**id 0**

Have We Bought Enough Yet? The author and activist philosopher John Ralston Saul traces how we in the West became Walmart societies, with lots of stuff and not much substance. We bought ourselves here, and we can bring ourselves out. John Ralston Saul has every right to say 'I told you so'. He was way, way ahead of the pack in recognising that the international financial model he calls "globalism" was unsustainable. Now that it is collapsing, you would excuse a little smugness. But ask him if he feels vindicated and he is far from smug. "Well," says the 65-year-old Canadian novelist and essayist, "it's a pretty lousy vindication. "Yes I was right and I've been right since the early Nineties, and it's turned out exactly as I feared, but there's not much joy in all that." The fact that others have now come in large numbers to recognise the problem is of no great satisfaction in the absence of a solution. "What's distressing is the incapacity of our system to respond," he says. He notes that the people who devised the dysfunctional economic system are now the very ones charged with fixing it. And while the fixes they propose may serve to entrench them and their interests, they are ultimately unsustainable because they are toxic to the broader society. Saul took a little time out of his multi-purpose visit to Australia -- he was at the Melbourne Writers Festival in his capacity as president of PEN International, he had a new novel to promote, and speaking engagements on the economy -- It's Broke: How Can We Fix It? -- to explain a little more to The Global Mail . We started with the threshold question: if the system's broken, who broke it? "I guess we all broke it, really. In the 1970s there was a crisis and the people who had put the society together over the preceding 50 years were unable to deal with the crisis. They failed -- the Keynesians failed. And there were these marginal people sitting round, who were laughed at as bad economists, and they threw themselves into the breach and took over." "So you can blame the people who rushed in and filled the void or you can blame the people who were there and didn't deal with the crisis. You can blame you and me because we didn't do anything about making sure they weren't able to do all this stuff." Clearly, though, Saul mostly blames the people who filled the void, the people who called themselves neo-classical or neo-liberal economists and who he calls neo-conservatives. After the crisis of the 1970s, their views -- advocacy of free trade, open markets, privatisation and deregulation, smaller government and a bigger role for the private sector -- quickly came to dominate political thought. He calls that idea of a deregulated international marketplace, in which goods and finance travel far more easily across borders than do people, "globalism". So complete was the hegemony of its advocates, says Saul, that ultimately "everyone, whether they are Labor or Liberal or social democrat or whatever ... adopted their language." Even now, he says: "The biggest problem we have is that we don't have anybody [in a position of power] on the democratic/humanist side who believes it's possible to admit to being wrong and to change direction." Globalism, Saul long argued, weakened nation states in the name of economics, and took away the democratic power of citizens to determine their futures. This was perhaps a bit theoretical, at least as it might apply in the major developed countries -- although familiar to those elsewhere, as in Asia and Latin America, for example -- until relatively recently. But now, with corporations accorded the democratic rights of people in America, where banks get bailed out but home-owners don't, with the bond traders serially picking off European nations, and with citizens of struggling countries everywhere increasingly subject to externally imposed fiscal strictures, Saul's prediction has become distressingly real. "We've now had 40 years or so of neo-conservatism, of globalism ... and it's clear they're doing a very bad job and were in a very deep crisis and they have absolutely no idea what to do," he says. And, he says, there is not "a single example in history" of austerity restoring prosper

**id 1**

Error ..Could not load the assembly 'App\_Web\_4giibxae'. Make sure that it is compiled before acce... I have developed one website in ASP.NET 2.0 and it is wroking fine in my development server(Local server only installed ASP.NET 2.0). Then I have published this site. I uploaded published copy to our Production server( Shared server ). when I try to access my index page receiving the following error Could not load the assembly 'App\_Web\_4giibxae'. Make sure that it is compiled before accessing the page I am using one Masterpage for all other pages and also using some class files. I searched this error in google and found one of the issue and solution is.. if two versions of the ASP.NET installed(ASp.NET 1.1 and ASP.NET 2.0) and not created separate pool in IIS 6.0 for each version and assigned each application then this error will happen. I contacted with my hosting provider and they are telling they have separate pool for each version.And also telling some other customers also installed some website which is developed in ASP.NET 2.0 and they don't have any issue and working fine their websites. I also uploaded my published version of the website to another machine and ASP.NEt 1.1 and ASP.NET 2.0 installed on that machine and IIS 5.1 is running on that machine. i am receiving the same error on that machine also. I don't know how to create separate pools in IIS 5.1 and can we create pools in IIS 5.1?to test this is the case. If we can't create separate pools in IIS 5.1. Then how to solve this issue on IIS 5.1? I am baffled..Can you please help me how to solve this issue. This is very urgent one ..I will definitely appreciate all your helps. Thanks in advance Faisal. N deploy mutliple applications iis ^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^\\... Don't forget to click "Mark as Answer" on the post that helped you. Re: Error ..Could not load the assembly 'App\_Web\_4giibxae'. Make sure that it is compiled before... I am really sorry for the delay since I didn't check this forum for last few months. The simple solution which I can give you is...Please publish your website by right clicking on the Website in the Solution explorer. Then copy all the files from directory where your published location. Copy those files to your root directory (Do not copy the website folder itself..only files from the directory) and see if it solve your problem. The second solution is .. Please create one virtual directory and point this Virtual directory to your application directory. Hope this solve your issue. Please get back to me if the issue persists ^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^\\... Don't forget to click "Mark as Answer" on the post that helped you. Re: Error ..Could not load the assembly 'App\_Web\_4giibxae'. Make sure that it is compiled before... I am also having same problem, I build a web application in asp2.0 and publish it, then I made a virtual directory on server, then i upload all files and bin folder too. I also change the asp.net version from 1.1 to 2.0 on host server, Re: Error ..Could not load the assembly 'App\_Web\_4giibxae'. Make sure that it is compiled before... Are you deployed you application in IIS 6.0? If so the issue might be application pool. If you installed both .NET frameworkk and already deployed ASP.NET 1.1 application, then you have to create separate application pool and configure your versions of application accordingly. The following microsoft article will guide you to craete and configure application pools in IIS 6.0. Re: Error ..Could not load the assembly 'App\_Web\_4giibxae'. Make sure that it is compiled before... You make sure your virtual directory is a run as an application by going into the IIS Manager (Start &gt; Run &gt; inetmgr) and right-clicking your virtual directory. On the main ("Virtual Directory") tab is an "Application Name" textbox and a button that will say "Create" if the virtual directory is not already set as an app. Click this and it should change to say "Remove". I believe that is what he did to solve

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ACCEPTANCE SPEECH 2012 I first want to say thank you for making this happen. This was not me. You did this. We get to move forward together as a result. We have a great amount of work to do, America. Yes, we have accomplished much. We have successfully implanted a cyborg baboon heart in a man, and then made that man the football coach of the Ohio State University. We weathered the worst storm of our time, the great Real Good Times Typhoon of 2011. Why, over forty years ago, man walked on the moon for the first time. But within the next four years, a horse will lead Tennessee to an SEC East title. His name is Mantequilla, and he has no time for recruiting restrictions. We swore that those who opposed freedom with tyranny and violence would be hunted down, no matter where they hid, and no matter where they ran. On a cold night in Pakistan, we kept that promise. Justice found Craig James, just as it finds all those who seek to drag the world into darkness. But we need to press forward. There remains so much to do, and so little time. No longer will we stand afraid of fourth and three from our opponent's 37 yard line. We will embrace the values of our founders, who never called a draw play on third and forever. That is some bitch-ass British shit. Gary Danielson: run. Start running now. We will continue to nurture hard work by supporting small businesses. Some of our finest for-profit ventures are run by dwarves. This nation needs more Nick Sabans--nay, must have more of them--in order to thrive. Defense spending will be increased across all conferences, and measures will be put in place to make sure that Art Briles doesn't just spend it all on Twizzlers again. UConn, you have been sold to the CFL. You get none of the proceeds, and Jordan Jefferson is now your starter. Education will continue to be our strongest hope for the future. No longer will our student-athletes be allowed to take fake classes and receive grades for doing no work. They will be held accountable, forced to buy test answers off the Internet like everyone else. We will continue to push Congress to pass our energy bill. We CAN put the Oregon offense in a supercollider. We CAN see what happens, no matter what the scientists say. Chip Kelly wants to do it. We want to do it. Hear their voices, Congress, and give the country the unlimited power it needs to soar into the 21st century. By executive order, I have also forced Notre Dame to join the ACC as a full member, and to stop lying to its priest who totally knows that they're not only sleeping with the conference, but are also using birth control to keep from having an accidental baby with Florida State. Blood will out, and you're not going to pay the legal fees you'll splash for just keeping that child unjailed and half-eligible for community college. As for pants? That time is over for us as a nation. The trousers of oppression are forever cast on the floor of history. Walk free and underpanted, or perhaps even au naturel as long as one puts a towel down before sitting. Health care in college football will improve, as we encourage Jarvis Jones and Jadeveon Clowney to go to the NFL, using a pit covered with palm fronds if we have to. I also promise you this: Auburn will never, ever win a national title again. Ever. Fuck them. Fuck them so very, very hard for the rest of our nation's eternal, righteous, and big-dicked romp through this poorly ventilated brothel of a planet. I know I'm not supposed to say that as President, but Jesus hold my hand, I just have to let that out now that I literally have nothing to lose, and don't have to worry about the repercussions of my actions. Now that I'm thinking about it, I really have some options here. I might declare the entire place a Superfund site and have the school moved to a series of trailers on the outskirts of Troy's campus. I can do that, because I'm the goddamn President, and if you look closely in the Constitution I can pretty much do whatever the hell I want to do at any time. Thank you for the excuse, Harvey Updyke. You're welcome for the upgrade in facilities, Auburn students. Suck it, Auburn. Suck it hard, and suck it forever

**id 3**

What Client's Say about Working with Dr Joelle I'm able to get a good night's sleep, wake up refreshed and feel REALLY ready to face the day! The biggest change for me has been my energy. Finding out that I have food sensitivities has changed my health and my life. Dr Joelle helped me find out which foods were making me sick and now my fatigue, joint pain and my IBS are gone. The phone conversations really helped me to keep track of my progress and were so convenient with my busy schedule. Dr Joelle has the willingness to go the extra mile to get to the bottom of the problem. I highly recommend working with Dr Joelle. LW, CMT Dr Joelle was able to help me make the changes I wanted in my life. I had been on hormone replacement for nearly a decade, gone through menopause and wanted to stop taking them. I tried to take lower dosages of the hormones and suffered because of the hot flashes, just not feeling good and emotional ups and downs. It was a very stressful time. Today after working with Dr. Joelle, I am off those meds plus a couple of others. I no longer have the hot flashes. I sleep better and feel better all over. My blood pressure has evened out and I no longer have digestive problems. It is a feeling of empowerment to know that with Dr. Joelle's help I can resolve the health issues I am dealing with. I also loved being heard......to say what I wanted to happen or was feeling and actually felt I was being heard. There are very few people in this world that have the gift of listening and who actually hear what you are saying, even if it wasn't said exactly right. It is even more rare to have the person who hears to be the one who can do something about what they have heard you say. Dr Joelle has that gift. Thank you! Jen B Working with Dr Joelle helped me to get to the core of my health problems and allowed me to conceive a child after many failed fertility treatments . My husband and I had been trying to start a family for more than 4 years without success. We went through infertility treatments, exhausting all of our savings and resources. We were desperate and were unsure which way to turn for help. We both felt that we were never going to have a child of our own. Dr Joelle didn't just look at the complaint I was bringing that day but did an extensive history and discovered a link that nobody else had considered before. She helped with my diet and gave me supplements. Next thing I knew I was feeling healthier. She gave me hope again. My husband and I are now expecting our first child. I believe that Dr. Joelle was meant to help us. Our lives will, happily, never be the same again. I would strongly recommend Dr Joelle to anybody! Jennifer B I can now eat just about anything I want with no ill effects. When I first started seeing Dr Joelle, I was in pretty bad shape with Crohn's Disease. Doctors had nothing to offer me but drugs and I was feeling miserable. I gave my blood work to Dr. Joelle and she worked up a regimen of whole food supplements for me. After following her instructions, I started feeling better and started gaining my weight back. I can now eat just about anything I want with no ill effects. I really like Dr. Joelle's approach to helping the patient. She is very kind and takes time to listen. I am glad my wife insisted that I at least give it a try. I highly suggest you give Dr Joelle a try. Jim I was astonished to find that I felt an initial improvement in a few weeks! When I first came to you I had limited knowledge and understanding of my chronic problems related to adrenal issues and insomnia. My personal doctor said he was unable to treat me for this chronic condition, saying that I was "normal". I was astonished to find that I felt an initial improvement in three weeks! The remaining fixes took longer to resolve but in time I was on my way to having more energy and better sleep. I believe that you have made a significant difference in my life after enduring these issues for over 20 years and going down a lot of false paths with many doctors. I am forever indebted to you for your professional help. I don't think you can ever really understand the effects and real promises that you offer until one is on the receiving end of such impressive logical and knowledge-based science combined with your real-world results. So many people promise so much and never deliver. You delivered more than I had ever expected. Bill I

