall improvement in the standing of the Australian higher education sector, with five Australian universities now in the top 100.

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Allen Weiner shares insights on how to monetize digital marketing through commerce. His focus on "Commerce Everywhere" provides perspective on how social, mobile, search and emerging channels can be tapped to improve customer experiences and drive business results ... Read Full Bio In this wondrous Olympic year, who can resist a track and field metaphor? Picture this: Usain Bolt is blurring his way to the finish line in the 100 meter finals and decides to stop short one meter (that's 3.28 feet to us non-metricized folks) because the sun got in his unshielded eyes. Years of practice and conditioning and running with the roosters tossed aside because the Jamaican speedster forgot his sunglasses. In short, as a result of bad planning he ran 99 meters of a 100-meter dash. Marketers taking the digital route often plan to run a 100-meter dash but fall a meter (or sometimes more) short because of careless execution. Case in point, the new General Electric French Door refrigerator featured in a cleverly planned but poorly executed campaign. Someone at GE, or more likely its agency, had the idea of using video to promote the true coolness (no pun intended) of this appliance. For the record, a French door fridge is one in which the doors open out fully to accommodate more food. Most also have features such as zoned humidity (aka microclimate controls) to keep produce fresher longer, and it's that message GE hoped to impart with a Webisode, The Freshpedition. (www.freshpedition.com) The plot, which totally nails the essential rule of marketing in which you clearly show the benefits of a product, pairs a GE scientist for a celebrity chef who take to the road to deliver fresh food to a researcher in the field in the wilds of Texas. The fridge is attached to a generator and strapped into the back of a truck and along the way of this 2,000-mile odyssey, the duo stop at various farms and artisan food purveyors to show off the benefits of their chilly companion. Great plan with essential marketing precepts in place -- check. Execution? Now that's where the race to the finish line stops short. The Webisodes appear in two places: on the Freshpedition website and on YouTube. The fatal flaw is that the Freshpedition site takes about 30 seconds to load...and then goes kaput. No videos, no link, no nothing. The videos are on YouTube along with billions of other clips and are totally disconnected to any sort of marketing material. So, who's at fault here? GE, its agency, the video platform provider who ingests/transcodes/distributes the videos, website developer? Or is it someone in GE marketing (not to mention the agency of record) who oversees the campaign and should-at minimum -- check the site every day to make sure it's working. I am reminded of a personal pet peeve which takes place every time I go into a certain home goods store in which everything is merchandized with aplomb only to find one cash register open with 10 carts full of stuff ahead of me in line. Talk about your abandoned shopping carts. The digital world is supposed to be free from such issues but not from execution issues that fall under the heading of common sense. If you intended to be a successful digital marketer, maybe rule number one is have common sense. If you offer videos (which look to cost a pretty penny to produce) it's probably a good idea to ensure they work when a customer comes to the website. Digital marketers need to think of campaigns not as sprints but as marathons. As such, training and planning will only get you so far. Common sense will ensure you not only finish the race but aacomplish your goals. \*Note: Some two weeks later, the videos were working via my Chrome browser, an issue that was finally brought to someone's attention. The devil is always in the details. Comments or opinions expressed on this blog are those of the individual contributors only, and do not necessarily represent the views of Gartner, Inc. or its management. Readers may copy and redistribute blog postings on other blogs, or otherwise for private, non-commercial or journalistic purposes. This content may not be used for any other purposes in any other formats or media. The content on this blog is provided on an "as-is" basis. Gartner shall not be liable for any damages whatsoever arising out of the content or use of this blog.

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Since 1975, the International Prostitutes Collective has been campaigning for the abolition of the prostitution laws which criminalize sex workers and our families, and for economic alternatives and higher benefits and wages. Post navigation These Attacks Could Have Been Stopped The inquiry into 'Camden Ripper' Anthony Hardy, held in private, which exonerated the psychiatrists, did not go far enough into Hardy's previous violence or the authorities' responsibility for not prosecuting him earlier. Yet he was known to hate women, particularly prostitute women, had a history of extreme violence and hospital staff had expressed "concerns that he was a danger to the public". Jackie Valad, the moth-er of one of his victims, called for a public inquiry into why Hardy was never prosecuted for the murder of Sally White -- who was found dead in his flat -- three reported rapes and attempted murder of his wife. This crucial issue was not the main focus of the health authority inquiry. Women, and often children, are raped or murdered by men like Hardy because earlier crimes, especially within the home, were not prosecuted. Despite lip service, such psychopathic vio-lence is still not treated as criminal. Ian Huntley was reported for rape and sexual assault nine times, including by his partners, before he killed two little girls in Soham. Robert Howard now serving a life sentence for killing a girl, had a 40-year history of violence. In 1969 he attempted to rape and strangle a girl -- he was convicted for aggravated burglary. In 1993 he abducted, drugged and raped a 17-year old girl for two days -- he was convicted only of unlawful sex. Women and girls come to us when prosecutions are dropped by police or CPS. The story is always the same: key evidence was inaccurately recorded, misinterpreted, destroyed or deemed "insufficient". As a result less than six per cent of reported rapes and five per cent of recorded domestic violence end in conviction and two women every week are murdered by their partner or ex-partner. Many "women and girls would be alive today if their attackers had been prosecuted and appropriately sentenced the first time they struck.

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Out On The Streets Lyrics Twisted Sister I walk alone through sleepless nights I'm just another number Somethin' just ain't right Searchin' for something In this human zoo Kaleidoscope of faces Maybe, maybe it might be you I feel like I lost my way Things get darker everyday that I stay You're out on the streets Livin' on your own You're out on the streets So far from home When you're out on the streets You can't understand what's goin' on You're out on the streets Your heart's your only home The mind, it wanders Through shattered dreams Hours pass in seconds And my heart, it screams I can't fight the past I force back all of my tears 'Cause there ain't no turnin' back Minutes, minutes turn to years Someone listen to my prayers Can't help feelin', no one cares, no one dares You're out on the streets Livin' on your own You're out on the streets So far from home When you're out on the streets You can't understand what's goin' on You're out on the streets Your heart's your only home Maybe there's a place for me Is my dreaming to be free, fantasy You're out on the streets Livin' on your own You're out on the streets So far from home When you're out on the streets You can't understand what's goin' on You're out on the streets Your heart's your only home You're out on the streets You're livin' on your own You're out on the streets So far, so far from home When you're out on the streets I can't understand what's goin' on You're out on the streets Your heart's your only home

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Dont pay more tax than you have to Don't miss out on tax planning opportunities. Planning for the year ahead will benefit your business -- this guide covers some important considerations for unincorporated businesses. Unincorporated businesses Tax is payable by an unincorporated business at income tax rates from 20 to 50 per cent. In addition there is a liability to class 4 national insurance contributions which is charged or levied at a rate of 9 per cent on taxable profits from 7,605 to 42,475 and thereafter at a rate of 2 per cent without limit. The family business You can employ family members in your business, provided the salary and other benefits you pay them are commercially justifiable. You can remunerate family members with a salary, and perhaps also with benefits -- such as a company car. Other options include medical insurance or making payments into a registered pension scheme. You can also take family members into partnership, thereby gaining more flexibility in profit allocation. In fact, taking your children into partnership and gradually reducing your own involvement can be a very tax efficient way of passing on the family business. Be aware, though, that taking family into your business may put the family wealth and income at risk if, for example, the business were to fail. HM Revenue & Customs may challenge excessive remuneration packages or profit shares for family members, so seek our advice before you make any decisions. If you operate your business through a limited company, under current tax law you can pass shares on to other family members and thus gradually transfer the business with no immediate tax liability in most cases. However, a tax saving for the donor usually impacts on the recipient and you need to steer clear of the anti-avoidance rules known as the settlements legislation, so again, seek our advice first. Expenses HMRC has extensive and ever-changing regulations on what expenses can and cannot be claimed against tax. Naturally, you will want to make sure your business is claiming all available expenses. Professional guidance can ensure your business is making the right claims, and at the right time: incurring expenditure just before the end of the accounting year means you can claim any available tax relief a year earlier. For 2012/13 and subsequent years, the first 25,000 of most capital expenditure qualifies for a 100 per cent allowance. You may also want to consider investing in energy efficient or environmentally beneficial plant and equipment which attracts 100 per cent allowances, irrespective of cost. Working from home The number of people working from home has soared. According to a report by Enterprise Nation, almost half of this country's SMEs are based at a residential address, and 60 per cent of new businesses start out of a home office. Frustratingly, the complex tax rules governing this situation mean few are receiving the full benefit. Yet if you arrange your business affairs in a clear and demonstrable way, you could claim a number of expenses -- depending on usage, area and working time, you can claim an apportionment of both fixed and running costs. Utility bills, mortgage interest (or rent), water rates and general repairs may all be eligible, as are telephone line rental and cleaning. HMRC officers are now instructed to 'accept a claim on any reasonable basis.' Naturally, any such claim should be diligently prepared. If you are working from home and qualify, please talk to us. You will also need to consider whether your business use of home breaches planning restrictions, and whether business rates may be due on the property. Rewards and benefits There are ways of rewarding staff that can be tax efficient for both your business and your employees. For example, providing childcare vouchers of up to 55 per week to staff as part of their salary package is tax free and attracts no national insurance contributions, saving both your business and your employees money. This relief is restricted to 28 a week for new participants paying 40 per cent tax, and to 22 for new participants paying 50 per cent tax. Do also consider whether some staff might be provided with a company car. Low emission models can attract 100 per cent allowances when the business purchases them brand new, and can produce a very low taxable benefit in kind for the staff concerned. Do ask us for more details of how to implement these ideas, or for alternative suggestions. Tax penalties Penalties for inaccuracies in tax returns, late filing of returns, late payment of tax and failing to register for certain taxes are all being modernised. Individuals and business owners now face up to 100 per cent penalty for deliberately underpaying tax and taking steps to conceal this,

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Share This Bowe to start v Cardiff in one of five personnel changes Tommy Bowe will make his hugely anticipated return to Ulster colours when he lines out on the right wing against Cardiff in Friday evening's RaboDirect PRO12 clash (7.05pm kick off). The Cardiff Arms Park fixture will see Ulster return to action following the tragic circumstances of last week's postponement of the clash with Zebre in Italy. Head Coach Mark Anscombe has continued the rotation policy which has served his side so well since the start of his tenure. The New Zealander has made five personnel changes and a further three positional switches to the team which started in the 20-19 home win over Munster two weeks ago. Bowe will start in his familiar position on the right wing, with Andrew Trimble switching to the left flank to accommodate him. As a result, Michael Allen has moved into outside centre and Darren Cave shifts in to fill the 12 jersey worn by Luke Marshall in the opening three matches of the season. Scrumhalf Paul Marshall, outside half Paddy Jackson and fullback Jared Payne have all retained their places from the Munster match. Up front, regular captain Johann Muller has picked up a knock and is replaced in the second row by Neil McComb. Ireland lock Dan Tuohy will make his first appearance of the season after being named alongside McComb in the engine room. Fellow international Chris Henry will also play for the first time this season and will captain the side from openside flanker in the absence of Muller. Stephen Ferris has been rested so rising star Iain Henderson joins Henry and Nick Williams in the back row. An unchanged front row of Tom Court, Nigel Brady and John Afoa completes the line up. Paddy Wallace has overcome a shoulder injury which required surgery and has returned to the match day squad to cover outside half and centre. Michael Heaney and Craig Gilroy are the other backline replacements. Rob Herring, Callum Black and Adam Macklin are the back up front row, with Lewis Stevenson and Mike McComish completing the bench. The Ulstermen have won all three PRO12 encounters so far this season, whilst their only defeat in their last five clashes with Welsh regions came in this equivalent fixture last season. Cardiff's only defeat in the opening four rounds of this season's RaboDirect PRO12 was 19-21 at home to Edinburgh in round two. The Blues have won just two of their last five home games, but have been victorious in their last two home fixtures with Irish provinces.

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There's something rotten at the heart of refereeing I am not a religious man, and indeed all I ask from those who are religious is that they leave me alone. If they don't tell me how to run my life, I'll quite happily let them get on with their own. Yet I try to be respectful of others' beliefs no matter what I think of them. Which is why I find it strange that the head of refereeing in Scotland can apparently (at least according to lots of news reports) send out an email from his own official Scottish FA email address with a cartoon about the pope which members of the Catholic faith would find offensive. The man might well have the view that the activity of certain priests and some bishops over the matter of child sex abuse is a disgrace that needs all the publicity it can get, (and indeed I'd agree with that -- not that that makes any odds) but it seems weird that he should use his official email (and by implication his position) to send out such an email. Especially at a time when the refs in Scotland are thinking of going on strike (although by the time you read this, they might have changed their mind). They are thinking of striking because they feel they are under too much pressure -- and yes when it comes to threats against the safety of your family, that is way beyond the acceptable amount of pressure that anyone should ever have to take as a result of their job. As I understand it the SFA provide the referees to the Scots Premier League, and the SFA is in fact a conglomeration of the top clubs in Scotland. So it is a bit of a circle as it is the officials of the top clubs in Scotland who are criticising the refs (although presumably not actually threatening to send the boys round to do the family over). I am English, and come from an English heritage, and so don't have a natural understanding of all things Scottish, but from my English perspective what leaps out at me in relation to Scottish football is how it still has sectarianism running through it. It is not just that some teams are Catholic based and some Protestant, but there seems to me (from my position way south of the border) that there is a genuine and strong belief among Celtic supporters that their team is being endlessly done down in the league by Protestant refs and a Protestant organisation. Part of the starting point of all this is the fact that Celtic manager Neil Lennon faces two SFA charges over his criticism of match officials plus a touchline ban. It seems to me what we are seeing is an utter breakdown in the fundamentals of the footballing system in Scotland. And much of it is made worse by the fact that the Scottish FA have been trotting around the leagues in Norway, Estonia, Iceland, Ireland, Wales and probably a few other locations too, trying to find some strike breakers. Not the most clever approach, it seems to me. The Scottish FA said it had offered "the promise of tougher and more immediate sanctions on players and club officials who abuse referees and match officials, and especially those who challenge their integrity and honesty. These new guidelines also incorporated a ban on all club officials commenting on referees in the build-up to matches and in the immediate aftermath." Having heard the strike is still on, the SFA said, "the weekend of action will proceed as planned and the Scottish FA will implement, where possible, a contingency plan to allow some fixtures to take place as planned this weekend, using officials from other international associations." Apparently the Dutch FA had expressed willingness to break the strike at first, but now they have backed out. Gijs de Jong, the KNVB's competition manager, said: "When we heard there were death treats, we pulled out." Meanwhile as we all saw on TV, Real Mad players deliberately got themselves sent off for timewasting in the Champs League game. It is a good job the match was not in the EPL, because if it had been, what with the refs' reluctance to take any action whatsoever about time wasting, the match would still be going on and we would still be waiting for the goal kick and free kick to be taken. Real Mad certainly brought the game into disrepute, as did Uefa by having regulations that allow that abuse of the system, as do English refs by not taking action against time wasting no matter how extreme, as do the SFA by trotting around trying to find strike breakers, as does anyone in Scotland who does anything that allows sectarianism to continue. It'

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Together at the top Sophomore Joe Zimmerman and senior Kyle Nielson are javelin throwers on the UW track team. They have become good friends who have pushed each other to the top of the NCAA rankings. Joe Zimmerman and Kyle Nielsen seem more like brothers than teammates. Sharing a constant, goofy grin, it's clear the pair have a lot in common: friends, interests and, oh yeah, they're both among the top collegiate javelin throwers in the country. While Nielsen is a senior and Zimmerman is just a sophomore on the Washington track and field team, the pair's career seems joined at the hip. At last year's NCAA championship, Nielsen finished third overall and Zimmerman was right behind him in fourth place. Zimmerman has always been good at the javelin, but nobody knew just how good he'd be. In high school, he focused on football, which he says tightened him up. "I was super tight," Zimmerman said. "I didn't really have any technique, I'd just arm it. That's a major change this year; I got a lot worse before I got better." Once he started focusing on the javelin, his marks shot up. "He hadn't had the level of coaching, whereas I'd been throwing since the seventh grade," Nielsen said of his teammate. "I think Joe had a couple coaching sessions in high school, him being that raw coming in but such an overall good athlete, I think it was the perfect fit." Throughout the course of his freshman season, he improved by 40 feet, an improvement that can be greatly attributed to Nielsen. Zimmerman credits not only his improvement to Nielsen, but also the fact that he's at the University of Washington in the first place. "Kyle is the main reason I came to the UW," Zimmerman said. "When I was in high school, he threw 240 [feet]. My other choice was Washington State and they didn't really have anyone, so I figured I'd come here and he'd show me what to do." Now the two of them push each other. They're both very accomplished, earning All-American status last year; by competing against each other on a daily basis, they can keep one another focused. "It keeps you on the edge and always competitive, which is a good thing in any training environment -- when you're interacting with friends, then it's not frustrating," Nielsen said. "We're always pushing each other in the weight room and everything else we do." For his part, it wasn't as much of a question whether Nielsen would come to the UW. He grew up in Langley, British Columbia, and staying close to home was important. "My dad was my coach up until college," Nielsen said. "He still works with me now, and I'll probably work with him after college; that close connection with him was a big thing." The proximity that landed the Huskies one All-American, but to get the second, Nielsen had to do a little bit of selling. "I tried to show him what a day in the life of me was like as a javelin thrower," Nielsen said. "We definitely hung around with the throwers and tried to show him that we have a lot to teach him, and that there was definitely a spot for him." Two years later, they're very close. They make the same jokes, and when asked for a funny story they both laughed and replied, "Nothing we can tell The Daily!" "I mean he comes over to my house like four nights a week," Zimmerman said. "We're like best friends, pretty much." It'll be their last year together as athletes at the UW, but the friends will be able to push each other toward similar goals. They're both contenders -- and rivals -- for a national championship this year, but it won't be easy. "The two guys who finished ahead of me are coming back," Nielsen said. "I know it'll be a tough battle, but hopefully I can get that No. 1 spot." But whatever happens, the two fun-loving javelin throwers will have each other's backs as friends, teammates and rivals.

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GB Olympian: Nicola Adams Event: Boxing Most enviable body part: Arms Our home-grown Nicola has proved she can hold her own in the ring as she has fought her way to a guaranteed medal...and her arms show it. Try this boxing routine for strong arms that look darn good in a sleeveless dress too. The train like a boxer workout How it works: Do each set of moves back to back without rest, and then take a 60-second break before going into repeating all the moves again ('round 2'). Work your way up to three rounds total. To do : Stand with your left foot forward, arms 'on guard' (hands in fists, elbows bent in close to your body, fists to the outsides of your cheeks). JAB Throw a 'jab' with your left arm by punching straight front, palm facing down, elbow out to the side (without locking the joint), then quickly return your arm back to your on-guard position. Keep your knees soft as you punch. CROSS Next, do a 'cross' punch with your right arm: Rotate your right hip forward and lift just your right heel off the ground, punching your right arm straight front, rotating fist palm down, bringing elbow out to the side (without locking the joint). Upper cut, hook & duck This strong arm and shoulder punching sequence also incorporates your lower body to keep you in a cardio zone to fight more fat with every rep. UPPER CUT Throw an 'uppercut' punch with your right arm by rotating your right hip forward to power your punch - punch 'up' with your fist, keeping your elbow close to your body as you punch and bent about 90 degrees (imagine you are aiming for under your opponent's chin). Return to guard, and then quickly do an uppercut with your left arm. HOOK Next, perform a hook with your right arm. Bend your elbow 90 degrees, turning your fist palm down, and bring your arm shoulder height and parallel to the floor. This punch comes around from the side and 'strikes' about a foot in front of your chin (imagine this punch is aimed at the side of your opponent's head). Return to guard, and quickly throw a hook with your left arm. DUCK Bring your arms back to guard, and then quickly squat down, bending your knees and sitting back into your hips, keeping your back straight and chest lifted. Quickly standing up again. Do two times in a row. Speed bag drill This cardio toner targets your biceps, shoulders and those dreaded bat wings on the backs of the arm. Plus, it'll help you build speed and coordination. To do: Stand with your feet hip-width apart, arms 90 degrees, hands in fists in front of your chin. Circle your fists around each other as fast as you can (as if you were hitting a speed bag with the edge of your fists each time). Do this for 30 seconds in one direction, and then reverse the direction and repeat for 30 more seconds. Push-up, push-off To build strength, boxers often incorporate strength and power moves into their workouts. This power-push combo will help you work the muscles in your arms, chest and shoulders. To do: Start on the floor, on hands and feet, with your hands slightly wider than shoulder width apart, feet together. PUSH UP Keeping your body in a straight line, abs tight, bend your elbows out to the side and lower your chest down to the floor, stopping just before you touch the ground. PUSH OFF Next, push off the floor, and 'jump' up - lifting your hands off the floor and pushing your body up. 'Catch' yourself lightly (and carefully) with your hands and repeat. Work your way up to 10 reps in a row. GB Olympian: Jessica Ennis Event: Heptathlon Most enviable body Part: Legs Olympic track star Jessica Ennis uses her legs to run, jump and sprint - which is no doubt why they look so amazing! Chances are you don't have the time (or space) to practice hurdle jumping, but these four moves can help you develop the same types of muscles that Jones uses to help her fly over every obstacle in her path. The Track Star Workout How it works : Do each move below consecutively, and without rest. Take a brief 30-60 second break after you finish the last exercise and

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In his first chance to defend his actions on the widening Libor scandal before Congress, Geithner said he became aware of the problem in 2008, when he was president of the New York Federal Reserve Bank, an influential bank regulator. Documents released by the Fed bank show that, as early as August 2007, Barclays told Fed analysts about possible problems with low levels of Libor. "We, at least I, first learned about those concerns in the early parts of spring of 2008 and we acted very quickly at that stage. At that time, this is in the spring of 2008, we took a very careful look at these concerns, we thought those concerns were justified," Geithner said. "And we took the initiative to bring those concerns to the attention of the broader U.S. regulatory community, including all the agencies that have responsibility for market manipulation and abuse," he said, citing a specific meeting of the president's working group on financial markets. That group includes the Commodity Futures Trading Commission, the Securities and Exchange Commission and the Treasury Secretary himself. Lawmakers were not buying it, noting that the Fed itself continued to use Libor as a benchmark in its emergency lending programs, including the controversial bailout of AIG. Congressman Scott Garrett asked Geithner why his response in the face of alleged fraud had been so muted. "You have been before this committee countless numbers of times since 2008 and if this is the crime of the century, as so many people are reporting today, never once did you ever once come and mention it as being a problem, never once did you come here and say this is what you're going to do about it," said Garrett. BRITAIN'S PROBLEM Geithner has repeatedly defended his actions, saying he told the British authorities who oversee the British Bankers' Association that sets Libor. "We felt, and I still believe this, that it was really going to be on them," he said. "These concerns were in the public domain," he added, citing newspaper reports of alleged rate-rigging by large global banks. Geithner, who is expected to step down even if President Barack Obama is reelected, came under fresh attack from members of the House of Representatives Financial Services Committee. Congressman Jeb Hensarling seized on the Fed's continued use of Libor. "It appears that the early response was to keep using it, which means it appears that you treated it as almost a curiosity or something akin to jay-walking instead of highway robbery," said Hensarling. Geithner replied: "I think that was the best choice at the time." Barclays Plc has since admitted to giving false information as part of setting the interest rate in a settlement with U.S. and UK authorities. Dozens of big banks, such as JPMorgan Chase & Co, are under investigation. The House Financial Services Committee has asked the New York Fed for all communications going back to August 2007 with the banks that helped set Libor, or the London interbank offered rate. The first trove of documents from the New York Fed showed that Barclays had flagged concerns as early as 2007 and Geithner sent the email to Bank of England Governor Mervyn King in June 2008 with the Libor recommendations. Last week, Fed Chairman Ben Bernanke told lawmakers the process for setting the rate was structurally flawed and said reforms were in the hands of the private UK banking group responsible for Libor.

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Wednesday, October 31, 2012 SEE YOU ON THE ROOF-TOP SUNDECK The Beacon Arms opened in mid-1957. When Elvis Presley stayed here that year the hotel was besieged by fans trying to get to his suite. The hotel's only notable feature is its exposed columns. On July 31, 1964 the Beacon Arms was the scene of a tragic fire that killed two employees - a janitor trapped in an elevator and switchboard operator Addie McCormirck who remained as her post phoning up to the rooms to make sure their guests had evacuated. Over the years it's changed names several times. The balcony's tinted glass panels have been replaced. When the windows were sealed individual hvac units were punched out into the brick walls. The concrete frame was being poured just as the Commonwealth Building next door was being finished. The ads running in the weeks after the opening touted the Beacon Arms's many amenities like the Bonsoir Lounge (a favorite meeting place for Ottawa's 'jeunesse d'ore'), and a roof-top sundeck. What the heck had happened to this? Was it still up there, lying abandoned on the roof? I went in search, riding the elevator to the top floor and taking the fire stairs up to the locked roof. Dead end. Then last summer looking up at the back of the hotel I discovered this fragmentary pergola wrapped around the mechanical penthouse. It's there in the newspaper ad as a dark halo on top of the building. Found it just in the nick of time. The remains of the Beacon Arms's roof-top sundeck were taken down shortly thereafter and the section of the penthouse wall where it had been attached covered in new siding. With the only access being from the fire stairs and just a low parapet wall separating the sun bathers from the roof's edge, I doubt that it had ever been much of success. Didn't mention that Gerda Munsinger, the 'cabinet-maker' lived at the Beacon Arms in the mid-60s. She was at heart of a hooker-spy scandal. Cabinet ministers George Hees and Pierre Sevigny knew her well, reportedly.

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HOMEOWNERS TYPICALLY UNDERVALUE THEIR CONTENTS BY 24,000 HOMEOWNERS TYPICALLY UNDERVALUE THEIR CONTENTS BY 24,000 Value of home contents has increased by 24% in three years (1) Living room has the greatest value, accounting for 25% of all household contents; the value of contents in the living room has increased by 40% in the last three years (1) Sainsbury's home insurance provides two choices of cover, each offering a wide range of benefits and cover The cost of replacing the contents of the average British home, in the event of total loss, for example from fire or flooding, currently stands at around 55,000 according to analysis of Criterion Loss Adjuster's data by Sainsbury's home insurance (1) . The value of the belongings in the average home has increased by almost a quarter (24%) in just three years. However, research (2) commissioned by the supermarket bank reveals that homeowners typically believe their home contents are worth just over 31,000, leaving them at risk of being uninsured by around 24,000 (3) . Ben Tyte, Head of Sainsbury's Home Insurance, said: "Our homes contain everything from the necessary fixtures and fittings like carpets and curtains, to our most prized possessions and gadgets, but many of us may not realise their true combined value. Our research reveals that the typical value of the entire contents of a home is 55,000 which is a significant sum of money. Ben added: "We're encouraging homeowners to make sure they have a good quality home insurance policy in place to provide the right value of cover should anything happen to their home, for example fire or flooding. It could prove costly for those who don't have the right level of insurance cover, as they may find themselves having to pay the shortfall which could be thousands of pounds, to get their homes back in order." The most expensive single items that cost the most to replace are carpets and curtains, which are estimated to cost on average 9,000 to replace throughout a house. This is followed by householders' clothes and shoes, which amount to around 6,000 to replace; 62% more than three years ago. Televisions, DVD recorders and game consoles cost a further 5,500 to replace, 67% more expensive than in 2009, as householders increasingly invest in modern technology. Sainsbury's home insurance offers the following tips when considering contents insurance: When working out how much insurance cover is required, try to add it up on a room by room basis and calculate the total cost to replace your belongings Consider accidental damage cover and make sure it extends to soft furnishings Think about any expensive items you may have; check your policy limits for each item and specify them on your policy Check if your policy covers personal possessions when taken away from your home Flat screen televisions, DVD players, computers or laptops are the kind of 'high risk items' that are easy for thieves to take from your home and then sell on. It's a good idea to mark your name and postcode on them with an invisible ink pen that shows up under ultra-violet light. That way, if they are stolen, you stand a better chance of getting them back if recovered by the police Familiarise yourself with your insurance policy summary and documents so you don't find out you're not covered for something when it's too late. Sainsbury's home insurance is offering new customers with a Nectar card up to 50% discount on their premium if they have been five years claim-free (4). Customers purchasing both buildings and contents cover directly from Sainsbury's will also receive a 30 Sainsbury's gift card (5). For further information on Sainsbury's home insurance, call 0800 092 9459 , visit www.sainsburysbank.co.uk or pick up a leaflet in store.

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In the 2009 video above, President Barack Obama said that, "you don't raise taxes" on anybody during a recession. "Well first of all he's right. Normally, you don't raise taxes in a recession, which is why we haven't and why we have, instead, cut taxes" Obama told NBC's Chuck Todd when Todd presented a question from a viewer named Scott who asked, "Explain how raising taxes on anyone during a deep recession is going to help with the economy any?" Obama then added, "What I have to say to Scott is his economics are right. You don't raise taxes in a recession. We haven't raised taxes in a recession....we have not proposed a tax hike for the wealthy that would take effect in the middle of a recession. Even the proposal that have come out of Congress, which by the way were different than the proposals I put forward, still wouldn't kick in until after the recession was over. So he's absolutely right. The last thing you want to do is to raise taxes in the middle of a recession." A planned economy is an economic system in which decisions regarding production and INVESTMENT are embodied in a plan formulated by a central authority, usually by a government agency.[1][2] The justification for central planning is that the consolidation of economic resources can allow for the economy to take advantage of more perfect information when making decisions regarding investment and production. The Dog Well, now, this clears things up. For several years now I've been wondering if he is ignorant about economics and so unable to get the economy on track. Or is he super smart about economics and is doing the wrong thing on purpose to ruin the country. Seems like we're getting to impeaching time as that sure sounds like a high-crime or misdemeanor. He is a coniving, lying sack of shit. Worst politician in American history, because he is so stupid he doesn't know how to lie. However, he admitted of his and mooches plan earlier in his campaign but noone paid any attention. He must lose. I think he knows he is going to lose because of all the executive orders he is shuffling out. We must be wary. Get your permits and provisions. It will be nasty. Like I said before he is like a vampire when he goes down he will try and take down as many Americans as he can. This for real and he is for real. "The tree of liberty must be nourished with the blood of tyrants from time to time." GrumpyOne Let's see... The Dems see Romney as a flip-flopper. Since O'bammy seems to have mastered this art to perfection, what do we call him??? A twistabout? It must really be tough when you cannot run on a record and things look pretty dismal economy-wise for the near future so the only alternative is to obfuscate, lie outright, deny and otherwise try and deflect the truth. End O'bammy's suffering.. Vote for eviction in November! gastorgrab Passing ObamaCare during a recession is like putting an addition on your house after your house catches on fire. Let's put the fire out before we start measuring for a new rec room! KenH Brain damage is generally progressive, or degenerative. Both descriptors work for the SCOAMF Lies, and economic failure would have doomed a Prez in the past....but , welcome to the new Obama world of politics! If Mitt doesn't start sharpening his message....ah, screw it! Mitt is no alley-fighter....he is McCain, redux, with a fat wallet, and no visible fire in the belly...... gastorgrab Obama has a lot in common with Supreme Court Justice, John Roberts. Both identified the correct course of action, then they did the opposite. susanm WHATEVER OBAMA SAYS IS A LIE, ONE SICK PERSON. Fog Ducker These guys look like the godless heathens attacking "Helm's Deep" in Lord of the Rings, is it a coincidence? I think Not !!! AngieS. It's not a tax. It's a penalty. Geez. Come on! MajorGlory At least we know this is a planned recession. a former dem e's not clueless. Clueless means at somepoint you had some clue of what is going on. the man is pathetic ignorant fool. Nothing but a community agitator. I

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Build a Fort Every child loves to pretend to be in the wild west or camping out. Capture that creativity and build a fort as a hide out or camp site inside. Supplies: sheets, pillows, blankets, tables, etc Picnic Load up a basket or backpack with all the fixings for your lunch or dinner and a blanket. Head out to your local park or even your front lawn and have a fun meal. Supplies: lunch or dinner food, blanket, flashlight (if at night), bug spray/sunscreen Hide and Seek If your kid is too old for classic hide and seek, try out the night version "Ghosts in the grave yard" and allow them to play outside at night (with parent supervision of course). Supplies: good hiding spots Bake Cookies Find a recipe that uses any of the baking goods you have around home or purchase a log of dough from your local super market. Let your child help with the measuring and mixing. Supplies: cookie dough (home made or store bought), oven, cookie cutters, icing, etc Visit the Library Look for new books to read, or create a scavenger hunt for different books on animals (picture lists for the little ones). Supplies: library card, car (unless you live within walking distance) Go Thrift-ing Thrift-ing can be a practical way to have your kid shop inexpensively for things you really need at home. Supplies: A few dollars to let your child spend while "thrift-ing" Scrapbook Give your child some old photographs they love to make special scrapbook pages you can add to your own scrapbooks. Supplies: old pictures, craft paper, glue, sparkles, etc Origami This ancient art form is fun for kids of all ages. Supplies : origami paper or really thin paper (easy to make small folds) Ghost Stories in the Dark Gather around a camp fire or flash light and tell ghost stories. Supplies: flashlight or campfire, imagination 12. Make S'mores Everyone loves to enjoy this treat, what makes it even better is its easy for kids to make! Supplies: gram crackers, chocolate bars (like Hershey's), marshmallows Finger Painting Allow your kids to go wild with paint. We recommend doing this craft outdoors. Supplies: kid friendly paint, trash bags (to layout under where the little one will be painting), large pieces of paper Treasure Hunts This is an easy way to occupy your kid long enough to get some chores done around the house (maybe even a way to get them involved in the chores). Supplies : hidden treasure (something like a favorite toy), a piece of paper with a "treasure map" Board Games Even if you are lacking in board games at home, kids can make their own checkers set . Supplies : Board games, supplies to make your own games Camp at Home Pitch a tent your living room or yard and allow the kids to enjoy the fun of camping without the hassle of a vacation. Supplies : tent, sleeping bags, blankets/pillows, flashlight Garden Allow your kids to have a designated part of your garden to plant and maintain their seeds throughout the summer. Supplies : dirt, seeds, shovel, water Photography Set your kid up with your old digital camera or a disposable camera with a few shots left from your last vacation. Supplies : camera Catch Bugs Make sure you show your kids what bugs are okay to catch and which ones are better left outside before you end up with some nasty bugs coming inside. Supplies : cleaned out jelly or jam jar with a tight sealing lid that has holes poked in it Create a Play or Musical Have your kids come up with an original play or musical and act it out for you at the end of a days practice. Supplies: imagination, props or costumes from household items Learn new Jokes Everyone loves to laugh, so why not take some time to learn new jokes with your kids? Supplies: time, sense of humor Pick Flowers Make sure that you are not setting your kids loose to pick flowers in the unfriendly neighbors yards. Supplies: scissors, knowledge of whose yard is flower picking friendly Hike This is a great weekend activity for the whole family to enjoy the outdoors together. Supplies: sunscreen, bug spray, backpack, water bottle, snacks Museum If you have a local museum, call up and ask when they offer free hours

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Optical fibres were invented by the USA's Bell Telephone Laboratories. They were first used to carry telephone calls as far back as 1978. It is very hard to overstate the importance of this technology. These human hair-sized glass pipes have a stupendous capacity for carrying information. A single pair of fibres can carry the equivalent of 37,000 simultaneous telephone conversations, or 800 compressed video channels. In practice, few cables contain just a single pair. The Pentel pen sized cables now being laid in our streets contain at least four fibre pairs, a massive capacity. What's more, fibre optic cables are surprisingly cheap to build and lay. It's been argued that the cost-saving benefits of optic cables are so great that 95% of the cost of a transcontinental Sydney-Perth phone call is not in sending the signal 3000Kms across the continent via an optic fibre, but in the switching associated with the exchanges at either end. In other words, long distance calls don't actually cost the phone companies much more than local calls. Why the cost to the consumer doesn't yet reflect that reality is another story . Australia already has a well developed fibre optic network. The initial roll-out was concentrated on the distance routes. The major cities were connected first, and now the optic cables form a network reaching most rural centres as well. Travellers in Australia will be familiar with the microwave towers every 50Km or so along the highways. The bulk of these are now silent, replaced by optic fibres so cheap to lay and and maintain that there is no longer any economic sense even in maintaining the towers as a back-up. What's happening now is stage two. Having fibred up the long distance routes, the two major Oz Telcos (Optus and Telstra) have embarked on a massive roll-out of optic fibres to the surburban streets. They're planning to link these optic pipes to individual homes via conventional coaxial cables (rather like the ones connecting your TV to the antenna). Although we're being told that the major reason for the roll-out is to deliver Pay-TV services, in reality that's only a small part of the story. The major reason is the battle for market share of the telephony market. (In the USA where Pay-TV is well established, its total revenue is less than 20% of that which US telephone companies generate. In addition, the profit-to-revenue ratio posted by US Pay Operators is only a fraction of that posted by the phone companies). Compared to telephony, Pay-TV is a marginal business. In Australia, Telstra has an effective monopoly on the copper wire links to the home. Optus can compete on long distance calls, but on every call, it still has to pay Telstra for the use of the copper wire links between the subscriber and the local exchange. That's why Optus is so interested in laying optic fibre down your street. Instead of investing in an obsolete technology like copper wire, they've put their money on optic fibre, and they are hoping that along with Pay-TV, they'll also be able to sell you a direct connection to their phone network. In doing so they'll bypass Telstra's monopoly over the copper cable. Telstra has recognised this threat to its revenue core, and that's why it's responded by accelerating its own optic fibre roll-out. Both carriers recognise that there is a third potential revenue stream - loosely called 'broadband services', which they see as computer traffic ( ie the Internet and the like), except at much higher data transmission rates than are currently possible. No-one really knows how big this business will be. We do know that computer data is the fastest growing component of all telecommunications traffic, and has been for more than a decade. Faster transmission speeds may well accelerate this trend. If so, computer data may could become the major business of the phone companies within a few years, far outstripping voice calls. The stakes are high. That's the simple explanation of why Australia is about to become possibly the most fibre connected nation in the world. It's a nice neat story, an encapsulaton of the sort of reasoning which has led to Australia's rapid roll-out of fibre. The only problem is that the corporate consultants overlooked one very important implication. In The Next Big Thing, part 2 , we look

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I remember reading this - but I cannot remember where or when - that some SINCLAIRs were originally McKechnie's and/or McKeacherns .... can anyone corroborate this ? Seeking maternal's grandfather's KEACH line further back than late 1700's/Rhode Island to where I do not know yet. I have also heard of one KEACH researcher considering a George KEITH he had found as a possible George KEACH (cannot remember the specifics right now -- that could mean KEACH could also have been spelled LEITCH (combination KEITH and KEETCH.... KEETCH, George 1790 Mohawk Valley, New York) (There are quite a few KEACHs that have been spelled KEECH, but not too many George's and only one line that I know of to have George, Edward and William) Just something to consider as I also look for KEACH from various parts of England too Hello Margaret I've been working on an All Islay McCuaig project for years and would like to add your information to it. I have Duncan and Eliza's marriage entered but nothing more. The purpose of the project is trying to connect families in the records and researchers with the families. Your contact info would be included so that if in future someone contacted me, they would be able to contact you personally. Hope to hear from you. Cheerio Sue (McCuaig) Visser Ontario, Canada \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\\... From: Date: Thu, 24 Nov 2005 02:26:23 EST To: Subject: Re:McNabb & Currie in Chicago

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2 I'm kind of split between the two because If you have more technology, things are pretty efficient and quick. While if you have more labor, there's more jobs for people. If I ran a business myself, I would probably have more technology due to the fact that it is efficient like I mentioned before, and you wouldn't require as many workers which means less wage to pay. 3 In addition, one has to take into consideration the nature of the business. A automobile factory lends itself to technology much more than an insurance agency. Some businesses will always rely on the human touch more than others. 4 It completely depends on the type of job that needs to be done. If it is something monotonous and automated, something technological might do fine. But if it's something that requires judgment, style, or artistry, you're going to need a human being. 5 This is a very interesting question with philosophical and moral overtones and implications. On the one hard, the more technology that is used, the fewer humans are needed. Thus there are fewer jobs and greater strain on the economy, especially in terms of overall revenue and unemployment. On the other hand, with the massive world population and ever growing demand for an advanced standard of living, technology is most certainly required if the demands are to be met. I find this a quandary that I am not able to resolve with a unstudied opinion. 6 Post 3 gets this one right. The real issue has to do with the nature of the work being done. Of course, for some jobs, technology is much better. If you need something mechanical done repetitively and just right, a machine is better. For anything that needs any sort of creativity or flexibility, people are better. 7 A business always has workers, but it could not compete without technology. For example, my family owns a restaurant. It is a labor intensive business with waiters and cooks, but it uses a lot of labor saving technology. The cooks cut carrots with a knife, but the bookkeepers calculate the profits, wages, and taxes with a computer. Without the computer, we would have more bookkeepers than cooks. 8 The impression that I get is that the question is actually inquiring whether I would rather interact using technology or via the traditional way of everyday human communication and daily dynamics. My answer would be that I prefer to interact via technology. After so many years working with the public as a teacher and then as a professor, I have come to realize that people are becoming less and less willing to listen. Moreover, I have also found an overall laziness in people making themselves consider more than one side to a point of view. This generation seems almost automated in both action and thought. When you spend two hours having a discussion only to have a student refuse to get the point just makes you feel as if you were talking to someone who is hard of hearing. Hence, what do you do? Write down what you wish to say and hope that the recipient "gets it". Noticing how texting is far more used than talking on the phone, I wonder if we have gotten to the point to where our ears and heads are oversaturated with conversations that often lead nowhere. It seems like, when people text, they really get to the point of what they want to say. It is just my opinion and I know I kind of detoured on this one, but this is the reason why I prefer technology. 9 With the use of the word "behavior," I took this to mean something totally different: do I prefer the company of people to spending time on the computer? If this is the case, it depends upon my mood. If I am happy, I enjoy spending time with positive people. I enjoy exchanging information and sharing a good laugh. If I'm feeling down, I tend to read a book...or get on the computer. Time flies whether I'm working or playing a game. It requires nothing of me other than functioning brain cells, and I don't have to pretend to be happy -- though I can often have a good laugh if I'm checking my email. There is the danger of too much time spent on the computer or with other forms of technology: then it becomes too easy to isolate oneself. I know that today, kids think nothing of breaking up with a text, which I think is just bad form. However, they also have an intricate set of rules about texting: double-texting, for example, from a guy is bad news. For a girl, it's ok if it's done quickly, but is seen as "needy" if someone does not respond immediately to her text and

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for 49. Fulfilment by Amazon (FBA) is a service Amazon offers sellers that lets them store their products in Amazon's warehouses, and Amazon directly does the picking, packing, shipping and customer service on these items. Something Amazon hopes you'll especially enjoy: FBA items are eligible for FREE Super Saver Delivery and for just as if they were Amazon items. Book Description Publication Date: 4 April 2005 Brian Viner and his family had enjoyed much about their nice little middle-class patch of north London, but gradually realised they were suffering from a severe case of 'metropause' - the desire to swap the hassles of London life for the serenity of the countryside. After a long search they found the house of their dreams in rural Herefordshire. But is the quiet life all it's cracked up to be? More importantly, where does one go to get a decent cappuccino? 'A Year in Provence' with less sunshine but more laughs, "Tales Of The Country" is a wonderfully entertaining and heart-warming account of the Viners' adjustment from town to country. Full of anecdote and character, it is a superbly beguiling book about what is really important in life, and the joys and trials encountered along the road towards it. Brian Viner and his family had enjoyed much about their nice little middle-class patch of north London, but gradually realised they were suffering from a severe case of 'metropause' - the desire to swap the hassles of London life for the serenity of the countryside. After a long search they found the house of their dreams in rural Herefordshire. But is the quiet life all it's cracked up to be? More importantly, where does one go to get a decent cappuccino? 'A Year in Provence' with less sunshine but more laughs, "Tales Of The Country" is a wonderfully entertaining and heart-warming account of the Viners' adjustment from town to country. Full of anecdote and character, it is a superbly beguiling book about what is really important in life, and the joys and trials encountered along the road towards it. Special Offers and Product Promotions Buy any product sold by Amazon.co.uk excluding any Kindle Device and e-books and we will add a 10 promotional gift certificate to your account to spend on selected Amazon fashion. Here's how (terms and conditions apply) {"itemData":[{"priceBreaksMAP":null,"buy\\... to Basket","Add both to Basket","Add all three to Cart"],"showDetailsDefault":"Show availability and delivery details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and delivery details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} More About the Author Product Description About the Author Brian Viner was born in 1961 and grew up in Southport, Lancashire. He was the Mail on Sunday's award-winning television critic between 1995 and 1999, since when he has been a columnist on the Independent. He lives with his family in Herefordshire. Last month, I spent two weeks in the south of France with my partner. I'm not really much of a reader and often spend a lot of my time on my computer, wasting my evenings away, or out socialising with friends. I would often buy books but I never get round to reading them. However my partner is very keen on reading so I thought these two weeks would be the perfect opportunity to read a book I bought two years earlier in Leicester train station, Tales of the Country. As soon as I started reading this book I could not put it down. I was in stitches with Viner's witty jokes and hilarious tales and antics. I often relayed many of the book's jokes back to my partner who struggled to finish her book due to my constant interruptions. I haven't stopped laughing !!! From the beginning to the end it is just so funny having lived

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Often called the "Academy Awards" of business achievement in London, the Chamber's annual Business Achievement Awards gala showcases and celebrates some of the outstanding businesses in London. About the Business Achievement Awards Established in 1982 to acknowledge and celebrate local achievement, the Business Achievement Awards have become London's most prestigious business event of the year. Designed to publically recognize London businesses that exemplify excellence, to be a finalist for an award is in itself a great accomplishment.

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Note: This is false material we have supplied to document what Mr. Scott teaches. All this material, including Mr. Scott's "objections answered", are refuted by Dr. Patton's outline above. The Bible, which is the inerrant word of God, teaches that God created the universe from nothing. Contrary to naturalistic evolution, it teaches that different kinds of animals were created distinctly. Contrary to theistic evolution, it teaches that man was created separately from all animals, and made in God's image. But over what kind of time frame did God create our universe? Some Bible believers insist that the world must be only 6,000 years old, because the world was created in six days, according to Genesis 1. In this article I will argue that the Bible allows for a much older earth, because the days of Genesis 1 should not be interpreted literally. THE DAYS CANNOT BE LITERAL. The "days" of creation in Genesis 1 cannot be literal because of the parallel account of creation in Genesis 2. After God put man in the Garden, He paraded the animals before Adam, who "gave names to all the cattle...birds...and to every beast of the field" (2:20). Adam, however, had no helper, and God created Eve for him. Some amount of time must have passed between Adam's creation, the naming of the animals, and then Eve's creation. But if the days of Genesis 1 are interpreted literally, all of these events must have occured in one 24 hour day, because on the sixth day "God created man...male and female He created them" (1:27). Because of all the things that sixth day as described in Genesis 2, the sixth day of Genesis 1 cannot be literal. THE DAYS MUST BE AGES To prove that the days are ages, consider the seventh day. All the other days of creation ended with the phrase, "and there was evening and there was morning, a xth day." I understand that phrase to mean that each of those days had a distinct conclusion. However, there is no such statement for the seventh day, which must mean that it has not ended. In other words, on the seventh day God ceased creating new life forms, and that day has continued until now because He still "rests" from creating new life. This interpretation is supported by two NT texts. Hebrews 4:1-9 teaches that God's sabbath rest remains for us to enter. And in John 5:16-18, Jesus justified healing on the Sabbath because "My Father is working until now, and I Myself am working." Jesus' point is that He can still do some things even though He is observing the Sabbath, because God the Father can still work (through providence) even though He is still observing His Sabbath (rest from creating new life). The seventh day of the creation week in Genesis began at the creation of Adam and Eve, and has continued since that time. Thus, this seventh day is an age of thousands of years, and therefore justifies interpreting the other days as ages. ANTICIPATING SOME OBJECTIONS (1) But doesn't "day" always refer to a 24 hour day? Normally, yom does refer to literal days, but in the context of creation yom is used in three different ways: day as opposed to night (1:16), 24 hour days (1:14), and the entire period of creation (2:4). (2) But what about the Sabbath command in Exodus 20? Exodus 20:9-11 does base the Sabbath command on the creation week, and clearly that command was applied to literal days of the week. However, the emphasis of the Sabbath is not on 24 hour days, but on the number SEVEN. After all, the Sabbath principle applied to years (Leviticus 25:4-5), and the jubilee, every seventh sabbath year (Leviticus 25:8-55). In Exodus 20, the seventh day of our week is paralleled to the seventh day of God's creation week, which we proved earlier is an age of many years. (3) If the days are ages, how could the universe have existed for three prior ages before the sun was created on the fourth age? Actually, the sun was already in existence after the first day, because the phrase "God created the heavens and the earth" (1:1) refers to the entire universe. What happened on the fourth day was that the sun, moon, and stars became visible to the earth's surface for the purpose explicitly given in 1:14--

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The real beauty of nature can be felt away from the urban life. If you still didn't get the chance to know the kind of power nature holds for healing your drained and tired body then you should visit Cameron highland in Malaysia. (TRAVPR.COM) MALAYSIA - July 23rd, 2012 - FOR IMMEDIATE RELEASE Malaysia, July 23, 2012 -----It is very important to revitalize your energy in order to give a new and fresh start to your life. The best source for this revitalization is to take off and move to a place that has all features to entertain you in a way that you can actually get to feel and fresh and energetic. In your town you don't actually have to go very far because at distance of few miles there is a beautiful place known as Cameron highlands. This is best spot to stop at in order to enjoy nature. Nature has been considered as very impactful medium in term of relaxing and soothing the tired nerves. In this place the visitors are blessed to enjoy living in Cameron highlands hotels or Cameron highlands apartments. This place is designed in a way that the visitors should have every possible means of getting mental peace. The best way to get relief from the scorching heat of summers is to set your journey towards Cameron highlands. The visitor is entitled to his own choice in order to opt for an apartment or hotel. Cameron highland hotels services are excellent in term of serving you in royal manner but if this is not required by you and privacy matter you more than any other then Cameron highland apartment is excellent choice to spend quality time with your family. One cannot desire for anything else then this on his vacation trip. This place is all set to enable you to enjoy your holiday in tremendous manners. They have very exciting offering for the guest coming to this place. One can actually get to feel the essence of simple and beautiful life. They have well maintained farms. These can be visited to view the fresh vegetation and beside that they hold collection of different animal and bird species. This place has amazing surprises for you in form of Cameron Mossy Forest. The beauty of forest along with lush green tree can be enjoyed in safe manner. The company of a travel guide on a trip will inform you about each aspect of forest life. For your kids nothing can be more exciting than this trip because it holds balance package of information and entertainment. It is very easy to access them for sake of advance booking. They have designed web page containing both landline and email address. Those can be accessed for sake of contacting them and knowing more about them. It is for sure that you trip to Cameron highland will be not only exciting but full of fun and adventure. Please contact the person or company listed above for information regarding the content of this press release. TravPR.com are not the issuers of this press release and are not responsible for the accuracy of the content.

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What's The Point Of Fiction? As I write these words, Macedonia's feuding leaders are gathering at the beautiful and historic lakeside resort of Ohrid, on the border with Albania, for last-ditch peace talks. By the time this magazine is printed and published -- and depending, of course, on whether the negotiations have halted this fragile republic's slide towards civil war -- another less heralded assembly will be taking place in Macedonia. The 68th Congress of the international organization of writers, World PEN, is scheduled to convene in Ohrid from 25 September to 5 October. The two meetings could hardly be more different: one a summit between the political and military powers of the region, occasioned by conflict; the other a gathering of writers assembled to discuss social and literary matters. One thing seems certain though. The PEN congress will have received a fraction of the media attention and analysis devoted to the Ohrid peace talks or, to remember a recent farce from the theatre of world leaders' meetings, the G8 Summit in Genoa. The PEN gathering and many more like it, large and small, across the world have an importance far beyond the tiny amount of publicity they receive from an inattentive media focused on the celebrity of our 'democratic' leaders and the potential for photogenic violence. 1 In this month's NI we have approached our subject in a slightly different way. Usually, having chosen our theme -- whether it be the juggernaut of globalization, the aids crisis in Africa or sustainability -- we try to paint the full picture by sifting facts from opinions and listening to the voices of those at the sharp end of the fight for global justice. This month, we are just as interested in what those same voices have to say, but we aren't really after facts . Instead, we have been visiting the worldwide 'Republic of Letters' to take a look at some of the stories the South is telling itself and the world. That splendid agitator Percy Bysshe Shelley, in response to Thomas Love Peacock's sneering description of the author as 'a semi-barbarian in a civilized community', called writers 'the unacknowledged legislators of the world'. This month, we focus on just a few of the many writers who so richly deserve this description. Reading them, one realizes the truth of what one of our featured authors, Okey Ndibe from Nigeria, has said: 'A story that must be told never forgives silence.' There is a case to be made -- and I am I hope about to make it -- that reading is one of the most radical things you can do. It is no surprise that autocrats, from the destroyers of the Library at Alexandria to the Nazis and the Taliban, make a habit of burning books. Books give us access to knowledge, opinion and debate. They open up all the possibilities that those who wish to control and oppress would deny us. In far too many areas of the planet, writers are subject to what Nadine Gordimer calls 'the double demand': the first from the oppressed, to act as spokesperson for them; the second from the state, to take punishment for being that spokesperson. One has only to remember the fate of Ken Saro Wiwa to realize how heavy such a responsibility can be. 2,3 There is a chilling line in Ian McEwan's novel The Innocent : 'secrecy made us possible'. The point being that with the growth of language comes the increasing ability to lie, dissemble and withhold vital information. It is a sort of lowest-common-denominator view of cultural development in which communication is one more weapon in the scramble to survive. 4 To dispute with this viewpoint is one of the motivations behind this issue of the New Internationalist . For, if books in general are tools in our progress towards justice and true humanity, then fiction or story-telling is where we began to forge such tools. Standard Western histories credit Miguel Cervantes with 'inventing' the modern novel and we treasure epic stories that have come down to us from antiquity such as Beowulf , Gilgamesh and the Mahabharata . But these are merely elaborations of the basic human need to tell stories, to invent and convey to others the lived truth and learned experience through the medium of fiction. Storytelling has always been with us. Equally, our swapping of stories is an implicit subversion of official channels of communication and control. There is an

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He wants to marry a girl with whom he had a relationship The Prophet (pbuh) said: "Convey (my teachings) to the people even if it were a single sentence.." (Bukhari) Question He wants to marry a girl with whom he had a relationship. I hope you can help me as I am in a deep trouble. I knew some girl who works far from where her family lives. For two years we had a loving relationship, we were meeting and committing Zina (adultery), we agreed to marry because I can not forget her, and she can not forget me either. Since she knew me she became religious and changed a lot. Allah knows how much I love her. Do you advise me to marry her? I am suffering. Answer Praise be to Allaah. Firstly: Before answering your question, we must remind you that it is obligatory to repent and regret what you have done with this woman, because you have fallen into several major sins, the most serious of which is zina (fornication) which is clearly forbidden in the Qur'aan and Sunnah, and the scholars are unanimously agreed that it is haraam, and wise people are unanimously agreed that it is abhorrent and evil. Allaah says (interpretation of the meaning): "And come not near to unlawful sex. Verily, it is a Faahishah (i.e. anything that transgresses its limits: a great sin), and an evil way that leads one to hell unless Allaah forgives him)" [al-Isra' 17:32] And the Prophet (peace and blessings of Allaah be upon him) said: "No adulterer is a believer at the time when he is committing adultery." Narrated by al-Bukhaari (2475) and Muslim (57). There is a severe punishment for zina in al-Barzakh, before the punishment in the Hereafter. In the famous hadeeth of Samurah ibn Jundub (may Allaah be pleased with him) about the dream, it says: "... then we [i.e., the Prophet (peace and blessings of Allaah be upon him) and Jibreel and Mikaa'eel] proceeded and came to something like a tannoor (a kind of oven), in which there were clamouring voices." He [the Prophet (peace and blessings of Allaah be upon him)] said: "We looked into it and there we saw naked men and women. Flames were coming to them from the bottom of it, and when the flames reached them, they made uproar. I said to them [i.e., the two angels who were accompanying him], 'Who are these?' ... They said, 'We will tell you. As for the naked men and women in the structure that resembled a tannoor oven, they are the adulterers and adulteresses.'" Narrated by al-Bukhaari (6640). Allaah has ordained the hadd punishment for zina. He says concerning the hadd punishment for an unmarried person (interpretation of the meaning): "The fornicatress and the fornicator, flog each of them with a hundred stripes. Let not pity withhold you in their case, in a punishment prescribed by Allaah, if you believe in Allaah and the Last Day. And let a party of the believers witness their punishment" [al-Noor 24:2] As for the person who has previously been married, the hadd punishment is execution, In the hadeeth narrated by Imam Muslim in his Saheeh (3199) it is narrated that the Prophet (peace and blessings of Allaah be upon him) said: "For a previously-married person with a previously-married person, [the punishment is] one hundred lashes and stoning." What we have said to you applies to the woman too, and she should realize that her sin is even worse, but because, as you say, she has become righteous, we hope that her repentance is sincere and that Allaah will forgive her by His grace and kindness. Secondly: You should note that if you have not both repented from the sin of zina, then it is not permissible for you to marry her, because Allaah has forbidden the zaani and zaaniyah to marry unless they both repent. Allaah says (interpretation of the meaning): "The adulterer -- fornicator marries not but an adulteress -- fornicatress or a Mushrikah; and the

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Formats Book Description Publication Date: July 31, 2002 Voted a 2000 Book of the Year by ! The Intelligent Design movement is three things: Although the fast-growing movement has gained considerable grassroots support, many scientists and theologians remain skeptical about its merits. Scientists worry that it's bad science (merely creationism in disguise) and theologians worry that it's bad theology (misunderstanding divine action). In this book William Dembski addresses these concerns and brilliantly argues that intelligent design provides a crucial link between science and theology. Various chapters creatively and powerfully address intelligent discernment of divine action in nature, why the significane of miracles should be reconsidered, and the demise and unanswered questions of British natural theology. Effectively challenging the hegemony of naturalism and reinstating design within science, Dembski shows how intelligent design can be unpacked as a theory of information. is a pivotal, synthesizing work from a thinker whom Phillip Johnson calls "one of the most important of the design theorists who are sparking a scientific revolution by legitimating the concept of intelligent design in science." Voted a 2000 Book of the Year by ! The Intelligent Design movement is three things: Although the fast-growing movement has gained considerable grassroots support, many scientists and theologians remain skeptical about its merits. Scientists worry that it's bad science (merely creationism in disguise) and theologians worry that it's bad theology (misunderstanding divine action). In this book William Dembski addresses these concerns and brilliantly argues that intelligent design provides a crucial link between science and theology. Various chapters creatively and powerfully address intelligent discernment of divine action in nature, why the significane of miracles should be reconsidered, and the demise and unanswered questions of British natural theology. Effectively challenging the hegemony of naturalism and reinstating design within science, Dembski shows how intelligent design can be unpacked as a theory of information. is a pivotal, synthesizing work from a thinker whom Phillip Johnson calls "one of the most important of the design theorists who are sparking a scientific revolution by legitimating the concept of intelligent design in science." {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Editorial Reviews Amazon.com Review "Einstein once remarked that the most incomprehensible thing about the world is that it is comprehensible." This statement, quoted by William Dembski, is a way of summarizing intelligent design theory, which argues that it is possible to find evidence for design in the universe. The author of The Design Inference (a scholarly exploration of this topic published by Cambridge University Press) in this book aims to show the lay reader "how detecting design within the universe, and especially against the backdrop of biology and biochemistry, unseats naturalism"--and above all Darwin's expulsion of design in his theory of evolution. Intelligent Design is organized into three parts: the first part gives an introduction to design and shows how modernity--science in the last two centuries--has undermined our intuition of this truth. The second and central part of the book examines "the philosophical and scientific basis for intelligent design." The final part shows how "science and theology relate coherently and how intelligent design establishes the crucial link between the two." This suggest

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In the spring, Walleyes are either in a river current or right close to shore. When I say close to shore, I mean 3 to 10 feet from shore. In Northern Ontario Canadian Shield Lakes, the Walleyes that don't spawn in the river will find sandy areas along the shore to spawn. By the time fishing season opens, most Walleyes are finished spawning but they will hang around to protect their spawning beds. You can put on a light jig (1/8th or 1/16th oz) and cast along the shore and retrieve it quit aggressively as the Walleyes are very aggressive this time of year. Use bright colors like red, chartreuse, yellow or white. Walleyes that are feeding will hit the jig. Walleyes that are not feeding will still hit bright colors because they are defending the spawning grounds and bright colors aggravate them. Generally, white is always the best color. In the daytime and in early spring, your will most likely catch smaller males, which stay at the spawning beds. The bigger females usually take off into deeper water during the day. If you are going after size instead of numbers, fish off the areas where Walleyes were spawning and fish deeper in the 10 to 15-foot depth. That's where the big females are. How do you find that special spot along the shore where the Walleyes are congregating? In the spring, put on a small Original Floating Rapala or Thunderstick and troll really slow right along the shoreline. The Walleyes will be in 2 to 4 feet of water. Red, Blue, Chartreuse and Fire Tiger are the best colors in the spring. If you keep trolling past a spot and hit Walleyes, then that's where they are. In this case, stop the motor and start casing. Trolling back and forth too many times will spook the area and they will stop feeding. A few years ago in very early spring (just after ice-out), we fished right along the shore. If we were more then 10 feet away from shore; we would not catch anything. Across the lake was a bunch of guys that were staying in a different camp. They watched us fishing along the shore and catching Walleye after Walleye. They were fishing out in the middle of the lake and catching nothing. They watched us catch fish all day. We told them the Walleyes were right on shore yet they would not listen and fished out in the middle of the lake and continued to catch nothing. If you are going to be a stubborn fisherman who never tries anything new or will not accept the fact that the fishing in Northern Ontario is different then down south, then all you'll catch is disappointment. In early spring, 95% of the walleyes will be in water shallower than 5 feet. In the afternoon, the big females will go deeper to protect themselves from the sun and Pike. In the middle of the afternoon try trolling 30 feet from shore in deeper water using down-deep Husky Jerks to try to pick up those big females that leave the shore in the daytime. Summer: In the summer the walleyes go a little deeper, hang out at the mouth of rivers or lay off rocky points. Islands that have patches of gravel around them are good spots. Rocky drop-offs are also good. With lakes that have a flat structure, the Walleyes will head into the thick weeds to get protection from the sun. In the summer, Walleyes tend to go after more natural colors like silver, brown, black and white. When fishing with jigs, you can go to a heavier jig like a 3/8-oz or even 1/4-oz depending on how deep you are fishing. The unscented twistertails or rubber you put on the jig should be these natural colors. Fish in the north do not like scented rubbers. They do like salted rubbers. Live minnows, if allowed, are excellent whether on a jig or just a strait hook. If you are on a lake where you cannot use live bait, get some salted minnows. We use to catch minnows and then cure them with salt. It seems a little cruel but it's convenient and the Walleyes go nuts over them. Just put a bunch of minnows on a cookie sheet and cover them with a generous amount of table salt. Hot Days - Some times the Walleyes get very lazy in the

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PLEASE SIGN HILLSBOROUGH E-PETITION bitly.com/UacuyY Please visit this link and sign the e-petition to have Kevin Williams' inquest brought forward. Anne Williams, a dedicated fighter for the campaign for justice after Hillsborough, has been diagnosed with terminal cancer and would like to see justice while she still lives. Liverpool will continue their defence of the League Cup\* they won last season as they welcome Swansea City to Anfield. The Reds have endured a mixed start to the season results-wise but there has been plenty for their fans, and their new Manager Brendan Rodgers, to be happy about. Rodgers has used the fact that he's got a small squad of senior players to his advantage and decided to blood the next generation of Liverpool talent with the likes of Raheem Sterling, Suso, and Andre Wisdom all making an impact for the Reds already this season and cemented themselves as first choice picks in the league. Tonight presents another opportunity for more youngsters to stake their claims for future opportunities with the likes of Jack Robinson and Samed Yesil featuring. Obviously this match contains a subplot as Rodgers faces off against his former team, and their new manager Michael Laudrup. He's already faced one former team, Reading, this season and secured a victory. It will also be Joe Allen's first time facing his former team and he'll certainly want to win just as much as his manager. The Liverpool Word called together five of it's writers, along with myself Dave Hendrick, to give thoughts and opinions on this upcoming tie. Joining me today are Stuart Quigley, Matt Volpi, Tom N-Jones, Sam Drury and Karl Matchett. \*Here at The Liverpool Word we're continuing to call a moratorium on the use of sponsors names for this trophy. It's the League Cup, and that's all there is to it. TLW -- Wednesday will be the first meeting of Liverpool and Swansea since Brendan Rodgers swapped South Wales for Merseyside. What are your thoughts on how Swansea have fared since his departure? Matt - I've been surprised. I actually had them tipped for relegation before the season began but based on what I've seen and heard so far, they're doing more than enough to get by in this league. After losing Allen, Sigurdsson and of course Brendan, you would expect everything to be very different, but they've impressed me. I haven't had a chance to catch a game yet but I've seen highlights and it looks as if the style of play they perfected last season is ingrained deeply in everybody at the club. It's a real credit to the players and Laudrup that they are sticking to playing the beautiful game properly in that risky second season. I saw a video of them playing it out from the back to create a chance a few weeks ago and I really do have a lot of respect for their style. Stuart - They started off like a house on fire. In much the same way that they were a revelation last year, it looked as if they could push on even further and be challenging for a European place or something. But that's what putting too much stock in early season results will do; you get carried away far too easily. I don't think they're in any major trouble as far as relegation goes but it looks as they've been brought back down to earth with a couple of bad results (although the City game shouldn't be taken out of context). Hopefully we'll continue that. Karl - Not too bad. In fact, probably as expected. They had the initial good start which teams often get as a result of working hard and being enthusiastic with a new manager, before a slight slump. The team is actually quite different now to the one Rodgers had, with Laudrup putting his own stamp on the front six quite quickly. They are more of a 4-2-3-1 side now than last season, though the style of play is similar if a little more direct. Certainly they use the counter attack more effectively than they did last year. Pablo is a superb signing at a bargain price, and Michu has had a great start too. Ki is another good signing -- Laudrup's done well there. Tom - Its been pretty mixed really hasn't it? There's been stark contrast between the barnstorming way their season started, with 8 goals in the first two games, and the more recent rumours of dressing room discord. The reality is probably in the middle of the two. Michael Lau

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How to find out if the health insurance programme covers the required services? If you have a BTA health insurance card, then you can clearly say that your employer has made sure you receive the best health insurance. Titles and information on your health insurance card (policy) indicate programmes that you can use, as well as the major services and the scope of their application. You can read through the programme descriptions to learn about what your health insurance card (policy) covers. Take into account that BTA offers not only a wide range of insurance programmes, but also the possibility to change services within the framework of the programme by including or excluding some of the manipulations or by fixing individual limits to them. Ask your employer about these options.

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The conversation starts off discussing his two-week conditioning stint in OKC and what needs to happen before he signs an AHL contract. JG: You've got to come back to Edmonton and the doctors will re-evaluate you to ensure that the shoulder is good before you play in a game, correct? TH: Yeah. I think I'll be a professional bag skater by the end of the two weeks. JG: Did you get some advice from Struds, because he says he owns the record for bag skates? TH: He's probably the best stop and starter in the game because of it (laughs). Yeah, that's pretty much the plan. I'll get some contact. I'll get bagged, and then I'll come back after a couple weeks, see the doc. Hopefully that's all good. Then I'll start playing. It will be a pretty quick process, but I have to make sure that I'm game ready before I play. JG: Did you ever chirp Strudwick when you guys were teammates? TH: Yeah, all the time. He chirped me before I even knew it was okay to chirp him. JG: Really? He told me that he would never chirp a guy unless that guy chirped him first. TH: No, that's not true. I remember the one time ? and he's probably already told you - I wore this terrible suit into the rink one day. It was a complete junior suit, so he was chirping me; all the guys were chirping me. And then the one day before a road trip he came in with a black V?neck and just a suit and he looked like Julian from "Trailer Park Boys". Same hair, same outfit, same everything, except he was dressed like this for a road trip, not to hang out in a trailer park. After that it was acceptable to chirp each other. But now that we're good friends, we have more fun with it. JG: What's the easiest chirp on Strudwick? TH: His hairline. Oh, it's terrible. His wife is all over him to get a haircut right now, too. If he's reading this, I hope he's at the barber right now. He must have built his house without mirrors, I guess. JG: How do you plan your life right now because you don't know when the lockout ends? What will you do for living arrangements in OKC? TH: Ebs (Jordan Eberle) and I are living together again, and he has a two?month lease for us in OKC. JG: Is Nugent?Hopkins living with you too? TH: Nuge is with Schultz. I think our places are right beside each other. We're in the same building, and it's a ten?minute walk from the rink. Ebs set that all up. I'm living in our place here by myself. I'll just go down there, move right in. He went shopping today for a bunch of stuff for the place, and it will be fun. JG: So is he more the homemaker of you two? TH: Well, he's down there right now, so he might as well get it all organized. I got everything set up for our place here, and he got everything set up for me, so it's even. JG: When I had you in studio last time, you mentioned you wanted to become more of a leader this year. You talked about needing more of a "buy?in" philosophy from your teammates. When, or if, the Oilers are going to be good in a few years, outside of having yourself, Eberle and Nugent?Hopkins, you'll need those support, complementary guys, like Paajarvi, Hartikainen and Pitlick. Are you going down there looking to be more of a leader? TH: I think it's a good opportunity to really step into that role. Ebs has an "A" on his jersey down there. I might bring him down a step or two if I can, (laughs) but it's definitely a good chance to become a leader. I'll be playing with guys that are mostly the same age as me, and I think for me and Ebs in three or four or five years, that's going to be the case here. We're pretty much the same age as everyone. So it's a really good opportunity in a lot of facets. You know, leadership, my defensive game, my power play,

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Advertising Fads Into the future We all believe this present-day popular websites on the web tend to be search engines while using the authority regarding Bing along with the basics for any the current pattern sites are pretty much for instance while underneath; Websites such as Facebook, Twitter Video/Picts revealing internet sites including Vimeo, Reddit The less do they really possibly be continue to the actual tendencies in the foreseeable future? There's no doubt that thus, since they get attained your wants in our existence. Nevertheless I don't reckon that they may still need been recently the initial aspects which do not take one more, well, i would like to give a brand-new strategy for the; classified listings, for the reason that more and more as compared to one half of the particular searches carried out for search engines like yahoo for example Bing, Google and Google make an effort to choose the right web site to obtain a clear free ad placed on-line. On-line classified promotion is the procedure connected with marketing and advertising a product or service by simply creating an interesting outline about this and are generally updating a myriad of marketing strategies over the internet. Obviously as I said ahead of, I agree of which search engines like yahoo are musts over the internet, and also other tendencies it's still practically in most made use of, however there will be an additional concept that'll be used as among the most visited people on the web, simply because we likewise understand that marketing is really a need within our life, and sales promotions will be musts involving world wide web advertising & promotion. Currently, a number of the internet users have the intelligent alternative by empowering his or her small business having precise city marketing and advertising on the internet. Right now, there's also a lot of totally free free classified sites websites on the internet, yet I'd personally nothing like to talk about for all them, simply for the future craze one inch the lamp. Why I personally use that phrase will be is often discussed as; there ought to be a distinctive internet site due to this region in the foreseeable future and there need to be unique differences about it. If another person consider to create a free classified or to seek out any kind of advertisement, your identity which relates to his/her brain ought to be the a person. It will have many special capabilities supplying the site for being the unique just one with free classified sites web pages furthermore in all of the web sites. It has to be employed while classified listings google search Ad as men and women from all world wide continue to make use of the web site to publish their own promotions and it is collection medicine most significant 1 on the net. Just think over it! For example, you will need a motor vehicle therefore you actually have no idea this newspaper is the foremost path to finding this, you can learned about the item, and you still need to search on Bing finest a single towards you. If there is single brand you think of, you only click on the web page and appearance for doing this by way of deciding on the land as well as placement in your town. It is additionally legitimate if you want to sell your truck and need in promoting your own advertising on the web by simply submitting them. Very well, tthere shouldn't be need to use any search results to uncover the correct site with regard to classifieds, no requirement to spend your time in search motor, you don't need to loose you with internet sites pollution via the internet, in addition inside classifieds websites carbon dioxide. While dealing with to create or perhaps hunt for almost any free ad, the brand that comes to mind need to be the 1. When compared to different free ad internet websites or some other promoting press, it should present free classified sites for free in every areas, having a massive position database throughout the world, including colleges, which has a user interface that feels convenient for the proper way to share or even look for, together with opinions and fees for the articles, together with ability to publish right away with out registering, using opportunity to summarize advertising while faves without the need of membership rights, with a search relaxation by way of polishing benefits for different types, together with power to purchase effects for night out, subject, area, state, look at, opinions in addition to prices, quickly with many distinctive dissimilarities on it! It should make it easier to get the advertising submitted out of any kind of position, whether wherever you are or maybe mile after mile at a distance; whether it's a area, township or even a college in every nation. It

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Original Lyrics Performer: Anna Rossinelli Song title: In Love For A While Song writer(s): David Klein Song composer(s): David Klein I looked into your eyes, And when I saw your smile I knew right from the start, Life is good for a while. Romance comes and goes, But a love like ours is here to stay Each lovely night and sunny day. I love everything about you, I couldn't do without you Whenever you're near me All my days are on the bright side But when I'm not around you I have to find the way to be with you Each night and every day. Na nanananana, na nanananana na Na nananana... And as time goes by And we've seen stormy weather I know that you and I, Were only getting better. But when I'm not around you I have to find a way to be with you Each night and every day I love everything you do I couldn't do without you, I love everything you do I have to find a way to be with you I know you and I, are in Love for a while.