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Featured Movies Have you ever had students say to you, "I don't need math, I'm going to be a musician!" Why not introduce them to world-renowned drummer Ndugu Chancler, who explains why math is essential to music? Running time 6:35 minutes Lines, curves, polygons and planes--gemstones and jewelry are rich in geometry. A jewelry appraiser, a jewelry historian and a Brazilian gem cutter give your students an inside look at the many facets of this dazzling subject. Running time 6:00 minutes Young people who like animals often think about a career in veterinary medicine, but do they connect that goal to their classroom lessons? Introduce them to Pamella Dendtler, a veterinarian and business owner who relies on math and science every day. Running time 2:15 minutes Sailing the ocean no longer requires triple-masted schooners--in fact you can do it on a vessel no larger than a surfboard. What's the secret to designing a windsail that can skim the surface of the sea at 20 miles an hour, yet respond instantly to a sailor's touch? Running time 1:42 minutes Specializing in saltwater aquariums, Nic Tiemens and Joe Pineda love the challenge of recreating a slice of the ocean indoors. Day in and day out, they use volume calculations, temperature, measurement and science to create these beautiful habitats. Running time 5:25 minutes Near the Gulf Coast of Texas extends a 44,000-acre refuge full of alligators, armadillos, coyotes, and lots and lots of birds. Show your students the science and math wildlife biologists use to maintain a safe haven for these animals. Running time 5:37 minutes Building a 72-story skyscraper like Trump Tower in New York City is no easy feat. That's where structural engineers like Ysrael Seinuk come in. This movie explains how shapes are at the foundation of structural engineering. Running time 3:02 minutes A successful professional in any career must be an expert observer, and in no field is this truer than health care. It is especially important to veterinarian Dr. Dina Andrews, whose patients can't talk. Running time 1:49 minutes There are more than 350 different commodities grown in California. In a state that provides approximately 15 percent of U.S. agricultural products, statistics are an important tool for agricultural economists to keep up with supply and demand. Running time 4:30 minutes

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Search This Blog Friday, October 05, 2012 My basic principle regarding Justin Ferate 's tours is that if Justin thinks someplace is worth going, as long as my schedule permits, I'm going with him. (See below for an update. by Ken For NYC gadders, this may be the "the" weekend of the year, with the unfortunately simultaenous immersion of the tenth annual Open House New York Weekend, one of the most eagerly awaited events of the gadding calendar, and a NYC-based What's Out There Weekend presented by the DC-based Cultural Landscape Foundation. The only thing more remarkable than the quality of the offerings is the fact that they're free ! OPENHOUSENEWYORK WEEKEND Yes, OHNY Weekend includes bike tours too! OHNY functions year-round , but to urbanly aware New Yorkers when you say "Open House New York" thoughts turn automatically to "the" weekend, now upon us. Here's the official description: To celebrate the city's architecture and design, the 10th Annual openhouse newyork Weekend will once again unlock the city, allowing New Yorkers and tourists alike free access hundreds of sites talks, tours, performances and family activities in neighborhoods throughout the five boroughs. From private residences and historic landmarks, to hard hat tours and sustainable skyscrapers, OHNY gives you rare access into the extraordinary architecture that defines New York City, while introducing you to the people who make the city a vibrant and sustainable place to live, work, and play. You have to look at the actual listings to appreciate their staggering range -- in both subject matter and geography. (Start with a map view here .) There are over 200 events, and last year combing through the listings I came up with something like 40 tours I would have happily done. It gets a little crazy because the actual listings aren't released till two to three weeks before the weekend, and there are always a couple of dozen events you know everyone will be trying to register for, providing frustrated would-be registrants with anecdotes to last them through to next year's festivities. Still, that leaves an awful lot of events still looking for takers, and my guess is that even now you can find lots of really interesting tours you can still do. (Of course some of the most interesting ones are offbeat enough to attract smaller crowds.) This year my life was simplified by the much earlier announcement of the schedule for What's Out There Weekend NYC. I was so delighted by the offerings that I booked myself solid. The only thing that remains to be seen is whether I can actually survive the whole program. However, I still plan to look carefully through the OHNY Weekend listings, which always contain suggestions of places that may be visitable -- usually be advance reservation -- at other times of the year. The Cultural Landscape Foundation (TCLF) provides people with the ability to see, understand, evaluate and appreciate landscape architecture and its practitioners, in the way many people have learned to do with buildings and architects. Through its web site, lectures, outreach and publishing, TCLF broadens the support and understanding for cultural landscapes nationwide. I found out all of that after I saw the listings for its What's Out There Weekend in New York (which I wrote about at the end of August ), even though I did dimly recall that the dates were the same as OHNY Weekend. Explore and discover NYC's landscape marvels with free tours in all five boroughs, featuring some of the nation's most innovative landscapes spanning two centuries of design. Experience the great civic spaces of Brooklyn's Grand Army Plaza and Prospect Park, Bob Zion's original "vest pocket park" at Manhattan's Paley Park; Wave Hill's majestic views of the Hudson River from the Bronx, and the unique urban design of Sunnyside Gardens in Queens. Many are places people pass daily, but do we know their background stories? What's Out There Weekend promises to shed new light on familiar places. What's Out There Weekend dovetails with TCLF's Web-based What's Out There , the nation's most comprehensive, free, online database of designed landscapes. The database offers a broad and interconnected way to discover the breadth of America's landscape heritage, while What's Out There Weekend gives people the opportunity to experience the landscapes they might see every day in a

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The Top Ten 'One Hit Wonder' Directors In the world of film there are few accolades higher than being considered a venerable director; be it a 'genre master', like John Ford with his westerns, or a jack of all trades such as Stanley Kubrick or Ridley Scott. If there's one thing film history shows us it is that some directors have that knack for making great film after great film. However, there is also a rich vein of historical one hit wonder directors, those who hit one film out of the park and then never repeat that success, whether due to self-indulgence, directing only a very small number of films, or having fluked their one triumph. Here's our top ten masters of that brief shining moment. 10. Tony Kaye A truly interesting one, you could debate whether Tony Kaye deserves to be on the list on the basis of never truly having a hit. Having just directed three feature films in his career, with one, Black Water Transit, never having been given a wide release. His most recent effort, Detachment, was well received but was largely unnoticed. It is his debut film, American History X that warrants his inclusion on the list, although Kaye himself would probably argue against that. His final cut was vastly reedited by lead actor Edward Norton, and Kaye disowned the film, despite its success and lasting legacy. 9. Michel Gondry Michel Gondry stuck gold when he directed Eternal Sunshine of the Spotless Mind, recasting Jim Carrey (who'd proven his credentials with The Truman Show ) from zany funnyman to serious actor in a story of a couple who erase each other from their memories. However, since then Gondry's directorial stock has gone the same way as Carrey's reputation as anything other than a comedian (see The Number 23 , or rather...don't). Be Kind Rewind was received relatively well by critics, but largely left audiences cold, and The Green Hornet fared even worse. Granted, Gondry has only had a short career, and may well have more good work left in him, but it's looking less and less likely that he'll ever come close to eclipsing Eternal Sunshine. 8. Michael Curtiz Not so much a one hit wonder as a director who had one of his many films (IMDB gives him an impressive total of 173) become a significantly bigger hit than any of his others. Not to do Michael Curtiz a disservice, as he had a hugely successful career through the studio era and beyond, but in film history, Casablanca is only rivalled by Citizen Kane and The Godfather in terms of historical reverence. A tall order for any director. 7. Charles Laughton Actor turned director Charles Laughton is the epitome of a one hit wonder director, in that he only directed one film, The Night of the Hunter. Whilst the film didn't do well at the box office or with critics at the time of release (hence the presumable reason that Laughton was never given a chance to direct again), it has come to be regarded as a classic, famed for its stylish direction heavily influenced by German Expressionism. It made number 2 on the Cahiers du Cinema list of the most beautiful films. 6. Jan de Bont A successful cinematographer for a variety of well-known action films ( Die Hard, Basic Instinct, The Hunt for Red October ), everything seemed to be going according to the script for Jan de Bont when he moved into directing with the classic Speed, which remains the film to have squeezed the most fun out of public transport. His next effort was the average-yet-successful Twister, but then it started to go seriously wrong. Speed 2: Cruise Control (the title should have given everyone a hint at how exciting the premise was) was critically savaged, as was The Haunting. His last film was 2003's Tomb Raider: The Cradle of Life. To give de Bont his dues, Cradle of Life received better reviews than the first Tomb Raider, but that's really not saying much.

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This song was recorded alongside Bernadette , a week before my first tour with GNR in May 2006. The vocals are inspired by Engelbert Humperdinck's cover of the song, and my affinity for feel-good loungy songs of the '60s & '70s, contrasted by a wall of guitars and the Dennis 's drum reflections filling the room. Smooth vocals over driven intense instruments, love the contrast.... Rhythm guitars were with the Line6 Vetta2 combo, the same one I lugged in my car a week later to those GNR NYC warm-up gigs at the Hammerstein. While mixing this song in mid-July 2011 I added the end guitar solo, using the Vigier Bfoot '09 guitar on the neck pickup ( DiMarzio Chopper ) through the Engl Invader100 head. Includes a transcription of the entire lead guitar track - 11 pages (PDF file) of musical notation, TAB, fingers, picking, and helpful hints. Includes a 'Backing Track' mix with everything except the lead/solo guitar parts, so you can play along. There's also a 'Lead Guitar' mix, with the lead guitar boosted as an audio guide for the transcription. All audio files are included in both WAV (44.1kHz/16-bit) & MP3 (320kps) format. . M ixed 'stems' - 7 files included (drums, bass, rhythm guitar, lead guitar, guitar solo, lead vocals, backing vocals) that you can load into your multi-track software and play with levels, make your own mixes, or just see what the song is made of. Each file is a 24-bit / 48kHz Stereo WAV.

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In the Field's work begins by looking at, listening to, and learning from how people transform the spaces they inherit and build new spaces based on their needs and desires. We seek out and celebrate the enormous creativity of these ordinary actions. Whether appearing as a spontaneously generated public space, in modifications to existing spaces, or in an example of self-housing or community generated urban planning, we take these hyper-local articulations as a rich entry point into understanding the complex ways in which the built environment is shaped. We gather these examples in books, field guides, and exhibitions with the aim of sharing good strategies and making little known projects visible. We consciously work with the power of adjacencies because together projects can bring to bare ideas and concepts larger than any project viewed in isolation. We blend approaches and knowledge from visual art, urban planning, and creative activism. We operate in an exploded field and work to expand it further still because we care about opening up spaces for new possibilities and social forms.

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Super Adrenal Stress Formula World's First B-Complex designed for Adrenal Fatigue Dr. Wilson started creating his range of products for the adrenally fatigued patient in 1992, and over the past 19 years has perfected what I believe to be the most effective B Complex vitamin ever created for fatigue, stress and burn-out. My clinic has placed in the past four years just over 1000 patients on Dr. Wilson's Adrenal fatigue Program, and Super Adrenal Stress Formula is the most important product in terms of energy. You will simply not find a better B Vitamin complex, we have tried them all over the past 18 years of treating patients with herbs and vitamins! Perhaps you are taking Berocca or a Blackmores "Executive" B Complex? You may want to compare your current B Complex with this one, by taking this product for 2 - 3 weeks you will begin to see the difference. Restriction: Dr.Wilson's Adrenal Fatigue products are 'practitioner only' products - you will need to consult with our practitioner in order to obtain these products online. Current patients can re-order freely. Please contact us for any further information. " I created Super Adrenal Stress FormulaT to provide an optimal combination of the specific nutrients essential for: 1) supporting adrenal function during times of stress and 2) supporting normal adrenal hormone production. It works with Adrenal Rebuilder T and my other adrenal products to provide optimal support for those experiencing stress or adrenal fatigue. The results have been fantastic!" Dr. James L. Wilson Stress is very demanding on your body for nutrients. Every time you experience stress, from too little sleep to too little money, your adrenal glands must respond by producing adrenal hormones such as adrenaline, cortisol, estrogen, testosterone and many others that keep you alive, energised and healthy. Hormone production requires nutrients, specific nutrients that the average diet does not supply nearly enough of to balance stressful lifestyles. Stress can deplete the nutrient reserves in your adrenal glands and fatigue your overworked adrenals (adrenal fatigue). The resulting reduced adrenal hormone production can make you not only tired, irritable, and less able to cope with further stress, but also more likely to experience other unpleasant effects that normal levels of these adrenal hormones usually prevent. Super Adrenal Stress FormulaT provides a precisely formulated combination of nutrients your adrenal glands need to help promote normal adrenal hormone production and adrenal function so you can stay healthy, even when stress is chomping at your heels. Making adrenal hormones is a complicated sequence and every step requires exact amounts of particular nutrients. If even one nutrient is deficient or missing, the adrenal glands cannot manufacture and secrete the necessary quantities of hormones to cope optimally with stress and make you feel your best. Dr. James Wilson designed Super Adrenal Stress FormulaT to make it as easy as possible for your adrenals to get the nutrients they need to function well. Every nutrient is delivered in the optimal form and proportion for adrenal use. It provides the continuous nutritional support for your health during times of stress and it supplies the nutrients you need if you are experiencing adrenal fatigue. To help promote healthy function in fatigued adrenals, use Super Adrenal Stress FormulaT with the other products in Dr. Wilson's Program for Adrenal Fatigue and Stress: Adrenal Rebuilder T, Adrenal C Formula T and Herbal Adrenal Support Formula T. The precise combination of ingredients that makes these products succeed where others fail is the result of Dr. Wilson's exceptional understanding of the physiology of the adrenal glands. So keep stress from taking a bite out of you - try Super Adrenal Stress FormulaT. You will notice the difference! Testimonials "One day, I found Dr. Wilson's book Adrenal Fatigue: The 21st Century Stress Syndrome at a local health food store. I stood there reading it, thinking, "This is me to a T." After reading the entire book, and completing the included Adrenal Fatigue Questionnaire, things started to make a lot of sense" Paul " And to think that I used to wake up every morning feeling nauseous and often with my heart racing. It would take several hours of eating almost non-stop to feel better but each morning the symptoms would return full force. Even after the pneumonia cleared up, I didn't have the energy to work all

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Face the the future with a private cloud You run an enterprise data centre, you are facing hardware refreshes and thinking maybe private cloud is the way to go. But is it? And if it is, how do you get there? The private cloud in this sense is a data centre feeding its resources on demand and via a monitor or chargeback-for-use business model to users inside the enterprise. The on-demand aspect means that you won't prescribe what resources you make available to your users; they will demand resources from you and want them turned on or turned off fast. You must be able to cope with the peaks in demand likely to come your way. If your in-house resources reach a limit you can go outside, to the public cloud, for relief. This is important because your current assumptions about network bandwidth, server and storage use and growth may be quite inadequate. Living on the edge Let's think about end-user devices. Tablets and smartphones are taking their place alongside the desktop PC and notebook as edge devices in enterprise networks. The edge-device population is growing fast, and that means more traffic and more interactions for your servers to process and data for your storage to store. This traffic grows as the number of devices rise and as what they do becomes more resource-intensive. Tablets will be used for one-to-one presentations and for accessing corporate material. A recent report carried out by Google and market research outfit Ipsos OTX showed 48 per cent of smartphone users watch videos on their smartphones. Those videos could be in-house webinars provided by your business. Your servers will run more applications because increasingly they will be enhanced with flash memory storage to give applications faster access to data that is currently accessed from local or networked disk. The flash will cut both disk and network latency, leaving applications racing through their code to the next I/O faster, finishing transactions faster, and so enabling the servers to run more applications. Feed me, feed me The net effect on your storage arrays is that they have to feed ever-hungrier servers. Today they might feed 500GB of data a day to four virtual machines in a server. Tomorrow they could be feeding 1TB of data a day to six virtual machines in a flash-enhanced server, or more. The upshot is that your network edge device population will grow and your users will send and receive more data per device. Your servers will be more powerful, run more applications, and send and receive more data to and from storage arrays, which need to be able to hold more data. And all this data must flow through network pipes big enough and fast enough to avoid traffic snarl-ups. Rise and fall How do you respond to a situation in which demand on the three main data centre resource items will rise overall, maybe enormously and with unpredictable spikes in demand? Here are some points to bear in mind. Get boxes -- servers, storage arrays, network devices -- that are big enough to be carved up into several virtual pieces: servers that can run several virtual machines, for example, or network links that can be sub-divided. Get scale-out capability so that if, as expected, your requirements for a resource increase, you can add another box, wire, switch or array alongside the first, and then another and another. That way you avoid the dreaded forklift upgrade with one new box replacing the inadequate undersized one. Embrace open standards with vigour and enthusiasm. What does this mean in practice?? For servers it means taking the X86 architecture route and mainstream virtualisation: VMware, Hyper-V, or Xen, with Oracle at a pinch, and then mainstream operating systems. Remember that converged server/storage/networking/software stacks lock you in unless they allow alternate components to be used. Converged stack templates are more open than converged stacks from multiple vendors such as VCE and these are better than ones from a single vendor such as Oracle. Faster on the flat It makes sense to get multicore, multi-socket servers with as much memory as you can cram in because these run the most virtual machines and you will certainly be running more virtual machines tomorrow than you did yesterday. Get the latest servers if you can, as they use less power and are easier to manage. For Ethernet, embrace 10GbE and prepare to use 40GbE. It is certain that you will be pumping more bits through your Ethernet links in the future than you do now. If your shop runs Fibre Channel storage networking, consider the lossless and deterministic version that

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How to See If Your Photos Are Being Used On Another Site I've got a super quick and easy tutorial for you today. This is a cool trick I've been using a lot lately, and I thought I'd pass on this neat tool to you just in case you've ever wondered how to do this. Did you know there's a really simple way to see if photos have been taken from your blog and uploaded to another site? This trick will allow you to do a "Reverse Image Search" for any photo from your blog, or any photo you've uploaded on the internet, to see a list of all the other sites where this photo appears . Why would you to do a reverse image search? To see if your uploaded photos are being used on another site without your permission. To find the original source of a popular Pinterest, Tumblr, or Facebook photo. If you have a photo on your computer and you can't remember where it came from. \*This trick can also be useful if you if have a photo on your computer, and you can't remember where it came from. You'll first have to upload it to the internet so you can grab its URL. And this is what will pop up next. You'll first see a collage of Visually Similar Images. This is pretty interesting to browse through. Not all of these images may be your images, but they will all look a lot like your image. It's kinda neat. Keep scrolling down, and now these results will all be for the image you searched for. You can click on these results and see all the sites where your photo is posted. And that's all you do! You'll probably see a lot of sites like Pinterest , and you may discover new sites that have written about your blog and shared a photo or two. Try doing a reverse image search on photos from your most popular post, and see what comes up. 101 Comments You always post such useful tips Amanda, thank you so much :o) A quick question though -- will this work if the person, who has downloaded your photo and "recycled" it for their own use, has renamed the photo? Or will it only work if they re-post the photo with exactly the same name/URL that it originally came with when you posted it -- I hope that makes sense? Great question Candice! Yes, it will definitely work if the photo has been renamed -- It will even work if the photo has been cropped, resized or even had minor changes made to it like lightened or darkened as well. Hmm I don't know why its not working. This is the only way I look up images and have never had an issue. I do use Google Chrome mostly and never on a MAC. But I think I have gotten to work on IE and FireFox. I will try to figure it out for ya. Hi Amanda. FYI, there is a pinterest post out there (wish I had marked it but I didn't) that uses your before and after weight loss pics and when you click on it it goes to some weight loss site. Didn't look like anything I have seen you mention, so you might want to search pinterest if you can. Thanks so much for letting me know, Anne! That is exactly what I've been using this tutorial for. I end up spending a couple hours every night combing through search results and Pinterest posts finding the stolen photos and reporting them to Pinterest. I usually report about 150 pins per night! Crazy, isn't it?? If you ever see one, just send me the URL and I will report it. :) We randomly discoverred someone "grabbed" my facebook background photo I had taken on my Alaskan cruise from my balcony and posted and then put on his facebook as his background! I guess he thought it was lovely!!! I do not re-post anything unless it has a "pin it" button on it as I believe that these belong to the person who posts it unless they have given permission by the "pin it" button. Thanks for the tip. I just did a search on one photo and unfortunately saw that it was misused on multiple sites. One site is in another language and they've watermarked it as their own! Very bummed. Have'nt even checked other photos. Any advice? I think I have to go back and start watermarking. Thank you, thank you, thank you. I have found one of my photos is being used numerous places. I can't understand how people think it is OK to steal! My lemon ice box pie photos are being used all over the place, and not just by me. Thanks so much for this valuable advice, Amanda. I've been seeing lots of

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Q: How can I take care of a sore back/neck at home? Often times from sitting for prolongued periods of time, I experience a stiff neck/upper back. Because I am sure it's from sitting, I do not feel the need to see a chiropractor. What can I do at home to relieve some of the tension I am experiencing? My name is Neil. I practice as a physiotherapist and accredited exercise physiologist. I like the phrasing of your question!! Often people experience low, middle or upper back and neck pain due to being in the one position for a prolonged period. This can develop in as short as 30 minutes! Often sitting is more aggravating than standing. Our bodies were built for a standing posture and are thus are more suited to withstand these postures for a prolonged period. Also, our bodies were built to move, not to be still in the one spot for an extended period of time. So being a little active during the day is a great way to manage spinal pains! A few strategies to manage your upper back and neck are as follows: 1. Use a lumbar support when sitting - a cylindrical foam pillow placed at the level of where a belt would sit helps to support an improved posture of the spine - available from most physiotherapy practices. 2. Take a break from sitting every 30-60 minutes - simply standing up and taking a short stroll - 1 minute - can be enough to reduce the stress on your neck and upper back. 3. Desk set-up - position and height of computer monitor and keyboard, position of phone, position of documents on the desk - everything should be within easy reach so that you dont need to strain to access them. 4. Back and neck stretches Low back - stand tall, place your hands in the small of the back, lean back gently, over a few repetitions lean back as far as you and your balance allows. If pain worsens you need a full assessment from an appropriatly trained physiotherapist. Neck - sit tall in your chair, gently pull your head back on your neck/shoulders, over a few repetitions take your head back as far as possible - this movement resembles a chicken/turkey head movement. An excellent reference for self-management of neck and back pain is the 'Treat Your Own Neck' and 'Treat Your Own Back' book by Robin McKenzie. Sitting the wrong way is a major cause of pain. Often it is a little niggle and then it develops slowly into something more serious or it just may hit you out of the blue and be a lot worse. Awareness of sitting posture is the key. Using a McKenzie lumbar roll in the small of your back can help keep everything in line. Don't sit with your chin or upper back in a forward position. Get up and stretch every hour or so. Put an alarm on your phone to remind you. Clincal reseach is clear- the best and simplest treatment is to keep moving- moving helps heal the spine. Do not give in to bed rest for minor back and neck aches- this leads to a poor prognosis, especially for bed rest &gt; 2 days. Gentle pain-relief and heat therapy also are well supported in research. Reply to this post &nbsp | Report There is some fantastic advice in the previous posts and as James Schomburgk stated, movement is the best treatment. It's once those self help strategies that Neil Synnott and Sandra McFaul have outlined no longer provide relief, that you may require professional care. In May 2012, the Chiropractors Association of Australia utilised Spinal Health Week to educate Australians on how to sit correctly and further self help measures. I would encourage you to visit www.sitright.com.au for further information. Reply to this post &nbsp | Report Login Already a Healthshare member? Login below. To keep Healthshare free for Members, Sponsors provide financial support to assist with the running costs associated with the services we provide, including site maintenance and continued development, hosting etc. In addition, Sponsors provide thought-leadership and expertise. The Sponsor is only responsible for content provided in 1) Sponsored Q&As 2) Sponsored Health Guides. The Sponsor does not control, review or moderate any other areas in Healthshare.

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Pimpin' All Over The World Lyrics The fancy cars, the women and the caviar You know who we are, 'cause we pimpin' all over the world The fancy cars, the women and the caviar You know who we are, 'cause we pimpin' all over the world Sing it, sing it All over the world, the world All over the world baby It's only right that I share my experiences with y'all 'Cause I've been places where you'll never imagine But I'ma start at home, when I see a girl I like I walk straight up to her and I'm like 'Ugh, hey girl how ya doin'' You are the woman that I'm really pursuin' I would like to get to know ya, can you gimme ya name And you jot down ya number you'll get mine in exchange, hey See I'm the man of this town And I hope you wouldn't mind if I showed you around So when you go to certain places you'll be thinkin' of me We got people to meet and many places to see, hey I wouldn't trade you for the world I swear it I like ya hair and every style that ya wear it And how the colors coordinate wit ya clothes From your manicured nails to ya pedicured toes, oh yeah The fancy cars, the women and the caviar You know who we are, 'cause we pimpin' all over the world The fancy cars, the women and the caviar You know who we are, 'cause we pimpin' all over the world You hear the song so dance Don't always think I'm tryna get in your pants 'Cause see me my pimpin's in 3-D I'm takin' you places you only see on TV [ Lyrics from: http://www.lyricsfreak.com/l/ludacris+fe\\... ] Tryna show ya how you livin' is trife How many guys you know that can bring the travel channel to life One day we on the autobahn Swervin' drivin', next day we in the sun on the Virgin Islands If you wit me ain't no time to sleep Especially at wet willies on Miami Beach But I drop you off and pay you no attention If I make it to Atlanta's Brina Brothers convention Then jump in the car and just ride for hours Makin' sure I don't miss the homecomin' at Howard Hawaii to D.C., it's plenty women to see So if yo ass don't show up it's more women for me, hey, oh yeah The fancy cars, the women and the caviar You know who we are, 'cause we pimpin' all over the world The fancy cars, the women and the caviar You know who we are, 'cause we pimpin' all over the world I'm in New York at the Puerto Rican day parade Then at night I'm in New Orleans drinkin' hand grenades Outnumbered by the dozens at the jazz fest In Mardigras all the women tryna show me their chest, hey I'm in Jamaica spendin' massive bucks While the ladies all beggin' me to mash it up I had sad beginnings when I rap wit no fans Now it's all happy endings on my lap in Japan, hey I used to think that it was way too cold 'Til I went to Canada and saw some beautiful hoe Now I hit the Caribana every year in Toronto Then fly to Illinois to get a taste of Chicago ugh, oh Yet and still you wouldn't believe your eyes If you went to Brazil, ain't no need of even askin' (What a breast they have!) Brah, the best women are reside in Africa, and that's real , oh yeah The fancy cars, the women and the caviar You know who we are, 'cause we pimpin' all over the world The fancy cars, the women and the caviar You know who we are, 'cause we pimpin' all over the world

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To be honest, it's been so long in the making we actually forgot all about this! To say EMPIRES OF THE DEEP has had a troubled journey to the screen is an understatement. The biggest co-production between the US and China at the time, the film, which started shooting in 2010, is reported to have cost in the region of $100-150m and has seen talent come and go. The story tells the tale of a young man in love with a mermaid princess, and the fallout this forbidden romance causes in her underwater kingdom. Or something. It's hard to figure out from the trailer you're about to watch. What's also hard to figure out is just where all that money went, as the CGI effects are shockingly rubbish. Then why waste time on it, you're probably asking? Well, unintentionally hilarious as it is, we honestly haven't seen anything done of this scope for a long time. Dudes riding giant crabs, tridents in hand; sea monsters; mermen; lobster wrestling; cod combat; that pretty lady from QUANTUM OF SOLACE; the film's got everything! If AVATAR 2 is really going to explore the ocean world of Pandora, director Michael French has really raised the bar for Cameron. In terms of FX though, Jim's going to laughing along with the rest of us. Expect EMPIRES OF THE DEEP to sink without a trace at the box office (if it even gets a look in at the multiplex), but until it arrives enjoy the trailer...