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Friday, November 23rd I've shared some of these images before on facebook but they deserve sharing again. My friend Daniela has a great eye for furniture and art and knowing where to place them, and as much as I think I'm good at putting together colours and styles, it's a whole different animal styling a home and making it look tasteful. She is currently consulting others how to organize and simplify their own homes, and so she should!

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share this story I think Klout has greater potential than any other company in the world. Greater than Apple, Exxon, or Facebook. I think we'll see some form of the reputation graph become integrated with almost every transaction and interaction we have. The problems it could solve range from politics to corporate governance to education to lending. The potential depth of coverage is in the trillions of dollars. The reputation graph, in a variety of forms, is already creating fundamental changes in the way people interact. Power is moving from government and brands down to individuals. Individuals can express themselves and drive society in ways they couldn't before. For example, when market participants trust one another (through the vehicle of a reputation system) many transactions that wouldn't happen do happen. This illustrated in the rise in popularity of collaborative consumption platforms and peer to peer marketplaces. Initial Applications Salesforce lets companies monitor the Klout scores of customers who tweet compliments and complaints; those with the highest scores will presumably get swifter, friendlier attention from customer service representatives, thus enhancing the return on investment of their customer service efforts. Gilt Groupe began offering discounts proportional to a customer's Klout score. Companies have always attempted to woo influential people, but until the dawn of social media, there was no way to pinpoint society's hidden influencers. Through Klout, brands provide special offers, called "Perks," to influencers and pay a fee to make those offers. Klout Moments surfaces users' social media post that were most engaging. You can go to someone's Moments page to quickly get an idea of someone's personality. Users can also learn about what their friends and followers are interested in. These applications are really only the tip of the iceberg. Klout recently announced a partnership with Microsoft's Bing search engine. The partnership powers the discovery of influencers, people that are the most passionate and knowledgeable on given topics. Bing will display Klout scores for friends in the "People Who Know" section of the right-hand column, alongside other third parties already in there, including Twitter and Quora. Search for a hot topic and you'll see people with socially-proven expertise showing up and those experts will get a boost in Klout score. The partnership could be huge for advertisers, content creators and subject matter experts. "In our everyday lives we make an extraordinary number of decisions about people. These range from who to hire for a specific job to who to let into a certain college. Billions of dollars are spent daily on making decisions about people and the costs of poor decisions are tremendous. And yet, the "science" through which we make these decisions is far from perfect." Companies that effectively build the reputation graph will have an amazing opportunity to take advantage of these inefficiencies and to enable fundamentally new interactions within society. I hope that people will stop getting stuck up on the imperfection of the algorithms and start thinking big picture. We're in the top of the first inning of this trend. There is enormous potential here. I think Klout has greater potential than any other company in the world. Greater than Apple, Exxon, or Facebook. I think we'll see some form of the reputation graph become integrated with almost every... I think Klout has greater potential than any other company in the world. Greater than Apple, Exxon, or Facebook. I think we'll see some form of the reputation graph become integrated with almost every... Click here to leave a comment. HuffPost High School welcomes a lively, thoughtful debate in the comment section. Keep in mind that the articles here are penned by young authors, so please keep criticism respectful, and help us to keep this a safe and supportive place for writers of all ages to contribute. Klout measures social media influence, not talent, knowledge or ability. It tells you which kid in the cafeteria can get everyone to stop and listen, not which one is actually the most intelligent or talented. I won't say the former isn't important, but I will say that the latter is needed to provide complete picture of someone's reputation. Loading comments... I agree Klout is not perfect. and I do think some kind of "reputation-y" graph would be useful in measuring someone's intelligence, knowledge, talent, etc. I really like what Quora is doing and have seen some early-stage startups doing interesting things as well. p\_blogger\_Michael B. Fishbe

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Lyla & Bertie Went To The Cotswolds We have just got back from a lovely week in the Cotswolds. We stayed at the same cottage as before in Gloucestershire at Easter. Lyla & Bertie even seemed to remember where we were as they got very excited when we pulled up outside the house & couldnt wait to get to the paddock where they could have a good play after travelling down. We covered most of the cotswolds, the forest of dean & even went to Bath where Lyla & Bertie seem to become a very big tourist attraction, with groups of people surrounding us, they didnt seemed to mind though they were enjoying all the fuss & attention they were getting. Again we went to the friendly local pub every evening for our dinner, the locals couldnt have made us or the dogs feel any more welcome & even let us take their beds inside for them to lie on which was great for them after a day out exploring. Here are a few pictures of Lyla & Bertie on their holiday. where did you stay? it looks lovely we're hoping to go on a little holiday soon, thought it'd be fine waiting since the summer hols will be over but everywhere i look still seems to be fully booked! oops! Hi we stayed here http://www.sheppards...o.uk/index.html i think they have 1 week left in september, it really is a great place to take your dogs, you dont even need to go out in your car if you dont want to as there are plenty of walks from the cottage Thanks very much for the post. On the strength of your pics etc have booked a few days there in November with Fat Annie and her two little mates. Really looking forward to it. Have been looking for a cottage for some time and thishas sorted us out. Thanks

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Analysis: the evolution of Cristiano Ronaldo Cristiano Ronaldo has under Jos Mourinho developed into a rare hybrid of a winger and a forward whose game relies on explosive movement rather than pure technical ability. That is a far cry from Manchester United where the Portuguese was renowned as one of Europe's finest dribblers; a tricky winger often criticised for taking too many touches. Jos Mourinho, succeeding Manuel Pellegrini -- who deployed Ronaldo as a forward upon his arrival at the Bernabu -- has adapted that individualism to his own emphasis on collectivity, making him less flashy but, typically, more effective. In fact, as this analysis shows, Ronaldo has gone from being a dribbler to something close to a pure finisher, relying more on explosive off-the-ball movement than technique and flair. He may retain his old qualities, but the essence of his game has changed significantly. A winger or a striker? It's hard to define Ronaldo's role in Real Madrid. "We try to find a position that is most comfortable for Cristiano," Mourinho said last year. "And there is always the debate. Is he a forward? I do not think that he is. I think [his game] is one-on-one against a rival. Line-up: Real Madrid's set-up for the 2011/2012 season "Is he a winger? No, because he is also a goalscorer and when you are a winger, how many goals do you score in a season; half a dozen? I think that he is the mixture of two things. He has everything." While Mourinho is right in labelling Ronaldo a hybrid, his analysis differs somewhat from reality. Ronaldo may be a winger positionally (defensively speaking, anyway), but his attacking game leans towards that of a forward. Although Ronaldo is exceptional one-on-one, few of his goals are scored that way. Rather, they are hammered home via ruthless first-time finishes. Analysing Ronaldo's 46 goals in La Liga last year (2011/2012), as many as 20 of his 32 goals from open play came via first-time finishes -- that is, with no touches prior to the finish (this discounts the 14 goals from set-pieces -- 12 penalties and two free-kicks). This suggests Ronaldo's technique beyond the finish was irrelevant in 63 per cent of his goals. Rather, his chief weapon was his ability to react quickly, lose his marker and time his runs. Movement The collective patterns leading to Ronaldo's goals were also interesting; half of the 32 came from two specific moves. The first was obvious to regular Real Madrid observers; six goals came from Ronaldo accelerating behind the full-back, often in a transition, before cutting inside to finish. Another move was more surprising however; ten goals were scored directly off crosses from the right side. This reflects one of the patterns Mourinho practices in training sessions. The graph below was created by US-based coach Gary Curneen who observed two of Real Madrid's pre-season training sessions in Los Angeles this year. It shows a pattern where Di Mara can find Ronaldo inside the right full-back, as Gonzalo Higuan or Karim Benzema drags the centre-backs out of position. Analysing Ronaldo's goals however, alternative combinations stemming from the same move proved more fruitful. The first is Di Mara hitting a deep cross curling in between the central defenders to find Ronaldo. The second variation is to play in Higuan or Benzema down the right flank, whose low cross can find Ronaldo at the back post or between the centre-backs. The attacking midfielder -- Mesut zil or Kak -- can also take this run. Attacking variations: 1) Di Mara collects deep; 2) can cross straight to Ronaldo or find Higuan down the flank who then crosses low As such, and as is typical 'Mourinhology', Ronaldo's goal ratio owes more to qualities that can be applied to a collective setting. The former individualistic traits; technique, flair and trickery, are now more concealed, substituted with the qualities of a forward. Part of his effectivity is his positioning; every run he makes arrives on the defenders' blind side. Combined with his extreme focus and explosiveness, Ronaldo is virtually uncatchable. Unique? With such a complete package and the blend between two positions, it is difficult to categorise Ronaldo. He is not an inside winger; they either play killer passes, dribble from wide positions or play one-two

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Back in the early part of the 20th century, a psychic healer by the name of Edgar Cayce emphasized the need to prevent the body from falling into an acidic state due to the many negative health repercussions an acidic pH level created . Born in Hopkinsville, Kentucky, in 1877, Cayce moved to Virginia Beach, Virginia , where the A.R.E ( Association for Research and Enlightenment ) was established as a center for Cayce's healing and psychic work. Cayce was known as the "Sleeping Prophet," as he went into a hypnotic trance when he did a psychic reading. Prior to his death in 1945, Cayce recorded some 14,000 psychic readings on holistic health and metaphysics over a period of 43 years. In his many readings on holistic nutrition, Cayce repeatedly stressed a health principle that captured my attention, appealing not only to my sense of reason, but to my intuition as well. In a nutshell, Cayce advised: "Eat 80 percent alkaline foods to 20 percent acidic foods for optimum health." This was back in the 1920's and 1930's when America's diet wasn't even remotely as acidic as it is today! People ate organic, local and fresh--there were no processed foods or fast foods. The Cayce readings also informed us that "all high starch and protein foods are acid-forming, especially combined with each other or in combinations with fruit." Furthermore, he recommended that people with weight problems (not an epidemic then) should stay away from "too many sugars and starches." Wheat Belly by William Davis, MD, published just last year and recently re-published in 2012 as Lose the Wheat--Lose the Weight , devotes an entire chapter to the formidable acid-promoting properties of wheat, a ubiquitous grain that seems to be in just about everything! Chapter 8 is entitled "Dropping Acid: Wheat as the Great pH Disruptor." Dr. Davis discusses the acidic/alkaline balance at length and how our bodies need to maintain an alkaline pH of ideally 7.4. Having evolved into a nation of "wheataholics" , as he terms it, is having a dramatic impact on the body's natural ability to stay balanced. According to Dr. Davis: " Acids drive pH down, triggering a panic mode response from the body to compensate. " As I have learned from my previous research and interest in the acidic/alkaline balance, the body will draw from its own alkaline reserves to maintain its bloodstream pH at 7.4, which is critical since death can result from a blood pH that is too acidic. Consequently, the body will leach calcium, an alkaline mineral, right out of its skeletal system to survive. As Dr. Davis puts it: " Because maintaining a normal pH is so crucial, the body will sacrifice bone health to keep pH stable....your bones will be turned to mush before pH is allowed to veer off course. " Hello osteoporosis! Dr. Davis goes on to say that not only will our bones be better off if we stay alkaline, but our joints will be as well. In addition to maintaining bone health, my research indicates there are a host of reasons why we need to keep our bodies on the alkaline side of the equation. For example, it is difficult to absorb nutrients from our foods, as well as from the supplements we take, with an acidic pH. Not only that, but when cells become saturated in acid, it sets the stage for disease . The pH of the cell should be slightly alkaline at 7.1 and if that is not maintained, the cells become starved for oxygen, again setting the stage for disease. My belief in the integrity of this health concept led to developing the "Body Rescue" Alkalizing Formula nearly 20 years ago. A powdered formula with a very high pH, it contains alkalizing foods such as lima beans and sweet potato flakes, along with vitamins and minerals like potassium and magnesium--both alkalizing minerals--and a blend of alkalizing herbs like bladderwrack, burdock root and parsley. And, the Alkalizing Formula contains 5 grams of fiber as well. Fiber is the big buzz word in the popular press these days when it comes to nutrition. The alarm is being sounded endlessly

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"Stop being a pussy and take the control of your life" is what I want to say each time I heard negative people talking about their life. OK, it may be sound rude, but I try not to be negative in my life and these people, don't help me. By experience, if you want to take the control of your life, you can do it. You are not happy with your job, change for a new one. There are plenty of companies that are looking for their next employee. Of course, it's a chance to get, maybe the job will be worst, but maybe it will be the best one you ever had. You are not happy with your boyfriend, spouse or common-law, quit him/her. Yes, it's not easy. Yes you will hurt the other one, but it's your life. You don't have to be mad the rest of it because you don't want to hurt others. You are too fat and it's not good for your health. Stop complaining about the genetic. Start eating well and make some exercises (I can make this kind of statement, since I'm fat!). OK, you understand my point. Whenever is it, you can take the control of your life starting for this boring meeting you don't want to attend up to your conjugal life. It's YOUR life, not the life of the others and let me tell you a secret, you only have one (OK, in my religion. It's only one. Yours can differ). Don't get me wrong, it's not as easy as it seems. It's not always black and white. Sometimes you need to make a difficult choice to change things, and sometimes you also need to lose one thing to get another one. It's a long road until you get used to it, but it's always a winning situation. Trust me, I used to live like this since a couple of years. It's not perfect and I'm not perfect for executing it, but I complain a lot less about "my life" than before. I'm also doing what I really want, meet the people I want, do the job I want... And you, are you trying to make your life better by taking the control of it or do you think I'm a complete idiot? /\*Comments\*/ Not that easy dude. Positive people think its all about free will. But it aint. You can't wish for something and make true. Folks a wired differently than you. I know I'm not the positive guy and positive people seem suspicious to me. But then I've had a harsh life I wouldn't wish on anyone and its left me angry, bitter and unhappy for the most part. I have to deal with it daily. Could be worse, but could a lot fucking better. To me people who tell others to be positive is like telling someone who's poor to get a job. Well statistically, if you are born poor you will die poor. Only a small minority escape poverty. There are to many factors to contend with to simply escape poverty. This means that people don't really have control over their destinies, it only means some got luckier than others. And if you want to debate causality, I'll need to get my thoughts straightened out but I can prove to you through science that you hardly have a choice that you make that wasn't already made before you even began considering it. Free will is a myth. I didn't mention it, but it was clear for me that I wasn't talking about people in poor country or real health problem or situation like that. I was more talking about a "not real" problem: you have a job, but you don't like it, by example. For the rest, like I said, it's not always easy to make a change or make a big decision on your life, but it's that easy to think like this and try to change it. What I really want to say here is that stop being negative and try to change your life if you don't like it. Mostly everything can be changes. I don't say either that if you want to be rich you'll be able to do it just by wanting it, but you can try by working harder, by finding a job that pays much, but creating something you will sell, by... You may or may not succeed, but at least you'll try. I hope it's a lot clearer now. Oh and by the way, I was not born positive! Both of your point of views are quite good. It's true that we can almost change everything in our life if we really want and being positive is healthy and worth it.

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"Niall is in love with a local girl": Niall's dad discusses the One Direction star's love life and his, er, virginity Niall Horan's dad Bobby discusses a little too much about his son -- and the girls in his life Niall is well into a girl on the other side of town, days his pop Rex Features Niall Horan will shortly be making a phone call that starts with the words 'daaaaa-aaaaaad'. Yup, good old Bobby Horan has been doing some more sharing about his son's love life and this time he's even talked about s-e-x. Opening up about Niall's past when it comes to the ladies, Bobby said that his cheeky blonde son has never had a girlfriend because he's besotted with a local girl in his hometown. The Irish butcher told heat magazine: "There's a local girl that Niall loves. I know he thinks of her as his sweetheart. "She's very attractive and they're close, but I don't know whether he's made any advances on her yet. "She would stand her ground with any of these beautiful celebrities. "She's a brunette with big brown eyes and pale skin like Niall's. She's from the town, but the other end to us and I always knew Niall has big feelings for her". Niall has been hanging out with his mum at home for the last few weeks WENN Bobby wouldn't reveal who the girl was, but he went on to talk about whether he thought that Niall had lost his virginity. Again, 'daaaaa-aaaaaad'. He told the weekly magazine: "He never really brought girls home. "He had some girls that were friends and they would all sit on the wall outside together, but that was all." Still single? There's not really room for two in that bed anyway Ah yes, we remember the days of sitting on the wall with boys outside our house. Good times. Bobby continued: "He went to an all-boys' school so it was hard to meet girls, but that's certainly changed now. "I don't believe he's a virgin. I couldn't say. I wasn't in the house all the time, so I don't really know what went on when I wasn't there."

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PricewaterhouseCoopers, the international professional services firm, Barclays and Coutts banks are corporate sponsors of the 2012 Stonewall Award Ceremony that shamefully named Cardinal Kieth O'Brien 'Bigot of the Year'. Though Barclays bank and Coutts bank had threatened to withdraw their sponsorship over the category of 'Bigot of the Year' they failed to carry out their threat, stating that they will axe funding next year if the category is not dropped. Interestingly, Barclays was due to sponsor the Sports Award of the Year but they are not listed on Stonewall's website which means they've funded the award but their sponsorship is being hidden (which would be a peculiar type of sponsorship deal!) Unlike Barclays and Coutts, PricewaterhouseCoopers have not issued a statement condemning the category 'Bigot of the Year', suggesting that they have no problem with the intended insult to Cardinal Keith O'Brien and the UK's Catholic population. Stonewall's attempt to publicly humiliate Cardinal O'Brien, the senior Catholic bishops of the UK, also led Alex Salmond, the SNP, to issue yet another insincere statement: "Stonewall were clearly wrong to describe Scotland's cardinal in these terms, and in any case should reflect on whether pejorative titles like this do anything to enhance their cause. Personal insults are not conducive to a proper and dignified debate on the important issue of equality in Scotland." However, despite Mr Salmond's words the SNP government refused to withdraw public funding to Stonewall. Peter Kearney, the director of the Scottish Catholic Media Office, gave the following statement: "Stonewall's decision to award their 'Bigot of the Year' award to Cardinal O'Brien reveals the depth of their intolerance and their willingness to attack and demean those who don't share their views."Stonewall and others have promoted terms like 'bigot' and 'homophobe' relentlessly, in order to intimidate and vilify anyone who dares oppose their agenda. It is an agenda which the wider public does not endorse and which their excessive language has undermined." Mr Kearney said the cardinal's defence of traditional marriage had earned him the enmity of 'gay rights' lobbying groups and it was worrying that such groups received public funding. "Numerous public bodies give sizeable financial donations to Stonewall, including the Scottish Government," he said. "These intolerant and intimidatory tactics should mean that this funding is now questioned and examined as a matter of urgency." Protect the Pope comment: In response to PwC, Barclays and Coutts sponsoring Stonewall's Award ceremony at which Cardinal Keith O'Brien was insulted and mocked the dioceses of the UK that pay for the financial services of these three companies should cancel their contracts and find alternatives. PwC have a whole department and business structure dedicated to the assessment of risk to the firm, risk being the risk of losing fees and clients. Well PwC's risk assessors should have taken into account the risk associated with insulting the nation's Catholics. I'm glad I don't bank with Barclays, but hope that they fulfil their pledge not to provide funds for this pathetic award ceremony and organisation next year. We can turn this around, with the support of fair-minded people! I accept that it is insulting to the Cardinal to be called a bigot when all he is doing is upholding the teaching of the Church. But it would be to his credit were Archbishop Nichols to be nominated next year. "Interestingly, Barclays was due to sponsor the Sports Award of the Year but they are not listed on Stonewall's website which means they've funded the award but their sponsorship is being hidden (which would be a peculiar type of sponsorship deal!)" I don't think that this is sponsorship in order to gain publicity and increase sales. I think that this is sponsorship simply to keep in Stonewall's good books. As was shown by the incident of the Housing Association which demoted its employee who dared to oppose so-called gay "marriage" in his private time, organisations can be scared stiff of getting into Stonewall's bad books. This is the kind of society we are now in. It is, indeed, a form of bullying when people are made to be scared for saying or

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October 4, 2012 Men watch baseball on a color television of the future (July 1922 Science and Invention magazine) Hugo " Awards " Gernsback was many different things to different people. To his fans, he was a visionary who started some of the most influential (not to mention the first) science fiction magazines of the early 20th century. Ray Bradbury was quoted as saying, "Gernsback made us fall in love with the future." To his detractors, he was "Hugo the Rat," known to men like H. P. Lovecraft for being a crooked publisher who sometimes stiffed his writers when payment was due. But above all else, he was a tireless self-promoter. In 1904, Gernsback emigrated from Luxembourg to the U.S. at the age of 20. Not long thereafter he began selling radio kits to hobbyists, sometimes importing parts from Europe. His radio business and the catalogues he used to promote his wares evolved into a technology-focused magazine empire. Gernsback published over 50 different magazine titles in the course of his life, most of which were hobbyist magazines related to science, technology and the genre he helped popularize for so many in the 1920s: science fiction. Hugo Gernsback circa 1924 (from the August 1990 issue of Smithsonian) Gernsback's name was always prominently displayed on the cover and inside each of his magazines. And each issue featured an editorial by Gernsback himself in the first few pages. Gernsback would often use this platform to give an update on a field of research relevant to the publication -- be it TV, radio or even sex. But sometimes he would make wild predictions for the future. The September 1927 issue of Science and Invention included Gernsback's predictions for "Twenty Years Hence" -- the year 1947. Gernsback couldn't foresee the calamities of the Great Depression that were just around the corner, nor the tremendous hardships of the Second World War, but his predictions from this time give us a look at the most radical of technological utopianism from the 1920s. Everything from wireless power to a cure for cancer is predicted, though there are many areas -- like increased life expectancy, conquering childhood diseases and air conditioning -- where Gernsback's predictions are quite on the nose. Wireless power Nikola Tesla and his "wireless light" were featured on the cover of the February 1919 issue of Gernsback's Electrical Experimenter magazine. Tesla's ideas about wireless power no doubt inspired Gernsback's view of the future in this area. I believe that within twenty years it will be possible to actually send power wirelessly; that is, without the need of intervening pipes or wires. It will only be possible, at first, to send sufficient power to a land or air vehicle to light and heat it, the power being supplied entirely or in part from the ground. Television Gernsback was a pioneer in the field of radio and made a number of predictions in his magazines about the future of its cousin: television. In 1927 television wasn't yet a practical reality in American homes, and was still not imagined as a broadcast medium by many. As such, he envisioned TV as more of a point-to-point communications tool, though as early as 1922 he thought it might be used for broadcasting baseball games like in the illustration above. In twenty years universal television will be an everyday affair. It will be possible to talk over the telephone to your friend a thousand miles away and see him at the selfsame [sic] time. The same thing will be true in radio, where you will see what is being broadcast at all times. Television still holds some great surprises for us, and the applications in television may well revolutionize our entire mode of living, just as the telephone has revolutionized it. Disease It is quite probable that within twenty years, two of man's greatest scourges, tuberculosis and cancer, will have been done away with entirely, or else they will be controlled in such a manner as to no longer be called dangerous. These two diseases will be conquered just exactly as diabetes has already been conquered during the past few years. Agriculture Gernsback believed, like some others of the time, that applying electricity to the soil would allow crops to produce higher yields. Electrification of crops will be an established fact twenty years hence. There is no reason why the ground can not yield twice as much produce, as has long been shown experimentally. The equipment to double and triple crops by using constant electric currents in

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Would The Feb Earthquake have happened if. I have pondered this question many times myself and I'd say yes as they happened on different fault lines so both were waiting to go bang gordy8252 Apr 19, 2012, 6:47 am #5 Pass.Thats the thing with Earthquakes.No one knows when and where they are going to occur. oenix22 Apr 19, 2012, 7:04 am #6 I thought i heard not long after feb, that yes it would have gone no matter what but it would have been way worse than it was (if thats possible), that sept took away some of its pressure! Not sure if its true tho. melric Apr 19, 2012, 7:29 am #7 Apparently it would have gone off regardless of September and it may have been stronger had September not happened bandrach Apr 19, 2012, 7:30 am #8 I read an article the other day and they raised the question of perhaps it was even an aftershock from the Arthurs Pass Quake we had nearly I think my son was 6mths at the time so over 17yrs ago. Lord knows if this is correct but crikey Feb was based under the Port Hills and the angle of the fault and therefore the trajectory of the s & p waves caused the damage in the CBD. It came up at roughly 45 degrees rather than the usual semi circle (to explain it in generic terms !) and was like a gun shot straight at the heart of ChCh.

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Create an app that facilitates a process your potential customers want to do easier. Don't just create an app that has links back to your website. Offer a service or value your customers would appreciate. Don't make an app designed only for what you want to sell. Make it designed for what and how the customer wants to buy. No matter what business you are in, mobile and apps are changing all the rules. They will reduce the impact of your regular website and may one day replace it completely. They will change the way you run your business, market it, and manage it, and present many new challenges. However, they'll also create very lucrative opportunities for entrepreneurs that embrace them. Who Will Be Disrupted By The Rise Of The Mobile Internet? (Project Disco) For the sake of the optimized experience on mobile devices, users forgo the general-purpose browser. Fast beats flexible. What does this mean for the traditional Internet giants? They are not guaranteed a seat at the table in the future. The troubles and travails of traditional Internet companies trying to figure out revenue generating strategies for the mobile market were illustrated in third quarter earnings. What does this mean for disruptive innovation? Paradigm shifts in technology tend to shake up markets and incumbents struggle to remain relevant, as these examples illustrate: Microsoft was late to catch on to the importance of the Internet (amongst other things) Intel focused on computers and servers to cede the emerging mobile market Even Apple , back in the day, was quickly sidelined by Microsoft and flirted with bankruptcy Although it is currently unclear who will be king of the next technology paradigm, if the history of disruptive innovation tells us anything, the mobile landscape will look a lot different than the traditional Internet. B2B Marketers Can't Ignore Mobile Any Longer (Marketing Land) Mobile search and mobile marketing are just as relevant to B2B marketers, if not more so. This is not intuitive, as mobile search is associated more with a need-it-now or local mindset. However, when you consider the evidence, you might agree that mobile search and mobile marketing should be a priority for B2B marketers today, and not sometime in the distant future. For example B2B buyers: Have smartphones and use them Search for B2B keywords Buy B2B goods on mobile devices It's a new era in B2B marketing. You're not marketing to the old guy who can barely use a computer. B2B marketers who want to reach business executives can't afford to ignore mobile marketing any longer. Only 5% Of Search Advertisers Follow Mobile Best Practices (Search Engine Land) Separating PC and mobile campaigns is only happening in about 5% of cases according to a study from Wordstream. Wordstream founder and CTO Larry Kim looked at the company's trove of data and determined that 55% of paid-search campaigns target mobile devices. Given that inclusion in mobile paid search results is Google's default setting, Kim says this means "Just under half of advertisers opt out of mobile search in their campaign settings." Kim also said that "less than 5 percent" of advertisers use phone extensions in mobile search campaigns. Do you know what one of the top two things a mobile user wants to do? Nearly Half Of Yelp's Searches Come From Mobile (VentureBeat) Almost half of Yelp's searches are now coming from mobile devices, the company announced yesterday in its third quarter 2012 earnings report. More than 8 million people are using Yelp's mobile apps on their phones and tablets, with 45% of searches coming from mobile. In the company's last quarterly report, 7.2 million people were accessing the service via mobile devices, increasing its mobile user base by about a million in a quarter. Yelp's integration with iOS 6 via Siri and Apple Maps surely has bumped usage of its service. And with more than 200 million people using iOS 6, we'd almost expect more people to be learning about and using Yelp . Clearly mobile will remain a top priority for the company. Google Wallet Expands To Mobile Web ( TechCrunch ) Google Wallet now supports mobile e-commerce websites which have adopted Google Wallet as a checkout option. This is an area that's still a major pain point for many online retailers. All too often, checkout functionality on mobile isn't optimized for the small screen, or sometimes, the pages themselves are mobile-friendly in terms of their design, but the checkout process still steps users through so many form fields that the process become

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This one was a long time coming... but I final got it looking like what I believe a bi-color image should look like. For 3 days I tried to get the colors to my liking, but no mater what I did it just didn't look right. Frustrated, I phoned a friend, Albert Barr. We went step by step thought the processing of aligning, stacking and other techniques but when we got to DBE there it was, one small but important check box. Once I unchecked the normalize box in Pixensite's DBE function the colors from the 4 hours of OIII data where there. Now I can sleep! LOL

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Thanks once again to Wendy Baker, who shared this wonderful ceremony with the Guiding Mailing List. As each group of girls is about to move up to the next level in the ceremony, there is a special poem to read to them. Pathfinders have another extra part to their ceremony. Sparks to Brownies You've skipped and you've played And had fun doing crafts We've learned how to share and be a friend Played games and had lots of laughs Now fun and adventure Brown Owl is going to teach So go forth in Guiding Have fun wearing peach Brownies to Guides You've opened your window And widened your view We've had an adventure And hope you did too. Now fun and a challenge Are waiting for you So go forth in Guiding Have fun wearing blue. Guides to Pathfinders You've learned co-operation And leadership too We've had a challenge And learned others view Now fun and opportunities Are more than a dream So go forth in Guiding Have fun wearing green. Pathfinders to Senior Branches You've completed all your challenges And developed self confidence too Look at all the new talents See how fast the years have flew Now adventure and independence Are waiting for you to try So go forth in Guiding And learn how to fly. Hand out Windsocks and have girls present ribbons to tie on as follows: Leader: Here is a windsock with the Guiding trefoil on it.......It symbolizes that you let you have soared high to complete all your challenges as a Pathfinder. We are going to add some ribbons to your windsock. Your fellow Pathfinders have some ribbons to add to your windsock: Red Ribbon: This red ribbon shows your sense of adventure and independence when you attempted new tasks with confidence. Green Ribbon: This green ribbon shows that you can manage your time, money, materials and energies wisely. Blue Ribbon: This blue ribbon shows your friendship and thoughtfulness. It shows that you are always there for your friends. Yellow Ribbon: This yellow ribbon is the bright golden colour of our enrolment pin, a shiny example of our promise. Pink Ribbon: This pink ribbon shows kindness and warmth and that you work well with others and look out for the well-being of others. Purple Ribbon: This purple ribbon show your sense of fair play in all you do. Leader: You will see that these are all the colours of Guiding. Fly your windsock proudly to show your accomplishments as a Pathfinder as you proceed on to Senior Branches.

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Brits are rather keen on internet-connected tellies, with more than half of households owning a TV that has already been hooked up to the interweb, a survey carried out by pollster YouGov has discovered. But this apparent interest in buying seems out of joint with the reality of high street sales. YouGov regularly questions some 350,000 Britons and its latest enquiry reveals that 11 per cent of them say they plan to buy a smart TV in the next 12 months - a period which includes this coming Christmas. "There is a huge appetite for accessing internet services on TV sets, whether that be on demand TV, radio, news apps, or video calling services like Skype," says the psephologist. TV makers are undoubtedly praying to higher powers that this intention translates into real sales. In the UK, unit sales of LCD TVs were down 15 per cent between September 2011 and September 2012, according to GfK, a European market watcher. Unit sales of plasma sets was down 41 per cent in the same period. LCD and plasma sales revenues were down 12 per cent and 47 per cent, respectively. The only consumer electronics category Brits are buying more of now than they did last year are digital radios. But that hasn't stopped YouGov saying there's a 2.5 billion market for smart TVs. Its announcement is headed, 'Smart TV sales to hit 2.5bn as more and more Brits want TV and internet all in one'. The value figure comes from multiplying the 440 buyers are willing to pay for a 32in smart TV by the 5.76 million Britons aged 16 or older who are planning to buy a such a set as extrapolated from those who've told YouGov that's what they're going to do. It's a shame their eager demand didn't come in time to save Comet. The electrical retailer's collapse is another sign, if it were needed, that Brits - despite what they may tell polls and surveys - aren't loading up on tellies and such. r

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Novel Security Measures Book him: By carrying the novel Hayduke Lives! , Neil Godfrey set off a bizarre turn of events that prevented him from flying. oto: Michael T. Regan Everyone knows it is a bad idea to try and board a plane carrying a box cutter, a flight manual written in Arabic, or a sack full of mysterious white powder. But with ultra-tightened airport security, a book could also prevent you from boarding that plane. No kidding. It happened just last week in Philadelphia. Neil Godfrey arrived at Philadelphia International Airport around 9:30 a.m. on Wed., Oct. 10. His brother's girlfriend dropped him off with plenty of time to spare before his 11:40 a.m. United Airlines flight. Godfrey was on his way to Phoenix, where his parents live. From there, the family was planning to head out for a vacation at Disneyland. It is fair to say that Godfrey -- brother of City Paper webmaster Ryan Godfrey -- doesn't look unusual for a 22-year-old kid living in Center City. His outfit that day was typical: black Dockers, a T-shirt with a logo for the now-defunct Phoenix Gazette newspaper and New Balance running shoes. He has a medium build, recently dyed jet-black hair and a quiet demeanor. When Godfrey stepped up to the ticket counter, the United clerk informed him he had been selected for a random baggage search. "No problem," he replied, going through the usual motions of checking his bag and getting a boarding pass. Now toting nothing but a novel and the most recent copy of The Nation magazine, Godfrey hiked through the concourse toward his boarding gate. As he passed through the metal detector, an airport security guard furrowed his brow at Godfrey's reading selections as they disappeared through the conveyor belt. On the cover of the book, Hayduke Lives! by Edward Abbey, is an illustration of a man's hand holding several sticks of dynamite. The 1991 novel is about a radical environmentalist, George Washington Hayduke III, who blows up bridges, burns tractors and sabotages other projects he believes are destroying the beautiful Southwest landscape. "For the first time, it occurred to me the book may be a problem," Godfrey recalls. He proceeded through the security checkpoint and sat down to read near his boarding gate. About 10 minutes had passed when a National Guardsman approached Godfrey. "He told me to step aside," Godfrey says. "Then he took my book and asked me why I was reading it." Within minutes, Godfrey says, Philadelphia Police officers, Pennsylvania State Troopers and airport security officials joined the National Guardsman. About 10 to 12 people examined the novel for 45 minutes, scratching out notes the entire time. They also questioned Godfrey about the purpose of his trip to Phoenix. The fact that Godfrey recently dropped out of Temple University and has yet to find a job may have piqued suspicion of law enforcement officials even more. "The fact that I don't work or go to school may have contributed to them thinking I have nothing to live for," Godfrey speculates. Eventually, one of the law enforcement officials told Godfrey his book was "innocuous" and he would be allowed to board the plane. "I was pretty shaken up," he says. "But I also felt guilty that I hadn't realized bringing this book to the airport may cause a problem." Another 10 minutes or so passed while he sat in the waiting area. A female United employee -- Godfrey failed to jot down her name -- came over and informed him that he wouldn't be allowed to fly, "for three reasons." The first reason, she said, was that Godfrey was reading a book with an illustration of a bomb on the cover. Secondly, she said, he purchased his ticket on Sept. 11. (Godfrey bought the ticket on Priceline.com shortly after midnight, at least eight hours before the World Trade Center was attacked). And the final reason cited by the United employee was that Godfrey's Arizona driver's license had expired. The employee pointed to a date to substantiate this allegation. "No," Godfrey told her. "That's the day the license was issued." The woman then pointed to another date on the card, Feb. 17, 2000, contending it was the expiration date. Godfrey countered that the

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Study Abroad in East Asia A Year in Thailand: student logbook (Lucy Vachell) Even though I didn't have any expectations, I did write a list of things that I wanted to achieve by the end of my year in Thailand. These were: Be able to hold a conversation in Thai at a level where I could discuss contemporary topics, such as politics. Learn about Thai culture in a way that I would not be able to from just reading books. Improve my Thai accent so that I would sound more natural when speaking. Make Thai friends. Cope without having the comfort blanket of my friends and family. Have as many new experiences as possible! One of the reasons that I think I enjoyed lessons so much is that not only were we learning Thai, but through it we were learning about different aspects of Thai culture. We were translating and discussing passages about topics such as history, traditions and religion. My favourite theme that we concentrated on was Thai children's stories. Through these I was able to see aspects of Thai culture differently. By doing this I discovered that I was absorbing information without even realising because I was so focussed on the Thai that I was not consciously taking in the content. I only noticed how much I had learnt this way when my parents came out to Thailand over Christmas and I found that I could answer all their questions. Another part of lessons I enjoyed was when we were able to read Thai newspapers. This meant that not only were we aware of modern Thai issues, we were able to understand and discuss them in Thai. This was something I was very proud of achieving as I felt it projected me from just being someone who was learning Thai to someone who was studying Thai at a university level. We went on quite a few visits with Ajarn Rien, which we all really enjoyed. It was nice to get out of the classroom and experience Thai culture with a Thai person who was able to explain it to us. My favourite extra-curricular activity was when we had a cookery course at Ajarn Rien's house. It was a great opportunity to see real Thai people cooking real Thai food in a real situation. I thought that the exams at CMU were a good indication of our aptitude, as they tested our all round ability. We had exams for speaking, listening, reading and writing, and the teachers prepared us thoroughly for all of them. One thing that loomed over us for the whole year though was the final presentation. A lot of importance was placed on the final exam, and it made me very nervous. The final presentation was in a much more formal setting than the previous speaking exams which had just been held in our classroom. Luckily we had been given lots of opportunity to practice and the teachers were on hand to correct our many different drafts. Once the presentations had finished I felt an overwhelming sense of pride for not only myself, but for all the others on the course as well. That same time the previous year we could only talk about ordinary topics such as travel or family, but now we could all give 10 minute presentations on topics ranging from magical tattooing to drug rehabilitation. I think it was a great way to end our course at Chiang Mai University because it displayed how much our Thai had developed over the previous 7 months. Now I'm back, I have looked at the 6 aims that I set for myself before coming away, and I feel very content that I was able to fulfil them all. I can now hold conversations in Thai about a variety of subjects ranging from religion to politics, and I have been told by Thai people that I have met that I can speak Thai very naturally. I found friends in Thailand that I would probably have never even met had I not spoken Thai. I managed to live in Thailand without my family close by, which was my biggest worry before leaving, but once I got to Chiang Mai I realised that they were only a phone call away. By living in Thailand, I was able to immerse myself completely in Thai culture, which I think is better than any book. My final aim was to have as many new experiences as possible, and I found that I was encountering new experiences every day.

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of this fitflop 2012 sort of c Marketing your own home and getting the most effective bargain was hardly ever so easy Your residence need to be considered a resource of extra income generator for you personally should you be seeking to have it offered at the best possible market amount and price and at the shortest attainable time. Selling your home in the most perfect selling price is what all customers appear for. The current property market place is viewing a tremendous increase as well as the home costs are soaring with each individual passing day. So capitalising about the large demand and acute shortage for property several buyers are marketing their home at an exorbitant selling price to dealers and purchasing a thing improved for by themselves. While in the present current market circumstance the supply of superior home is much less plus the need is huge. Realtors are not able to fulfill the increasing need of house and therefore the costs are rising additional along with the rise in input fees. So providing your property at this stage of time and heading for something larger and far better is really a clever determination. You are poised to receive a significant sum of money in case you intend to market your residence at this point of time as usually there are some big and reputed residence dealers in United kingdom that have been rendering excellent and powerful service for the home front. "UK Home Bank" is one particular this sort of enterprise that specialises in buying and marketing any house throughout the duration and breadth of Uk and helping prospects to obtain the price for his or her dwelling. The services of this fitflop 2012 sort of corporations are certainly qualified since they employ the most effective of property consultants that provide pro advice and suggestions from the matter of home promoting. People today arrive flocking to such organizations and residence sellers and say only one thing and that is "sell my house". Folks very perfectly have an understanding of how vital it is to choose superior home financial institutions or dealers that might support them to fetch the top price tag for his or her properties. You as a purchaser can log onto your laptop or computer and be on the web to watch the products and services of these corporations that present true benefit additional providers. It really is a wise plan to market your home to a house bank who provides you aided by the finest of prices. This can be how you can make a huge sum without any hassles and time reduction and therefore be within a get get circumstance. The only point that you just should say to this kind of property dealers is sell my house' as well as your house gets offered in no time. These home banking institutions supply you with the very best of prices which is in accordance with the market and therefore helps you Fitflop Ollo to obtain the wanted value on your house. By deciding on the products and services of like reputed property sellers you being a client could get speedy and helpful methods inside the home and housing front. They with their a long time of working experience inside the field of residence acquiring and selling would be the most favored choice among the people today of Uk. So it's not difficult to understand why more and more consumers are opting to market their property by means of the companies of "UK Property Bank" to obtain the proper selling price for his or her property.

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To discover your long lost ancestors, start here. New to family history? To help you start discovering those long-lost ancestors and learn more about their intriguing stories here's a simple introduction to set you on your way -- doing the groundwork, starting a family tree, searching records -- and more. First steps I'm new to this. How do I trace my family history? We can help you to trace your family history online. But before you start, here are a few hints and tips before you dive in. After all, like any good detective, it's best to establish a few facts. Begin with the closest members of your family (you, your brothers and sisters, your parents) and work your way backwards in time. Records and documents, family information, stories (and the odd bit of hearsay) can give you a real start. What are 'records' and how can they help me? These are anything that, as the name suggests, record an event. For family historians, important records are ones that show the names of our family members and ancestors as well as other information. Many of these are official records like Census, Birth, Marriage and Death (BMD), immigration and military records. But they could also be something as everyday as a phone book. Using the names in these records along with what you've learned from other sources you can uncover a treasure trove of information about your ancestors. How can you help me discover my ancestors? There are millions of records out there. But with our search engine and trees, it's easier to find the names that matter to you -- from both Britain and further afield. But it's not just about records. We've also taken a lot of the hard work out of building a family tree with our online family tree building tool. No difficult work for you -- just click and start your tree straight away. And to bring it to life, you can add all sorts of interesting things you might find -- from family records to photos. And you can share it online with family members, so they can see what you discover. Once you've started your tree we'll even automatically search our record collections, and other people's trees, to find potential matches for names you've got. You can also make contact through Ancestry.co.uk with other people who might be searching for the same ancestors as you. Find out more here. What else do you offer? We'll help you take your family history research beyond our online records and your family tree. How much does all this cost? It's free to start your family tree on Ancestry.co.uk and keep it on the site. It's also free to search. But if you want to view details of search results and the actual records or see other people's trees, you will need to be a paying member. On Ancestry.co.uk we offer various membership packages depending on the type of records you want to view and for how long (all memberships allow you to view other trees and make contact with their owners). Essentials Membership Includes all the important records to get you started. Find births, marriages and deaths, access census records and discover military records and more -- for 83.40 a year, or 10.95 a month. Premium Membership Access to all Essentials records and also go even further back, beyond official government records which began in 1837. Plus, search our Irish record collections, immigration records and new historical record releases. This costs 107.40 a year, or 12.95 a month. Worldwide membership Access all Essentials and Premium records plus explore all records on Ancestry worldwide including immigration records for Australia, the US and Canada. Perfect if you have ancestors from overseas. 155.40 a year, or 18.95 a month. We offer a 14 day FREE trial on all memberships which allow you to try out Ancestry.co.uk and see what you think. Why do I need to pay for membership? We need to charge for access because we spend a large amount of money every year on licensing the record collections from their owners and on getting new records on to Ancestry.co.uk for you to search. When we put new record collections online the process involves thousands of man-hours of scanning documents (so the images of the records can be seen on screen) by transcribing them so that the information contained in them can be easily searched. We're also committed to the preservation of existing documents, so that they're available for future generations, which often involves the painstaking restoration of damaged records. Char

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Tell us a bit about Doku Rai, what can we expect from the performance? Well its pretty interesting this is the first time that professional theatre has ever been made in Timor. By professional theatre I mean a theatre made with professional standard lights, sound, film, script, pretty much everything that goes into making a work of theatre. What was really interesting, is there were these artists over there that were working with us that are amazing painters, tattoo artists, sculptures, musicians, and amazing actors but they'd never really been in any theatre before. Some of them had been in films, but most of them had never acted before. In fact one of the guys who is playing one of the lead characters in our show is actually a biologist, he's a snake expert in Timor. The reason that we brought them all together was because each of them had this energy as people, but also in the way that they preformed. This energy really fitted in with the Australian actors that we were taking across. Mostly Theatre is pretty boring, to be honest. Pretty straight, there's a story, there's some people on stage who open there mouth and talk, and the story kind of progresses. When the Black Lung Theatre and Whaling Firm started making theatre they were like "stuff that! Were not interested in that kind of work. We're going to make theatre feel like its rock and roll! We want to make a show that makes people stand up in the audience in the middle show, yell about shaving monkeys, put on a funny hat and get on the stage. We want to make shows that literally blow someone's mind leaving them gibbering in the audience after the show. We want to make work that shows people things they've never seen before on stage." Is there a message your trying to convey through Doku Rai? In the show we started looking at a whole range of things. One of them was 'what does it mean when we talk about a cross-cultural collaboration?' You know, you're bringing artists from two very different worlds together, what does that mean? How do you negotiate who does what, who's ideas get taken up, who's voices are heard? So we started collecting stories from all the artists, from the Australia guys, from the Timorese guys. Just whatever stories they had, of there childhood, of adolescents. Then we starting weaving them in and finding parts of the stories that were a little like myths. You know how you can find stories from you past and it's a bit like a fable, or a bit make believe? We found these parts of the stories and began weaving them all together to make this work, and that was the process of how it was made. What was it like creating a production on a remote island in an abandoned colonial hotel? Pretty crazy, I mean, it was kind of like camping, except we had to build prop stores and a costume department, a rehearsal stage. When we first got there, there was no power and no water, so we had to work really closely with the local community to try and get things like the water supply to the town. We were doing theatre, but we were also doing all this other giant stuff to get the place liveable. It was really interesting because we were a part of this small village with about one thousand people and so we became a part of that. We were on a bit of a hill, so people would come up with there kids, they'd visit us during the day. They'd see what we were doing, they'd stick around and watch rehearsals, we'd play music into the evening and musicians from the surrounding villages would come and visit us. We'd have these massive, crazy jam sessions which would go on into the night! Then there is the other aspect of being stuck together with this group of artists. Usually you can go home to your own bed and have some time out. But we never really got any of that. It was like making art in a commune I suppose, like some crazy religious commute. We all went a little nuts at different times, but everyone still talks to each other now which is good, and no one got malaria and no one got killed, which was also a plus. Who inspires you? There's a guy called Steven Armstrong who's an amazing producer in Australia, there's also a woman called Michelle Wild, who's been a producer since well before I was even born. You know producers are the ones who really pull everything together and make sure that the environment for creating art is the best possible environment for the artist. How did you come to create Do

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How To Prepare Your Special Needs Child For The Next Hurricane Last weekend there was an earthquake on the west coast of Canada and the USA, and a tsunami warning in Hawaii. Now the east coast of the USA is being battered by Hurricane Sandy. How do parents explain events like these to a child with special needs? More importantly, how do parents prepare their children with special needs for an emergency? 1. Rehearse When firefighters teach fire safety to young children, they always emphasize the importance of practicing an emergency evacuation plan several times before an emergency occurs. This applies to all types of emergencies. 2. Pack the necessities If you have some warning about a hurricane or other weather-related emergency, collect your child's medication, insurance card, medical documents, cell phone with charger and recent photos of family members inside a sealed ziploc bag. Double-bag it if it makes you feel better, and keep it close to you in case of a sudden evacuation. Also keep orthotics or medical equipment nearby, preferably in a backpack or dufflebag so that you can carry it easily. 3. Plan a few meals ahead Many children with special needs are on special diets or formula, which may be impossible to continue during an emergency. Fill the kitchen sink and a cooler with ice so that you can plan out the next few meals without opening the refrigerator too often. 4. Comfort is a necessity, too Allow your child to select a comfort item, such as a stuffed animal, to hold close during the emergency, and take that comfort item with you wherever you go. 5. Remain calm and confident Some parents want to pretend that everything is normal during an emergency, which can be confusing to children with autism or cognitive impairments. Be honest and matter-of-fact in explaining the situation. Be confident when you assure your child that your job is to keep the family safe. If there's not enough time to answer questions, tell your child the time and date that you will be able answer questions. 6. Give the kids a job Keep your children involved in emergency preparedness. Ask them to find the sleeping bags and extra blankets. Put them in charge of flashlights and batteries. Have them fill up pitchers of drinking water. If your children can read, guide them through FEMA's Emergency Supply List . Busy kids are less anxious and more confident. 7. Sensory toolkit Earplugs, soundproof headphones and white noise machines are important tools for reducing fear during a hurricane or thunderstorm. Other items to consider for your toolkit are soothing tactile input , such as silly putty or a fuzzy blanket, and something to block bright light, such as sunglasses, an eye mask or baseball cap. 8. Curiosity On Monday my children asked me several times what a hurricane is, and I allowed them to play outside for a few minutes before the wind picked up. Once they realized that the wind was getting stronger, they came inside. They had to experience the weather before they fully understood it. Without risking their safety, I satisfied their curiosity. When the storm passes, we'll be out there in our rain boots, stomping in puddles. 9. Keep your sense of humor Laughter is known to counteract stress hormones. Lighten up a tense situation with good humor to encourage optimism. 10. Low-tech fun If you're waiting through a storm at home or stuck in an evacuation center, then it's time to introduce old-fashioned fun and games. Get a deck of cards or a board game. Zip together your sleeping bags and tell stories. Sing songs. This is often what children remember most vividly about emergencies. It's the silver lining of the hurricane's clouds. Karen Wang is a Friendship Circle parent. You may have seen her sneaking into the volunteer lounge for ice cream or being pushed into the cheese pit by laughing children. She is a contributing author to the anthology " My Baby Rides the Short Bus : The Unabashedly Human Experience of Raising Kids With Disabilities"

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Unless there is a special problem, speaking our mother tongue is something we do so effortlessly and unconsciously that we are unaware not only of the extremely complex cognitive processes that underlie the act of speaking, but also of the incredibly precise mechanics involved in articulating our words correctly. The human vocal apparatus is like two kinds of musical instruments at once: a wind instrument and a string instrument. This apparatus includes a source of wind (the lungs), components that vibrate (the vocal cords in the larynx), and a series of resonant chambers (the pharynx, the mouth, and the nasal cavities). Here is how all these components work together when you speak. The first component of this apparatus is the lungs that provide the necessary air and that can thus be described as the " generator ". When you are speaking, your inhalations become faster and shorter and you breathe more with your mouth, whereas otherwise you inhale only with your nose. When you exhale while speaking, you increase the volume and pressure of your airstream to vibrate the vocal cords in your larynx. The larynx consists of a set of muscles and pieces of cartilage, with varying degrees of mobility, that can be raised or lowered like a gate to protect your bronchi and lungs from food and other foreign bodies. When you swallow food, your larynx rises, while the epiglottis, a flap of cartilage at the entry to the larynx, closes down over it to block the upper airways and let the food move down your esophagus safely into your stomach. When you speak, the air expelled from your lungs moves up through the trachea to the larynx, where it passes over the vocal cords. These cords are a matched pair of muscles and ligaments, pearly white in colour, 20 to 25 millimetres long, and coated with mucus. They constitute the second component of your vocal apparatus: the " vibrator ". The vocal cords are attached horizontally from the thyroid cartilage (the "Adam's apple" in men) at the front to the arytenoid cartilages at the rear. By moving these cartilages as you speak, you alter the length and position of your vocal cords. When you start to say something, the arytenoid cartilages press the vocal cords against each other, thus closing the opening between them (known as the glottis). Under the pressure of the air being exhaled, the vocal cords separate, then close again immediately, causing the air pressure beneath the glottis to increase again. By opening and closing the glottis rapidly during phonation, the vocal cords thus release the air from the lungs in a vibrating stream. When you speak a sentence, you modify the vibration frequency of your vocal cords many times to produce the acoustic vibrations (sounds) that are the raw materials for the words themselves. For these sounds to be transformed into words, they must then be shaped by the rest of the vocal apparatus. The first step in this process occurs in the pharyngeal cavity, where the respiratory and digestive systems meet. The pharynx and the other cavities with which it communicates (the nasal cavities, mouth, and larynx) act as a " resonator " that alters the sounds issuing from your vocal cords, amplifying some frequencies while attenuating others. The transformation of the sounds from the larynx is then completed by the position of the soft palate, tongue, teeth, lips, and other parts of the mouth, which act as " modulators " for this sound. While the larynx produces the vibrations without which you would have no voice, it is these other parts of your vocal apparatus that make your voice so flexible and versatile. They do so in different ways. Your he soft palate either blocks the passage to the upper nasal cavities or leaves it open so that the vibrating airstream can enter them. Your jaws open or close to change the size of the oral cavity. Your tongue changes shape and position to alter this cavity further. Your tongue and the lips obstruct the airflow through the teeth to varying extents. The lips also alter their shape -- open, closed, pursed, stretched, and so on -- to shape the sound further. To produce the vowel sound "ee" (as in

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Some of the reasons clients don't always value the work of web designers It will take you approximately 6 minutes to read this article. What is it about the web design industry and web designers that causes our clients to place such little value in the work we do? Is it our clients' fault or is it something that we are doing wrong? Clearly it isn't every client who has little respect for and appreciation of web design. On the contrary, the majority of clients I have dealt with and continue to deal with are lovely and are able to see me and the team with whom I work as professionals like any other. But those who don't seem to appreciate the field do seem to stand out. You know the story, as a web designer. You've sent off a visual to a client and they've come back with amendments they'd like you to make. As I mentioned above, most of the time you'd be happy to make these changes, but in some cases the client is simply unreasonable. Working for an agency -- as opposed to a company, or for oneself -- does present certain challenges. As a web designer you have particular ethics and evangelical mantras surrounding standards, usability and user experience. But when the client requests a change that goes against that, you have to balance their needs with yours. Of course, there are times when there is synergy here, and your needs and the client's needs equal the needs of the end user of the product. However, there are also times when there is no such harmony. The client's needs are, in your professional opinion, ignorant and counter productive. Your needs, as a professional, are equal to the needs of the end user. In theory, anyway. These kind of clients will always exist. The trouble comes when you also have to throw the needs of your agency into the mix. You really want to tell the client all of the reasons they are wrong, and that you should be creating an epic product for their end users (and your portfolio), but you can't go too far, because the agency wants (or even needs) to keep the client. So what is it about web design as a whole that commands such little respect and appreciation amongst some people? We should be cool and modern because it helps us to push our brand, but also helps us to stand out from the crowd. We're too quirky I do suspect that some of it comes down to our demeanour and the way in which we present ourselves. This encompasses everything from the way we typically dress and the casual nature of our meetings, right up to the way our offices are decorated and presented. By nature, there are many web design agencies that have quite a media-centric style, similar to that of advertising and marketing offices (studios?), but with added flair. The premise is, of course, that we should be cool and modern because it helps us to push our brand, but also helps us to stand out from the crowd. After all, aren't we doing the same with the websites for our clients? There is nothing wrong with it, and there is no solution for it; it's just the way we are and the vast majority of clients take it as it is. Indeed, some enjoy the break away from their corporate offices to the more vibrant and colourful surroundings of their web agency. The inevitable cowboys You know the type. They give all web designers and web developers a bad name. They will often outsource to far corners of the world without telling the client, and the client will end up with a very sub-standard product at the end of it. I've seen it many times: a client will approach us very tentatively, informing us that their system doesn't work for them and that they feel they've wasted time and money on it. It then forces us, as an agency, into a defensive stance: "we are absolutely not like that. We build everything in-house and will hold your hand every step of the way. Blah blah blah". It's all true. If you work for a decent agency, they will treat the client and the client's needs with respect. But the constant justification and reassurance shouldn't be necessary. It will, unfortunately, continue to be the case for as long as there are cowboys. Every industry has them, so the only solution is to show yourself to be of the best quality, both in the work you produce and the way in which you produce it. There's no one-size-fits-all for this; it just has to work for your business, as well as the businesses of your clients. The

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Anyone in Bath attempting to erect so much as a Wendy House faces the mighty flexed muscles of a conservationist lobby that countenances nothing but varieties of Georgian pastiche. If you put Bath Stone and classical columns on the faade, you can open as many branches of Tesco Express as you like, but modernism is a rude word hereabouts. So it's not surprising that the distinguished architect Eric Parry's attempts to extend the rear of the Holburne Museum, abutting Great Pulteney Street, with a unit clad in clear glass and ribbed turquoise ceramic should take weary years to grind past the planners and naysayers. But the final result, opened in May 2011 and now the winner of an Riba award, has grudgingly been accepted by the diehards as a good thing. Once cramped and under-visited, Holburne is now buzzing as Bath's third biggest tourist attraction, with a shop and caf as well as space for education and meetings. The increase in footfall over the past year, its director Xa Sturgis told me, is 500 per cent. Most important, the Holburne now has more space to display its delightful collections, rich in silver and porcelain as well as 18th-century painting, now exhibited without charge. My principal reason for dropping in earlier this month, however, was to catch a superb temporary exhibition curated by Sturgis himself. Presence: the art of Portrait Sculpture questions our assumption that only two-dimensional painting or photography can render a human face with psychological acumen and expressivity. Related Articles Using examples ranging from Ancient Greece through Roubiliac, Epstein and Giacometti to Ron Mueck and Madame Tussaud's, Sturgis's selection meditates on the magical power which sculpted images and effigies were once thought to have possessed. Perhaps the most touching of all the exhibits is John Dwight's exquisite portrait of his six-year-old daughter on her deathbed: salt-glazed stoneware does something intense here that paint never could. Presence runs until Sunday: I urge a visit.

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Still a few spots left in the next training session There is still time to apply for the unique expressive arts training that is offered at New York Expressive Arts in Albany, NY. which begins on the weekend of November 9, 10 and 11. Rebekah Windmiller and I are excited about beginning the next Level II training after a hugely successful experience last year. We are looking forward to welcoming the persons who are already registered and encourage a few more to join us for the three 3-day intensives that make up this course. It is designed for persons who have some experience with art making and/or group dynamics who are ready to learn and practice the effective methods of intermodal expressive arts. I f you are hesitating because you don't think you have enough preparatory background to qualify for the program, why not give Denie a call at 518-729-3258 or denwhale@earthlink.net and check it out. The schedule of classes and related information is on the Bulletin Board. We will not be offering the Level I training this semester. QUOTE FOR THE SEASON "It is something to be able to paint a particular picture or to carve a statue, and so to make a few objects beautiful, but it is more glorious to carve and paint the very atmosphere and medium through which we look. To affect the quality of the day, that is the highest of arts." Henry David Thoreau

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Come up hither - Our Lord refers to this, see Luke 14:8 (note), and the notes there. Be humble; affect not high things; let those who are desperate climb dangerous precipices; keep thyself quiet, and thou shalt live at ease, and in peace. Hear the speech of a wise heathen on this subject: - "Why was it that Daedalus winged his way safely, while Icarus his son fell, and gave name to the Icarian sea? Was it not because the son flew aloft, and the father skimmed the ground? For both were furnished with the same kind of wings. Take my word for it, that he who lives privately lives safely; and every one should live within his own income. Envy no man; pray for a quiet life, though it should not be dignified. Seek a friend, and associate with thy equals." For better it is that it be said unto thee, Come up hither,.... It is much more to thine honour and credit to seat thyself in a place rather beneath than above thee; which being observed by some of the officers at court, or by him whose business it is to look after such things, he will beckon or call to thee to come up to a higher and more honourable place: than that thou shouldest be put lower, in the presence of the prince whom thine eyes have seen; than that thou shouldest be thrust away with a severe rebuke for thy boldness and arrogance, in approaching too near the king's person, and taking the place of some great man, which did not become thee, and be forced down to a lower place, to thy great mortification; and the more, as this will be in the presence of the prince thou hadst the curiosity of seeing, and the ambition of making thyself acceptable to, by a gay and splendid appearance; and now with great disgrace turned out of his presence, or at least driven to a great distance from him. Our Lord seems to refer to this passage, in Luke 14:8 . 25:1-3 God needs not search into any thing; nothing can be hid from him. But it is the honour of rulers to search out matters, to bring to light hidden works of darkness. 4,5. For a prince to suppress vice, and reform his people, is the best way to support his government. 6,7. Religion teaches us humility and self-denial. He who has seen the glory of the Lord in Christ Jesus, will feel his own unworthiness. 8-10. To be hasty in beginning strife, will bring into difficulties. War must at length end, and might better be prevented. It is so in private quarrels; do all thou canst to settle the matter. 11,12. A word of counsel, or reproof, rightly spoken, is especially beautiful, as fine fruit becomes still more beautiful in silver baskets. 13. See what ought to be the aim of him that is trusted with any business; to be faithful. A faithful minister, Christ's messenger, should be thus acceptable to us. 14. He who pretends to have received or given that which he never had, is like the morning cloud, that disappoints those who look for rain. 15. Be patient to bear a present hurt. Be mild to speak without passion; for persuasive language is the most effectual to prevail over the hardened mind. 16. God has given us leave to use grateful things, but we are cautioned against excess. Luke 14:7 When he noticed how the guests picked the places of honor at the table, he told them this parable: Luke 14:8 "When someone invites you to a wedding feast, do not take the place of honor, for a person more distinguished than you may have been invited. Luke 14:10 But when you are invited, take the lowest place, so that when your host comes, he will say to you, 'Friend, move up to a better place.' Then you will be honored in the presence of all your fellow guests. Proverbs 25:6 Do not exalt yourself in the king's presence, and do not claim a place among great men;

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How to make a pique assiette mosaic house number plate by the direct method Safety first If you can see, and you quite like the experience, you must wear safety goggles whenever you are breaking up mosaic materials. Chips can fly off at high speed over surprising distances. Similarly a dust mask will protect you from breathing in dust from broken ceramics etc, or when mixing cement grout. It's not often that I get cut when making mosaics, but make sure you've got access to clean water and plasters in case it happens. Don't bring food or drink into the area where you're working either. OK? Step one There's a lot to be said for throwing crockery against a wall, particularly if you've had a stressful day, but it won't necessarily give you the most useful shards. A good alternative is to wrap your chosen target in heavy cloth and hit it with a hammer - this works quite well with tiles, especially if you have a lot to break up. However, what I do most is to use tile nippers, as shown in the picture. You only need to put the edge of the crockery a few millimetres into the jaws of the nippers and squeeze. With practice you can get the line of the cut to go where you want, although it's never 100%. Because this house number will go outdoors I'm using weatherproof board as a base. I've scored it with a Stanley knife (you can see the mesh of criss-cross lines on the wood) and primed it with a weak solution of PVA (white craft glue). About one part of glue to five of water is fine. The scoring helps to give more purchase for sticking the pieces on, and the priming helps stop the adhesive or the grout from drying too quickly (which can weaken it). I've measured out and pre-drilled the holes for the screws that will fix the number to a wall, and sketched an outline of the numbers. Ready to roll!!

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Top-ranked McIlroy looks to end season with win Rory McIlroy (Reuters) Even after wrapping up the European Tour money title, top-ranked Rory McIlroy still has plenty to play for when he tees off at the season-ending Dubai World Championship. A victory at the $8 million tournament will allow McIlroy to overtake Tiger Woods as the all-time leading money earner in a single season. Woods amassed a combined PGA and European Tour earning of $11,557,729 in 2007. A victory for McIlroy would put him $395,857 ahead of Woods. "I would like to pick up two trophies at the end of the week," McIlroy said. "I really want to play well this week, finish the season on a high. There's been a lot of high points this year and it would be great to finish on one as well." McIlroy clinched the Order of Merit money title after finishing third at the Singapore Open, becoming the second golfer after Luke Donald to win the U.S. and European money titles in the same season. The week is lacking the usual drama for the first time since the Race To Dubai was rolled out in 2009 because McIlroy wrapped up the money title so early. But the No. 1-ranked Northern Irishman said the anti-climactic end to the season was not a reason to scrap the winner-take-all format in favour of something closer to the FedEx Cup in the United States. The American format features three playoff events that whittle the field down to 30, who then all have a chance to win $10 million in a final tournament. "I played well during the FedEx Cup playoffs this year on the PGA Tour and felt a little hard done by, playing so well and not being able to win that," McIlroy said. Donald won the Order of Merit title last year in Dubai, finishing third to hold off a late-season charge from McIlroy. The 35-year-old Englishman said the fact that the title has already been decided might be reason enough for the European Tour to reconsider the format. "The European Tour may want to think about adding a scenario where that doesn't happen and incorporate either a playoff system or some other way to make sure that it does down to the wire," Donald said. "I think that makes it more exciting. I remember last year when I played. It felt like I had a target on my back." European Tour Chief Executive George O'Grady is expected to discuss possible late-season changes to the tour on Sunday. But on Thursday, O'Grady told The Associated Press that this year was not so much a result of a flawed system as it was the dominance of McIlroy. He ruled out any radical changes to the format. "It's very hard to see it happening with the size of the prize fund this week and the size of the bonus pool," he said of the $3.75 million in bonus money that will be handed out to those finishing in the top 10 on the money list. "He has had a phenomanal year, Rory McIlroy. It's as simple as that," O'Grady said. "I think it's easy for our psychology to understand how you win this thing. The FedEx series in America is a very American concept with the playoffs. I wouldn't be immediately given to panic measures on this."

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"Pro-Choice" Penny Marshall Glad There Was "No Choice" When Pregnant Over the years I've learned that you can see some really amazing stuff on the Today Show at 7:30 in the morning. A week or so back as I puffed away on the tread mill, I spotted actress and director Penny Marshall being interviewed by Matt Lauer about her new book, "My mother was nuts." Most remember her best for co-starring in the television comedy "Laverne and Shirley" and as the director of films such as "Big" and "A League of their won." Marshall is legendary for, shall we say, living the drug culture of the 1970s to the fullest, which apparently takes up a lot of time in her book. More importantly for us (thanks to the always helpful pro-life site Jivinjehoshaphat), I learned that I had missed an allusion Lauer made to the abortion that Marshall writes about in her book. After reading the transcript from the Today Show, I went to an interview Marshall gave Reuters. "She is also vocal about her support for abortion rights after her own experience with unplanned pregnancies," writes Andrea Burzynski. "Her first pregnancy with her boyfriend-turned-husband resulted in her daughter, Tracy. Her second, following her second marriage and divorce to Hollywood director Rob Reiner, resulted in an abortion." Notice what follows next. Marshall says, "I'm pro-choice. But I'm glad that there was no choice back then, because I have a wonderful daughter and three grandchildren." What a remarkably revealing statement, wouldn't you say? Because she was not able to abort, Marshall's been blessed with a daughter and three grandchildren. Put another way, the better angels of her nature were allowed to take wing because she did not have the "option" to abort. A great lesson. LifeNews.com Note: Dave Andrusko is the editor of National Right to Life News and an author and editor of several books on abortion topics. This post originally appeared in his Natioanl Right to Life News Today -- - an online column on pro-life issues.