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Post navigation Day 18: Dutch Car, Job and House Well, we've been here less than three weeks and have now pretty much organised the "big three". Dutch Car Today we picked up our Renault Modus. Cute little car. Unfortunately I can't drive a manual so Bas will be the chauffeur but he chose it and loves it. This will be the car he takes to work daily and as he'll have around a half hour drive in each direction each day, he's excited that it's a diesel as it should be cheap to run. Hopefully after we get other stuff sorted, I'll look into getting my licence here and get a little automatic car if I get a job. Meanwhile I'll be on a bike or public transport. At least we have a family car now though so don't have to rely on borrowing his parents any more. Not a lot of room in the boot but we've had a tow bar put on the back as well and it has a roof thing you can put on top. Dutch Job We stopped by my husband's new company today. He starts next week. It's a big global engineering firm and he'll be in the aerospace division. I hope to find myself a job soon but first have to get settled in with the girls. Dutch House Today we signed the forms at the real estate office and fingers crossed, we'll get to move into our new house next week. From the outside, it looks like a tin shed! But as far as houses go here (at least those within our budget), Bas and I really like it and look forward to making it our home. We just have to wait for the call from the agent with the go ahead, hate waiting! I particularly love having a garden. It's quite wild at the moment which I like -- but I'm sure Bas will be in there clipping stuff asap! So there you have it, very nearly a trifecta. Unfortunately poor Sophia isn't too well at the moment but thankfully nothing too serious. She has a fever and a rash across her cheeks, neck and arm. Keeping an eye on her. We were due to meet up with another Dutch/Australian couple who live in Brisbane and are here on holidays, but their daughter is also sick at the moment. I've been lucky to only have a mild cold, Bas has had a more serious cold and cough and Isabella has been fine. Often you pick up "new" germs in a new place but we're doing ok so far, fingers crossed.

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Debating the First Principles of Transcultural Psychiatry A natural element of my current projects on 'Christian' psychiatry in India and on Japanese psychoanalysis is the question of transcultural or cross-cultural psychiatry -- the variations in how mental health and illness is experienced, discussed, and treated across cultures. A small-scale project based at Glasgow University, of which I've been a part, has recently borne its first fruit, so please do take a look here and share your comments and wisdom... My main interests here lie in the particular cases of Japan and India and in the possibility of treating religion and spirituality as cultures or sub-cultures -- and thereby bringing some of the thinking about transcultural psychiatry to bear upon them. In the group we discussed a wide range of concerns above and beyond this, from the global politics of mental health to the use of psychiatry in socio-political critique -- the latter not such a far-fetched enterprise, given the powerful effect of everyday surroundings on mental health. 2 Responses to "Debating the First Principles of Transcultural Psychiatry" I read your article on Democratising Responsibility with a cup of tea in my hand on a quiet Thursday morning. Learning about other people's insights into the inner health in relation to the external world is a simple pleasure, allowing me to reflect upon my own inner-self amidst the noises of external influence. I wholeheartedly agree with you on your second point you have identified as a deficit that is inherent in the writing of transcultural psychiatry. I would say the problem exists within the psychiatric literature tradition as a whole. Coming from a point of military psychiatry, a research trend now is to focus on the 'feed-back' the military research body gets from serving soldiers. Surprisingly, a recent finding has revealed that when soldiers have problems with their inner-health, psychiatrists/doctors are the last people they drop by to discuss their problems. In a ranking order, firstly, it was their mates; secondly, their families and partners; and thirdly, chaplains; and fourthly, it was their commanding officers. When they were asked as to why they choose to go to those people, they answered because they value a sense of camaraderie and a strong bond of trust. Consulting their Chaplains is no surprise as some people, after many tours of duty, tend to find spiritual consolation either to make sense of their actions or to feel secure that a sudden termination of their lives would not annihilate their souls. Some would turn extremely religious. These findings reveal two things. Firstly, soldiers shift themselves to find their own coping mechanism and that external intervention is not always wholeheartedly welcomed. And secondly, for that reason, reaction needs to be valued and that compartmentalising their reactions into fixed categories of symptoms and diagnosis simple adversely affect the natural human capacity of resilience. That being said, of course, the point of heated debate is the time of intervention. Does it rest with the call of help from a patient or from an external body? I think these findings are applicable beyond the realm of military psychiatry. That is because people's inner mechanism is also a domain of where the public intersects with the private. Therefore, a close analysis of both encounters are important in order to fully unravel how culture influences a self and how the self receives and responds to it. Thankyou very much for these thoughts, Ruiko. The parts about how soldiers turn to chaplains, and possibly to religion more generally, was very interesting -- is there a particular book or article that you could recommend on this?

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I was just wondering if it was at all possible to do a sforzando on a piano? As far as I can see, there is no possible way but some of you might know! Thank you! Czerny May 2 2012, 06:19 PM Yes, of course. Why wouldn't it be? Are you sure you mean sforzando? HanonMum May 2 2012, 06:29 PM QUOTE(Czerny @ May 2 2012, 07:19 PM) Yes, of course. Why wouldn't it be? Are you sure you mean sforzando? Ah, may be I don't mean sforzando! it is a way of playing you can do on the violin (viola, cello). For example,on the violin you can play a breve with sforzand then quickly play softer for the length of the breve. Is it possible to do on the piano? JimD May 2 2012, 07:42 PM QUOTE(HanonMum @ May 2 2012, 07:29 PM) QUOTE(Czerny @ May 2 2012, 07:19 PM) Yes, of course. Why wouldn't it be? Are you sure you mean sforzando? Ah, may be I don't mean sforzando! it is a way of playing you can do on the violin (viola, cello). For example,on the violin you can play a breve with sforzand then quickly play softer for the length of the breve. Is it possible to do on the piano? The attack/decay profile of the piano sound does that whether you want it too or not. Seriously, there's no way of affecting the volume of a piano sound after you strike the note (unless you close the lid or something!). Scooby Doo May 2 2012, 07:54 PM QUOTE(HanonMum @ May 2 2012, 07:29 PM) QUOTE(Czerny @ May 2 2012, 07:19 PM) Yes, of course. Why wouldn't it be? Are you sure you mean sforzando? Ah, may be I don't mean sforzando! it is a way of playing you can do on the violin (viola, cello). For example,on the violin you can play a breve with sforzand then quickly play softer for the length of the breve. Is it possible to do on the piano? Do you mean a fortepiano fp? Loud then immediately quiet. You can strike a chord or note with force, and give it a dab of sustain pedal for extra tone, then immediately release the pedal while holding down the note(s). This will immediately decrease the volume, but not by a huge amount and the volume will continue to die away. The effect isn't particularly pleasant and certainly doesn't equate to what you describe on a stringed instrument. HanonMum May 2 2012, 09:18 PM [/quote] Do you mean a fortepiano fp? [/quote] Yes! [/quote] You can strike a chord or note with force, and give it a dab of sustain pedal for extra tone, then immediately release the pedal while holding down the note(s). This will immediately decrease the volume, but not by a huge amount and the volume will continue to die away. [/quote] How interesting. I will try this tomorrow. [/quote] The effect isn't particularly pleasant and certainly doesn't equate to what you describe on a stringed instrument. [/quote] Thank you all for your comments. My daughter came up with this question, and now is even more convinced that the violin is "cool" because she can on the violin do things that she cannot do on the piano. I then argue...she cannot play 5 notes chords on the violin! Scooby Doo May 2 2012, 10:53 PM You can't crescendo on a note or chord on the piano, either, but it is possible to get a bit more tone by adding in sustain pedal after the note has been struck - you get sympathetic vibrations from the other strings which add to the tone. Only useful on rare occasions, but an interesting effect. HanonMum May 2 2012, 11:39 PM I love the forum! It is a great source of information from the forum members, and I find fascinating to hear your replies. Thank you all. Of course, you could do interesting things, I suppose, by playing the strings inside a piano, though maybe it is not highly recommended to try at home.... VH2 May 3 2012, 06:40 AM 1. Depress sustain pedal 2. Play note/chord 3. Release keys 4. Quickly let the pedal up (not so much as to entirely damp the strings) and immediately down again 5. Retake the notes silently with the fingers 6. Release the pedal Robert Taub

**id 19**

More than 4 Million people watching GMP on Flickr and Youtube Greater Manchester Police is officially keeping people in the picture, after statistics show that more than four million people are now watching them on video and picture sharing websites. As of this week, more than three million people have visited GMP's picture sharing site on Flickr and viewed images of GMP going about its daily work. The site was launched in 2009 and showcases many different parts of the police force, as captured by the GMP photographers. GMP's Youtube site has now had more than one million views, which is almost as many as the New York Police Department, and GMP's page on the virtual pinboard site, Pinterest, now has 365 followers. Deputy Chief Constable Ian Hopkins said: "They say that a picture is worth a thousand words which is why we have been developing how we share images of policing. Having so many people watching GMP on all its sites, especially the three million views on Flickr, is a real milestone but this is work that continues. "We receive really positive feedback from people who are able to see what Greater Manchester Police officers and staff are doing on their behalf through the photographs on Flickr and the videos on Youtube. "The sharing of images and videos of GMP is a great way to get across to communities, the vast range of operational activity that our officers are involved in. Some of it is work that you may never have heard about but is going on around Greater Manchester every day."

**id 20**

Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for 49. Book Description This book is a new chapter in a continuing international collaboration on transportation survey methods. It identifies new challenges to the world community of transport survey specialists as well as the larger constituency of practitioners, planners, and decision-makers that it serves and provides potential solutions and recommendations for addressing them. The book is structured around an introduction and five overlapping themes of major contemporary importance to the development of data collection on both passenger travel and freight movements which are: Sustainability and User Adaptation; Global Social Issues; Freight and Transit Planning; Technology applications; and, Emerging/Persistent Survey Issues, including Data Harmonization". This book is a new chapter in a continuing international collaboration on transportation survey methods. It identifies new challenges to the world community of transport survey specialists as well as the larger constituency of practitioners, planners, and decision-makers that it serves and provides potential solutions and recommendations for addressing them. The book is structured around an introduction and five overlapping themes of major contemporary importance to the development of data collection on both passenger travel and freight movements which are: Sustainability and User Adaptation; Global Social Issues; Freight and Transit Planning; Technology applications; and, Emerging/Persistent Survey Issues, including Data Harmonization". Customers Viewing This Page May Be Interested in These Sponsored Links

**id 21**

What do you think is knowledge in the physical arts Received this email: 'I am a student studying T.O.K (theory of knowledge) which is similar to philosophy. I have an essay title; "what counts as knowledge in the arts". What do you think is knowledge in the [physical] arts? Martial arts in the 17th century in Japan were actually referred to as Martial science. It wasn't until the rise of the gun and cheap mass production that the 10 year long martial warriors became redundant and had to find other meaning and purpose for their skills (and the change of the word science to art). Thus Martial arts and the training methods change to suit the need of the people who practise. However unlike dance, music and other art forms your creativity is hampered by the fact that a wrong action leads to consequences (being punched in the face). There is a performance and a skill to demonstration for teaching purposes but every teacher understands that line. Anyway to answer the question (even if I don't think martial arts counts as an art) Knowledge in physical arts is an internal (or unconscious) understand of physical movement and it's function (or consequence) to an external environment. Jory To me knowledge in the physical arts is different to cerebral knowledge; it is a kinesthetic knowledge which comes from practice and experience. It is about being able to respond appropriately to a stimulus, being aware of your center of gravity, being able to control your breathing, being able to relax and tense your muscles to facilitate effective striking, being able to use the hips and the shoulders, having an awareness of range, stance and posture, being able to perfectly time your techniques, knowing how to absorb a fall or a strike. Firstly, the most obvious symbol of knowledge is the grading system and rewarding of coloured belts (or Dans if one is a black belt) upon successfully completing a grading. The ingredients of knowledge are TIME, COMPREHENSION and APPLICATION (TRAINING/PRACTISE). Like any form of knowledge one must commit the time to learn the subject, however, you can only learn something when you comprehend what is being taught and finally you must apply that knowledge or understanding to years of training or practice. Once those conditions are met, I believe one is on the path to true knowledge of an art. I think the final step is when one becomes the TEACHER (not that one ever stops learning). Discussions are now locked. You will not be able to reply to this discussion

**id 22**

Nicky Hayden and Valentino Rossi finished fourth and fifth, respectively, in the Malaysian Grand Prix, which was cut short by tropical rain storms Read More ... 16 May 2012 MotoGP Yamaha Factory Racing land in France to prepare for round four of the Championship, the Monster Energy Grand Prix de France at the legendary Le Mans circuit. For Jorge Lorenzo, trailing Championship leader Casey Stoner by just a single point in the standings he is ready to take back the lead. Le Mans has been consistently successful here and its a track that suites the Mallorcan's smooth riding style due to its short straights and twisting corners. Fellow Yamaha rider Ben Spies heads into the Le Mans session determined to shake off a run of mixed results and get his 2012 Championship firmly back on track. A solid sixth place here last year marked his best result at the French track, something he will be looking to improve on this weekend. I'm looking forward to getting back on the bike again this week. My confidence has been rebuilding well now we've found a good set up The perfect Le Mans set up requires optimum balance and control under repeated hard braking. The challenging circuit requires riders to dispatch several tight chicanes before attacking the short straights and tight hairpins that form the remainder of the track. Le Mans is this year hosting the Grand Prix for the 55th time and is sure to attract a huge crowd of passionate race fans as always. Jorge Lorenzo "We arrive in good shape having always been in the first two positions in the three races of the year so far, I want to keep this going in Le Mans. Last year we struggled, especially in acceleration but I feel that this year is going to be a little different. It's a good track for my riding style so we will try to fight for the win again but always thinking about the Championship." Ben Spies "I'm looking forward to getting back on the bike again this week. My confidence has been rebuilding well now we've found a good set up that works so I think we can make another step and improve our performance again at Le Mans. It's not my favourite track but I'm going to give it 100% as always to achieve a good result on Sunday." Wilco Zeelenberg "After three strong races and a very close Championship so far we are looking forward to going to France. We had a tough race last year and struggled a lot but the year before was a strong victory. Jorge likes the track so we are curious to see how the 1000cc bike behaves this time as we have traditionally performed well there. We hope to return to the successful rhythm Yamaha has had at Le Mans." Massimo Meregalli "Last year was not a perfect weekend for Yamaha at Le Mans, a track where traditionally we have been very strong. This year we arrive with a very competitive package so we are confident that we can perform well. Ben has not had an easy start to the year but has been working hard with the team to have a competitive set up and to rebuild his confidence. I am sure we will see him fighting with the front pack this weekend."

**id 23**

Damage deposit of 100\_. This deposit is refundable when returning the keys Check in From 14:00. Check out 11:00. There is a non-refundable cleaning-fee of :30\_, already included in the rental price A spacious, bright and modern studio apartment in central Amsterdam, perfect for a family or group of four friends. This 90m squared apartment is an all in one combined living space, located on the ground floor of the building. This stunning apartment has a unique colorful elegant atmosphere throughout and has been renovated with contemporary style and comfort. Modern furnishings including a large queen-sized bed with bedside beds and lamps plus two comfortable sofa beds, armchair, coffee table, T.V., DVD player, stereo and internet connection are available for your comfort and entertainment. The open plan kitchen is equipped with fridge, electric stove, microwave, toaster, kettle and coffee maker, plus dishwasher and all the pots, pans and utensils you need to enjoy a cooked meal in the apartment. The bathroom is complete with shower, toilet and basin. All bed linen and towels are provided for you. There is also a washing machine and hairdryer at your disposal during your stay. Located right in Amsterdam's city centre, you would be within close walking distance to the main attractions of the city including the Famous Canals, the Anne Frank House, the Dam Square and the Central Station. This is beyond doubt one of the best Amsterdam self catering apartments for you to explore the city on foot. \*\*Pay parking in the city center\*\* Bedroom Bedside Lamps Bedside Tables Blankets Bunk beds Closet/wardrobe Sheets Livingroom Armchair CD Player Coffee Table DVD Player Radio Satellite Tv T.V Video Game Console Kitchen Coffee Maker Cooking Utensils Dish washer Electric stove Fridge Gas stove Kettle Microwave Oven Toaster Bathroom Bathtub with shower Hair dryer Jacuzzi Sauna Shower Massage Panel Steam bath Extras Air Conditioning Dining Table Dryer Elevator Golf Gym Heater System Ironing Equipment Washing Machine Writing Desk From Amsterdam's Central Station we advise you to take a taxi to the apartment (about \_ 15,-) or take the Minibus "Stop and Go" in front of Central Station which brings you directly in front of the Noorderkerk church at the "Noordermarkt" for \_ 1,00.

**id 24**

Metal Gear Solid: Ground Zeroes to Feature Full Co-op? Looking at some of the ideas coming out of the brief (and so far very secret) Metal Gear footage, it seems clear to us that Ground Zeroes is going to be something pretty different to previous titles in the series. Talk of an open world setting is a long way from what's gone before, and the vast expanse of a military base -- and the use of jeeps and helicopters to get around -- does lean more towards a less strict and structured set of missions. That said, there's still the traditional sneaking around that makes MGS games what they are, although with the main character seemingly being much younger and more agile than the ageing Solid Snake the movements will probably go back to earlier games in the series. Or will they? Those who have played Peace Walker might have enjoyed the co-op options that were available, letting multiple players play through missions as a small team instead of taking things on by themselves. It seems odd that the developers would take the time to not only get that working on the PSP, but then also convert the system to work in the PS3?s HD conversion. So the technology is already there, and worked pretty well. So let me put something to you. Imagine playing through Ground Zeroes with a friend. One of you controlling Snake without the acrobatic movements but more savvy in terms of sneaking and using fancy tech, and the other using this (still not confirmed) younger, more agile but potentially less experienced guy. Combining different skills would give a far more complex and interesting approach to many typical Metal Gear scenarios, and with so many games turning to co-op as a way to involve a wider audience it certainly seems like a natural next step for the MGS series. It's worth pointing out that we're putting 2 and 2 together here, and the odds are we're coming up with 7.4 but there's definitely a case for the argument. With Kojima seemingly keen to do something new, and with the technology already being there from Peace Walker, I wouldn't be surprised if at some point in the near future we learnt about plans for a full co-op campaign option. What do you reckon? Is this likely to take hold and actually happen, or are we just clutching at straws in a vain hope of being able to play through Ground Zeroes with some company? Can you please point out your own speculation when you are making speculations. The new Metal Gear is using a brand new engine (Fox Engine) with a more open world. There is NO MENTION of CoOp, and considering the game engine is moving to an open world sandbox it is likely there will not be the resources available to have a 2nd player around. This is very wishful thinking on your part due to a lack of understanding about the technology. Please point that out, you shouldn't be giving people the impression that since a PSP Metal Gear game has CoOP than all Metal Gear games in the future will. I certainly hope it will have CoOp, but considering they didn't tease that at all I am not going to hold out much hope for that feature. I think it's fairly clear that the idea of co-op is one we've come up with, at no point have we suggested we know any special secret, nor are we assuming that what we've written is going to happen. Just that it's been done before, so might happen again. Whether or not we understand the technology doesn't come into it. And yes, it is definitely wishful thinking -- the last couple of paragraphs pretty much spell that out. Actually.. Being open world, wouldn't that make it a slightly larger chance of having coop? Most open world games now a days have drop in drop out coop.. And with the helicopters, if someone joined in, they could just be dropped from a helicopter. I'd love it so freaking much if there were, peace walker is really awesome in that regard, and because they say you'll have the weapon creation system like peace walker it makes me wonder if it'll have Mother Base as a primary point still.. And if that happens, we might even be able to have the rookies join us like in Peace Walker.. Hence Co Op.. That'd be the coolest. Ever. But, this is wishful thinking and even if there isn't.. This game is still going to be completely amazing. I want nothing to do with Co Op in an MGS game. The tension in the games of staying stealthy etc are part of what i want

**id 25**

Discuss this article with... The chief executive of Britain's biggest insurer killed off one of the financial industry's most enduring icons yesterday as Tidjane Thiam declared that "the Man from the Pru" was now an Asian woman. Speaking as the Prudential reported its latest set of record-breaking Asian results, Mr Thiam said that the fusty door-to-door salesman of the insurer's British history had been replaced by a youthful Asian agency worker. "That's become the reality of this company," Mr Thiam said. "The Man from the Pru that is a popular expression in the UK is now more likely to be an Asian woman of

**id 26**

FBJ - A Term Is Born 19th October This Sunday's going to be my one-year Fit-iversary. For the last 363 days, at least twice a day, and often many more times, my tics have increased in intensity to the point where it looks like I'm having a seizure. I don't lose consciousness, but my body contorts violently, I lose the ability to speak and people who aren't familiar with what's happening start to look worried. These ' ticcing fits ' can last anywhere from a minute to well over an hour, and on a couple of occasions they've lasted much longer and ended with a trip to hospital . My carers, the people who don't generally look worried when the fits are happening, carefully record the length of each episode as well as making some observations about where we are and what time it is. Ticcing fits are made up of a random selection of different (and often very painful) elements. After a fit's finished my carer will use acronyms to describe the specific combination of elements they've observed. They jot these down on a sheet that I keep with me at all times. These acronyms include: LOS -- Loss of Speech I nearly always lose the ability to speak at some point during a fit. When I do I have to use blinking or hand squeezes to answer simple questions: one blink/squeeze for yes, two blinks/squeezes for no. It's not a perfect system because I often blink a lot uncontrollably and don't always have reliable use of my hands. CT -- Choking Tic This is extremely painful and involves me gagging and retching like I'm about to be sick. It stings my throat and often makes it difficult for me to breathe properly. BS -- Body Spasm I use the term body spasm to describe my entire body locking-up. All my muscles tighten and I end up locked in a single rigid position. This can be extremely painful, difficult to deal with, and it sometimes feels quite dangerous too. On a couple of occasions I've found myself face down on my bed with not quite enough air getting in for comfort. It's impossible to call for help when I'm locked up so I have to wait for someone to notice the silence and come and check up on me. There are other elements to the fits, but these are some of the main ones. Almost a year on, I've got used to them as a part of my daily life -- they're painful but reasonably predictable. But sadly, today I have to add a new acronym to the list, and it's one that tops all the others for discomfort, pain and danger: FBJ -- Full Body Jerk Although it sounds like something you might order from a Jamaican take away, I doubt it'd be a very popular choice. An FBJ involves my entire body jerking around with a violent intensity that's entirely new to me. My arms and legs fly in different directions, my head and neck shoot backwards and forwards and my spine curls and arches over and over again. I had my first FBJ in the early hours of Monday morning. Leftwing Idiot who was looking after me that night had to lie next to me and hold my body as tightly as possible to slow the movements down and keep me safe. He's reasonably strong but he still struggled to contain the violent movements I was making. We were both taken by surprise by the intensity of the fit. What was particularly confusing for me was that I'd been having a very happy dream about singing ' Bob the Amazing Sheepdog ' with Captain Hotknives , something I'd done in reality not so long ago. The song was going round and round in my head for the rest of the fit. When it finished, Leftwing Idiot could only put LOS on the sheet because it was the only element we could recognise but I realised I needed a new term to describe these super-vigorous episodes, and FBJ was born. I don't yet know what I'm going to do to mark a year of fits this Sunday, or what the next 365 days will have in store fit-wise, but I hope, whatever happens, that the FBJ era will be very short-lived. Disclaimer IMPORTANT WARNING: This site contains an extensive record of genuine Tourettes Syndrome vocal tics which may be sexually explicit, contain strong language or may generally be

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A friend of mine called yesterday. We were talking about the weather, the gig we saw on Friday night and then we got onto the topic of the day- weddings. I was boasting about having three weddings in the new year- how popular!- when he completely outranked me by mentioning he was likely to be groomsman at at least four. Any doubt that we have officially moved into wedding season is gone. Being at a surprise proposal/ engagement party on Saturday night led me to think about the difficulties young people have in saving for a wedding. After all, the cost of an engagement- ring, venue- is hefty enough unless you're earning big bucks. The cost of saving for a wedding is an even greater strain. So, if you've got a shiny new ring on your finger, what are 5 steps to take to ensure you're financially ready for the big day? Be realistic, otherwise you'll end up spending a lot more than you anticipated and undermine your finances. Write out at prospective guest list, get some ballpark figures on venue costs, set an upper limit to spend on the dress. It's a very special day but, to my mind, there are lots of important things to spend money on. It's worthwhile limiting the amount you spend on a wedding in order to achieve other financial goals. Phone A Friend An important part of a good budget is working out areas where you can save money. At first thought, I'd suggest thinking about getting a friend to photograph the day (there are more budding photographers out there than baubles on a Christmas tree), a crafty friend who can help with invites and save-the-dates, maybe an army of great cooks who might be able to help with the food. Unexpected costs include musicians, videographers, make-up artists; chances are you'll know lots of people willing to help out. Schedule A Meeting Money is an awkward topic. Especially in the context of parents to the bride and groom, if one set has a greater capacity to contribute to the costs of the wedding.The best idea, suggested on the Herald's website, is to ask each set privately whether or not they feel they can contribute, and then sit down with both sets and explain your budget to them. That way, everyone is involved and can suggest ways of keeping the costs down. No one is likely to be caught on the hop further down the road with extra expenses. Set Up A Slush Fund You might have the most comprehensive budget since you practiced in Year 10 commerce. It still never hurts to have an emergency wedding fund- if the dress needs extra work, something happens with the venue, the friend with the fantastic vintage car has said car break down two days before the wedding. As soon as you get engaged, set up an automatic deduction to a separate account. If you don't spend it by the wedding, consider it extra spending money for the honeymoon. Avoid Over-Exposure It's a huge day for everyone involved. Of course you want it to be incredibly special, and it will be. What experts warn against is spending a huge amount on a wedding, and then having to spend the next couple of years paying it off. It can be a huge strain on a young couple, especially if you're looking to buy a house as well. Try and budget to avoid debt. Put back the wedding by a year in order to save the money, or keep debt within the realm of reality. That way you can look back on your big day with no regrets. Related Posts To Help You Save Money Ah, love is in the air. I can tell by all the couples who are looking apprehensive and frightened, and all the singles who are declaring that V Day is commercial crap that they want no part in. Sunday will probably bring its fair share of proposals, and with it, a lot of financial decisions. [...] Do you dream of having a perfect wedding that still adheres to your wedding budget? It may seem impossible, but with some smart thinking and educated planning, you will be able to have a beautiful wedding that is not expensive. I hate using the word cheap, but if you were to cut down your expenses [...] The moment you realise your skirt is tucked into your knickers. The moment you realise something rather unforgiveable has just left your mouth. The moment you realise you're 100% totally skint. I'm nominating these three as the worst emotions known to man. Realising you've got absolutely no money is probably going to be the start [...] Shopping is a great way to relax, blow off some steam or have fun