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King of the Cage: Stand & Deliver lived up to it's name last night as Elmer Waterhen and Garett Davis put on a five round battle for the Welterweight Title in the main event. Despite losing two fights the day of weigh ins the 6 fight lineup was mostly evenly matched and the entire card was entertaining. Fight of the Night -- Elmer Waterhen vs. Garett Davis Knockout of the Night -- Cameron Loutitt Submission of the Night - Ben Jansen Garett Davis vs. Elmer Waterhen Round 1- Waterhen pawing jabs and a leg kick and another. Waterhen lands a body kick but slips. Davis follows him down but eats a few hard punches and they get back to their feet. Waterhen lands a leg kick and Davis responds. Waterhen continues to land chopping leg kicks and follows up with a stiff jab. Davis misses a spinning back fist and they trade leg kicks. Waterhen jabs, lands a leg kick and a combo. Waterhen lands a nice front kick followed by a right. Davis looks for double and finally completes it against the cage in final seconds. Top MMA News scores the round 10-9 for Waterhen Round 2- Waterhen lands more leg kicks and Davis responds with a few of his own. Waterhen jabs and Davis misses a spinning back fist that allows Waterhen to land a solid shot. Waterhen connects with a body kick and a big flurry that sends Davis retreating but he survives. Davis looks for a single and gets to side control. Davis takes full mount but Waterhen is able to work back to feet and they tie up against cage. Davis gets another takedown to mount. Davis postures up and lands shots. Davis looks for an armbar but Waterhen sweeps to full guard in final seconds. Top MMA News scores the round 10-9 for Waterhen Round 3- They trade leg kicks before Waterhen lands solid combo followed by another leg kick. Waterhen lands a hard right and some body shots. Elmer continues attacking the leg and lands another body shot. A stiff left connects followed by more leg kicks and Waterhen chips away with punches. Davis shoots in for a takedown but eats big right as Waterhen avoids the takedown. Waterhen connects with another combo before Davis gets the takedown to side control. Waterhen replaces half guard and lands a few shots from the bottom and the round comes to an end. Top MMA News scores the round 10-9 for Waterhen Round 4- Waterhen lands a leg kick followed by a body shot and they trade jabs. Davis shoots in for a double and gets stuffed. Waterhen with another leg kick and a stiff jab that backs Davis up against the cage. Waterhen connects with more big shots. Davis gets a single to side control but Waterhen land elbows from the bottom and replaces full guard. Davis landing little shots from the top but Waterhen is able to get back to his feet and they trade shots for final seconds. Top MMA News scores the round 10-9 for Waterhen Round 5- A big hug to start the round before Waterhen avoids takedown and spinning back fist from Davis. Davis lands a jab and Waterhen responds with a pair of leg kicks. Another leg kick and hard jab stuns Davis but Waterhen doesn't take advantage. Waterhen lands a body shot followed by some jabs and another leg kick. Waterhen continues to punish the legs and avoids another takedown. Waterhen with a jab and leg kick, opens small cut over Davis left eye. Davis shoots in and eats some solid shots but completes the takedown to mount. Davis opened up and bloodied as Waterhen pushes off cage and reverses position, now in the full guard of Davis. Waterhen lands a few elbows to body before the referee stands them up. Waterhen side steps a rushing Davis and lands shots followed by a body kick. Waterhen stuffs another takedown and lands a few more kicks the legs as the round ends. Top MMA News scores the round 10-9 for Waterhen Elmer Waterhen defeats Garett Davis by Unanimous Decision (50-45, 49-46, 50-45) Cameron Loutitt vs. Steve Dubeck Loutitt lands a few leg kicks and Dubeck responds with a combo and gets the takedown but Loutitt pops right back to his feet. They tie up briefly before separating and trading shots. Loutitt lands a crushing overhand right that knocks Dubeck out cold

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Health How to Deal with Horrible Bosses It's been said employees don't leave bad jobs, they leave bad bosses. If you are at the receiving end of an employer's bad behaviour -- from those who make you work well into the night, to those who use you as a scapegoat, or those who simply fail to communicate at all -- leaving isn't the only solution, says a leading workplace communications expert. Psychologist Dr Mary Casey, CEO of leading health and education organisation Casey Centre, says most employees have dealt with a boss's unprofessional behaviour at least once: "Bosses do what they do because they can -- especially since they are in a position of power. Setting strong boundaries early on helps. Whether your boss is a slave driver or a micromanager, if they know where they stand with you then it's harder for them to push your buttons." Maintaining a professional working relationship with your boss is important so how do you address their behaviour without it souring? Every boss is different and so you need specific strategies to most effectively deal with them, Mary says, "Unfortunately, difficult people can't be changed -- we can only learn strategies to ensure we aren't their targets. My strategies focus on dealing with their behaviour, rather than trying to change their personalities," says Mary. Dr Casey's strategies for dealing with 7 difficult boss types - The Micromanager : Does your boss want a meeting with you several times a week, be cc'd in every email, and check your work on an hourly basis? While this behaviour can be annoying initially, eventually it can make you doubt your own abilities. "Micromanaging has nothing to do with your work quality -- it's about your boss," says Dr Casey. "Develop a strategy to find a good balance between the micromanaging and your freedom. Suggest a dedicated meeting time and create a list of successful projects you've worked on to prove your work quality. Be honest: let your boss know you feel they're monitoring your work too closely and you work better with more space." The Bully : Does your boss use his or her physical presence to intimidate, shout at you around other staff, or is not open to hearing or taking on your suggestions or ideas? "Even though it seems like it's their way or the highway, stand up to them and you may find they back down," Dr Casey says. "Ask them not to yell or interrupt. When a situation gets heated, use their first name and ask them if they can outline exactly what the problem is." The Non-communicator : They come and go without telling you, don't give staff an opportunity to contact them when they need them, and never give performance feedback. "These employers are basically an emotional brick wall," Dr Casey says. "Observe if they use the same behaviour with all staff. If so, it is not something to take personally. Communicate through notes or emails, and set deadlines for responses -- such as "please respond by Tuesday, and if I don't hear from you I assume the proposed action is okay. As these bosses are emotionally withdrawn, it may be hard to communicate with them, so ask open-ended questions." The Drama Queen : This type of boss seeks drama in the workplace, or tends to worry or panic over every incident -- and quite openly in the presence of staff. "It's important not to give them the attention they crave. Remain calm and, if possible, ignore their over-the-top behaviour so as not to add fuel to the fire," Dr Casey says. Gossip Monger : What do you do when your boss is the source of office gossip and conversations eventually lead to discussing people? Dr Casey says, Work on constantly changing the subject from people to positive things. Let your boss know in the first few minutes of gossiping that you're not interested. You can do this by refraining from commenting." The Slave Driver :A master delegator, this type of boss ensures staff work well into the night, with no mention of "time in lieu". When another employee leaves, you may also suddenly find yourself doing their job, too. "Set the boundaries of what your hours are; work within these hours and within your scope. A good idea is to check with your boss that your job description is the same and that you are doing everything you were hired to do and nothing more," Dr Casey says. The Detractor : Does your manager shift the blame to you or other staff whenever results fail to come in or something

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Whenever you decorate a room, buy furniture or appliances, one big question is: Which color to choose? Knowing what are the colors of the moments can make all the difference. For one thing, you will able to accessorize with the same colors. The idea is to keep your shopping simple while creating a fresk look. When it comes to the latest color trends, I turn to a trusted source by designers: Pantone. I usually explore the Pantone Fashion reports and the Pantone Home & Decor report. Fashion colors are updated twice a year. It provides an indication of which colors will stick around the longest? You probably already have an idea for the neutrals that you wish to use. The big question marks arise with the accent colors. They are many surfaces where you can inject colors. Remember to think 3D when you design your room. Before making any decision, answer a few questions. How do you want to feel when you are in the room? Who will use most the room? At what time of the day? Couples who like cooking together could bring a his and hers feel to their kitchen by skillfully balancing a French Roast with hints of Olympian Blue and Pink Flamb. Colors that will stand the test of time are Olympian Blue, Ultramarine Green, Bright Chartreuse and Honey Gold. You always see them use in different tints, shades or tones. Tones (greyed down colors) are what you will see in 2013. As expected, the Pantone Fashion report for Spring 2013 is less bold. It reflects more the home decor colors that I have seen so far for 2013. Colors that are great to decorate with are Lemon Zest, Sunflower, Graded Jade, Poppy Red and Monaco Blue. A Balancing Act As long as you balance it with neutrals and carefully place it, a bright color will not overpower your kitchen. The center panel of half of my pale wood Shaker kitchen cabinet doors are tinted a rich red. Everything else is neutral and red is my only accent color. I love it! Many would prefer to punch their design with small items. BlueStar offers you an unique option with their colorful range knobs. They can complement backsplashes, floor tile and seasonal decorations without a big commitment. You can change the color of the BlueStar knobs with the season -- or as often as you'd like. Disclosure: This post is sponsored by BlueStar, the maker of pro appliances for gourmet cooks . Each range is fully customizable with an almost infinite combination of burner configurations, colors and sizes. Their pro-quality gas ranges are available in more than 190 colors that align with the latest and greatest seasonal trends. ABOUT At Home with Kim Vallee is my guide to stylish living and easy entertaining. I bring to you inspiration, design ideas, great finds, trends and simple, time saving tips. I cover everything from home decor, food, entertaining, gardening, and kids. At Home with Kim Vallee is a collection of things and ideas that I like. It reflects my style and my life. You can read our editorial policy on samples and submissions.

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How Many People Vote in this Country? "on Tuesday, November 6, 2012, 12 million fewer Americans showed up at the polls than voted in 2008. Please add this to the following report on my house floor." And the Republicans still lost. Hmmpt. You know, today after the great deflection yesterday, there are a lot of pundits and experts who have egg on their faces. A few of them last night were actually hilarious. Some were literally stunned right there on national tv. One co-anchor was even tipsy drunk, having already started celebrating before going on the air. It was a wonderful thing to see and (personally) I believe puts polls & political punditry right up there where it should be -- with lawyers & paid jury consultants. My dog, Jethro, could have made a better prediction by whizzing on two photos laid out on the ground than the pundits did yesterday But do you know how many people in this country actually vote in an election such as this? There are some excellent articles on the subject of voter participation (one included below). Likely this election will go down in the history books. But basically, only about ONE HALF of the people actually vote. That's kind of amazing. And interestingly, it's just about the same number of people who pay Income Tax in America. A 50 state average -- based on all the years that statistics have been kept -- comes in at @ 50%. "The percentage of people who vote all depends on the election and its candidates. Back in 1992, a total of 61 percent of registered voters actually voted in the election to decide between President Bill Clinton and President George Bush, Sr. Four years later, we saw a rather sizeable drop to 54 percent in the 1996 presidential race. Many people attribute the drop in voters to Clinton's approval rating, but as with most everything, this is up for debate. When Vice President Al Gore went up against President George W. Bush, we saw a rise in voters hitting the polls, moving from the aforementioned 54 percent up to 60 percent. Come 2004, we experienced yet another rise, increasing the percentage to 64 percent of registered voters voting in this presidential election."

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Chocolate, Hazelnut and Rasberry Fondants and a review of Sweet Bitesize Bakes by Sarah Trivuncic I made these using a recipe from the new cookbook from Sarah Trivuncic, aka MaisonCupcake. This book, Sweet Bitesized Bakes is from the Bake Me I'm Yours range of cookbooks. It is a small book packed full of instruction and inspiration. Sarah bakes her versions of this in little dariole moulds (giving a really pretty shape) and then piping with dark brown fondant icing. However owing to an altercation between myself and my bag of icing sugar, I did not have enough left to make the icing and therefore ended up decorating them with ground hazelnuts and dried rasberries. In fact I liked the way that this softened the intense chocolatiness of the finished product, though decoration is optional and of course can go any which way you choose. I was sent a copy of the book to review and was delighted. I am not an expert in baking pretty things, and perhaps if I had been gifted with a little extra dose of patience and focus I would do better but I am hoping I can work my way through some of the simpler recipes in the book and then tackle the bigger challenges. The book gives advice on the best equipment to use, and then has a section on methods and a section on recipes. In the method section, all manner of icing recipes, making meringues, basic recipes for sponges and biscuits, macarons and so on. I like the arrangement of the book, the preciseness and clarity of the method and the novel and pretty recipes Sarah presents. It is a book for someone who enjoys baking and is a good introduction to decorating cakes and biscuits though some of the recipes (the fondant fancies and the macarons for example) are things you might want to tackle after doing the more simple projects. So here is a photoaccount of how I made these chocolate fondants. The original recipe is in Sarah's book so I will not reproduce it for copyright reasons. I was able to use my Kenwood K Mix standmixer to quickly make up a chocolate cake batter, in quantities sufficient for a Brownie Tin. I use a Mermaid Bakeware brownie tin . I have been trialling a few pieces for Mermaid, and I have to say I love the bakeware. It is robust and the anodised finish means that you get a really good finish since I think it conducts heat better. The only thing is that the brownie tin is not loose bottomed but I have always lined it with greased baking parchment so no problems with cake release. 1. Once you have a cake baked cut it into bite sized portions and cut each portion in half to create two layers 2. Sandwich the layers together with buttercream. I made a vanilla buttercream using the recipe from Sarah's book and added 25g of ground hazelnut to the mix. Put the cakes into the freezer for 15 minutes to cool. 3. Melt some dark chocolate in a bowl over a pan of simmering water. Spear the cake portions with a kebab stick and dip into the melted chocolate. Use a spatula to ensure the cake is well covered then twirl it round a bit to allow the excess chocolate to drip off. Then place them onto a wire rack. You need to raise the rack using some food tins as in the picture below and keep a sheet of greaseproof underneath to catch drips. Take out the kebab stick and decorate as desired. I sent mine as a part of a gift in a bakeswap organised by Sarah and her publisher to Jennie of The Things I Eat blog who in return sent me these delicious mini tartlets. I am also adding this bake to Karen and Kate's Tea time treats linky for July since these would make a perfect cake stall addition which is the theme of the month. \*\*\*I have been sent Sarah's book, a Kenwood KMix and Mermaid bakeware to review from the respective companies. All opinions expressed here are my own.\*\*\* thanks Karen. I have to admit that the box was recycled - it was from Pierre Herme at Selfridges where my wonderful husband had bought me some macarons from... I hope Jennie did not mind but they cakes looked so perfect in the box I had to use it! These little fondants look so amazing and I love the way you have decorated them. They remind me of those beautiful French boutique patisseries.

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Salvation Army desperately needs hosts to ring the kettle bells Salvation Army desperately needs hosts to ring the kettle bells The Salvation Army is in dire need of hosts for its Christmas Kettle Campaign. Starting Nov. 16 right up until Dec. 24, donation kettles will be placed at different business locations in the Comox Valley. But volunteers are needed to ring the kettle bells. "We desperately need volunteers," Community Services Director Brent Hobden lamented. "Christmas is the major fund-raiser for the Salvation Army in the Comox Valley. A significant amount of the programs that we offer to the community depend greatly on the amount that we are able to generate over the next six weeks." Hobden said recruiting volunteers for the kettle campaign has always been a slow process but the numbers do improve as Christmas draws nearer. "When it always comes down to the wire, it's always a bit of a struggle to get people to sign up early," Hobden said. "But the fun thing about it, when it comes to the crunch, and that's where we're at right now, the work that you folks do at the Echo and various advertising agencies, all jump on board, we get the word out and people come out and sponsor us. So that's wonderful." The kettles will be out from 9 a.m. to 9 p.m. Volunteers can chose the shift they want for at least two hours. "It's about a 12 hour stretch that we're looking for volunteers," said Hobden. "It's for Monday to Saturday at 12 locations from November16 all the way to December 24." The Salvation Army will also be holding its Christmas Hamper registration starting next week, Nov. 13-16. Hobden said that they would also need volunteers for hamper packing night and for the entire Christmas season to help bring sponsor hampers in and out. "The Comox Valley is amazing," said Hobden. "We obviously have a lot of people in this valley that have a passion for our neighbours. So we do get a significant amount of volunteers." Hobden said another area where they need a big help is finding volunteer sponsors for its Christmas hampers. "We need businesses, families and individuals who would be interesting in going out and doing the shopping for groceries and small gifts, getting a hold of me and putting them all together. That's a huge, huge area of need this year. We're down about 50 per cent in our numbers on that. It's still a little bit early. They are coming in but that's probably where the biggest struggle for volunteers is as far as the Christmas Hampers go right now." Last year, the Salvation Army distributed 686 Christmas Hampers that helped over 2,700 people in the valley, 650 of whom were children and youth under the age of 18, who also received a gift for Christmas. The Salvation Army is also looking for a space to run the Christmas Hamper program. They will require at least 3500 square feet that will serve as a warehouse and office space. Anyone who may know of a location or has a place is asked to contact the Comox Valley Salvation Army. The Salvation Army, from January to September has provided: 7,462 meals through its Emergency Homeless Shelter, 4,417 meals through the Tuesday Hot Lunch program at St. George's United Church, 4,199 beds used at its Emergency Homeless Shelter, and 94 children were provided with school supplies at the beginning of the school year. Comments NOTE: To post a comment in the new commenting system you must have an account with at least one of the following services: Disqus, Facebook, Twitter, Yahoo, OpenID. You may then login using your account credentials for that service. If you do not already have an account you may register a new profile with Disqus by first clicking the "Post as" button and then the link: "Don't have one? Register a new profile". The Comox Valley Echo welcomes your opinions and comments. We do not allow personal attacks, offensive language or unsubstantiated allegations. We reserve the right to edit comments for length, style, legality and taste and reproduce them in print, electronic or otherwise. For further information, please contact the editor or publisher, or see our Terms and Conditions.

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One chicken, three meals By Karen Martini With a little planning you can create three delicious meals from one chicken, using the meat and extracting flavour from the bones. Buy the best organic chicken you can find. Vietnamese chicken and rice noodle soup If you start your trio of dishes with this seductively aromatic soup, your chicken will be prepared for the next two meals. The fresh herbs, chilli and bean sprouts add texture and lift to the spice-laden broth. 1. In a large stockpot add the oil and all the spices and toast for three minutes over a medium heat. Add the garlic, ginger and red onion and cook for three minutes. 2. Add the chicken, salt, lemongrass, lime leaves, galangal and water. Bring to a simmer over a high heat, reduce heat to low and continue to simmer for one hour. 3. Lift the chicken out and strain the broth. 4. Put the strained broth back on the heat, season with fish sauce and palm sugar and bring back to a simmer. 5. When the chicken is cool enough to handle, pull all the flesh from the legs and carcass and set aside half for your fried rice. 6. Drop the other half of the meat into the soup along with the spring onions, shiitake mushrooms and noodles and heat for three minutes. Ladle into bowls and pass around the chilli, bean sprouts and the herbs and lemon to squeeze over. Serves 4 Drink Jasmine tea or lager. Chicken and pancetta salad with crisp parsnip and saba dressing This is a perfect light salad for lunch. Saba is a syrup made from cooked grape must and adds an underlying richness and complexity to the dressing. You can prepare the chicken beforehand and put the salad together at the last minute. 1. Separate the fillet from the tenderloin and cut fillet into three long strips, giving you four pieces per breast. 2. In a mortar and pestle, smash the salt flakes, garlic, thyme and peppercorns, pounding hard until you have a paste. Then dry rub this all over the chicken. 3. Roll each strip of chicken up in a piece of pancetta, press flat and set aside in the fridge. 4. Peel the parsnips, discarding the outer peel. Continue peeling the flesh to end up with long, thin ribbons. 5. Place a large frying pan over high heat and add a good splash of oil. Add a handful of the parsnip ribbons, fry quickly until light brown and drain on paper towel. Continue with the remaining parsnip. Season with salt, repeat until all ribbons are fried - they will crisp as they cool. Set aside. 6. Combine saba with a splash of extra-virgin oil, salt and pepper in a bowl, adjust dressing to taste. Toss the pear slices in dressing so all are coated. 7. Wipe out frying pan and place over a high heat. Add a splash of oil, then sear the chicken. Cook for two minutes until golden brown, pressing down on each piece as it cooks, then flip over and cook for another two minutes until crisp. 8. Place some rocket, watercress, parsley, dressed pear slices and a little onion on the platter. Top with the chicken, a few more leaves and slices of pear. Pour over the dressing and top with parsnip chips and scattered walnuts. Serves 4 Drink Dolcetto. Fried rice with chicken, ginger and egg The third dish is really satisfying and quick to whip up, especially if you have cooked rice to hand. Both white and brown rice work well, but the latter has a wonderful nutty flavour and a chewy texture.

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Pam Tillis All Of This Love Lyrics Pam Tillis All Of This Love Lyrics total views : 1 times this week. You can enlarge lyrics to all of this love for easy viewing, send it to your friends or rate the song All Of This Love by Pam Tillis and help the song become popular. If you have any corrections for these lyrics or any ideas about the meaning to all of this love, please feel free to submit them. Have you ever seen a wild magnolia There's only one place it grows On the shady banks of the Tennessee River Sheltered, untouched and alone There's a place in my heart where nobody has been And I keep it for you There's a door to my dreams and one day you'll walk in And until that day I'll be true 'Cause I can't wait to see what you'll do With all of this love that I'm saving for you All of this love Can't wait to see what you'll do with all of this love All of this love that I'm saving for you Do you ever feel the ache and the hunger [ From: http://www.elyrics.net ] And do you look for me too Sometimes at night when I lie awake and I wonder Shadows of doubt fill my room And the darkness falls and I stare at the walls 'til you come into view And I picture your face and the time and the place You're a dream waiting to come true And I can't wait to see what you'll do With all of this love that I'm saving for you All of this love Can't wait to see what you'll do with all of this love All of this love that I'm saving for you All of this love that I'm saving for you

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The safest way to buy a car Let MotorWeb guide you through the minefield of buying a used car Licence and Registration Below is a list of alerts relating to vehicle licensing and registration. Simply click on the appropriate heading for more information. 1. Vehicle has previously been de-registered The vehicle has been de-registered in the past and then registered again. The vehicle may have been in an accident and written off by an insurance company, or the vehicle's registration may have expired because the licence was not kept current. Vehicles can only remain unlicensed for a given period of time (12 months for most passenger vehicles, and 24 months for trailers, ATVs, etc.). If the vehicle is unlicensed for over 12 months it will be de-registered. The owner at the time may have asked that the licence and registration be cancelled because the vehicle would not be used for some time (for example while overseas). Our recommendations Speak to the current owner or the person who owned the vehicle just prior to the date of de-registration, for more information. 3. Registration has been cancelled This vehicle's registration has been cancelled by the vehicle owner, and is no longer allowed on the road. There are a number of possible reasons for this, the vehicle: as been destroyed or rendered permanently useless was written-off by an insurance company due to major damage is being permanently removed from New Zealand roads (for example sold for parts) was not going to be used on the road for a reasonably long period of time (for example being restored, owner going overseas, etc.) Our recommendations If you wish to purchase this vehicle for use upon New Zealand roads, you will need to have the vehicle re-registered (new plates assigned), obtain a current WOF or COF, possibly have a VIN assigned, and purchase a current vehicle licence. As part of the re-registration process, the vehicle will undergo a thorough safety inspection for frame damage etc. This inspection costs approximately $350. You may also be responsible for paying overdue/unpaid licence or RUC fees if applicable to this vehicle. 4. Registration has lapsed The vehicle's registration has been cancelled by the NZTA - not by the vehicle owner. This happens automatically if the vehicle remains unlicensed for 12 months (for most passenger vehicles), or 24 months (for special category vehicles like trailers, and ATVs etc.). Our recommendations If you wish to purchase this vehicle for use on New Zealand roads, you will need to have the vehicle re-registered (new plates assigned), obtain a current WOF or COF, possibly have a VIN assigned, and purchase a current vehicle licence. As part of the re-registration process, the vehicle will undergo a thorough safety inspection for frame damage etc. This inspection costs approximately $350. You may also be responsible for paying overdue/unpaid licence or RUC fees if applicable to this vehicle. 5. Registration will lapse on ... unless re-licensed This vehicle does not have a current licence and the NZTA will cancel the vehicle's registration if the vehicle is not re-licensed by the specified date. Vehicles can only remain unlicensed for 12 months for most passenger vehicles or 24 months for trailers and ATVs etc. Our recommendations It can be costly to re-register a vehicle, therefore if you are looking to buy this vehicle make sure the owner has it re-licensed before the indicated date. You should also inquire why the vehicle is presently un-licensed. If you need to have the vehicle re-registered (new plates assigned) you will have to obtain a current WOF or COF, possibly have a VIN assigned, and purchase a current vehicle licence. As part of the re-registration process, the vehicle will undergo a thorough safety inspection for frame damage etc. This inspection costs approximately $350 6. Vehicle has never been registered The vehicle has been through the pre-registration process but has not yet been registered (i.e. had a plate number assigned). The vehicle is new from the factory, or has recently been imported into the country. The vehicle cannot be used on the road until it has been registered, licensed and safety inspected. It is also possible that the NZTA does not have full registration details if the vehicle was registered before 1995. 7. Cannot check if damaged import as vehicle has never been registered Damaged import information can only be checked by registration plate - this vehicle has never had a registration plate. 8. Vehicle has exemption licence The owner has asked that the vehicle's licence (registration sticker) be 'put on

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I remember 'being there' at one of the moments of transition from Cold War to post Cold War era, when the NATO Parliamentary Assembly, where I worked, decided to invite the former Warsaw Pact states to its annual session. It was a last minute decision, an overture to the opening and subsequent EU and NATO enlargements to the east of Europe. When the parliamentary delegates arrived from beyond what was still quite recently the iron curtain, the "West," was caught quite unprepared for their absorption into its institutions. An East European delegate politely and timidly came over to where I stood: "Excuse me," he said, "but I have no nameplate for my country." We all had to be creative and quick in those days and my contribution to the end of the Cold War was to swiftly move into the stationary storage room, find an old cardboard box, a marker and pair of scissors, and write the name of the certain Eastern European country on a piece of cardboard and hand it to the gentleman in question. He was so happy with his makeshift country nameplate, feeling a real part of what was becoming "Europe whole and free." Since then, the said country has joined both NATO and the EU as a full member. Much of the early post-Cold War era was dominated by this "democratic enlargement" paradigm. The absorption of a post-communist space into Euro-Atlantic institutions to create a new European security order, one with strong transatlantic bonds based on shared values was a phenomenal project of member-state building and institutional restructuring. What emerged at first as blueprints in various NATO, EU, and OSCE documents did not remain on paper for long, as both NATO and the EU concluded their biggest enlargement spree since their inception. Unlike buildings and monuments, the architecture of regional political orders are not static and require constant readjustment, dismantling and restructuring. It has been a while since Europe has shifted away from the "democratic enlargement" paradigm, as a recent report entitled: "The Spectre of a Multi-polar Europe" produced by the European Council on Foreign Relations rightly suggests. The report written by Mark Leonard and Ivan Krastev with contributions from Dimitar Bechev, Jana Kobzova and Andrew Wilson presents an ambitious panoramic view of the transition that is taking place from one European security architecture to another. The report provides a spot on diagnosis of the problem: An emerging vacuum caused by Europe wavering between the now out dated "democratic enlargement" paradigm and "interest-based realism" where the EU and Russia maintain distinct spheres of influence -- the EU in Central, Eastern Europe and Western Balkans and Russia in its "near abroad." While the report is right that the latter does not constitute the basis of any viable order, and that one of the reasons for this emerging vacuum is the U.S.'s relative disengagement from Europe, the cures it proposes for this diagnosis are somewhat far reaching. Leonard and his co-authors propose a European security tri-alogue between the EU, Russia and Turkey, building on the Merkel-Medvedev idea of an EU-Russia security dialogue, but including Turkey. The tri-alogue would then create an action plan for stabilizing and reducing tensions on Europe's periphery. This would involve solving existing frozen conflicts in the region, including the unresolved Nagorno-Karabakh conflict between Armenia and Azerbaijan. It seems that the magic key to resolving these frozen conflicts would be to offer the prospect of a security treaty, such as the one proposed by President Medvedev. The resolution of these frozen conflicts would be a pre-condition to such a treaty. Finally the signing of such a security treaty between the EU and Russia would ensure the institutionalization of the EU as a key security actor in Europe. The report presents an important insight into the changing positions of Russia and Turkey within this evolving European security architecture. While Turkey's rise as a regional power is not breaking news of an hitherto obscurity -- in fact I argued four years ago that the EU should engage Turkey on wider security issues outside the box of this "acceptance/rejection" impasse of accession talks -- the changing Russian perspective is one of the most useful insights the report has to offer to policymakers. What the report calls Russia's new 'Westpolitik' involve

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The Development of an Access and Registration Framework for Internationally Educated Occupational Therapists The Development of an Access and Registration Framework for Internationally Educated Occupational Therapists (IEOTs) is a twelve-month initiative, which began in January 2007, and is funded by the Government of Canada's Foreign Credential Recognition Program. The project is led by a Steering Committee of three associations, including the Association of Canadian Occupational Therapy Regulatory Organizations (ACOTRO), the Association of Canadian Occupational Therapy University Programs (ACOTUP), and the Canadian Association of Occupational Therapists (CAOT). Representatives from Human Resources and Social Development Canada and Health Canada serve as advisors. This initiative is a follow-up to the report entitled Enabling the Workforce Integration of International Graduates: Issues and Recommendations for Occupational Therapy in Canada (hereinafter Workforce Integration Project), and addresses selected recommendations to ensure the successful integration of IEOTs into the workforce. The objectives of the initiative are to: Identify the pathway(s) followed by IEOTs, from the point of initial consideration of immigration to Canada, to successful registration as an occupational therapist, and finally to integration into the occupational therapy workforce; Describe the types of activities and processes involved at key points on the pathway(s); and Define the necessary processes and supports for assisting the IEOT to move through the pathway to registration and integration into the profession. The Framework The Access and Registration Framework for IEOTs presents the overall pathway an IEOT is required to follow to practice occupational therapy in Canada, and recognizes that there are differences between provinces/territories in the licensing and registration of candidates. The framework establishes the context to implement actions, and identify the key roles and responsibilities of the stakeholder groups in the occupational therapy community. It is important to note that the elements within each component of the framework are not final or complete. They serve as a starting point for implementation. There are five components to the framework and a number of decision points along the pathway. The five components include information, assessment, preparation and support, entry into the occupational therapy workforce/provisional registration, and integration into the occupational therapy workforce. Each component in turn is defined by a number of elements.E Information was gathered in two phases: Phase One Analysis of published and unpublished (grey) literature related to challenges and initiatives in the Internationally Educated Health Professional (IEHP) environment; Based on the development of the Framework and in consultations with relevant stakeholders, the following recommendations were developed: Recommendation One: Create one information gateway Accurate, timely, and consistent information for the IEOTs about coming to Canada and the steps for assessment for registration/licensure are key to a more efficient process. The profession should provide one portal with all the relevant information, and potential assessment and educational tools. Recommendation Two: Standardize the assessment of the IEOTs to enhance fairness in recognizing international qualifications Similar approaches to the assessment of credentials and competencies would ensure consistent entry standards for occupational therapists across the country. A collaborative approach among occupational therapy regulators and stakeholders would facilitate planning and maximize the use of resources and time. Recommendation Three: Develop programs, processes, and tools to support the knowledge and competency development of the IEOTs to meet assessment requirements Academic upgrading, language training, supervised fieldwork, mentoring, and orientation courses to the Canadian health system are examples of programs needed to assist IEOTs to meet assessment requirements. Recommendation Four: Establish appropriate workplace supports for the IEOTs Once an IEOT is eligible for licensure/certification, successful integration into the workforce and ongoing professional development require workplace system supports such as orientation, mentorship, and continuing education. Professional support provided by provincial/territorial and national occupational therapy associations and employers is also important to the successful professional development of the IEOTs in Canada. Recommendation Five: Provide financial support to IEOTs This may include support for tuition, child care if needed, housing and other similar needs. Recommendation Six: Secure funding to begin to develop the tools and programs that comprise the framework Recommendation Seven: Complete periodic evaluations of the Framework Evaluations are needed to ensure that materials and processes are meeting the needs of the IEOTs and other stakeholder groups such as regulatory bodies and employer

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Galaxy S3 sales help Samsung overtake Apple Samsung Galaxy S3 has seen great success for Samsung. In fact, things are going so well, the new flagship looks set to help Samsung overtake Apple in smartphone before the end of Q2 this year. A poll conducted by Reuters suggest that by the end of Q2 sales of Samsung smartphones will have outsold the iPhone by nearly 20 million sales. Apple is on track to shift 30.5 million iPhones in this quarter alone, whilst Samsung is on track to sell 50 million smartphones. A large part of Samsung's success is down to impressive sales of the Samsung Galaxy S3, where aggressive global marketing strategies and heavy press coverage have helped propel the new Android flagship to the top of the pile/ "Samsung is expected to be the smartphone hero in the second quarter. We are also expecting to see the biggest smartphone volumes ever shipped from one single vendor in one quarter, driven by strong demand of the Galaxy portfolio, particularly the Galaxy S II and S III," said IDC analyst Francisco Jeronimo. Samsung's edge also comes from a broader handset portfolio in comparison to that of Apple, allowing it to reach a wider range of consumers. Samsung was also the first company to surpass Nokia in selling feature phones to the world after 14 years in the top spot within that market, and success here is continued to grow as well. The other most notable piece of information from analysts was the growing presence of leading Chinese manufacturers ZTE and Huawei who are now trying to expand their reach and brand identity into both the low and high end smartphone markets.

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Pages Wednesday, July 23, 2008 Question from Ashley - English versions of foreign primary sources Does anyone know of any collected books of primary sources (or even websites)? I know that there are some for Henry VIII and Elizabeth I's state papers and letters and that the Lisle Letters were published. Are there any English versions for the various ambassadors (Spanish, Venetian, French etc)? I'm currently stuck in the U.S., but would still like to view primary sources. Any suggestions are always appreciated. Thanks! 3 comments: Have you looked at the Calendar of State Papers Spanish? And Calendar of State Papers Venetian? Not precisely primary sources but generally accepted as primary material. they include ambassadorial correspondence translated into English and organized by date. Try a big university library. Or the Internet Archive has PDF versions of the Spanish State Papers for Elizabeth's reign. (Sometimes called Calendar of State Papers from Simancas). Ashley, if you have access to a large university library (and when I say "large," I mean something on the level of your state's flagship university), you should be able to find literally a truckload of primary source material. I am not sure precisely what sort of research you are conducting, but you should be able to find ALL of the various "Calendars," many of which extend back into the early medieval period and forward to the present. These include the various Calendars of State Papers (separated into Domestic and Foreign, and sometimes into specific nations, i.e, Spain, Venice, etc.), Calendars of Close Rolls, Patent Rolls, Fine Rolls, and the Exchequer, plus the Acts of the Privy Council. [For those who may not know, a "Calendar" is really just a heavily abridged printed version of documents that were originally handwritten, a sort of overview with only the most important documents printed in full.] You should also be able to find the Debates of Parliament in printed form as published by Hansard's, extending to hundreds of volumes, but these begin only in the late Tudor period. Then there are the many various volumes published by the Historical Manuscripts Commission. These are similar to the state "Calendars," but pertain to the papers and documents of private individuals such as the Duke of This or the Earl of That. Then there are the documents published by the various antiquarian societies, including the Camden Society, the Parker Society, the Catholic Record Society, and many others. These collections sometimes have index volumes because the volumes themselves tend to jump back and forth in time and to different unconnected topics. There are literally hundreds, if not thousands, of volumes published by these various societies and they provide a very rich body of primary source material. Most of the various Chronicles (Greyfriars, Grafton's, Fabyan's, Holinshed's, etc) can be found in modern printed form. John Strype famously published several volumes of primary source material back in the late 18th century, but the age of these books sometimes means that they are housed in the Special Collections area of the library. But you can still view them there. And there are many high-quality online resources, as well. For example, I often use the free online version of John Foxe's "Actes and Monuments" as it is maintained by University of Sheffield (http://www.hrionline.ac.uk/johnfoxe/). I also frequently use Early English Books Online (http://eebo.chadwyck.com/home), which is literally what the name implies: tens of thousands of books, all published before 1800, photographed page by page and made accessible online. But unfortunately, EEBO is by subscription only and is unaffordable for individual users. But again, a large university library will usually have a subscription, so you should be able to access it via the library's computers. Lara has a number of good resources on this site; I have some on mine and am adding more as I have time. Others have similar sites with good primary sources posted. So there is a LOT of stuff readily available. Perhaps if Lara will forward my email address to you, you can get in touch with me, tell me where you are located and what your precise research topic is, and I can offer some more specific assistance. I am always more than happy to help.