**id 28**

Another Great Free Card Deal 10 Cards from Tiny Prints I love a great deal and especially one with FREE CARDS. Tiny Prints is at it again and this time you get 10 cards -- open for new or returning customers! There are so many fun Holiday designs on their site. And you can load multiple pictures on some of them. This one is a favorite of mine and it has a cool back too! The Details -- Good through Tuesday, November 13 at Midnight PT Use code HOLIDAYCHEER Offer is for 10 Free Holiday Cards (a $24 value) You pay shipping and handling of $3.50. Is good for flat cards only. Option charges will apply for rounded or special paper orders. I am a Tiny Prints affiliate, so these links will help support my blog! Thanks so much! Enjoy your cards!

**id 29**

Nah, not a culture of death, but we can hope for a culture of choice it's not here yet. I have family history of motor neurone disease. It's genetic though there a very high chance, I'll avoid the bullet. The problem with MN is that you become totally incapacitated. Trapped in your own body. So if you don't want to hang in for the bitter end (and others are braver and more accepting than me) you have to take the popping yourself early option, so you don't leave it to late. I would be hoping to stay with my family for as long as possible, and if I develop this disease, then maybe I would never request euthanasia if I was comfortable with situation. But as it stands, I would have to make a decision early to avoid not being in a position where I didn't have a choice. Be nice if I develop the disease that I could indicate when I was ready to hop off the planet. I strongly support other people's right not to be involved in euthanasia or abortion and think that legislation trying to coerce people into these things is disgusting, but I want people who want such things to have access to them, with full government support and services from willing people of a similar mindset. Posted by JL Deland , Tuesday, 22 June 2010 8:48:56 AM The real problem is Alzheimer's and other forms of dementia. I have seen one person die of cancer and another of Alzheimer's. Neither is a pleasant death but I'd take the cancer any day. I have decided that at the first sign of dementia I shall kill myself while I am still able to form the necessary intention. I have selected a method and procured the necessary equipment. Now I would far rather be able to leave instructions that I am to be painlessly killed when I reach an advanced stage of the disease. paradoxically the ABSENCE of a euthanasia law could end up robbing me of years of life. However, rather that than end up warehoused in an aged "care" facility. Rather an early death than let my children see me as a drooling shell. The truth is that to all intents and purposes Alzheimer's victims are brain dead years before their hearts stop beating. Keeping their hearts beating - one can scarcely call it keeping them alive - is cruel to their loved ones. I shall not inflict that on those who love me. Posted by stevenlmeyer , Tuesday, 22 June 2010 9:24:18 AM A question for Rhys Jones What does it mean to be a "live human"? Is someone in an advanced state of dementia a "live human"? Personally I don't think so. I do not think you are killing a person when you terminate the life of someone in the final stages of Alzheimer's because everything that made that person human is already gone. Similarly I would ask at what stage in fetal development are we dealing with a live human? Is a fertilised egg that has not yet started to divide really a human being? What about when we have 2, 4, 8, 16 etc cells. When has there been sufficient development for us to be able to say the fetus is now a live human? My own feeling, based on the development of the brain and nervous system, is that in the first trimester the fetus is in a pre-human stage. I would only permit abortions AFTER the first trimester under exceptional circumstances. Posted by stevenlmeyer , Tuesday, 22 June 2010 10:09:25 AM That's right Steven, taking YOUR life should be entirely YOUR choice. No-one else's. Joe Posted by Loudmouth , Tuesday, 22 June 2010 10:12:10 AM Face it guys, your arguments are perfectly logical for a normal person, but you don't realize is that the kind of people that oppose: -Euthanasia don't understand the notion of "Free Will" at all- it's a tricky word used by merchants to open up the coercion to die in their eyes. The deal is, these are people who can only be TOLD what to do and how to think by somebody else- and they're so dumb that they feel if allowed they probably could be talked into offing themselves. -Abortion is trickier, as it banks on their definition of life- but always ignore the social consequences of banning abortion- that is a person who WOULD kill the child if allowed, being responsible for its upbringing (most anti-abortionists parrot some line "most who consider it decide to keep it" without telling us what happens after that).

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8 Answers from the Community Best Answer I've been using the original battery that came with my MacBook 3 years ago. Cycle Count is 773, and the battery still lasts for about 2 hours on a full charge. I was told early on that you need to let the battery charge fully, and discharge fully before plugging into a power outlet. I've done that since the day I got my computer, and this is what has preserved my battery for so long. The quickest way to ruin a battery is to keep it plugged in, or to charge it before it discharges completely as this reduces the battery life Yes there is a difference between the two of them. It just has to do with they way the work and the life of the battery. However all you can get for the MacBook is the polymer battery. On mine I have had it over a year and I still get about 4 to 5 hours and I use it for internet and to take notes in college. I have a macbook 2,1 from around June 2007 (so around 3.5 years old) and I've used this machine every day since I had it. The full capacity of the (original) battery is currently around 4788mA after 975 charging cycles, and I get around 4.5 hours of browsing and general use (I'd get around 5 hours when it was new). Programming I get 2-3 hours depending on what I'm doing. The key to keeping these batteries working for a long time is to fully discharge and recharge them often and not partially discharge and then leave them plugged in on the mains all the time. Mine is now completely dead (asking me to replace it) after 328 cycles, and almost three years' use. Mostly, I used my black MacBook while plugged in though, which explains the relatively low cycle count. The first battery of my Macbook black died after 2 years. Got replaced by apple. The replacement died after 14 months with 71 (seventyone!) loading cycles. As Apple Care ran out last year, I had to buy a new one myself.

**id 31**

Easy Tutorial On How to Create A Letter Pressed Text Effect Today we're revisiting the first design screencast tutorial we ever publish on Creative Nerds. The tutorial is on how to create a letter pressed text effect, which was a great tutorial which demonstrates how to todo a great technique. The audio on the original tutorial which was published in 2009 which was awful, therefore we thought it would only be right to redo the design screencast again. Watch the tutorial hope you enjoy, and don't forget to check out our rest of quick tips on our youtube page.

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"God, God, save me! I'm in over my head, Quicksand under me, swamp water over me; I'm going down for the third time." (The Message) Reflection by Lillian Daniel I love to take on new projects. I've never had a new idea I didn't like. At the time, I always think I can take it on and add one more thing. It's like time is elastic and it can expand to include every single thing I want to do. I think at some points in history, we called that heresy. The only one who can stretch and fold time is God. We humans all get the same twenty-four hours in the day to work with, regardless of our good ideas about how we might spend it. So when I want to take on a new project, I like to run it by a wise person or two. And if I am filled with enthusiasm for the new thing, the wisest one will ask me this pointed question: "What are you going to give up in order to do that?" Because every time we take on a new project, there will be less time for something else. Every time we say another "Yes," we should be honest and admit that somewhere else we may end up having to say "No." We can do this consciously or unconsciously. When we do it unconsciously, we end up overwhelmed, late for everything, missing deadlines, letting people down, staying up too late and then sleeping through the morning's alarm, drowning in a quicksand of over-commitment. But when we do it consciously, it's an opportunity to prayerfully evaluate how we are spending those precious twenty-four hours a day we have been given. We can say yes to the new thing, but we will need to say no to an old thing. Perhaps in asking that question, the new thing seems less important, or perhaps it feels more important than ever. But at least we've been honest and asked the question. Life is too precious to spend it drowning in our own sloppy decisions. Prayer I pray for the wisdom to know when to say "Yes," and when to say "No," and for the courage to ask the hard question. Amen.

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Successful interview strategies They have called. You really want this work. Use the following five interview strategies to make you shine. After it is over, you decide if it is still your great work. Establish a connection Put yourself and the interviewer at ease. Build rapport. Start with an icebreaker, such as, "what a fabulous view," or, "I really like your artwork." Act natural. Two candidates were shortlisted for an engineering position. On paper, Sophie was better qualified. In the interview, she was poised and polished and handled every question skillfully. She never paused to think, however, launching straight into reply mode. Her answers sounded scripted. It was like interviewing a robot. The other candidate, Jim, was less poised. He was nervous, but really wanted the job . He spoke with a lot of "ums" and "ahs," often saying, "Let me think about that for a moment." His answers sounded thoughtful and genuine. The interviewer could see this was someone he would like to work with. Guess who got the job? Be an expert Offer advice on an issue the interviewer has not thought of. For example, do the reporting relationships, structure, or scope of the role make sense? Do you have experience to share that shows a different way of thinking about the work? Are there challenges or trends that have not been considered? Offer suggestions generously. Your ideas will show your special qualifications. Sound thoughtful, not "know-it-all" or judgmental. Be an equal Speak to the interviewer as if you were a colleague or consultant, without sounding presumptuous. Ask about reporting relationships and where the position would fit in the hierarchy. Ask about challenges facing the organization. This creates an egalitarian exchange between you and the employer and sends the message, "I could be a member of your team." It also is a subtle way of showing your expertise. Audition the employer Once you have established that you are an ideal candidate, ask questions about the work environment , organizational culture, and challenges of the role. A useful line of questioning is: "Will I be replacing someone in this position? What happened to the previous incumbent?" If the previous holder of the job was fired, try to find out why. Also ask questions that address issues that are important to your needs. If you are a lifestyler, for example, ask about flexibility of work hours. If you are a personal developer, ask about money spent on training. You know what you want from an employer, so query items important to you. If they are clearly interested in you, ask for a meeting with future staff or team members. Know when it is over Take your cue from the interviewer. They may say, "That is all the questions I have," or look at their watch, or start shuffling their papers. Close by summarizing your special assets. Restate your interest in the work. Ask the interviewer how long they think the decision-making process will be, what the next steps are, and when you will hear back. Ask if it is okay to call them in a few weeks if you have not heard from them. Thank them for their time. Shake hands as you leave. Page 1 of 3 - Read page 2 to find out what to do after the interview

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Renate Mller Renate Mller was born in Munich on April 26th, 1906. Her father was one of Munich's leading newspaper publishers and her mother, a painter. A keen interest in acting and poetry led her to the Harzer Bergtheater in Thale where, under the tutelage of Georg Wilhelm Pabst, she made her stage debut in "Ein Sommernachtstraum" (Shakespeare's Midsummer Nights Dream) in 1925, aged 19. (image: allstarpics.net) Moving to Berlin, she studied under Theatre Impressario Max Rheinhardt before making her first film appearance in "Peter Der Matrose" (Peter the Sailor) in 1929. She quickly became one of the most successful German singers and actresses of the time, appearing in 25 films from 1929 to 1937. Her major international breakthrough was in "Die Privatesekretrin" in 1931, which was so popular, it was remade in the same year in English, also starring Mller, as "Sunshine Susie" where she starred alongside the hugely famous British actor, Owen Nares . She took the lead role in the original German version of "Viktor und Viktoria" in 1933, starring alongside Hilde Hildebrand. A film that was to be remade several times over the years, including the Blake Edwards re-make of 1982, starring Julie Andrews in the role made famous by Mller. (image: tumbler.com) Her talent and blue-eyed blonde 'Aryan' looks attracted the attention of the Nazi party and, in particular, Joseph Goebbels who arranged an introduction to Adolf Hitler, and encouraged a relationship between the two. She continued to appear in a succession of light-weight comedies but Goebbels had other ideas and, putting her under Gestapo surveillance, pressurised her to appear in Nazi propaganda films. She finally gave into the pressure, making the blatantly anti-semitic film "Togger" which premiered in February 1937. Filming had taken place around Tempelhof the previous Autumn, and it was be Renate Mllers last role. (image: wikipedia.org) She suffered a nervous breakdown and was admitted to a clinic, as far as the public were concerned, for a knee injury. She was rumoured to be under pressure to end a relationship with a Jewish lover, and the Nazi's feared she may leave Germany. The circumstances surrounding her death are unclear and there are many different versions of what occurred on October 7th, 1937. The German press claimed she died from Epilepsy, other witnesses claimed she fell from a window of her house after the arrival of Gestapo agents. It was, in all lilkehood, a suicide but the Ministry of Propaganda, fearing a public relations disaster, spread rumours that she had become a morphine addict, was an alcoholic and mentally disturbed. She was cremated at Wilmersdorf Krematorium and buried in Parkfriedhof Lichterfelde in Berlin Steglitz. Fans were forbidden from attending her funeral, she was 31 years old. Her life story was adapted for the screen in 1960, where she was played by well-known German actress Ruth Leuwirk in "Liebling der Gtter" (The Darling of the Gods). Walking Tours Isherwood's Neighbourhood A circular walk through the Schneberg of the late 1920s as seen by Christopher Isherwood Visit the places he lived, socialised and documented in his Berlin Diaries of 1929 to 1932, the vibrance and edge of the Weimar Era. Accompanied by short readings from his works, see where 'Cabaret' was born, genders were blurred and films caused riots. Duration: approximately one hour Distance: one kilometre Start and finishing point: Nollendorfplatz U-Bahn Language: English Price: 10\_ per person; discounts for larger groups

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The Top 40 Tips For Making It In Music The music industry isn't an easy one to make a living in, but follow these 40 tips and you'll improve your chances considerably. Don't bank on buying yourself a Learjet just yet, though. Making it is the dream of everyone who's ever picked up a guitar, a mic or some drumsticks. Music is a fantasy industry where the major players can rake in millions. Only a lucky few ever reach the toppermost of the poppermost , though. For every Beatles there are thousands of bands who never made it further than the back room of their local. There's no magic bullet for success ; no secret formula for ensuring you make it to the top. Success in music is as much about luck as it is about talent . You can't guarantee you'll be in the right place at the right time, but follow these tips and you'll improve your chances; no deal with the devil required. Music is as visual as it is aural. Image defines your band and (in the most successful cases) rubs off on your audience. Without a great image your fans have got nothing to connect with. This is why it's so important . Without great songs you're not going to get very far. Think The Beatles would still be shaking up music fifty years after their first single if it wasn't for Lennon & McCartney's songwriting nous? Already penned your "Hey Jude"? Check out this infographic for what to do next . When you're not writing songs you should be thinking about writing songs. Jimi Hendrix spent almost every waking minute with his guitar. You need that level of passion to stay ahead of the competition. 10. If you don't love it, then stop You'll never make it in music if your heart's not in it. Yes, the rewards can be extraordinary but you need to be prepared for a lot of hard work. If its not that important to you, pick another career. All publicity is good publicity, as they say; but without a dedicated publicist you'll be lucky to get any. Your mum might love your music, but she's not going to get you column inches in the hipster press. Without decent PR you'll struggle to get your band noticed. WeAllMakeMusic have some useful advice on finding a publicist . 14. Sign a contract How many bands fall apart amid the fallout from the guitarist rocking up to rehearsals in a Jag while everyone else is crammed into the back of a transit? A contract will iron out the potential issues before you've made enough money to worry about them. Follow this guide on putting together your band agreement . Your rhythm guitarist might look more like a plasterer than a rock star, but that's no reason to give them the push. Every John Lennon needs a Ringo , after all. You need to maintain the right dynamic for your band. Take the NME 's advice, don't ditch your Bonehead . Forget about inking a major label deal. It doesn't happen any more. If you want to be successful you need to take matters into your own hands. Here's why DIY is the way forward for today's bands. 20. Write your manifesto All the best movements happen for a reason. Ever heard about the legendary Factory Records blood contract? Right from the onset they had an understanding of what they were all about. Define your manifesto and you'll go far. It's the second-largest search engine in the world. If you want potential fans to find your music then it needs to be on there. If they're not searching for your website, then they're looking for video clips. Here's how bands can make the most of YouTube . No, I'm not talking about the rockstar-shagging pop whores of old. I mean superfans who'll follow your band to he ends of the earth and bring their friends along for the ride. Find your core of diehard followers and let them get involved. Don't worry, even your bassist needs groupies . 27. Meet your fans Social media isn't a replacement for real-world interaction. If you want to inspire loyalty then you need to give your fans something to follow. Get out and meet them. Talk to people at gigs, hang out at your own merchandise table and start building relationships. It'll help you in the long run. Always make an effort with your fans . The music industry isn't easy. Plenty have tried and failed to make it in the past. Chance

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If this is your first visit, be sure to check out the FAQ by clicking the link above. You may have to register before you can post: click the register link above to proceed. To start viewing messages, select the forum that you want to visit from the selection below. REPUBLICIANS TURNED OFF AT THE SIZE OF OBAMA'S PACKAGE It's not the least charm of a theory that it is refutable. The hundred-times-refuted theory of "free will" owes its persistence to this charm alone; some one is always appearing who feels himself strong enough to refute it - Friedrich Nietzsche Re: REPUBLICIANS TURNED OFF AT THE SIZE OF OBAMA'S PACKAGE Re: REPUBLICIANS TURNED OFF AT THE SIZE OF OBAMA'S PACKAGE Yes but size doesn't matter. It's not the least charm of a theory that it is refutable. The hundred-times-refuted theory of "free will" owes its persistence to this charm alone; some one is always appearing who feels himself strong enough to refute it - Friedrich Nietzsche Re: REPUBLICIANS TURNED OFF AT THE SIZE OF OBAMA'S PACKAGE Just goes to show, Republicans don't care a donkey's dick about health care reform and all they can do is slag off at someone who does care! If you were to live in the USA and have no health care insurance because you could not afford it, you would be left on the street to die. Happens every day over there, I have seen it myself unfortunately. Thank goodness someone does care!

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\_\_\_\_\_\_ pursues timeless style, not fleeting trendiness. This \_\_\_\_\_\_ design might be like that of the Porsche 911 -- a distinctive, iconic, timeless, instantly-recognizable representation of the product's brand itself. the culture of excellence created at \_\_\_\_\_\_. I'm privileged to have had even the briefest experience with the culture of \_\_\_\_\_\_ Excellence, quality, passion, attention to detail -- those aren't just attributes of \_\_\_\_\_\_ design, they're attributes of how people at \_\_\_\_\_\_ work. I have to believe that the senior team at \_\_\_\_\_\_ knows that their most important job is to continue the culture. "We have an environment where excellence is really expected," he said. "What's really great is to be open when [the work] is not great. My best contribution is not settling for anything but really good stuff, in all the details. That's my job -- to make sure everything is great." ...that is furthest ahead of their competition, and the more sustainable advantage. It cannot be copied without going through the same sort of decade-long process that \_\_\_\_\_\_ went through. now, each design they create has to be presented alongside a mock-up of how that design might evolve in the second or third generation. That should ensure \_\_\_\_\_\_ continued success for a long time, aided, of course, by the tremendous momentum that \_\_\_\_\_\_ leadership has provided.

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How to keep on top of paperwork Ahh, paperwork. There aren't many things I enjoy more than doing the paperwork. Oh wait, that might be a lie. It's just so boring and takes up so much space and time and effort. I'd much rather spend my time on Pinterest... Despite all that, I've worked out my own little paperwork system -- it's probably an organised person's nightmare, but it works for me. Bills are popped into the clear "to pay" drawer on my desk straightaway and the due date marked in the planner (this doesn't necessary mean I actually pay it on time. Oops). Once paid they go into the "to file" clear drawer on the right, along with other bits of paperwork that need filing away. These little drawers are actually shoe drawers , but I find they work perfectly for paperwork! Every so often I'll go through the "to file" drawer and file everything away. I'll be honest, this "filing away" involves throwing it all into a big box labelled with the tax year. This box is then returned to the top of the wardrobe where it sits with other tax years and another box labelled "important documents" (birth certificates and passports, etc). Despite this squirrelling away, there are some things I need to have out in plain view for there to be any kind of order in this place. First up: somewhere handy to place all the receipts I have to go through at the end of each quarter (ugh) -- it needs to be in the place where I put my bag when I come in through the door. Of course Martha Stewart created the answer and solved many a problem with her stylish office range, now available at Officeworks . This large pocket is ideal -- you can hang or stick it wherever you desire. For me it was on my pinboard which is right near the back door. I was using handmade envelopes but found they were filling up way too quickly. When it comes time to do the tax (I'm a late tax returner and usually wait until the last minute -- hence why this post is so relevant at the moment; it's what I'm doing in my free time), there are more essentials I have handy. An expanding file folder which I use to take all our paperwork to the accountant. I nicely divide everything up into the relevant areas he asks me about so it's all so neat and organised and at my fingertips. Then I get home and throw its contents into the big box with its year labelled on it and pretty much forget about it. A label maker This is a new addition I've been wanting for ages and I'm addicted. I now need to label everything in this white-on-black typewriter font. So do my kids! A calculator I wanted something with giant buttons for ease of use -- this one is perfection and cost all of $4. A weekly planner The whole weekly planner thing wasn't for me until Zak started school. Now I find myself happily inserting all the things I need to do for the week -- appointments, school stuff, playgroup, blog posts, bills to pay, people to call... How did I survive without this? I take this one with me in my bag and also have one on the pinboard. See? Addicted. I find it funny that someone who loves stationery and office supplies as much as I do is so completely useless when it comes to being organised with paperwork. I have certainly improved over the years -- which is scary to think of how hopeless I was beforehand. And while it's not perfect, it works for me. Which is the main thing really. And just quietly, pretty stationery items and storage makes it all a little bit easier. Sad, but true. Are your bills and paperwork all in order or could they do with some work? Take this week to start your own paper organising system -- the challenge is on! Oh and if you have an golden tips or advice you are MOST welcome to share them. My problem with keeping the paperwork organised is that I have sooooo much of it and while I do most of my work from home I also need to take it into the office from time to time so I need to be able to carry some of it with me. I might look at setting myself up with an expanding file -- that might be the answer! Thanks for your tips

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CHAPTER 5 The Incredible Information Contained in Prices: Part I Up to this point we have spent most of our time arguing that willingness to pay represents our best hope for guiding resources to their highest valued use. This might strike you as somewhat strange since our only concrete example of this approach--a bidding or auction market--would surely be a grossly impractical way to distribute the hundreds of millions of goods and services that must be allocated every day in a large economy. However, there is another way to distribute goods and services with which you are already very familiar. It incorporates the best features of the willingness to pay approach with a minimum of administrative maintenance. It is the organizing principle behind the allocation of resources in free market/capitalistic economies. It is currently on display at your local supermarket, laundromat, and music retailer. It is the price system. In this chapter we will begin to explain the connection between the price system and the willingness to pay approach. We defined willingness to pay as the most you would be willing to spend to obtain a good. We also could have said that your willingness to pay for an item is the happiness, measured in dollars, that you expect to receive from the item. This definition may sound a bit strange to you, but it is really just a restatement of our previous definition, and you probably use it every day. Each time you purchase (or do not purchase) a good, you compare your willingness to pay to its price. Say you eat a fine meal at the best restaurant in town. After eating broiled cod, crab legs, a T-bone steak, stuffed mushrooms, and a Caesar's salad, you find yourself a tad full. When the waiter brings around a tray of tempting desserts, you refuse. Though the French chocolate silk pie looks quite delicious, you decide that your $4.75 can be better spent elsewhere. NOTE: In this case, the price of the pie exceeds your willingness to pay. After dinner, you join your friends at the mall and purchase a new pair of designer jeans for $31 because your old pair suddenly was feeling a little bit tight. (You suspect they were shrunk in the dryer again.) NOTE: In this case, you decided that the $31 for the jeans could not be better spent elsewhere. Your willingness to pay exceeded the price of the jeans. We take this sentiment one step further by declaring that your willingness to pay for a good (the absolute most you would spend on it) is the happiness, measured in dollars, that you expect to receive from consuming it. At some price level, you would refuse to buy a pair of designer jeans. This price level is your willingness to pay, or the amount of happiness you expect to receive from your purchase. Max, one of the authors, is no slave to fashion and would at most be willing to pay $30 for a pair of designer jeans. When Max goes to The Gap and discovers that jeans are $31 per pair, he decides that spending his money on other goods would be more pleasing, so he buys a pair of cheap slacks at Target. Bob, the other author, loves being a snappy dresser. He would be willing to pay up to $100 for the same jeans. At $31 a pair, he thinks that he is getting a great deal. From our previous work with willingness to pay, we know that Bob expects to receive more pleasure from the jeans than Max because he is willing to pay more. In fact, Bob expects to receive $100 in pleasure from a pair of designer jeans, while Max expects to receive only $30 in pleasure from them. Notice that even though Bob paid $31 for his jeans, he receives $100 in happiness (his willingness to pay) from them. Armed with this knowledge of willingness to pay, we can begin to draw an amazing insight. Unfortunately, we cannot take credit for this amazing insight. It goes back at least as far as Adam Smith. It is the fundamental insight of economics, the foundational building block of the science of resource allocation. Here it is: PRICES CONTAIN INFORMATION ABOUT WHERE RESOURCES WILL PRODUCE THE GREATEST AMOUNT OF HAPPINESS IN SOCIETY. To understand this point is going to take a little bit of concentration on your part, but stick with it because this insight is worth working for. Here we go. Let's suppose we have five consumers. Being the creative people that we are, let's call them Consumers A, B, C, D, and E, respectively. Let'