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On top of their game For Australia's 30-strong Paralympic medical team, keeping the athletes in top condition for competition is both challenging and rewarding. When the wheels on Geoff Thompson's plane to Cardiff scuff in late August, close listeners might be able to hear his breath of relief above the drone of the engines. It won't be from fear of being airborne -- as a former flying doctor and RAAF flight surgeon, he's not exactly nervous flyer material. His concern will be for his fellow passengers and patients -- Australia's Paralympic team. While the dozens of athletes sharing the long-haul charter flight may be savouring the enforced respite from training, Dr Thompson will be paying close attention to how they're travelling. Is someone developing deep vein thrombosis but unable to feel the pain in their calf? What if the sustained period of sitting in one place becomes unbearable for some of the athletes? Will time-zone changes and the artificial 'day' and 'night' on board provoke an epileptic seizure in susceptible individuals? When gold medals are at stake, it pays to plan for all the contingencies. There will be 161 Australian Paralympians gathering in Cardiff, Wales, for a staging camp before the Games begin in London on August 29. These are competitors with a mind-boggling variety of physical conditions that makes their stunning athleticism all the more impressive. Since its inception in 1948 as a competition for World War II veterans with spinal cord injuries, the Paralympic Games have branched out to include six broad competitor categories: amputees and limb deficiencies, spinal-cord related disabilities, cerebral palsy, vision impairment, intellectual impairment, and les autres -- a kind of catch-all category for athletes who do not fit one of the other groups. Within those groupings, the severity of impairment also varies dramatically, from athletes who are self-sufficient to others who need round-the-clock help for everyday living. Australia's athletes span that spectrum and looking after them all is a 30-strong medical team headed by Dr Thompson, who is attending his second Paralympics and his first as chief medical officer. In his charge there's track and field star Kelly Cartwright -- Australia's fastest woman on one leg and current 100m world champ (pictures above). Triple gold medallist Evan O'Hanlon has cerebral palsy, but with a world record time of 10.96 seconds over 100m, would leave most able-bodied runners eating dust. Then there's swimmer Esther Overton, who was born with arthrogryposis multiplex congenita -- a condition that means all her joints are fixed and her bones prone to snapping like dry twigs. She went to Beijing as an 18-year-old, suffered a collapsed lung seven weeks out from the Games, broke her arm on the eve of competition, and chose to get in the pool anyway. She was disappointed when she "only" came fifth in her 50m backstroke final. While the athletes and their exploits will take centre stage, Dr Thompson lists a formidable backstage crew supporting their performances. "There are two experienced sports specialists in recovery. We have a prosthetics expert. Then we have two nurses. We take a full-time wheelchair technician with us as well. We have three experienced clinical psychologists travel with us." On your marks A former GP who now runs a sports medicine clinic in Darwin, Dr Thompson has a gift for understatement. The athletes he cares for "carry with them more specific medical issues," he says, and getting them and 120 wheelchairs to London is "quite an interesting logistical exercise". "Part of our assessment before we leave is a thorough comprehensive medical screening of every athlete. It's ideal general practice -- we know the athletes before we get there." It's not the traumatic sports-related injuries that the medics fret about. They're freak events and can happen to able-bodied athletes and Paralympians alike. Instead, it's the small things that can become big problems, Dr Thompson says. "For instance, we have 60 athletes in wheelchairs in the team. They have issues from travel: urinary tract infections, skin problems. "There are a number of people with paraplegia and quadriplegia and they have interesting issues with things like deep vein thrombo

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Goodwill Wines -- Plonk That Makes You Feel Good! I have always said that if it was more socially acceptable, I would have wine on my muesli for breakfast. Well... looks like my dreams came true! I would like to shine the spotlight on one of my absolute favourite Australian companies -- Goodwill Wine . Wine with a conscience? Fill me up, Buttercup! The Bittersweet Background Story Human kindness rises from the ashes. I am sure the Black Saturday bushfires will replay in the nightmares of many Australians. I think of it as one of the "I remember where I was when" moments. The founders of Goodwill, David Laity and Ali Rees, were two of the many that lost all their worldly goods (home and job) in the fire but -- most importantly -- escaped with their lives. They credit the unwavering kindness and support they received in these tough times as the reason they were able to make it through and rebuild. Moving forward they vowed to use kindness as way of rebuilding their own future! Using funds donated from the Red Cross Bushfire Appeal (read the touching thank-you section here ), Goodwill Wine is paying it forward and sending some seriously good karma out into the world. I love nothing more than those that refuse to become victims and instead choose to make any situation (no matter how Black) bright again! The Concept An example of a Goodwill Wine Label (this one supporting CFA) Goodwill Wine is an online wine store with a massive difference. Firstly they are dedicated to sourcing the best quality boutique wine from independent wineries across Australia. In their own words "We are not about making money from bulk, cheap wine. Our commitment is to quality." But the major draw is that they are a licensed fundraiser which pledges 50% of the profit (a minimum of $20 per case) to a charity of your choice! You even get a pretty customised label dedicated to your charity. The Charities They Support Any registered charity or NFP in Australia!!! Goodwill have a massive list of profiled charities which come with their own customised label (see the list here ) or you can choose the generic ' Goodwill Label ' and select any registered organisation in Australia to receive the profit of your purchase! Most of the charities have a green focus on conservation and animal rights/welfare and if you can think of a charity that would benefit Goodwill implore you to contact them and they will try their darndest to get them involved. Another benefit is you can click on any charity profile and see how much Goodwill has donated to them so far -- here is the Animals Australia page to show what I mean or see the image below. An example of the Edgars Mission charity profile The Wine There is a seriously large range of wine to choose from -- see them all here . You can buy a minimum of 6 bottles and then the amounts range from 12, 24 (case) and some allow up to 60 bottles of the same wine at a time. For all you vegans out there they even have Vegan Mixed cases without any of those nasty fining agents! The Environmental Cred Goodwill Wine not only uses 100% recycled cartons but they also offset all their freighting around the country with Greenfleet (another super company!) planting a variety of native trees in permanent forests that help to reduce soil erosion and provide essential habitat for native wildlife! Are you as in love with this company as I am? All in all... I can't think of more reasons to love and support this company and along with it some truly deserving charities. Coming up to Christmas I am already putting my orders in and can't wait to tell the receivers of each bottle about the company and spread the good word. If you work in a company that gifts wine bottles to Clients why not suggest using them? This company is checking all the boxes and I am sure now that you know about them you will choose to support them too! Share me around!: Like this: About Olive on Blonde Mum says that even as a little girl in England I was always more comfortable sitting in a tree than in a party dress. The same rings true today, though my green revolution truly began a year ago after reading a book about factory farming. I am now a healthy, happy vegan who has realised that the 'little' choices we make every day, are not so little after all. I am passionate about educating myself and those around me so that this generation can change direction and start walking up the right path. I spend my time bare-foot

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From the very beginning there was a philosophy undergirding the Montgomery boycott, the philosophy of nonviolent resistance. There was always the problem of getting this method over because it didn?t make sense to most of the people in the beginning. We had to use our mass meetings to explain nonviolence to a community of people who had never heard of the philosophy and in many instances were not sympathetic with it. We had meetings twice a week on Mondays and on Thursdays, and we had an institute on nonviolence and social change. We had to make it clear that nonviolent resistance is not a method of cowardice. It does resist. It is not a method of stagnant passivity and deadening complacency. The nonviolent resister is just as opposed to the evil that he is standing against as the violent resister but he resists without violence. This method is nonaggressive physically but strongly aggressive spiritually. NOT TO HUMILIATE BUT TO WIN OVER Another thing that we had to get over was the fact that the nonviolent resister does not seek to humiliate or defeat the opponent but to win his friendship and understanding. This was always a cry that we had to set before people that our aim is not to defeat the white community, not to humiliate the white community, but to win the friendship of all of the persons who had perpetrated this system in the past. The end of violence or the aftermath of violence is bitterness. The aftermath of nonviolence is reconciliation and the creation of a beloved community. A boycott is never an end within itself. It is merely a means to awaken a sense of shame within the oppressor but the end is reconciliation, the end is redemption. Then we had to make it clear also that the nonviolent resister seeks to attack the evil system rather than individuals who happen to be caught up in the system. And this is why I say from time to time that the struggle in the South is not so much the tension between white people and Negro people. The struggle is rather between justice and injustice, between the forces of light and the forces of darkness. And if there is a victory it will not be a victory merely for fifty thousand Negroes. But it will be a victory for justice, a victory for good will, a victory for democracy. Another basic thing we had to get over is that nonviolent resistance is also an internal matter. It not only avoids external violence or external physical violence but also internal violence of spirit. And so at the center of our movement stood the philosophy of love. The attitude that the only way to ultimately change humanity and make for the society that we all long for is to keep love at the center of our lives. Now people used to ask me from the beginning what do you mean by love and how is it that you can tell us to love those persons who seek to defeat us and those persons who stand against us; how can you love such persons? And I had to make it clear all along that love in its highest sense is not a sentimental sort of thing, not even an affectionate sort of thing. AGAPE LOVE The Greek language uses three words for love. It talks about eros . Eros is a sort of aesthetic love. It has come to us to be a sort of romantic love and it stands with all of its beauty. But when we speak of loving those who oppose us we?re not talking about eros . The Greek language talks about philia and this is a sort of reciprocal love between personal friends. This is a vital, valuable love. But when we talk of loving those who oppose you and those who seek to defeat you we are not talking about eros or philia . The Greek language comes out with another word and it is agape . Agape is understanding, creative, redemptive good will for all men. Biblical theologians would say it is the love of God working in the minds of men. It is an overflowing love which seeks nothing in return. And when you come to love on this level you begin to love men not because they are likeable, not because they do things that attract us, but because God loves them and here we love the person who does the evil deed while hating the deed that the person does. It is the type of love that stands at the center of the movement that we are trying to carry on in the Southland? agape . SOME POWER IN THE UNIVERSE THAT WORKS FOR JUSTICE

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What did I get from a certain female parent? A journal. A journal!!. . . All I could do was look at her and think, 'She's gone nuts.'" Dean Matthew's can't believe his mother actually expects him to use the journal she gave him for his birthday. What can he write about his family--his pilot father, his pregnant mother, his tattletale sister, Chelsea, and his oh-so-cute little brother, Wyatt? But a lot happens in Dean's thirteenth year. He finds himself writing about getting his ear pierced, his dog's accident, a girl named Tasha, and the time he ends up in the police station. Most of all, Dean writes about his best friend Aaron, and how he feels when their friendship changes after Aaron gets into trouble. Maybe there is something to this journal business after all?

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But! Slate has uncovered the alleged Other Woman, which lends it a bit more credibility? She is not an Elizabeth Warren aide, as our friends keep yelling at us, but is, as Fred Kaplan writes pretty definitively, Paula Broadwell , who wrote this year's (rather ... friendly) biography of Petraeus . Turns out the thing should have had a picture of Fabio on the cover. The timetable of the affair is still unclear -- Broadwell was in Afghanistan with him a few years ago, doing "research" for her dirty book, which would be, like, whoa . But it is also possible that he found out yesterday that he was scheduled to testify about Libya and ran out his front door frantically looking to get himself into an affair, immediately, last night. Either way, it is definitely Joe Biden's fault, as he is shown in the White House photos chatting with Petraeus back in 2010, obviously about how to be a pickup artist. Bear in mind, we have not heard anything at all from Broadwell, so do not going burning her books yet. Still,we are IMMEDIATELY suspicious of what went on between Jon Meacham and Andrew Jackson , and whether sex with dead presidents is cause to revoke a Pulitzer Prize. Also, this will cause the demand for attractive lady biographers to either fall through the floor, or skyrocket, to points most creepy. "Still, we are IMMEDIATELY suspicious of what went on between Jon Meacham and Andrew Jackson, and whether sex with dead presidents is cause to revoke a Pulitzer Prize." Not in Obama's America. But being a complete fucking centrist nonce whose idea of enriching the public discourse is by spraying corporatist nonsense wherever he goes like an incontinent dog should be. Oh and Broadwell says Petraeus used "the method he likes to use to get to know young people" on her? . . . there's no telling how far this story is going to go. Ten mistresses? Twenty? A thousand? Was the Surge in Afghanistan just to make sure there would be enough meat for Petraeus' grinder ? Important questions. I'm not really understanding the 'Benghazi testimony conspiracy' here. Congress and its committees can compel any citizen to testify within the bounds of their jurisdiction (and this certainly would seem to fall within those bounds), so Petraeus will be testifying regardless of his current title. Where is the scandal here? What's even better is what MSNBC is reporting...that the FBI is investigating her for having access to naughty e-mails...or having naughty access to his e-mails....not sure, I just heard it now on the teevee. Also too, this will give the wingnuts something to chew on for awhile....because of course this is Obummer's fault. Somehow. We all should have known something was up when the Patraeus biography started out "It was a dark, moonless night in Kabul. The only thing that attracted me was the General's smile in the flickering candle light. As he removed his shirt, I knew the invasion was on." "Tonight I've collected a few things here on my desk. Look at them, some of them are quite unusual and I often wonder what we use them for. For example, some people call these two things But Ox. I don't know why, they don't look bovine, porcine maybe but not bovine." So I was noodling around over on that blogroll at the right side of the page and accidentally found the place where Noted Optimist Ken Layne currently resides, interwebwise. His posts in his new place don't seem quite so Gotterdammerungy and depression-inducing as when he was here. Maybe it was just this place that got him down. My favorite thing about this clip? How the first Jon brings up was McChrystal getting fired for his problem with embedded journalists, and how problematic embedded journalists can be for people in their positions. IRONY~! It's sort of a big thing with the CIA, because if you have extra-marital affairs, it's pretty easy to blackmail you and find out lots of interesting stuff. That the head guy put himself in this position is pretty ironic. No question about which one was on top......ALWAYS! Two self-centered over-

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Freeman, the new novel by Leonard Pitts, Jr., takes place in the first few months following the Confederate surrender and the assassination of Abraham Lincoln. Upon learning of Lee's surrender, Sam -- a runaway slave who once worked for the Union Army -- decides to leave his safe haven in Philadelphia and set out on foot to return to the war-torn South. What compels him on this almost-suicidal course is the desire to find his wife, the mother of his only child, whom he and their son left behind 15 years earlier on the Mississippi farm to which they all "belonged." At the same time, Sam's wife, Tilda, is being forced to walk at gunpoint with her owner and two of his other slaves from the charred remains of his Mississippi farm into Arkansas, in search of an undefined place that would still respect his entitlements as slaveowner and Confederate officer. The book's third main character, Prudence, is a fearless, headstrong white woman of means who leaves her Boston home for Buford, Mississippi, to start a school for the former bondsmen, and thus honor her father's dying wish. At bottom, Freeman is a love story -- sweeping, generous, brutal, compassionate, patient -- about the feelings people were determined to honor, despite the enormous constraints of the times. It is this aspect of the book that should ensure it a strong, vocal, core audience of African-American women, who will help propel its likely critical acclaim to a wider audience. At the same time, this book addresses several themes that are still hotly debated today, some 145 years after the official end of the Civil War. Like Cold Mountain, Freeman illuminates the times and places it describes from a fresh perspective, with stunning results. It has the potential to become a classic addition to the literature dealing with this period. Few other novels so powerfully capture the pathos and possibility of the era particularly as it reflects the ordeal of the black slaves grappling with the promise -- and the terror -- of their new status as free men and women. ========================================\\... FREE BOOKS Please make sure the price says "Kindle Price $0.00? before clicking "Buy". If it says "Prime Members $0.00? "read for free", it is NO LONGER FREE. All books are free at the time they are posted but are subject to change back to full price at any time. If you are outside of the United States, these books may not be free. When they first met sixteen years ago, Ali was convinced she had found in Ryan a man who grew up like she did: as a foster care orphan. In college on the East Coast, the couple was young and in love so Ali did not think it strange when Ryan demanded that they quickly marry and immediately transfer to a Midwestern university to begin their life as newlyweds. They are now a poster for stable, middle-class marriages. Ryan has an independent law practice; Ali is an ER nurse. The couple has a daughter and a son in high school and middle school, respectively. Yet when Ryan leads a blockbuster case, teaming up with other lawyers to lead a class action suit against a toxic industrial development by billionaire Charles Barnett, all hell breaks loose. During the case discovery, Ali learns that Ryan is really the sole son and namesake of magnate Charles Barnett. "Ryan" faked his death by disappearing off his sailboat near the Massachusetts coast sixteen years ago. His real name is Charles Barnett Jr. and he faked his death to avoid the pressure of the family legacy and to marry Ali, who came from a lower social status. He took Ryan as his name, assuming the legal identity of a college roommate who died young. While shocking to all involved, Ali rises above the situation and uses her love for Ryan as the driving force to reunite the estranged father and son. Bit by bit, the family members put together the missing pieces of their lives. Ali learns how to reconcile her family to their new in-laws and the powerful society in which they live. She points the father and son on a path to a final redemption. This dramatic fiction of love and family is a story in the tradition of the classic 1970s film Love Story. Author Kerry Reis was inspired by the movie's premise of a wealthy scion turning his back on his family and their wealth in order to marry a woman from a poorer background. He even used the

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So the 26th May dawned and finally South Coast Sprints were on our way to the first Spin Up In a Brewery, roller racing in a brewery...genius.. With such a location, a huge prize fund, the best ale in the south, a great barbeque, topped off by the best possible weather, this was going to be a South Coast Sprints roller racing event to remember!.... As we arrived on the Star Trading estate, the brewery was already a hive of activity. Dom and Matt wheeling bikes up the road from Upgrade. A small group was milling around supping beer, the last remnants of the morning brewery tour group. Our spot was in front of the massive Stainless brewing vats, with pipe works, gantries, and dark Star barrels creating an impressive background for a day of racing on the rollers. Dom said he would rent a "couple" of lights to supplement our setup, we had no idea he had borrowed Blackpool illuminations! We set up and Matt and Dom set the "extra" lights up, one light failed to work for Matt, Dom stepped in, flicking the on -- off switch to on and all was well. It wasn't long before the amps and PA were set up, and South Coast Sprints tunes were bouncing off the vats and walkways..... We were ready just as the first of the roadmen started arriving. Cautiously eyeing the rigs, checking them over from a safe distance. Dimitri and Nicki (having ridden down from London) took the step to 'just try them out', so we strapped them in and unwittingly they became our first race of the day. Dimitri took the win, Nicky claiming his flip flops were not stiff enough to get the power down....let the roller racing commence! That was the last time we had to convince people to race, as the crowd swelled with more arrivals our sign on sheet steadily grew as people started to get the gist of it. ... The 250m distance being just the distance to 'have a crack at this roller racing malarky' . Soon it was time for our first "spot" race of the day Joe, taking on his dad Tim(?), both in their Preston Park YCC team kit. Dad was not so confident and raced hard (no soft pedalling) but Joe prevailed to take a convincing win and for his effort he took away the first goody box of Lezyne, Kinesis, Morvelo, BBB swag for the day.... This seemed to be the catalyst and quickly the sign on sheet filled up and we had racers keen to give it go, fast times were set, scores were settled and some people seemed surprised at how hard a 250m sprint could be... Then Joshua, Tom, James & Co arrived, though they had left their shirts on the road somewhere... James stepped up racing Tom... mentioning that he had been training for the event , So we were expecting a benchmark time..., we were not wrong a blistering time of 12.789 became the time to beat and one that would not be bettered all afternoon. He received a stunning pink Morvelo cycling top to cover up.. Some old friends of South Coast Sprints arrived, with Dave Morris coming along with Laura, both setting good times with Laura setting the fastest time for a lady benchmark that stood till the very end of the evening. It wasn't long before we came to our next spot prize race: Mountain Biker versus Roadie. The roadman took off a frenetic pace but the Simon Usher the MTBer was smoother and more consistent meaning although he lagged in the first 100m slowly but surely he clawed the lead back and overtaking to take the win and a massive prize of Morvelo, Kinesis, Lezyne, BBB & cycloc products, one very happy mountain biker... We had fewer young racers than we expected. Roller racing veteran Marley raced Katie with Marley taking the win but was not quite quick enough for that elusive top spot... still fast enough for the quickest U16 girl. The ladies as well seemed slow to take up the fine art of roller racing with only eight ladies stepping up to take the challenge. To spice things up in the middle of qualifying we ran a quick "fastest Roadie" mini comp. The first 4 to sign up with Craig (and answer his cryptic "are you a roadie?" questions) entered into a two race fastest time takes all. Gareth took the win over Phil M

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As with any enterprise, whether or not it be for organization or pleasure, the very first measures into creating wealth on-line are usually the toughest. My initially months were quite baffling, and however costly, mostly since I was "going it alone." I had no guidance in what methods had been tried and tested, so I found things out the hard way. I'm going to lay out five ways for YOU to get involved with internet money creating and help you start your own internet enterprise. 1-Ebay- The perfect starting point. Most people start on eBay by selling physical items-Old books and cds, and unwanted clothing can be a surprisingly good seller. Just your old household stuff will be fine to start with. Don't expect to make a mint, for the reason that you won't, you'll probably make pretty little, but think of this as the training slopes to starting your own internet business- this is an IDEAL way to get the hang of the eBay system and to get used to being in enterprise over the net. Keep notes if you have to, but try and be aware and learn as much as you can as you go-this is very good practice for getting into the habit of being professional with customers at all times etc. Once you feel like you are managing this side of things well, and you feel that you know the process well enough, it's time to move on to information products. This is where you can make a lot of funds in relatively easy fashion. To begin with, you need to obtain or create a product-it could be a guide on doing hair for weddings, or a report on how to keep your garden weed free through the winter. Aim for a minimum of around 30 pages so people don't feel ripped off. It's much easier than you think to write 30 pages or so about a subject which you know well, but if you do not think you can create it yourself, why not use freelance writers to complete the job? There are thousands of places to hire a freelance writer on the net, and I bet it is cheaper than you think. Check out elance.com to see. Once you have the product, the rest is plain sailing. Information products are not sold like other items, due to the fact unlike physical items they can be delivered digitally. This is the magic word. Once you have a product that you can sell, everything else is basically profit, as you can supply it in the form of a PDF document via an email attachment. No postage, no manufacturing costs, just pure profit (After the eBay fees of course!). You want to aim at Buy It Now listings with multiple amounts, then you can ensure you get a fair price for each item. This is a GREAT way to earn. You will be surprised at the size of the market for informational products on eBay, and if you put the effort in you can be rewarded with a quite high number of sales. My record is 73 sales of one ebook in one week-I was charging 14.99 each, so you do the math. Not a bad income for sending a few emails! 2-Affiliate Links- It still surprises me that the vast majority of people in the world have no idea this kind of thing exists-I'll explain it as I go just to make sure that you understand what I mean. On the internet, there are thousands upon thousands of companies that will give you a commission on items bought on their site-if you provide the customers. Think of it as a finder's fee. This is affiliate marketing. There are a million ways to profit from this, but the most simple is just linking to an affiliated product which matches the area of your website (or blog-if you don't have a site you can set up a blog to use for the same purpose in about 1 minute flat if you visit blogger.com). For example, if you own a website (or blog) about diets and you get a decent amount of traffic to it, you could include a link to another site selling diet pills or plans-the link would be an affiliate link with your own id embedded in it, so that when the customers click through and make a purchase, you get a commission on the sale. Easy cash? It can be, quite easy! Two sites I would recommend visiting are Clickbank.com and Commissionjunction.com. They are two of the biggest affiliate managers, and they operate the affiliate schemes for lots of organisations. This means that they will supply you with the affiliate links to use, and they will also track your stats and commissions and arrange the payments for you. Payments are typically monthly or fortnightly, both if you play your cards right! If you put the

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5 Ways to Save Money that You Only Have to Do Twice a Year How to Save Money Every spring and fall, most people take time to do cleanup projects around the house and yard, so why not do the same for your finances? Twice a year, look over your budget and monthly costs, do some comparison shopping and search for deals. Then, call your service providers and ask what they can do for you. Life is full of small expenses that can gradually eat away at your finances. On their own, regular monthly costs such as bank fees seem relatively minor, but left unchecked they can add up to a big financial bite. Luckily, there are ways of finding small savings that can add up to hundreds of dollars a year. While some expenses, such as utility bills, aren't open for negotiation, others -- think Internet and cable -- are. All it takes is looking at your bills, picking up the phone and asking for a better deal. Now's a good time, as you plan next year's budget and before that dreaded postholiday credit-card bill arrives. Make this checklist part of your ritual twice a year and you could find some serious savings. 1. Phone, Internet and TV services Chances are you're paying hundreds of dollars a year on these amenities. First, evaluate your current services: do you really need 500 high-definition channels? Next, find out what rates competing companies offer to new customers. Once equipped with your bargaining tools, call your provider, explain your needs and what the competition is willing to give you, then ask if they can offer a better deal. If they can't, take your business elsewhere. It's worth spending that 20 minutes on hold and doing a bit of negotiating if it saves you money in the long run. 2. Home and auto insurance If your insurance policy is coming up for renewal, that's the ideal time to look into savings. You could score a better deal by quoting a competitor's price or asking for a loyalty discount if you have multiple policies with the same company. You could also lower your costs with a higher deductible, but make sure you have enough coverage to protect yourself. More specifically for vehicles, you could lower your rates by prepaying your insurance for the entire year, since monthly payments typically come with a fee. If you don't drive frequently, see if you're eligible for recreational insurance to lower your fees. 3. Chequing-account fees The average monthly cost for an unlimited chequing account with one of the Big Six banks is $14.95, or approximately $179.40 a year. To avoid the cost, you could open an online no-fee bank account . Don't want to endure the hassle of switching banks? Ask your bank if they have a service to help you switch accounts, as most do. This service helps you switch your bank account without any trouble.

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I'd definitely recommend adding Dining Out at Home to your collection. It's a great way to add some variety into your meals at home and give you the feeling of dining out even when you stay in. FrugalNovice Welcome to CopyKat Recpes CopyKat.com is the creation of Stephanie Manley. Stephanie started publishing recipes on the web in 1995 as a means to capture her family recipes in a format that they would not be thrown away. Over the years she has developed many recipes that taste just like restaurant recipes. read more 10 FREE Copykat Recipes Want 10 free Copy Cat recipes? Sign up for the Free newsletter. Policy: We won't share your email with any 3rd party and won't send you any spam

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In And Out Of Love Words and Music by Bonnar/Moat/Hayman I understand your meaning I take your point real good ?????? bad girl ?????? understood I don't control the system That makes your body sweat Oh, I want you to love me Every night everywhere (In and out of love) She told me she loved me (But love is not enough) Oh, lead me away (In and out of love) I've gone all to pieces She can't hear a word that I say (Nothing that I say) In and out of love (Nothing that I say) In and out of love I only wanted your body I only wanted to squeeze Oh I wanna be loved girl See some action with you I need a woman that's right, yeah So get down on your knees In the middle of the night You'll be begging me please (In and out of love) She told me to love her (But love is not enough) Oh, lead me away (In and out of love) I've gone all to pieces She can't hear a word, come on, come on, come on, yeah (In and out of love) She told me to love her (But love is not enough) Oh, lead me away (In and out of love) I've gone all to pieces She can't hear a word, nothing that I say (Nothing that I say) In and out of love, that's what I say (Nothing that I say) I've been in and out of love (Nothing that I say) She told me to love her (Nothing that I say)

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A Piece of your Content Marketing Puzzle: Calendar Template It's that time of year when businesses begin to reflect on the past and look toward what the future year may hold. They start to see what worked for them in terms of their content marketing, what fell flat, and how they can improve upon their efforts in order to attain their business goals. Here at Vertical Measures, we're no different. We've started the process of forming our 2013 content marketing plan and editorial calendar by reflecting, brainstorming, strategizing, and planning. We've thrown out idea after idea while drawing up new tactics, and tossing out the old. But all this raw creativity needs some structure; it needs a plan . So, how do you start creating that plan? As stated before, you reflect on the past and look to the future...sounds easy, right? Not so fast . The best and most effective way to go about creating a content marketing plan is to get serious about the steps you need to take well before the New Year begins. For that reason, we've developed a free downloadable tool to assist you in this process: The Content Editorial Calendar Template . You can use this calendar to plan out your marketing efforts with a yearly and a monthly view, which helps you to get clear on the big picture and details all at once. "Think like a publisher!" is a big saying around our office, because magazines, newspapers and the like know how to plan their content far ahead of time with specific goals in mind. Anyone who produces content on a regular basis should model their own planning on what a magazine editor does, and the calendar template is extremely helpful in creating a solid, executable strategy. It can be the cornerstone for your planning, giving you a structured location to funnel all your ideas, plans, and goals into one place. Think of all this like a puzzle, a content marketing puzzle: Your content marketing strategy is the big finished picture, and the editorial calendar will help you put all the pieces together in order to get where you want to be (hopefully, a masterpiece work of content marketing art!). Here are our recommendations on how to start planning now for an effective 2013 by using the calendar template, available for free download . 1. Reflect Before you start piecing together your puzzle, you must know what worked or didn't work previously. Ask yourself these questions: The Past Now that you know where you've been, think about where you want to be. Decide where you envision your company within a year, and use this as a guide as you are filling out your editorial calendar. The Future Where do you see your business in a year? What type of clients do you want to gain? What type of work/services do you want to be doing? Do you have new audiences you want to reach? 2. Brainstorm This is the fun part! Get together a group of employees to have a brainstorming session. If you have multiple people in your company, gather brainstormers from multiple departments: sales, marketing, HR, creative, etc. This variety of perspectives will spark the creative process and give you tons of ideas to draw from. Remember: this is a free form session where ideas can bounce around and different people can take the lead. Always try to have one person who will be guiding the conversation however, as brainstorming can sometimes get out of hand! This person will ideally be in charge of gathering all the raw ideas after the session, and creating a structure within the calendar template. Questions to Spark your Session What do you want to see in your content marketing that has been missing? What new methods of distribution can you think of that would be more effective? 3. Plan Once you've reflected and brainstormed, this is the time when you can start working directly with the calendar. We recommend looking as far ahead as possible with a broad view of your next 12 months. Then you can zoom in even further and plan specifically for 60 to 90 days in advance. Yearly View Using all the information you've gathered, walk through the yearly view of the calendar template first. Rather than sticking your square content into a round marketing plan hole, take the chance to have a bird's eye view of your company and see what is naturally built into your year. This can take the form of conferences, seasons, billing cycles, holidays, and more. Let these naturally occuring aspects of your year inform the content you produce. Monthly View Now we're down to the nitty gritty. Use all your research, brainstorming and yearly bird's eye view to inform this next step. The monthly view is where you get the chance to plan out exactly what is

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The Dynamics and Evolution of Social Systems: New Foundations of a Mathematical Sociology The central goal of this book is to provide insights into the formal (i.e. mathematical) modelling of social systems, using ideas from complexity theory and related approaches. The book provides a survey of different types of modelling approaches and their value to sociology and the social sciences more generally. It also raises a number of important issues for those concerned with the nature of the system parameters in their models. However, the material is not always presented as clearly as it might have been and the overall discussion is probably too theoretical to be of interest to those with a more passing concern in these issues. As a result, the audience that will find the book truly valuable is almost certainly very limited. The meat of the book is in chapters three and four which run to 80 dense pages each. The introductory and concluding chapters are about 25-30 pages and thus rather more manageable. Chapter two provides the building blocks necessary to understand the material in the two core chapters. The role of the introductory chapter is to outline the research program followed in the book. Here Klver defines sociology as the study of "the logic and consequences of social rule systems" (p. 1) and discusses how one might put this study on a more formal footing. Noting the shortcomings of traditional mathematical approaches, which tend to be unable to handle individual (or micro-level) rules and model macro-level patterns only, Klver conceives of his task as follows: Elaborating a precise terminology for describing social systems Analysing formal systems and if necessary creating new tools to do so (in particular, as we shall see later, system-level parameters) Proving that social systems can be expressed as formal systems without losing their central features Showing that doing so provides new insights into social systems The list immediately points to a basic problem with the book, as the audience for points 1 and 2 is likely to be rather different than that for points 3 and 4. The latter issues are of interest to sociologists open to the idea of computer-based modelling in their discipline who remain to be convinced that the approach is worthwhile. The former points, on the other hand, become salient only once one is already firmly convinced of the potential and value of such modelling. Trying to please both audiences ends up diluting the book's value to each. Much of the discussion in the book is too abstract and dense to win many new converts (i.e. the target audience of points 3 and 4). This problem is aggravated by Klver's attempt to be systematic and complete in his presentation. He argues that an approach to systems theory for sociology cannot just pick and choose concepts from complexity theory but must rather check for relevance "all essential concepts of extra-sociological systems" (p. 6). In some sense, then, the book is intended as a tour d' horizon of the entire field of complexity science. But Klver himself admits that he does not do most of the topics justice. In fact, the material presented is often too general and abstract to be helpful to those with no background in computer modelling, yet too lengthy to sustain the interest of those already familiar with the basics. Chapter two introduces the building blocks of a complexity-based approach to sociology. Central to this chapter is a discussion of how rule-based systems can self-organise (and adapt) to changing environments. Here Klver provides an extensive discussion about the importance of rules and adaptation at multiple levels. If one conceives of a social system as containing a set of rules (with conditions), Klver argues convincingly that the system can only truly be considered self-organised if it contains, in addition, some rules that govern how the basic set of rules can be modified over time. In other words, modelling a social system requires not just basic rules but also meta-rules. Although in theory the meta-rules need not be hierarchically superior to the basic rules (i.e. one could construct a system where some of the basic rules also operate on the meta-rules), in practice Klver focuses on hierarchically organised rule systems. The most interesting contribution of this chapter is an intriguing discussion of the relationship between different levels of rule systems and different types of learning, as defined by Bateson in his Steps to an Ecology of Mind ( 1972 ). Furthermore, types of rule systems and of learning are also connected to different types of attractors in the state space of a system. In the next chapter, Klver makes one further connection, to classes

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Oh no you couldn't. It's actually very difficult to PROVE anything. You have to eliminate ALL doubt, and I don't think the conspiracy theorists have done that. FWIW, here are the 10 most popular hoax claims: #10. Fluttering Flag: The American flag appears to wave in the lunar wind. #9. Glow-in-the-Dark Astronauts: If the astronauts had left the safety of the Van Allen Belt the radiation would have killed them. #8. The Shadow Knows: Multiple-angle shadows in the Moon photos prove there was more than one source of light, like a large studio lamp. #7. Fried Film: In the Sun, the Moon's temperature is toasty 280 degrees F. The film (among other things) would have melted. #6. Liquid Water on the Moon: To leave a footprint requires moisture in the soil, doesn't it? #5. Death by Meteor: Space is filled with super-fast micro meteors that would punch through the ship and kill the astronauts. #4. No Crater at Landing Site: When the Lunar Excursion Module (LEM) landed, its powerful engine didn't burrow a deep crater in the "dusty surface." #3. Phantom Cameraman: How come in that one video of the LEM leaving the surface, the camera follows it up into the sky? Who was running that camera? #2. Big Rover: There's no way that big moon buggy they were driving could have fit into that little landing module! #1. Its Full of Stars!: Space is littered with little points of lights (stars). Why then are they missing from the photographs? Oh no you couldn't. It's actually very difficult to PROVE anything. You have to eliminate ALL doubt, and I don't think the conspiracy theorists have done that. FWIW, here are the 10 most popular hoax claims: #10. Fluttering Flag: The American flag appears to wave in the lunar wind. #9. Glow-in-the-Dark Astronauts: If the astronauts had left the safety of the Van Allen Belt the radiation would have killed them. #8. The Shadow Knows: Multiple-angle shadows in the Moon photos prove there was more than one source of light, like a large studio lamp. #7. Fried Film: In the Sun, the Moon's temperature is toasty 280 degrees F. The film (among other things) would have melted. #6. Liquid Water on the Moon: To leave a footprint requires moisture in the soil, doesn't it? #5. Death by Meteor: Space is filled with super-fast micro meteors that would punch through the ship and kill the astronauts. #4. No Crater at Landing Site: When the Lunar Excursion Module (LEM) landed, its powerful engine didn't burrow a deep crater in the "dusty surface." #3. Phantom Cameraman: How come in that one video of the LEM leaving the surface, the camera follows it up into the sky? Who was running that camera? #2. Big Rover: There's no way that big moon buggy they were driving could have fit into that little landing module! #1. Its Full of Stars!: Space is littered with little points of lights (stars). Why then are they missing from the photographs? #10. Fluttering Flag: The American flag appears to wave in the lunar wind. This is enough for me to ruin all their effort. The question is this. If they try now to simulate a landing on the moon, how real can it be? I think that only in about 10 years people can start to argue about the mistakes and come with real accusations. Like they did in the first place. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The World is a book, and those who do not travel read only a page. - St. Augustine My website about Benidorm and the surrounding areas. HAHAHAHAHAHAHEHEHEHheheheheh hohohohohoho .......whew let me catch my breath. I won't really argue that man went to the moon if you were standing on it you probably still wouldn't believe because you don't want to. Ironically people never argue that we didn't do the really difficult part of the moon landing and that is: orbit the Earth. Once in orbit the rest (in hind site) was relativly easy. Getting into orbit??? Maybe we only faked that part!!! .....yeah Oh no you couldn't. It

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The Bylet - a bowls club in the middle of the River Severn! The game of bowls came to The Bylet in 1884, replacing a lawn tennis club that had been the original occupier of the island. The club was established by a number of wealthy merchants and business people, who had to access the island by boat and, in the absence of any clubhouse, relied on sustenance supplied by a local hostelry. On an April Sunday morning, I met up with club secretary Tom McGill and treasurer Peter Driver to find out all about this unique venue and the issues it faces. Also present was Kevin Moult of K M Turfcare Management, who has been employed by the club as an adviser and contractor to support the committee's efforts where maintenance of their two greens is concerned. Market Drayton based Kevin, who has been trading for seven years as an adviser and greenkeeper, was in the process of setting up when I arrived, and I had the opportunity to chat with him in connection with the work he does. The Bylet's particular issues and the current state of bowls generally. "In my opinion, a big contributory factor towards the decline in bowls clubs is that, generally across the country, it is too cheap to play the game," says Kevin. "All you need is a set of woods and around 60 to join a club, and away you go. The problem is that this low revenue generation, together with increasing costs, means some simply can't survive. I travel all over Shropshire, Cheshire, Mid Wales and the West Midlands carrying out regular maintenance programmes, and have seen the effects of cutting back on specialist greens maintenance, contractors and the necessary equipment and materials, which then results in inferior surfaces, poor playability and a decline in membership numbers. It's a downward spiral." With his rant over, Kevin goes on to explain that he is here today to apply a liquid feed and a wetting agent, a process he will repeat monthly throughout the season. "Soil temperature is critical and variation can cause problems. The warm spell we experienced in March resulted in a number of clubs getting ahead of themselves with scarification and aeration work." He makes the point by drawing my attention to areas on what is referred to as the 'top green', adjacent to the clubhouse, and so called as it sits a few feet-higher than the 'bottom green'. "Tining here was too deep and too early, which was compounded by an overly aggressive application of fertiliser and a lack of rainfall, which has resulted in scorch marks in certain areas on both greens." As Tom McGill explains, Kevin has been brought in as an adviser following the resignation of the club's greenkeeper. "We parted company last year, when he resigned following a disagreement with the committee. Basically, we felt the greens were carrying too much grass growth and, as a result, were playing too slow for top level bowling. We have held a number of prestigious tournaments here over the years, including the Ladies All England Championship in 2009, and are keen to continue to host such events. We now pay for the services of one of our member to cut the greens, but are aware that mistakes have been made in the past, which is why we employ Kevin to undertake the more specialist and critical maintenance work, along with his valuable back-up and advice." "Our unique location does mean we are susceptible to the occasional flood, although the height of The Bylet, and the funnelling effect of the island's location give us some protection. Our most recent greens and clubhouse flooding was in 2000. The impact of any flood on our greens is usually minimal, the main issue being one of i nconvenience in the form of a general clean-up involving jet washing walkways around the greens. The trees which surround us also act as a barrier, and also stop any undue amount of detritus being deposited on the playing surfaces. The greens themselves seem to cope very well with any resultant silt deposits, without suffering any ill effects." In the winter of 2004-5, the Bailey bridge that provided access to the island, and which had previously been damaged by flood waters, was replaced by young Territorial Army volunteers. "This cost the club 10,000 for a secondhand replacement bridge, plus a 2,000 donation towards the TA Youth Fund. It was constructed to cope with up to twelve tonnes in weight and named the 'Terriers Bridge' as a thank you to the young TA team." The new bridge really came

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If You Want To Sing Out, Sing Out Lyrics - Cat Stevens Well, if you want to sing out, sing out And if you want to be free, be free 'Cause there's a million things to be You know that there are And if you want to live high, live high And if you want to live low, live low 'Cause there's a million ways to go You know that there are [Chorus:] You can do what you want The opportunity's on And if you can find a new way You can do it today You can make it all true And you can make it undo you see ah ah ah its easy ah ah ah You only need to know Well if you want to say yes, say yes And if you want to say no, say no 'Cause there's a million ways to go You know that there are And if you want to be me, be me And if you want to be you, be you 'Cause there's a million things to do You know that there are [Chorus] Well, if you want to sing out, sing out And if you want to be free, be free 'Cause there's a million things to be You know that there are You know that there are You know that there are You know that there are You know that there are my english teacher recently made us watch harold and maude and at first i thought it was going to be a boring movie that had no point. i didnt get too interested in the beginning but once i really knew what the movie was saying i fell in love with it. i love the song also, its beautiful. and the movie changes my perspective on life because recently its been bad but i wanna say that thanks to this song and movie i've been better. It changes my point of view | Reviewer: Jaime | 10/14/09 The first time I watched Harold and Maude when I was 20 y.o. it captured me forever. Now 20 years after it changes my point of view about life even more. Cat Stevens' music in that movie and specifically this songs was absolutely brilliant, perfect in any senses. I'm starting to discover his work, I'm thrilled!! This song is a catalyst for great change. We as one world will sing this together all of us :) | Reviewer: Constance | 5/13/09 Beautiful. Perfect. We as humankind might one day sing this song together, each and everyone of us,in real time through satellite hook-up and our world and our planet can know true liberation. And I am betting Oprah is going to have something to with it; as am I. Love to all, Constance Merwin Warner (San Marcos, California) We are all together in beautiful spirit. great song | Reviewer: Anonymous | 3/17/08 I like the version they sing in the movie Charlie Bartlett, especially at the end. It's slower and more modern, really poignant. One of my favorite movies, and the song really ties into the theme. Watch it. Choice song | Reviewer: Rex | 1/28/08 This is such a wolf in sheep's clothing song. It starts like a children's nursey school song and turns out to be about existentialism. A work of such simplicity and genius - it could change your life. beautiful song. | Reviewer: Anonymous | 1/8/08 i just heard this song for the first time a week ago, and I cannot get it out of my head. it's awesome! So beautiful. Everyone should hear it and change! &lt;33 Rhonda Stewart | Reviewer: Anonymous | 10/18/07 I love this song. And the film it comes from 'Harold and Maude' if you like this song and haven't seen the film I strongly reccomend it. It's perfect for the film! The following area is only for review, if you want to submit the lyrics or the corrections of the lyrics, please click the link at the end of If You Want To Sing Out, Sing Out Lyrics.

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With football and volleyball in the heart of their season and basketball fast approaching, Bronc fans are eager to show their support for each activity. With all the commotion, problems may arise especially within the student section. It has become all too easy to forget that respect is something that carries on from school to activities. Arrogant seniors believing they own the student section and the front row no matter what, has become a daunting problem and even causes some student fans to skip events to avoid confrontation. Seniority is often abused in the student section to have a better view of game, to paint up, and decide cheers. Traditionally the front rows are reserved for the seniors and the remainder for underclassmen. The problem with seniority is that some seniors feel they deserve the front row, even if they don't plan on cheering. This takes away from the underclassmen who plan on cheering and watching the game but aren't allowed a certain row because of their age. Many seniors feel they have earned the right to the front row after three years of cheering from the back. Senior Sarah Forister said, "I feel that it's only fair that the underclassmen wait their turn to sit in the front row just like every senior class has in the past." To solve the problem of seating, only seniors who plan on cheering and who actually want to watch the game (not texting constantly, turning around often, taking pictures of oneself, and bickering among each other) should be allowed in the front row. If there are too many seniors to fit in the front row, they need to move to the next row up; an overcrowded row makes everyone uncomfortable and no one can enjoy the game. All underclassmen can move one row up to fit the remaining seniors. If you want a specific spot in the student section, show up early and no saving spots for someone who intends to show up late. The point of the student section is to cheer on our team and support them. As games get heated, it's easy to feel the need to attack a certain player. If one of our team players makes a mistake, attacking the individual won't make him or her play any better. The same goes for referees when a bad call is made. The referee's job is to call penalties and fouls on each team, and they are certified to make these calls. Just because the call may seem wrong to some in the student section, it may have been an obvious call on the turf or court. Although it's easy to have demeaning cheers, it needs to be resisted. Cheer on our team and get them going with the cheerleaders. They have already prepared cheers that are school appropriate and respectful. Poor cheers will only fire up an opposing team's player, make a ref angry, and make the student section appear to be disrespectful. Also, during injuries, be polite and pause the commotion out of respect; the trainers and coaches need to communicate to get the injured athlete the attention he or she needs and high noise levels can make this difficult. Respect everyone who is trying to watch the game, including parents and fans from both teams. They are there to watch the game and want to be able to see. If adult fans are sitting down somewhere outside of the student section, refrain from standing in front of them when the section becomes crowded, instead move up. Respect should be extended to those who aren't prominent during the game, such as janitors and staff members. Often, they don't make their presence apparent until they begin cleaning up the trash in the student section after the game. Seniors and upperclassmen should set an example by cleaning up after themselves and anyone else. Student section etiquette is an important part of enjoying every Bronc game no matter the sport.

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Just another WordPress.com site Did you get to see the elephants last Thursday? Last Thursday night (June 23) we held another ESL presents Night at the Zoo for all families to enjoy the animals and other great activities during the evening hours. As a special treat, the zoo keepers walked our African elephants , Genny C and Lilac, from their enclosure (that is currently closed to the public) up the back road and into the Rhino Yard. What a terrific surprise to our visitors who saw the elephants when then walked out of the Main Building or curved around the path at the alligators! Photos by Rachel Baker August We'll keep our fingers crossed that maybe during the next ESL presents Night at the Zoo (Thursday, July 21) the keepers will be able to move the elephants again!

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"Do you want to know how to get fit fast? If so, you are already on the way to improving your health, lengthening your life and feeling GREAT. Most people don't realise how easy it is to get fit fast. You just need to find out what really works, what doesn't, and how to get motivated. Then getting fit becomes easy AND fun!" Cornwall, UK Dear Fitness Seeker, Do you want to know how to get fit? If you do, you can look forward to these life-changing benefits: Reduction in the risk of premature death from any cause. Yes ANY cause. Several large-scale trials (tens of thousands of people) have shown conclusively that taking up regular exercise is the single most effective thing you can do to reduce your risk of premature death from ANY cause. More effective than just losing weight. More effective than giving up smoking. More effective than ANYTHING ! If you don't read any further, please just take in this fact and think about it for a few seconds to understand its significance. This could change your life! Reduction in the risk of suffering from coronary heart disease . Regular exercise has been shown to significantly reduce the risk of developing coronary heart disease (the biggest cause of premature death in the western world!). If you already have coronary heart disease, taking up regular exercise reduces the risk of it killing you prematurely. Reduction in the risk of developing one of many different cancers. There is a lot of evidence that you can reduce your risk of developing any one of many different forms of cancer simply by getting fitter. Boosting your immune response to the level of someone half your age. People in their 60s have been shown to boost their immune response to the levels of mere 30 year olds just by improving their fitness. Losing weight naturally without having to 'go on a diet'. As we all know, diets are difficult to stick to, and the weight goes straight back on when we stop dieting. You keep thinking that there must be a better way - and there is! Sleeping better as exercise helps to reduce stress. It's been proven that getting fit helps reduce stress in your body, and so helps you to sleep. Feel great as your body feels more toned and relaxed. As you get fitter, your body feels better, you feel better about it, and you generate this feeling of wellbeing which you won't believe until you've tried it. And many more benefits too numerous to mention. There really are so many benefits, and scientists are finding new ones every day. What's more, I've never read a scientific paper which has suggested any negative side to getting fit. Not one. Bearing in mind how many papers are out there in different journals, it's amazing that I've never seen one which has evidence giving a negative side. How many other topics in the universe can you find that have no down sides? Why is getting fit so difficult? We all have the same problems - we're all short of time, we don't want to waste money on things that don't work, and there are so many systems available all claiming to be the best. So how do you find out how to get fit quickly without wasting time and money on things that don't work? That's where I come in. Let me introduce myself. My name is Rob Knowles. I used to be a sedentary office dweller. In fact, I still spend most of my working life staring at a computer screen. A few years ago I started travelling for the companies I worked for - staying in hotels, eating nice dinners, and doing nothing more strenuous every day than sitting in boring meetings all day talking. I don't expect your sympathy - I know it was a great life! However, it was really bad for my waistline. Even when I started doing some exercise I still ended up 30 pounds overweight. I tried going to the gym, but I found it intimidating being surrounded by all those toned, slim, tanned gym bunnies, so I didn't go very often. That made the monthly membership fee REALLY expensive, when most months I only visited the place once or maybe twice. What a waste of money! After quite a long process I got into running. I hated all forms of sports at school (think of the fat kid who was always second to last in everything, and you know me). But I started to like running. I liked being able to run on my own without anyone seeing me puffing and panting. I enjoyed spending time outside when I wasn't rushing somewhere, so

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Comments Its OK for the government to pile up debt for its ridiculous spending if international circumstances are not good according to Mervyn King but the dear old private sector cannot borrow more and pile up debt if the state of the world econmomy is not good so as to keep its shareholders and employees in the state to which they are accustomed.. There is no one handing out unpayable loans to it. One wonders if Mervyn King has not been in the job so long he cannot see straight. Mervyn King demonstrates (as if we did not already know) that he is an overpaid chocolate teapot. He failed to blow the whistle pre-2007; was caught flat-footed when the storm hit; and, like Osborne, has no "solution" to Britain's totally unsustainable public finances other than generating inflation, thereby ripping off ordinary people and those on fixed incomes to protect Osborne and the bankers. Like all the members of our governing clique, he gets off scot-free: knighthood and huge pension invested in index-linked securities which the BOE's pension fund bought in bulk just when they were telling us that the great threat was deflation, not inflation.

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But, if these kids are in any way representative of the level of parenting practiced among members of the Sikh community, our nation may be fortunate that Sikhs have come to this country: Their lack of modesty cracked me up! However. Yes, those two children have healthy egos. My one concern is that I hope that their absence of humility doesn't signal an absence of the realization that they are no better or worse than any other people, even "white" people. The only reason I mention this is that, back in the days when I worked long hours for a software company that paid us to take taxi cabs to/from work if we had to work early or late -- especially if we were too tired to drive safely -- I had some unfortunate run-ins with Sikh taxi drivers. It got so uncomfortable for me that I broke the "rule" among cab drivers lined up along a street, passing by the taxis driven by Sikhs until I found a cab driven by an East African, an Ethiopian or an Iranian -- all of whom treated me with unfailing respect and appropriate concern. (My favorites were the Iranians -- they'd escaped Iran after the Shah's downfall and had had a hard time getting into the U.S. legally so, while they attended college, they drove cabs to make a living.) Those cabbies, as well as all the white cabbies, warned me that the Sikhs found themselves superior to all other human beings, no matter their race, ethnicity or religion. The cabbies told me this in an effort to explain the rudeness -- contempt, really -- with which the Sikhs treated me. I cannot forget one morning, when I had to get a cab at 4:00 a.m. to get to work early in order to complete the Web design for an exterior Web site, the introduction of revolutionary database software -- originally designed by an Israeli company, which was bought lock, stock and people by the U.S. software company. (Oh, those Israelis, especially the Russian Jews who were the Israelis' most brilliant programmers but whose behavior was ... that's a story for another time.) Anyway, that morning, I called for a cab and got in the cab. I was half asleep. I'd slept at most two to three hours a night for weeks. As we drove along a pitch-black waterfront street in order to get to the freeway, I reached in my purse, got a cigarette, and lit it. The Sikh driver slammed on his brakes and pulled off the street, demanding that I get out of his cab. I was terrified. Besides it being pitch black outside, there wasn't a pay phone or an open business anywhere within at least 10 to 15 blocks of our location. To save myself, I apologized profusely and immediately tossed the cigarette out the window (after hastily putting it out, of course). After I pleaded with the driver for what seemed like five to ten minutes -- it was probably less -- he consented to drive me on. But I asked him to let me off at the downtown bus stop, which was about 20 miles from my destination. The bus stop wasn't much safer, but at least there were other businessmen and businesswomen also waiting for a bus. Luckily, I also had a monthly bus pass from the company, and the bus I needed came along. That bus shot straight through the 20 miles with only two stops, and took me within about 2o to 30 yards of the building I had keys to. At that time, smoking in cabs was allowed, so I wasn't breaking any laws. Of course I should have asked the driver's permission before I lit up, but I was so tired, I forgot. Otherwise I always did ask, and every cabby I met always said yes because they knew that if they made the customer happy, he/she was more likely to give him a tip. But, not only did I not tip that driver, I tossed the bills in his front seat, didn't ask for a receipt so I could be reimbursed, and got the hell out of his cab. I should have complained to the city about the driver, but I had so much on my plate at that time that I let it go. However, it left an indelible impression on me, and reinforced my determination to avoid taxi cabs driven by Sikhs. It is not P.C. to share this story. But to hell with being P.C. I

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Tuesday, December 13, 2011 Why the idea of nominal fees for library materials grates Recently, my city councillor asked for feedback on the idea of the library charging $2 to borrow DVDs. My visceral reaction was negative - a far stronger negative reaction than could be explained by the basic fact that libraries are meant to be free. At first I thought that this was because people who are least able to afford $2 for a DVD (like my grandmothers, for example) are also less likely to have the resources and the know-how to acquire movies for free through unofficial channels. But another aspect that grated was this treatment of certain library materials as Less Than other materials. Read Harry Potter. Read the complete works of Miss Manners. Read the In Death series. Read Introvert Advantage. Read Malcolm Gladwell. Watch Eddie Izzard's comedy and every interview he's ever done. These will all not only entertain you, but help you navigate the world better. All of these things were transformative. From Harry Potter, I learned how to do literary analysis (yes, this is AFTER an academic career that involved lit courses in four languages) and how to use the happy place fandom gives me to chase away my dark moods. From Introvert Advantage I learned how my brain and energy work. Miss Manners gave me much-needed perspective on real-world social expectations to counteract the skewed context I grew up in. Eddie and In Death made me brave (insofar as I am brave, which is still exponentially braver than I was before I met them). Malcolm Gladwell taught me about Entitlement , which also coalesced all the other stuff I'd learned. All of these materials are rather lowbrow. Anyone could make a convincing argument that any of this stuff is Less Than and Unworthy. Despite the fact that I've been exposed to more than my fair share of Serious Art and academic writing, it was a children's book series, a newspaper advice columnist, a couple of pieces of mass-market pop psychology/sociology, a transvestite comedian, and a series of formulaic mystery novels that ended up being what made me. (At this point, some of you are thinking "What kind of pathetic person gets life-changing inspiration from such banal material?" The answer to that question is, obviously, "Someone who very much needs it.") So, you're now asking, what does this have to do with the library? Like most people, I don't like to pay for something when I don't know if it's going to work. This means that I don't buy books, movies, or other art/entertainment/information media if I don't know if I'm going to like it or if it's going to teach me what I need to learn from it. I borrow it from the library instead. I didn't know going in that any of this stuff would be transformative. I didn't even know if I would like it. I added it to my library list because it seemed like it had the potential to be mildly interesting, but I never would have bought it - not even for a nominal price. There's enough pop cultural comfort food to keep me reliably entertained that I don't ever need to try anything new. The fact that I could try them all risk-free is what made it possible for me to discover all these things. On top of that, there's also the fact that these transformative works are far from the only things I borrowed from the library during that time period (the past 8 years of my life). Most of the stuff I borrowed wasn't nearly as transformative - I'm sure I don't even remember 80% of it! But, because I can borrow as much as I want, I get to separate the wheat from the chaff and become a better person in the process. Even a nominal fee would be enough make me think twice before putting a hold on something I'm unsure about, which would have been enough of a barrier to prevent me from discovering my true inspirations. I'm sure no one else has my exact combination of inspirations, and many people have a similarly unpredictable combination of inspirations out there waiting for them. (And I sincerely hope there are even more out there waiting for me!) The world will become a better and better place as everyone expands their horizons and finds their way to their own inspiration, so we must not introduce any cause for hesitation.

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Q: Tortilla chips are one of my guilty pleasures. Any suggestions for all those broken chips at the bottom of the bag? I use them to add crunch on salads and soups, but I am looking for more creative uses. I buy the organic, blue corn, unsalted varieties. Thanks! Sent by Melinda Editor: A girl after my own heart, I see! For using up those crushed chips, take a look at some of our past posts on the topic: Categories: Comments (25) Besides adding them to stuff for texture, you might be able to put them in the food processor, grind them back to masa. Alton Brown did something similar, but with corn tortillas, on Good Eats. I think the episode was called "TORTilla Reform". Maybe you could also use them for oven "frying" coating. You can use corn flakes. Maybe even for real frying. Babygrace: All in! The burritos are as big as your head, and completely unadorned on the outside, which is what the salsa bar is for, I guess. I copied the menu description below, although when they say "bean sprouts," they actually use sprouted green peas, which are wonderful! (I probably shouldn't share this with the sensitive AT audience, but the burrito is SO big and warm, wrapped tight in a pale flour tortilla, that we joke it's a "shaved puppy." Thusly: "Man, I'm so hungry I could eat an entire shaved puppy by myself." "No way, too big, I gotta split that puppy." "That puppy looks so good, I \*almost\* want to cuddle it instead of stab it with a fork." Ahem.) I make something I nicknamed a "Nacho Bowl" where I break up a handful or two of tortilla chips and throw the crumbs from the bottom of the bag on the baking sheet for my toaster oven. Then I put salsa, black beans, corn, and cheese on top and put it in the toaster oven (on broil) until it's the cheese is perfectly melty. Scrape it all into a bowl, throw some scallions, cilantro, maybe some more salsa, sour cream, guacamole, etc. on top and dig in! Having small pieces is good because you can easily eat it with a fork. It doesn't look so pretty but it tastes awesome and it's a great quicky meal when you're just cooking for one.

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App Synergy: How To Make A Travel Journal Last weekend, I took a small vacation to Montreal . While I like to travel, I am not an ambitious sightseer. The exception to this is when the sights I see involve food. I love food. It was a real treat to visit the Jean-Talon Market (French: March Jean Talon), which is a historical farmer's market located in Montreal's Little Italy district. I decided to use this gastronomic excursion as the object model for this week's app synergy use. Step 1 -- Capture Your Memories One of my coworkers, Stella Violano , told me about an app called 645 Pro . She bragged that it allowed photos to be taken in RAW and TIFF formats. Being an amateur photographer, I had no idea what she meant, but I was finally able to try the app out on my trip to the market. 645 Pro Screenshot -- Random Market While I have yet to scratch its potential, I definitely see the appeal. All of the settings are located directly on the camera. While some may be unfamiliar with the different options, there are no confusing menu layers to navigate. I found the response time to be quicker than that of Apple's camera app and took some nice shots with it. The nicest thing I can say about 645 Pro is that it made me to want to learn more about "real" photography. I even started reading the 32 page user manual. Until I find something better, 645 Pro will be my new default camera app. I find it poor form to share pictures I've taken of strangers. To get a glimpse of the Jean-Talon Market, check out this picture from the National Geographic Society . It can be found within the app, A Taste Of Montreal . The app hits my sweet spots, as it combines journalistic storytelling with mouth-watering photos of Montreal's cuisine. I had some excellent meals in Montreal. A Taste Of Montreal shows me what I missed and whets my appetite for my next trip there. Jean-Talon Market Step 2 -- Mark Up Your Memories Another useful Montreal-specific travel app is Montreal: Travel Guide , by eTips LTD . This travel guide has some cool features, like the use of Augmented Reality (AR) and the presence of zoomable offline maps. My main interest in the app, for the purposes of this article, was its Metro map. Montreal Metro Map The map provides a basis for modification by PhotoPen , a photo annotation app. It's a simple way to mark up your photos and share them. Although it's not difficult to guess where the Jean-Talon Market is on the map, I may not always remember the name and location of the market. PhotoPen allows me to make a quick note to myself, which also results in a personalized contribution to my journal. Map Annotated By PhotoPen Step 3 -- Collect Your Memories When it's time to create your journal, you have some options. There are a number of journaling apps available for your iDevice. Day One is a popular choice. Earlier in the week, it received a significant update , which allows you to finally add pictures to your entries. You can also add weather information, location/GPS data, and check in to Foursquare . Unfortunately, you can only add one photo per entry. On the bright side, the results look great and really add to what was already a fantastic app. I created the following entry with a shot I took of some delicious oysters. Day One used the photo's metadata to fill in the location and date. Day One Now Has Photo Support As good as Day One is, you may not be satisfied with its single photo diary style. You may instead envision a scrapbook type app, which allows you to intermix photos and text. For that, check out Maxjournal , which allows you to add up to 30 photos for each journal entry. You can then rotate the photos and position them in between the text. Due to its simplicity, aesthetics, and superior syncing, I prefer Day One. But in terms of adding multiple photos, Maxjournal has Day One beat. Please also note that Maxjournal is iPad only, while Day One is universal. Incorporate Multiple Photos In Maxjournal Finally, one of my readers in India reminded me that journals don't need any text at all. He creates pure photo journals using iPhoto. I previously discussed the iPhoto journal feature in my Mother's Day article . In that article, I had already imported all my photos into an album and then sent the entire album

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Video Production Advice: Matrox MX02 on iMac Video Production Advice Following a previous post of mine about the Matrox MX02 Mini Max , I received a follow-up question from an Iranian Videographer, who asks for advice about the Matrox MX02 Mini MAX and Adobe Premiere Pro CS5 on his iMac. Video Production Question Hi Shawn, I'm editing on adobe premiere CS5, and also AE CS5 on an iMac core i5 with 8 GB of DDR3 Memory, 1st : while i'm working on a Full HD project, by any simple changes of color levels or adding a dissolve, i have to render the shot to see it on realtime and by adding more filters and effects or using a dynamic link between AE & Premiere the render's getting harder and the export is getting too too longer (about 25 minutes for exporting a 5 minute video clip !!!) I am going to buy a "Mxo2 mini max" to solve the render problem and get rid of these render things, Am i doing a right?!! or i need to upgrade my iMac to a core i7 with 12 or 16 GB of memory? what do you think? and thank you by th way ... Matrox MXO2 Mini MAX - A hardware solution for Adobe Premiere Pro CS6 Video Production Response Hi Amir, Great questions. Yeah, you are doing it wrong. When editing on an iMac with Adobe Premiere Pro, your editing experience will be very unsatisfying. Editing on any computer, Windows or Mac that doesn't have an approved NVidia CUDA card and to a lesser extent some of the Radeon cards on last year's Macbook Pro laptops, means you are relying on the CPU in the computer to do all the video rendering and encoding. This was ok when we edited SD video but with HD video there is almost 7x more pixel information and I find as editors we colour correct and apply effects more now than 10 years ago. The CPU is also not as efficient at processing video as compared to a dedicated hardware solution like the Matrox RT.X2 which when paired with Adobe Premiere Pro CS3, CS4, and CS5 offered real-time effects, accelerated exports, and other goodies like the Matrox IBP codec and HDMI monitoring. When Adobe announced that Premiere Pro CS5.0 was going to support GPU acceleration with approved NVidia CUDA cards much of the benefit of running a hardware solution like the Matrox RT.X2 became obsolete because the two couldn't work together at the same time and the GPU solution was very good. Unfortunately neither of these solutions work on an iMac because the RT.X2 isn't supported on Macs and iMacs all have the wrong video card. They also can't be upgraded to anything that is both good enough to provide any benefit to Premiere Pro and is supported. Unfortunately the Matrox MX02 Mini Max doesn't provide any acceleration for effects and colour correction so you will not notice any benefits to real-time previews. But it will accelerate the export times to H.264 significantly. I pair the Matrox MX02 Mini Max with my Windows Corei7 laptop when I need fast export times on a mobile device. Matrox MXO2 Mini MAX inputs and outputs I do not believe upgrading your iMac to a core i7 with 16GB of memory will do much. What you really want is a computer that has a supported GPU card. On the Mac side there are very few supported graphics cards but the obvious one is the GTX 285, although that was end of life before CS5 launched. You can buy them used for $150-$250 and this makes them a great deal, if you can find one. There are more expensive Quadro cards but they are a lot more expensive and I don't feel they offer the best value. The new Macbook Pros with Retina display have a supported video card but this is a laptop and for the money you could buy a much faster Windows system. You would also need to upgrade to CS6 for proper support. A much better plan is to admit that when it come to video editing, editing on a Mac is a bad idea. I'm sorry, but it is. The proof is here . Apple doesn't care about this segment of the market and waiting until next year for Apple to release new products that are 1/2 as good as a Windows system is getting old for many Mac users, which is why they are ditching Macs in droves for Windows. Just ask FCP users. And then ask MacPro users. Heck even iPhone users are

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Book Description Here, nine years after his death at the age of 38, is the full story of how a local Hawaiian boy rose to unrivaled celebrity on the strength of his one-in-a-million voice and a four-string ukulele. It is a story about fame and celebrity and triumph over adversity, about a boy who rose from humble origins, overcame drugs, youth gangs, and the loss of his parents and his only brother to give hope to others. It is the story of a man who stood up for his people at a critical junction in Hawaiian history to demand justice and sovereignty and became the voice of a nation. It is the story of the Hawaiian singer who attracted a worldwide audience with a single song about a rainbow. Featuring many never-before-published photos and based on scores of personal interviews, articles, and anecdotes from family, friends, recording artists, and fans, this definitive chronicle examines the life and times of Israel Kamakawiwo?ole, one of Hawai?i?s greatest musicians. Here, nine years after his death at the age of 38, is the full story of how a local Hawaiian boy rose to unrivaled celebrity on the strength of his one-in-a-million voice and a four-string ukulele. It is a story about fame and celebrity and triumph over adversity, about a boy who rose from humble origins, overcame drugs, youth gangs, and the loss of his parents and his only brother to give hope to others. It is the story of a man who stood up for his people at a critical junction in Hawaiian history to demand justice and sovereignty and became the voice of a nation. It is the story of the Hawaiian singer who attracted a worldwide audience with a single song about a rainbow. Featuring many never-before-published photos and based on scores of personal interviews, articles, and anecdotes from family, friends, recording artists, and fans, this definitive chronicle examines the life and times of Israel Kamakawiwo?ole, one of Hawai?i?s greatest musicians. {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Editorial Reviews About the Author Award-winning journalist and travel writer Rick Carroll is the author of many books about Hawai?i, including six titles in the best-selling Hawai?i's Best Spooky Tales series. With his wife, Marcie Carroll, he edited Hawai?i: True Stories of the Island Spirit, which critics called ?the best example of contemporary Hawai?i nonfiction.? Their other books in national release include The Unofficial Guide to Hawaii and The Unofficial Guide to Maui. I was looking for chicken skin whilst reading an emotional biography of the wonderful singer, Israel Kamakawiwo`ole. Not much emotion in this book, though. No meat to it -- I read it in less than an hour. It is billed by Bess Press as a story of how he overcame great odds to become kaulana and hanohano. There is no story -- or at least not one that we didn't already know about. Jumps right from being born to briefly mentioning some disturbances when youthful, to being this famous, wonderfully-beloved musician and singer. The foreword by Iz's widow, Marlene, is only 7 lines of type about 6" long. Not too much of a personal involvement on part of

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Features Mansome is the latest documentary from filmmaker Morgan Spurlock. Morgan's past films include Super Size Me, Where in the World is Osama Bin Laden, and this year's Comic-Con Episode IV: A Fan's Hope. We had an opportunity to chat with Morgan about Mansome, which touches on the male image, and what it means to be a man in today's society. I thought this was a very interesting topic for a documentary, do you mind first sharing how the project came to be? The whole idea for the film came a conversation I ended up having with Will Arnett and Jason Bateman where we were having lunch and we just started talking about the ridiculousness of manscaping, and kind of what has been happening with men today. We laughed about all the things we could put in the film, and after about two hours we just said we have to make this movie. The film is structured around a day at the spa with Jason Bateman and Will Arnett, is that conversation all it took for them to get on board themselves? Yeah, after that lunch they were just like "we would love to make this movie with you". We literally laughed non-stop and thought it would be a fun way to talk about this issue. Talk about what it means to be a man, about masculinity, and do in in a way that would be really accessible. And we knew that with the reach that we all had, we could probably get some cool people to be in the film. You start calling some folks and tell them that you're making a movie with Will and Jason, and you get a lot of people interested. So we were really fortunate. What were your personal views on a man's grooming habits before you shot? For me I was always, and still am, somebody who doesn't spend too much time getting ready or getting dressed up. I usually get up and am out the door in about 20 minutes, so I don't think it changed the way that I do things too much. Although I did get a pedicure as part of this movie, and that was probably one of the greatest things I've ever done in my life. Really? I've never had one! Yeah, it was just, my feet have never felt softer than they did after getting that! Well, I guess if you go your whole life without and then go for it... Yeah, they definitely had a lot of mileage to work with. Given your research throughout this movie, going back 10-15 years what would you say caused this sort of ripple-effect change in the male image? What made men become a little bit more comfortable? You know that's a good question, I think it's a few things. I think that there was a real kind of commodification and industrialization of manhood. Once they saw how much money there was to be made by getting men to buy products, I think that was a big one. I think there was a shift in a lot of the magazines, the Men's Health's, the GQ's, where the men featured in those magazines were men that were much more clean shaven, in great shape and taken care of. Suddenly men had to start dealing with the same types of things that women had been dealing with for decades. These types of body images, of inadequacies, so you have these guys who are suddenly now looking in the mirror and feeling the same thing women have felt for a long time. That "I'm not good enough", "I'm not pretty enough", "I'm not handsome enough", I think that's been a really interesting twist that's happened. Yeah, absolutely. One term, or philosophy, that I kept hearing thrown around in the film was "confidence". That's right. You kind of see different perspectives in the film. One being the Zach Galifianakis-type who's confident enough in his looks to not have to take those extra measures. Or the type of person who is so confident in their looks that they feel comfortable doing those types of things. Yeah, or someone like Ricky [Manchanda, a professional clothing buyer interviewed in the film], who if he doesn't do these things will lose confidence. Ricky takes two-plus hours to get ready before he leaves the house, spend who knows how much money every month on his clothes, his face, on the things he has done. It's incredible. Yeah, and he was comfortable admitting that. Right, and I really have a lot of respect for Ricky for that. That he was willing to go on camera and talk about this type of body image that he's dealing with, this type of imperfection, that he doesn't see

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Social media The examples and perspective in this article deal primarily with the United States and do not represent a worldwide view of the subject . Please improve this article and discuss the issue on the talk page . (December 2013) Social media is the interaction among people in which they create, share or exchange information and ideas in virtual communities and networks . [ 1 ] Andreas Kaplan and Michael Haenlein define social media as "a group of Internet-based applications that build on the ideological and technological foundations of Web 2.0 , and that allow the creation and exchange of user-generated content ." [ 2 ] Furthermore, social media depend on mobile and web-based technologies to create highly interactive platforms through which individuals and communities share, co-create, discuss, and modify user-generated content. They introduce substantial and pervasive changes to communication between organizations, communities, and individuals. [ 3 ] Diagram depicting the many different types of social media Social media differ from traditional or industrial media in many ways, including quality, [ 4 ] reach , frequency, usability, immediacy, and permanence. [ 5 ] There are many effects that stem from internet usage. According to Nielsen, internet users continue to spend more time with social media sites than any other type of site. At the same time, the total time spent on social media in the U.S. across PC and mobile devices increased by 37 percent to 121 billion minutes in July 2012 compared to 88 billion minutes in July 2011. [ 6 ] For content contributors, the benefits of participating in social media have gone beyond simply social sharing to building reputation and bringing in career opportunities and monetary income, as discussed in Tang, Gu, and Whinston (2012). [ 7 ] Geocities , created in 1994, was one of the first social media sites. The concept was for users to create their own websites, characterized by one of six "cities" that were known for certain characteristics. [ 8 ] By applying a set of theories in the field of media research (social presence, media richness) and social processes (self-presentation, self-disclosure), Kaplan and Haenlein created a classification scheme in their Business Horizons (2010) article, with seven different types of social media: However, the boundaries between the different types have become increasingly blurred. For example, Shi, Rui and Whinston (2013) argue that Twitter, as a combination of broadcasting service and social network, classes as a "social broadcasting technology". [ 9 ] Mobile social media refers to the combination of mobile devices and social media. This is a group of mobile marketing applications that allow the creation and exchange of user-generated content. [ 10 ] Due to the fact that mobile social media run on mobile devices, they differ from traditional social media by incorporating new factors such as the current location of the user (location-sensitivity) or the time delay between sending and receiving messages(time-sensitivity). According to Andreas Kaplan , mobile social media applications can be differentiated among four types: [ 10 ] Space-timers (location and time sensitive): Exchange of messages with relevance for one specific location at one specific point in time (e.g., Facebook Places ; Foursquare ) Space-locators (only location sensitive): Exchange of messages, with relevance for one specific location, which are tagged to a certain place and read later by others (e.g., Yelp ; Qype ) While traditional social media offer a variety of opportunities for companies in a wide range of business sectors, mobile social media makes use of the location- and time-sensitivity aspects of it in order to engage into marketing research, communication, sales promotions/discounts, and relationship development/loyalty programs. [ 10 ] Marketing research: Mobile social media applications offer data about offline consumer movements at a level of detail heretofore limited to online companies. Any firm can now know the exact time at which a customer entered one of its outlets, as well as comments made during the visit. [ 10 ] Communication: Mobile social media communication takes two forms, the first of which is company-to-consumer in which a company may establish a connection to a consumer based on its location and provide reviews about locations nearby. The second type of communication is user-generated content. For example, McDonald's offered $5 and $10 gift cards to 100 users randomly selected among those checking in at one of the restaurants. This promotion increased check-ins by 33% (from 2,146 to 2,865), resulted in over 50 articles and blog posts, and prompted several hundred thousand news feeds and Twitter messages. [ 10 ] Sales promotions and discounts: While in the past customers had to use printed coupons

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Coal Coal is a combustible SEDIMENTARY ROCK formed from the remains of plant life and comprises the world's largest fossil energy resource. It is located primarily in the Northern Hemisphere. Coal is not a uniform substance; rather, it is a wide variety of minerals with different characteristics arising from the nature of its vegetation source and siltation history and from the time and geological forces involved in its formation (including temperature and pressure). Coal is classified according to 4 ranks or classes, each subdivided according to fixed carbon and volatile matter content and heating value. The anthracite class, the most valuable, is blended with bituminous coals to make coke for the iron and steel industry and is also used in the chemical industries. Bituminous coal, besides its use in steelmaking, is used as thermal coal for ELECTRIC-POWER GENERATION . Subbituminous coal supplies thermal-power fuel and steam for industry, and can be used in COAL GASIFICATION and COAL LIQUEFACTION . The lowest grade of coal, lignite, is used for the same purposes as subbituminous coal. Canada's only known body of anthracite was discovered in northwestern BC; bituminous coal is found in NS, NB, Alberta and BC; subbituminous, in Alberta; lignite in Saskatchewan and BC. With its usual perversity, nature did not distribute Canada's coal conveniently. In NS, most of it is under the seafloor; in western Canada, which has about 97% of the country's coal, almost all of it is located hundreds of kilometres from either the Pacific tidewater or central Canada. Resources Canada contains nearly 4% of the world's coal resources, exceeded only by the former Soviet Union, the US, the People's Republic of China and Australia. Canada has at least 80 billion t of exploitable coal using today's technology, with about 8 billion t classified as commercially feasible under today's conditions. These reserves equal about 100 years' supply at current production levels. History in Canada Coal has been mined in Canada since 1639, when a small mine was opened at Grand Lake (NB). In 1720 French soldiers began to mine at Cow Bay (Cape Breton, NS) to supply the fortress at LOUISBOURG . Cape Breton later supplied coal to Boston and other American ports, and to the militia in Halifax. By 1870, 21 collieries were operating in Cape Breton. These markets disappeared early in this century. Commercial COAL MINING in New Brunswick began in 1825 and, except for some early exports, most of the province's coal production has been used locally. In western Canada, coal was first mined on Vancouver Island in the mid-19th century. The building of the transcontinental railways through Alberta and BC caused coal mines to be developed on the banks of the Oldman River near Lethbridge, at Banff, Drumheller and Edmonton. By 1867 coal production had reached an annual total of 3 million t: over 2 million t in NS, most of the balance in western Canada and a small amount in NB. By 1911 western Canada had taken the lead and, despite serious downturns in the 1950s and 1960s, it now produces over 95% of the total. In 1947, the year that OIL AND NATURAL GAS were first produced commercially near Leduc, Alta, coal supplied one-half of Canada's ENERGY needs - Drumheller alone producing 2 million t of coal and employing 2000 men. The rapid conversion of coal's traditional markets to oil and gas caused the coal mining industry almost to disappear. Beginning in about 1950, almost all coal used for domestic heating, industrial energy and transportation energy was replaced by petroleum products and natural gas. Coal mining entered an expansion phase in the late 1960s. Canadian producers signed long-term contracts under which they supplied several million tonnes of metallurgical coal each year to Japan. This led to the re-opening of some closed mines and the development of new mines in Alberta and BC. At about the same time, Alberta and Saskatchewan began to use their substantial coal resources to produce electricity. Throughout the 1970s, unprecedented international crude oil price increases and supply disruptions focused attention on coal as an alternat

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Great Spaces: a pair of empty nesters trade their spacious Rosedale home for a bright condo in Summerhill By Nicole Baute | Photography by Michael Graydon In the 1990s, Joe Gonda and Christine Turner lived in a 6,000-square-foot Rosedale home with five children -- four from Turner's first marriage, one from Gonda's. When the kids headed off to university, the couple downsized to a 3,500-square-foot house nearby. But that soon felt too big as well. "There were empty bedrooms, and we never went to the third floor other than to look for the cat," Turner says. In 2004 they moved again, to a brand-new 1,700-square-foot condo in Summerhill. The 10th-floor space is just big enough for the two of them, who often work from home (he's a York University philosophy professor, and she's an executive coach). They hired Barbara Munn and David Neff of Yorkville Design Centre to turn it into a funky pad, giving the partners free rein except for one major thing: colour. Gonda and Turner were adamant that there be lots of it. Sunny yellow walls with elegant crown mouldings, saffron curtains and a high-gloss coral kitchen -- all are a dramatic change from their previous houses. The couple started buying vibrant paintings and prints 20 years ago, but the muted earth tones of their Rosedale home didn't do the art justice. Over the years, their tastes became bolder and brighter, until their unreserved style exploded here. "We always wanted to amp up the visual decibels," Gonda says. "Now we finally have." The couches and chairs were purchased at Ridpath's in the '80s. They used to be off-white and pale blue, but they got a radical makeover for Gonda and Turner's new home. The couple bought this still life in the Place des Vosges during their first trip to Paris together, in 1991. It's signed "Tondu," but they're doubtful that it's a genuine work by the famed French artist. The ceramic rain boots are from Quint-essence Designs on Yonge Street. Gonda and Turner bought the larger pair because it matched the room's colour palette. The smaller pair was a gift from Gonda's son. The ceilings are light pink instead of white, a subtle trick to highlight the way the sun catches the yellow walls. 10 Comments I love this place. The colour scheme is vibrant without being harsh. The only thing I don't get is that chandelier in the living room which off to one side. It looks weird. February 24, 2012 at 3:05 pm | by June oly geez. hideous. looks like someone barfed on everything February 24, 2012 at 11:46 pm | by bob loblaw Absoulutely Fabulous, it sings a joyful song, hard to be anything but cheerful in this place. February 26, 2012 at 10:15 am | by yoda ersonally I like more modern/contemporary spaces but I think this is beautifully done. its extremely well put together and visually appealing. I do agree with the chandelier comment though. I think a bigger piece in the centre would have been much better. that chandelier almost belongs in a small space like a powder room or bathroom. February 27, 2012 at 12:09 pm | by mary Where are you from ,bob? This is awesome! I love it.. I find Torontonians are always scared of colors, nice to see what someone did with it. While my first condo was half their space, I used colors galore (without an expensive designer) and my realtor told me it would be tough to sell- sold in 3 days!! Nice layout here too and the furniture is perfect! February 27, 2012 at 8:07 pm | by Chad Pretentious condo for pretentious people by the sounds of it. Even the writer sounds pretentious. February 29, 2012 at 8:07 am | by Frank Amazing colours and warm vibrant space. Very nice job. February 29, 2012 at 8:58 am | by Alexandra As an interior decorator, I must say, brilliant work was done by the design team to create such a warm and cosy nest for this couple! Even on those grey, wet and wintery days in February, they have a refuge from the outside and can live in an environment of sunshine year round. Well done! February 29, 2012 at 11:02 am | by Brenda The room does

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Formats Book Description Readers will see Washington, D.C., as never before, when Madeline takes a midnight sightseeing tour on a magic carpet of cherry blossoms. Invited to the White House by Candle, the president's lonely only daughter, for the annual Easter Egg hunt and roll, Madeline and the other little girls have a rollicking good time, and introduce Candle to the joys of occasionally breaking the rules. With a bouncy read-aloud text and gorgeous watercolor pictures, Madeline at the White House is in the best tradition of the beloved Madeline books. Readers will see Washington, D.C., as never before, when Madeline takes a midnight sightseeing tour on a magic carpet of cherry blossoms. Invited to the White House by Candle, the president's lonely only daughter, for the annual Easter Egg hunt and roll, Madeline and the other little girls have a rollicking good time, and introduce Candle to the joys of occasionally breaking the rules. With a bouncy read-aloud text and gorgeous watercolor pictures, Madeline at the White House is in the best tradition of the beloved Madeline books. {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Editorial Reviews Amazon.com Review John Bemelmans Marciano on Madeline at the White House Dear Reader, Sending Madeline to the White House is an idea that my grandfather cooked up with his friend, Jacqueline Kennedy. In a series of letters to the First Lady, he imagined a book in which Madeline visits Caroline, or something like that. He even suggested that the Mrs. Kennedy write the words and he would do the pictures. At the time, my grandfather was still working on Madeline and the Magician, a book that he assured her he would finish shortly. Sadly, he never did. My grandfather died in 1962, still at work on the Magician story. The book was to end with Miss Clavel taking in a stray cat who winds up being the Magician in disguise. In what might be one of the last drawings my grandfather ever did, the cat is wearing the magician's fez, surrounded by Madeline and the girls. I've always imagined that picture to be the truth of it--that my grandfather is a kind of magician who has lives on alongside Madeline and her friends. His body itself is buried in Arlington Cemetery. Although born in Europe, my grandfather came to the U.S. as a teenager and proudly served in the army, and always wanted to be buried in a soldier's grave in the nation's capital. For Madeline at the White House I have tried to weave all of these threads together: the book my grandfather never finished, the one he never began, and his feelings for the country he called home. So Madeline goes and visits a little girl named Candle whose father is the busiest man in the world, has fun at the White House Easter Egg Roll, and goes on a magic carpet ride of Washington conducted by a rabbit wearing a fez. First Daughter Candle (whose unruly mop curls up like a flame) is feeling ignored by her busy parents, so Mom arranges for an Easter weekend visit from Madeline and her friends. The girls enjoy rolling eggs, overeating, and sleepover activities, capped

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November 9, 2012 Keep the faith Hello again. I've been thinking about how much of a writer's life is spent waiting -- waiting to hear about journal submissions, funding grants, applications for writing retreats or waiting to get a book accepted for publication -- and, at times, all this waiting makes it hard to 'keep the faith'. Over the past few years, I've seen everyone in my online writing group get published, which is wonderfully exciting, but sometimes I wonder how much longer I will need to wait -- and yes, I'm aware the tone of this post is very different to my manic rant from last month. Writers must seem a little erratic to other people -- one minute we're up, the next we're down, and our circumstances can change so quickly. Earlier this week, my dear friend Edwina Shaw heard that her book Thrill Seekers has been shortlisted for the UTS Glenda Adams Award for New Writing, which is part of the NSW Premier's Literary Awards. This is a dream come true for Edwina, and a prestigious validation of her many years of hard work on the manuscript. One of Edwina's oft-repeated sayings is: 'Successful writers are the ones who don't give up,' and making it onto the shortlist has proven Edwina's words to be true. Go Edwina! I've also just seen the fabulous cover of Ghost Wife -- a memoir written by another friend, Michelle Dicinoski, which Black Inc. is publishing in February next year, and I have to admit I'm envious. The other day I emailed Anne Reilly, the HarperCollins editor I first met at Varuna in April 2011, and asked her if I should be concerned about how long it has taken me to prepare my manuscript for submission to HarperCollins and whether I should try and hasten the rest of the process. As always, Anne's reply was prompt and reassuring. She wrote: 'It has necessarily taken a while; writing is like that. Don't be worried. Some people whiz through quickly; they are exceptions.' And so I will wait a little while longer. My time will come, and although I haven't yet published a book, my writing has attracted some wonderful opportunities and I am very fortunate. The latest news is that I've been awarded another residency at Bundanon next year -- where I will stay in the Writer's Cottage and work on my next project, 'The Bakery Stories', while the cows and kangaroos wander past the window. What a blessing, and a welcome reminder to 'keep the faith'. Until next time... Share this: Like this: Your turn next Helena! Can't wait for your first launch. Imagine how much you're going to cry the day you get that phone call from a publisher wanting to sign your books! You'll flood Armidale. And you know what the great thing about all thsi waiting is? How much MORE we treasure our success wehn it comes. We know how hard we've worked adn that we deserve it. And your writing is EXCELLENT! Teh world will sit up and notice. Alos, memoir, the style you write takes all this time becuase you ahvet o wait for life to provide the narrative arc, to give you your conclusion! Fiction writers can just make that stuff up. LOVE YOU Edwina Hi Helena -- nice to read this post -- Envy resonates with me though -- i received my email of un success from bundanon the other day and I was disappointed, I need a keep the faith indicator right now. I was thinking about the chats Kaz, you and I would have earlier in the year, such great times, it was Kaz though who said she never wasted more than half an hour of dissappoinent on a rejection before moving On to the next project -- such an optimist she was. My project is setting up house now and nurturing my roots, hopefully in preparation for new work. Oh, that's a shame about your application, Madeleine. Yes, they were great times, especially that al fresco meal on Arthur's verandah, dancing in the studio ... and the stampeding bull. Thanks for reminding me about Kaz's wise advice ... no more than half an hour of disappointment for me in future. Happy settling in to your new house, and keep the faith! xx H

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'Project Runway' baby challenge is the most annoying episode ever If you force a group of professional clothing designers make outfits for babies, that's probably gimmicky enough to fill an episode of television. But "Project Runway" took it one step further, and gave the Season 10 contestants mechanical babies to bother them while they worked. Because nothing says "world-famous fashion designer" like a junior year health class project. And nothing says "fun television" like the incessant fake crying of fake infants on a program you're trying to watch for your own enjoyment. (In case you couldn't tell, we found this episode HORRIBLE. What did you think?) As far as the competition goes, the designers were definitely challenged by having to make such tiny, kid-friendly clothing, and adding in the mother's look -- which shouldn't be a surprise, there's been ten seasons of this show -- didn't help for time management. Melissa had a heck of a time putting together her looks, but shockingly the judges didn't hate them -- just her fabric choices. Fabio, Dmitry, Christopher and Sonjia all got positive reviews from the judges. Interestingly, although Elena didn't spend most of the episode complaining, she's the one whose outfit the judges wound up sending home. It was pretty surprising, considering both of Melissa's looks were sloppy, but the adorableness of the jacket kept her in another week. Although Sonjia had by far the cutest baby look, she ended up sharing the winning title with Christopher. Both designers will have their looks produced as part of Heidi Klum's baby line, sold at a Babies R Us near you. What did you think of the episode? Are you surprised Elena went home instead of Melissa? Did Christopher and Sonia deserve to win?

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Acts 3:6....'In the name of Jesus Christ of Nazareth, rise up and walk." 7 And he took him by the right hand and lifted him up, and immediately his feet and ankle bones received strength. 8 So he leaping up, stood and walked and entered the temple with them - walking, leaping and praising God.' Peter had told the paralysed man to look at them. He looked & saw faith & love. He saw the smile of God. When we see God smiling on us, believing in us that we can do what we have never done before, we leap inside. We think parts of our life are broken & will never work but God smiles on you today & says Rise, Walk! Christ makes you whole. You are no longer paralysed. You are set free. God doesn't frown on you. All disapproval has been taken by Jesus. You are fearless, no longer paralysed or disabled. This is how Jesus sees you. We appropriate truth, the finished realities of the cross by acting on the Word. Step out! In porn everything is done for the man's benefit, which is one of many reasons why women don't usually like watching it. According to a research, sex triggers brain chemicals that can improve creativity at work. AS IS DEMONSTRATED BY MAINSTREAM PORN. If you want to start working in the Phone sex line, then you have to get a phone line from a reliable site so that you can get started. Simply desire to say your article is as astonishing. The clarity in your post is just spectacular and i can assume you are an expert on this subject. Well with your permission let me to grab your RSS feed to keep updated with forthcoming post. Thanks a million and please carry on the enjoyable work. Hello! Someone in my Facebook group shared this site with us so I came to look it over. I'm definitely loving the information. I'm bookmarking and will be tweeting this to my followers! Exceptional blog and excellent design and style. An interesting discussion is worth comment. There's no doubt that that you need to write more about this subject, it might not be a taboo matter but typically people don't speak about these issues. To the next! All the best! ! Hello! I just wanted to ask if you ever have any problems with hackers? My last blog (wordpress) was hacked and I ended up losing several weeks of hard work due to no data backup. Do you have any solutions to stop hackers? Evra hits out at England approach crampons f50 The draw means both teams are still on course to make it through the knockout stages of the tournament, with England travelling to Kiev to take on Sweden, who lost to Ukraine last night, for their next group game on Friday while Laurent Blanc's men go up against the co-hosts in Donetsk. England were forced to defend deep in their own half for much of the second half in particular as Les Blues searched for a match winner, and Evra admitted he was frustrated at not seeing his side's dominance converted into three points. "But if they win it like that, they will be happy." "We are frustrated because we played much better. At times it was like there were 15 bodies on us. Nike Zoom Vapor 9 Tour Nike Tiempo Legend IV My coder is trying to convince me to move to .net from PHP. I have always disliked the idea because of the expenses. But he's tryiong none the less. I've been using WordPress on various websites for about a year and am worried about switching to another platform. I have heard great things about blogengine. net. Is there a way I can transfer all my wordpress posts into it? Any kind of help would be greatly appreciated! I'm wondering which blogging platform you're using? I'm new to blogging and have been thinking about using the Live journal platform. Do you think this is a good platform to start with? I would be really thankful if I could ask you some questions through e-mail so I can learn a bit more prior to getting started. When you have some free time, please be sure to get in touch with me at: jinadriggers@gmail.com. Cheers I am wondering which blogging and site-building platform you are running? I'm new to running a blog and have been thinking about using the Tripod platform. Do you think this is a good platform to start with? I would be really thankful if I could ask you some questions through e-mail so I can learn a bit more before getting started. When you have some

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November 18, 2008 Last rant for a while, hopefully I have said before, repeatedly, that I find the abortion issue to be entirely poisonous to the political discourse of this country?largely because it inspires single-issue voters on both sides to overlook huge faults in one candidate just to vote against someone who disagrees on this one point. I've also said that I wish people would just let the issue rest a while so we can get back to other issues and stop arguing over a stalemate. And yet I keep finding myself drawn back into the argument. I think this is, in part, because I have sympathies on both sides, and as someone comparatively neutral I get really irritated to see the sheer misrepresentation flying around. Most recently, I've been witnessing the Roman Catholic Church trying to self-destruct over the issue. As I wrote a few weeks ago, many bishops and priests launched a full-court press to get McCain elected, using crass threats about the Eucharist and salvation to cudgel voters into voting against Obama. Having failed at that, the political wind continues, as quoted in a recent TIME article (hat tip to Whispers ): "There's more fear here than wrath," a senior Vatican official told TIME with regard to the Catholic hierarchy's attitude toward Obama. However, if Obama signs the Freedom of Choice Act in his first months in office "it would be the equivalent of a war," says the same official. "It would be like saying: 'We've heard the Catholic Church and we have no interest in their concerns." The Vatican and the USCCB are now reaping what they have sown. When they say with one breath that Catholics should consider all issues when voting, and with the next that abortion is the most important issue and trumps all others, they set themselves up as politicians playing the game rather than voices of morality. By telling millions of Catholics that they, as Catholics, must not vote for Obama, they risked their position as spokesmen for all Catholics; and when a majority of Catholics voted for Obama anyway, they lost that position. Even if most Catholics are pro-life (and I think we are), the vote served to discredit the politician-bishops, showing that they do not speak for a majority of their members and that they do not control the votes of their members. Of course, as soon as they lost, they tried to make nice, as politicians do. "Voting for Obama is a mortal sin" suddenly became "We need to seek a compromise position" when the bishops' political dicta were roundly ignored, but now it's too late. I at least haven't noticed large numbers of people hanging back from Communion, though admittedly I haven't been paying close attention and my sample size would be small in any case; but I'm pretty sure that the 54% of Catholics that voted for Obama did so with a clear conscience, contra anything the bishops claimed about their eternal salvation being in mortal peril. Had they stuck with their original stated position?that many issues are important and voters need to look at the whole candidate?they could make reasonably credible claims on this issue. But the quote about 'war' doesn't pass the laugh test, and the last piece of the quote, that the government has no interest in the concerns of "the Catholic Church", is a truth of their own making: having demonstrated that "the Catholic Church" really means "the hierarchy" and not "Catholics", they've made themselves politically a lot less relevant. The real tragedy, religiously speaking, is that it makes them morally less relevant as well. When religions really do stay above politics, they retain a moral authority over their congregation and a moral influence on leaders, even leaders of other religions. When they descend into politics, they become politicians, and relinquish moral authority in the eyes of their congregation (at least those that disagree politically) and in the eyes of outside observers (who may or may not disagree)?it looks like they're saying it just to get votes for their guy. "Chicago enjoys a myth about itself---tough, brawling, but also amiable---that's grounded in a certain amount of bad behavior. A lot of people here like the legend of corruption, if not the actual practice. Corruption makes good stories." --Mary Schmich This is why I prefer to talk about it as the right

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When there is a cry for help, insurance is there for you. In American society and culture, we are saturated with it. Everything can be insured and while the vast majority of insurance becomes unnecessary your health is not one of those things that should not be. It is risky to play with your health in such a way and to not protect it from the possibility of risk. That is why programs like the blue medicare florida exist. When I first moved to Florida I was unable to afford any type of private insurance, I was working a small part time job that was not paying enough to help me cover the costs of such a costly investment, no matter how much I wanted it, and my employer wasn't about to offer me a plan of their own. It was a serious bummer for a surfer like myself; every day on those waves I take a risk. So whenever I came across the medicare ppo's and other programs I knew that I was going to qualify. I spent a few weeks researching and going back and forth between the social welfare offices and the like. It was a long, long arduous process but now I can safely say that I am covered if the worst should happen. It really blows my mind that there are some politicians out there that want to take away programs like this away from us. Not everyone has the networking abilities or the right amount of luck and education to become successful. Some people, even, just want to live a life freely without having to live in a stress filled work environment. I will always work to help contribute to my country, if not just for the safety net of having a good medical coverage.

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Why Trading For Rick Nash Would Be A Terrible Idea Written by Greg Ezell on Tuesday, 29 May 2012 18:10 . Outside of Rick Nash's delicious faux-hawk, I think this chatter of Nash coming to Boston could be a big mistake for the black and gold. There's a multitude of factors as to why I think this is the case, but we have to start somewhere right? Let's look at the player and his statistics over the past four years: Seasons Goals Assists Points SOG Shooting Percentage 2008-2009 40 39 79 236 15.2% 2009-2010 33 34 67 254 13.0% 2010-2011 32 32 65 305 10.5% 2011-2012 30 29 59 306 9.8% As you can see, Nash's production has gone down every year since he hit the 40 goal mark in 2008-2009. One can "boldly" say to a Nash detractor "Well, Nash played in Columbus", but does that really excuse Nash from this decline in production? If you look at the same sample size for the Blue Jackets from 08-12, here's how the club has done in the standings: 2008-2009: 92 points, 7th in the West 2009-2010: 79 points, 14th in the West 2010-2011: 81 points, 13th in the West 2011-2012: 65 points, 15th in the West Outside of one playoff appearance, Columbus has been consistently terrible. Does that excuse a guy from declining in production? It shouldn't. A prime example of a good player still performing on a terrible team is Ilya Kocalchuk. Kovalchuk's last four years in Atlanta read like this: 2006-2007: 97 points, 3rd in the East 2007-2008: 76 points, 14th in the East 2008-2009: 76 points, 13th in the East 2009-2010: 83 points, 10th in the East So much like Columbus, Atlanta had one playoff appearance and then toiled away to nothing. The difference? Kovalchuk was still able to produce goals, including a 50+ season where Atlanta was going nowhere . Nash? Down the toilet like the rest of his squad. So we get the stats out of the way, right away. Maybe you're still buying the idea that Nash would play better on the Bruins because the Bruins have more talent. I wouldn't be too sure about that either, given that the Bruins put a strict emphasis on defense. The last time the Bruins had a 90 point player was Marc Savard in 2006. Since the 2006-2007 season, the Bruins have had a 90+ point player once (Savard 06-07), an 80-89 point player once (Savard 08-09), a 70-79 point player three times (Bergeron 06-07, Savard 07-08, Krejci 08-09), and a 60-69 point player six times (Krejci 10-11, Lucic 10-11, Seguin 11-12, Marchand 11-12, Krejci 11-12, Lucic 11-12). So what am I getting at here? An individual on this current Boston Bruins team does not amass a ton of points. Instead they spread the puck around, spread the TOI around and get contributions from a bunch of different players. That doesn't make someone like Rick Nash valuable on this team, especially at his price tag. ...And that's where we come to the dollar amount. Nash will make $7,800,000 per year over the next five season. That would make him the highest paid Bruins (without being the highest producing forward if you look at 2011-2012 totals) player. There's a catch to this whole thing though: You need to trade for him. Columbus has been crazy in what they want back from him as well. Rumor has it that before the trade deadline, the Blue Jackets wanted a combination of Krejci, Rask, Dougie Hamilton and a 1st round pick. Well guess what Bruins fans? They still want some sort of that combination, but now add Milan Lucic to the mix. So lets play that game folks. The Bruins currently have $3,472,024 in cap space (now includes the Paille and Bourque contracts) per capgeek and yes, that includes Savard's 4 million bucks being paid to him and not LTIR. To fit Nash under the cap, you'll have to move a $5M player so that's trading Tim Thomas somewhere (because Columbus won't want him) or sending David Krejci in the deal (there's no way you trade Patrice Bergeron). Sidenote: Even if Thomas sits out, his salary still counts against the Bruins' cap, per Bob McKenzie. So don't think this

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Animals sleep Yes fish have sleep-like period. Many thanks to Mr. Oliver Crimmen, Fish Curator, Department of Zoology, The Natural History Museum for the answer below:- Answer: Yes fish sleep. But it's not sleep as we know it. They don't have eyelids to close, they sometimes do it during the day, they don't show the characteristic brainwave patterns like REM sleep seen in humans, and some, including most sharks have to keep swimming in their sleep. But fishes do have a period of reduced activity and metabolism which seems to perform the same restorative functions as nocturnal sleep does in humans. Some are more obvious about it than others and actually rest on the bottom or in coral crevices, and parrotfish secrete a mucus "sleeping bag" around themselves before they go to sleep. If you get up quietly in the middle of the night you will find your goldfish in an almost trance- like state, hovering near the bottom of the tank making just the minimum correcting motions with its fins to maintain its position in the water column. If you put food in when they're like this they take noticeably longer than usual to respond, as if they have trouble waking up.

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YOUR FRIENDS' ACTIVITY Car journey checklist: everything you need for a long ride with kids Ever since my son was a little baby he has not liked the car, in particular long trips. It has gotten easier now that he's a toddler and we can use things to entertain and distract him. To benefit other parents I have put together our list of tried and tested items to bring and things to do to make car journeys more bearable, and dare I say, fun at times. Snacks & drinks Having a supply of healthy, low sugar snacks can be a lifesaver in the car not only to keep your child's hunger at bay but also to provide a distraction. I find baby rice crackers and snacks a winner and fruit fantastic. The important thing is to limit the sugar intake so my advice is to avoid chocolate and sweets unless you want a hyper, sugar fuelled child on your hands. It is always important to have a drink for your child, my preference is to give my son water. Entertainment kit and activities I have a set of tried and tested toys and activities that work for my son. These include lots of stickers, books, a travel sized colouring book and crayons, finger puppets which we make stories up with, a car steering wheel and controls which attach to the car seat and my iPhone or iPad which is loaded with lots of kids apps. Along with bringing things to keep him entertained we also play games where we count the numbers of cars and trucks we can see out of the windows, look for aeroplane vapor trails in the sky which my son loves finding, and try to spot trees, birds, cows and other animals as we drive along. Temperature and clothing Avoiding getting too hot or cold in the car is important especially for kids. We are lucky in that we have air con so it makes things a lot more comfortable. Dressing in comfortable clothes that can be layered up or down is a good idea too and if we are going on a long trip I find it helpful to bring my son's favourite blanket as he loves snuggling up with it if he gets tired. Safety If your child is like mine was and tries to escape from his carseat I highly recommend getting a Houdini Stop Carseat chest clip. This worked fantastically well to put an end to my son's dangerous escaping antics while strapped in his carseat. We had far too many scares with him wriggling free before getting one so it has definitely given us more peace of mind. You can read more about the Houdini Stop Carseat Chest Clip here . Timing Where possible we always try to give ourselves plenty of time when travelling, as with children it is a good idea to factor in time for stops in case you need to deal with nappy changes, toilet breaks or to just simply stretch your legs and get some air.

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Top Festival Picks -- 9th Annual DTES Heart of the City Festival With more than 80 events at over 20 locations throughout the Downtown Eastside scheduled over twelve days in this year's Festival ( October 24 -- November 4 ), choosing what to see and hear becomes a delightful challenge. Here is our thrilling Top 14 Festival Picks for 2012! Howling Comedy : The Heart of the City Festival is tickled silly to present an evening of clowning and stand up comedy that celebrates the resilience and diversity of Vancouver's Downtown Eastside. The lineup features comics from Stand Up for Mental Health and founder David Granirer , along with the wild and hilarious Sam Bob , Canadian comedy legend Gina Bastone , and local favourite Muriel Williams . What's so funny about mental health? Let's find out! Gallery Gachet, 88 E. Cordova. Thurs Oct 25, 7pm. Free Festival Art Stroll : In the tradition of gallery crawls, the Festival presents its' first Art Stroll to community galleries. This special event starts with a sidewalk procession led by Brad Muirhead and the Hastings Street Band and travels to Gallery Gachet for the opening reception of the Oppenheimer Park Community Art Show , and then from 6pm to 9pm, six more community focused galleries in the neighbourhood open their doors. Oppenheimer Park, 488 Powell. Fri Oct 26, Procession starts 5:30pm. Free Barrio Flamenco: Flamenco for the People : Celebrate the spirit of the Downtown Eastside with an unforgettable night of live flamenco music and dance! Flamenco is an art form by and for the people, danced and played with spirit, ferocity, joy, laughter and tears. The evening features some of the most compelling flamenco artists in the city, hosted by Kelty McKerracher . Carnegie Theatre, 401 Main. Fri Oct 26, 7:30pm. Free Survival, Strength, Sisterhood: Power of Women in the Downtown Eastside : A short film by Alejandro Zuluaga and Harsha Walia , based on a concept by the Downtown Eastside Power of Women Group . Join the filmmakers and participants for a screening of a film that focuses on the voices of women who live, love, and work in the Downtown Eastside, and celebrates the complex and diverse realities of women organizing for justice. Carnegie Theatre, 401 Main. Sat Oct 27, 4pm. Free Film, Talk, Unplugged: Joe Keithley and Bloodied But Unbowed : Vancouver filmmaker Susanne Tabata 's documentary Bloodied But Unbowed tells a tale of rebellion and music -- a chronicle of the late 1970s/early 1980s Vancouver punk rock scene. Following the screening, Joe Keithley , Canada's godfather of punk and founder and lead guitarist of Vancouver punk band D.O.A., will participate in a Q & A and perform solo unplugged. A fabulous evening, as Joe says, to talk "about the good days in the future." Carnegie Theatre, 401 Main. Sat Oct 27, Film 7:45pm, Performance 9pm. Free The Festival is thrilled to feature Evelyn Lau, City of Vancouver Poet Laureate at two festival events: Dream of Words: Poetry and Music: In the charmed setting of the Classical Chinese Garden, the Festival is delighted to present a jewel of an afternoon concert with Evelyn Lau , poet and historian Jim Wong-Chu , and Qiu Xia He and Andre Thibault of Silk Road Music . Dr. Sun Yat-Sen Classical Chinese Garden, 578 Carrall. Sun Oct 28, 2pm. By donation to the Garden The Wayne Lavallee Band : The unique fusion of Wayne Lavallee 's folk/rock acoustic style with traditional Cree chanting has made this West Coast artist an in demand performer whose work is fresh and innovative. A Juno nominee and award-winning musician, this is a great opportunity for Vancouver audiences to hear Wayne with his full band. InterUrban Gallery, 1 E. Hastings. Sun Oct 28, 7:30pm. Free TinPan Chef: A Cooking Competition and Food Forum : Six chefs, three teams, six hotplates, three boxes from the FoodBank, one hour! TinPan Chef is a cooking competition and food forum that uses sealed food boxes from the FoodBank to draw attention to the challenges of maintaining a healthy diet on a limited income. Diane Brown of the One Pot Cookbook leads the team,

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Interview with Anthony Marwood and Aleksandar Madzar -- part 1 Anthony Marwood Their playing is graceful and impressively accurate, but there is also something more. Anthony Marwood and Aleksandar Madzar hold the Wigmore Hall audience spellbound for the entire duration of their concert together. They bring a level of subtlety to Schubert, Schumann and Brahms that is rare, with an empathy that is understated but striking. 'It's funny,' reflects Marwood later, in the carpeted quiet of Wigmore Hall's subterranean interval rooms. 'Sometimes you meet people in life. And somehow you feel that the other person brings out something in yourself that you didn't know was there. With Sasha I feel that there's a kind of musical connection of the soul. The kind of conversations we have are delicious and inspiring and interesting, and the playing is a natural extension of that.' Madzar has had to dash for the Eurostar after the Wigmore Hall concert. We meet later at the other end of that journey, in his Brussels apartment. He expresses a similar sentiment. 'If you are going to work with somebody regularly, you need to be on the same wavelength,' he says. 'Musicians can be very different. Some can rehearse till kingdom come. Others think they play better if things aren't decided down to the last detail.' 'We do work in a rather similar way,' comments Marwood, after a roundabout description of something that sounds unnervingly intense. Are they both, perhaps, a little obsessive? 'Yes,' says Marwood. 'I think we probably are. We work very, very hard when we're together. But it's not a slog. The hours slip past. It feels as if we're digging.' 'Perfectionism is part of it,' says Madzar. 'It has to be obsessive if you're going to sit with an instrument from morning till evening, with only a short break. But as long as you have the sense that it can still go somewhere, the work is effortless, and rehearsing is no problem.'

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IN CONVENTION Docr. FRANKLIN rose with a speech in his hand, which he had reduced to writing for his own conveniency, [FN2] and which Mr. Wilson read in the words following. Mr. President I confess that there are several parts of this constitution which I do not at present approve, but I am not sure I shall never approve them: For having lived long, I have experienced many instances of being obliged by better information, or fuller consideration, to change opinions even on important subjects, which I once thought right, but found to be otherwise. It is therefore that the older I grow, the more apt I am to doubt my own judgment, and to pay more respect to the judgment of others. Most men indeed as well as most sects in Religion, think themselves in possession of all truth, and that wherever others differ from them it is so far error. Steele a Protestant in a Dedication tells the Pope, that the only difference between our Churches in their opinions of the certainty of their doctrines is, the Church of Rome is infallible and the Church of England is never in the wrong. But though many private persons think almost as highly of their own infallibility as of that of their sect, few express it so naturally as a certain french lady, who in a dispute with her sister, said "I don't know how it happens, Sister but I meet with no body but myself, that's always in the right-Il n'y a que moi qui a toujours raison." In these sentiments, Sir, I agree to this Constitution with all its faults, if they are such; because I think a general Government necessary for us, and there is no form of Government but what may be a blessing to the people if well administered, and believe farther that this is likely to be well administered for a course of years, and can only end in Despotism, as other forms have done before it, when the people shall become so corrupted as to need despotic Government, being incapable of any other. I doubt too whether any other Convention we can obtain, may be able to make a better Constitution. For when you assemble a number of men to have the advantage of their joint wisdom, you inevitably assemble with those men, all their prejudices, their passions, their errors of opinion, their local interests, and their selfish views. From such an assembly can a perfect production be expected? It therefore astonishes me, Sir, to find this system approaching so near to perfection as it does; and I think it will astonish our enemies, who are waiting with confidence to hear that our councils are confounded like those of the Builders of Babel; and that our States are on the point of separation, only to meet hereafter for the purpose of cutting one another's throats. Thus I consent, Sir, to this Constitution because I expect no better, and because I am not sure, that it is not the best. The opinions I have had of its errors, I sacrifice to the public good. I have never whispered a syllable of them abroad. Within these walls they were born, and here they shall die. If every one of us in returning to our Constituents were to report the objections he has had to it, and endeavor to gain partizans in support of them, we might prevent its being generally received, and thereby lose all the salutary effects & great advantages resulting naturally in our favor among foreign Nations as well as among ourselves, from our real or apparent unanimity. Much of the strength & efficiency of any Government in procuring and securing happiness to the people, depends, on opinion, on the general opinion of the goodness of the Government, as well as well as of the wisdom and integrity of its Governors. I hope therefore that for our own sakes as a part of the people, and for the sake of posterity, we shall act heartily and unanimously in recommending this Constitution (if approved by Congress & confirmed by the Conventions) wherever our influence may extend, and turn our future thoughts & endeavors to the means of having it well administred. On the whole, Sir, I can not help expressing a wish that every member of the Convention who may still have objections to it, would with me, on this occasion doubt a little of his own infallibility, and to make manifest our unanimity, put his name to this instrument.- He then moved that the Constitution be signed by the members and offered the following as a convenient form viz. "Done in Convention