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Can you see the Welsh mountains from Tangs I was telling the grandkids that you can see the Welsh mountains from Tangs I read it on here somewhere. They said it was impossible and I am wrong, I am beginning to doubt it now myself does any one know for certain Re: Can you see the Welsh mountains from Tangs Re: Can you see the Welsh mountains from Tangs Yes you can. But be careful about what you think you are seeing. The hills that you can often see beyond the Fiddler's ferry power station are the Clwydian hills, the deep 'notch' is the pass through the Moel Famau country park. On a few occasions a year, when the air is really clear, you can see more hills beyond them. That's Snowdonia. Re: Can you see the Welsh mountains from Tangs Unreasonable man wrote: Yes you can. But be careful about what you think you are seeing. The hills that you can often see beyond the Fiddler's ferry power station are the Clwydian hills, the deep 'notch' is the pass through the Moel Famau country park. On a few occasions a year, when the air is really clear, you can see more hills beyond them. That's Snowdonia. Re: Can you see the Welsh mountains from Tangs Re: Can you see the Welsh mountains from Tangs That was a good article to read. I didn't know that James Brindley engineered the Rochdale Canal and he played a really big role in the industrial revolution with his canal building. He engineered the Bridgewater Canal too which really started the shift towards Manchester becoming the major city for industry and the great thing about him was that he had the brains to brilliantly engineer but was never able to read or write. Re: Can you see the Welsh mountains from Tangs Good sense that Jeepstar, with the naked eye you wont see further that 20 miles, even on rare occasion with perfect conditions and a telescope as big as a mill chimney you cannot see that far, its just theory that it might be possible but no one can prove its not a cloud or imagination. Re: Can you see the Welsh mountains from Tangs ridge walker wrote: Good sense that Jeepstar, with the naked eye you wont see further that 20 miles, even on rare occasion with perfect conditions and a telescope as big as a mill chimney you cannot see that far, its just theory that it might be possible but no one can prove its not a cloud or imagination. Re: Can you see the Welsh mountains from Tangs Re: Can you see the Welsh mountains from Tangs Lucky Jim thinks you can, Unreasonable Man gives info you can see Snodonia beyond Fiddlers Ferry, now he's in the know and i wont dismiss his knowledge lightly, Fiddlers ferry and Jodral bank are distant objects, in all other directions we are surrounded by hill tops that shorten the view to about 10 miles, even on a perfectly clear day the above two objects are the limits of the view on the horizon, i use field glasses to observe the Manchester Plain and its many buildings, like the Trafford Centre, the airport, Eastlands, the Quays, Mch city centre and the Beetham tower, Winter Hill and Peel Tower, all these are relatively close but you need binoculars to see with only faint detail.

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all the way When somebody loves you Its no good unless he loves you -- all the way Happy to be near you When you need someone to cheer you -- all the way Taller than the tallest tree is Thats how its got to feel Deeper than the deep blue see is Thats how deep it goes -- if its real When somebody needs you Its no good unless he needs you -- all the way Through the good or lean years And for all the in between years -- come what may Who know where the road will lead us Only a fool would say But if youll let me love you Its for sure Im gonna love you -- all the way, all the way \* My heart is broken in tiny little pieces, no glue to mend it just yet. I offer you each and every piece of it until the end of my existence. I thought of a thousand ways to make you see and feel, and realize that special things don't go away; they shift and change sometimes, they don't ever leave, unless you let go of them. If I could describe what I feel in words, I would have to write until the end of time. I can try and say that you move whatever is inside of me to a dangerous extent, so that I am forever yours. I can try and say that I dream of you day and night, and that the slight rememberance of your voice makes my heart smile. Or maybe if I said that you taught me to feel the breeze in my face, to be a little more happy to be alive? I could describe how it feels to be kissed by you, the warmth, the security, the passion, all of that. But it would be pointless, because you wouldn't be inside of me to feel just how intense that sensation is. I could secretely stop time and spend it all just looking at you as you sleep, and, sometimes, as you weep. And I could stroke your hair and place little kisses on your forehead and whisper to you that I love you. I could see you a mile away. I remember dreaming about you, your arms, your smile, how your voice would sound like in my ear; and it's so, so much better than I ever imagined. Sometimes I wonder if it's nothing but a surreal dream or a cruel joke. Reality would never be that sweet to me. You hate pictures of yourself; but I must confess I love to look at you, anytime, anywhere. And you erased them off my camera, so where will I look to now when I need comfort? I could say my love is bigger than the ocean, bigger than the sorrow I feel, bigger than...whatever, but it wouldn't be enough for you to understand, or wouldn't mean much. It is, though, larger than my life. Or yours. I now realize the true meaning of being in love; of having someone to love you back. It's a hard choice; you choose to be hurt by others and to hurt yourself. And you choose to look life at another angle. Time's been tough on us. Life's been hurtful and fate's been cruel. But it would be unbearable without your presence by my side, as I sleep. It's not a conscious choice anymore, I know it as instinctively as I know I exist. I know you haven't given up yet. And I know your confusion isn't bigger than your trust. Don't ask. I just know. Sometimes you don't have to say anything. I do feel it coming from you. I feel it when you look at me, the confusion, the pain, the hatred, and, finally, the love. I wish I could sing to you so you'd understand that it'll go away, and that somehow, you'll let me touch your heart again, hold it close to me, in my little pocket. "Oh dream maker You heartbreaker Wherever you're going I'm going your way Two drifters off to see world There's such a lot of world to see We're after the same rainbow's end..." Look around you, look at me again. Let yourself feel again. I know you're scared. I'm terrified. But I had a dream tonight, and a song. And this song made me finally realize that...it's time I start living. You can make this change in me; like once you said I'd make a change in you. Our paths crossed in a highly unlikely matter. It was not an accident. And it is no accident that we're still here. I trust your love, above all the hurt and confusion. I trust this: You know, it's hard these

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One player uses GamePad screen to run away, while other four use TV screen to run after them ... Mario Chase Based on the games we've had a chance to try, quirky Mario Chase is the stand-out feature of the 12 on offer. One player takes on the role of Mario, using the GamePad screen to view the hero as he sprints through the level. Meanwhile, four players can use Wii remotes and the main TV screen to try to catch Mario. Mario's screen comes with an overhead view of the level to help him dodge his opponents, while the four in pursuit must shout to each other whenever they glimpse Mario zooming past, working together to grab him before the time limit. Easy to pick up and hours of fun, this will doubtless become the party game of choice for casual gamers. And an option to use the video camera mounted in the GamePad means the face of the person playing as Mario can appear on the main TV screen - so you can watch them sweat it as you chase them down. High-octane shooter ... Metroid Blast Metroid Blast allows two players to use Wii Remotes and Nunchucks to control Samus-like robots, battling wave after wave of robots. While at first it's tough trying to co-ordinate moving with the thumbstick and aiming with the Wii Remote, it's surprising how quickly you get used to it. Another player can help out by using the GamePad to control a spaceship and provide supporting firepower from above. They tilt the Pad from side to side in order to aim and steer, which can lead to some hairy moments as you risk physically walking into other players by suddenly swinging your arms to one side. The game plays like many 3D platformers, collecting power ups and with enemies gradually ratcheting up the difficulty level as the game goes on. Hack-and-slash ... The Legend of Zelda: Battle Quest Elsewhere, The Legend of Zelda: Battle Quest provides some hack-and-slash fun, with players whirling their Wii Remotes at screens to slice up baddies. Pikmin Adventure will be familiar to anyone who has played the series before, while Balloon Trip Breeze lets you float through airbourne obstacle courses, dodging spikes and trying to pop bonus balloons. Rayman Legends One of the most hotly-anticipated games of the Wii U launch, this looks set to live up to the hype - and then some. Up to three players can tackle the platformer using Wii Remotes or Wii Controllers, while another provides support with the GamePad. Gorgeous ... Rayman Legends is rendered in glorious cartoon style So the team can leap from platform to platform, tackling enemies while the support player helps them by slashing ropes, flipping levels and distracting baddies. A musical-level sees you sprinting along along to classic rock song Black Betty, timing your leaps to match the beat as the GamePad player taps Teamwork ... Rayman Legends lets a support player slash ropes to lower platforms This looks absolutely beautiful, with the levels beautifully realised in cartoon-style glory along with the series' trademark lighthearted humour - an absolute diamond. New Super Mario Bros. U As you would expect, this is a gorgeous, free-flowing 2D platformer, with the plumber and pals bouncing through the levels grabbing power ups. Extra power ups add to the experience, while new playing modes offer fresh challenges to test yourself against. Modern classic ... New Super Mario Bros. U It looks absolutely fantastic, with the HD bringing the cartoon visuals to life in impressive fashion. But using the GamePad to provide support - dropping in extra platforms for Mario - does feel like a second-best option compared to how it is used in Rayman Legends. ZombiU While it's a useful addition, the GamePad's touchscreen isn't very well-used by many of the Wii U's launch games, especially third-party ports. Most use it for a map or inventory, freeing up some on-screen space but not much else. ZombiU is not one of those games. Better than any other title, ZombiU shows why the Wii U has the potential to be as big a leap forward for gaming as the Wii was back in 2006. Monster hunter ... ZombiU is set in London And on top of this, it looks like being the type of truly terrifying survival horror game that we haven'

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Seventeen years ago, the Canam Manac Group created the foundation for what would become one of the most important associative movements in the steel sector. The basis was simple: pool the needs of a significant number of manufacturers in order to implement high-performance tools and software, develop ambitious training programs, and benefit from economies of scale. Considering the way the network exists today, no one doubts that the idea was a good one. But time goes on and technologies evolve. The attraction to what was known as "associative" has now become appealing in the social realm. It's undoubtedly from this standpoint that the creation of this blog was approached: to ensure that members share opinions, to be able to comment on them, and to thereby create a greater synergy around this business community. To create a more dynamic and interactive means for discussion, for "socializing." Bravo to the Network for this excellent initiative which Canam is proud to be a part of. For Canam, the industry will continue to change in the coming years. This evolution, which Canam is working to define, is one of "collaboration." How can we ensure that each construction project becomes a collaborative experience? How can we engage all of the project participants so that that they will work together to benefit the client? How do we maximize the efficiency of construction projects? At Canam, we believe that this process begins at the stage of building design. We believe that architects, engineers, steel manufacturers and other stakeholders responsible for the building envelope must collectively participate at the design stage in order to implement the groundwork for an optimized project. They must also take into account how the building will be erected so as to eliminate surprises and create the conditions for a simple, pleasant, and predictable building site. But that implies significant changes in the way we create and design the process, and how we get involved in it. It implies that each person take the side of the end-user: the building owner. At Canam, we work in an atmosphere of respect for client expectations, with the most aggressive payment schedule possible while ensuring that all of our other business partners' needs are met. This is what we call a collaborative approach... our way of "building alternatively." And you, how do you see collaborative work? Can it help our industry be seen in a better light? Would you be interested in involving Canam in your projects, in order to implement a collaborative approach? We're ready to share our way of seeing things with you. Contact us!

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Struggling to stay on top of everything? With the school year just beginning, it's worthwhile adopting some healthy time managing habits. Not only will this help you get better marks, it will also give you more time to do things you want to do. It's difficult balancing school, friends, family, time out and study. But with a few simple tips, you can learn to manage your time better - and find those extra hours in the day. Life just gets busier and busier, with more and more distractions. As we get busier, we all need to manage the time we've got more effectively. So, here are seven top tips for getting more out of your day and being more effective at what you do: Create a list: at the start of every day, make a list of everything you have to do. Prioritise the list: either way, it's a great feeling to have a specific list and see what's you've been able to cross off during the day Measure time: try writing down everything you do for a week, and see how much time activities are taking. Even if that activity is 'doing nothing' you'll be able to see where time is being used wisely, or not. Once you've done that, divide your day up into half-hour blocks. Allocate specific amounts of 'blocks' to each task, and stick to it. You'll find having one task to complete in say, two blocks will help you focus Multitasking is bad: we all seem to think that doing more than one thing at once is good. It's not. It means you may well be doing several things badly instead of one thing well Different locations for different activities: change the environment to suit different activities. For example, if your bedroom has a TV, computer and games, it'll be hard for that to switch to a serious environment when you have to study. Perhaps the library becomes your 'work' place, keeping home and your room for relaxing. Perhaps your bedroom becomes the work space, and the living room the place you can relax Use the downtime: if you look at a typical week, you're sure to find some downtime - time where you're waiting around or travelling, for example. Use that time to cover one of the tasks on your list, like reading a reference book. A half hour on a bus can achieve a lot Include some 'me' time: you'll work or study better if you include some time just for you, to do what you enjoy doing. Allocate that as though it were a serious task - it deserves to be treated seriously, if you're going to be able to get a better balance in your life. It can't be all work and no play. For other useful tips, search online; you'll find heaps of great ideas from students all over the world.

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for 49. Book Description Publication Date: 29 Oct 2010 Not everyone can keep a cow, but everyone can make cheese. This book shows you the very basic equipment needed to make your own cheese: the ingredients, including different milks, herbs and flavours; how to make a simple cheese; and how to produce some of the worlds speciality cheeses such as Roquefort, Brie and Edam. You will find recipes for making many cheeses at home. Whether you are making a cheese cake, a ricotta-based pudding or a stonking salty blue, this book is a cheese lover s guide to making their own favourite food and there are some recipes for the biscuits to go with it, too. This book shows you the very basic equipment needed to make your own cheese: the ingredients, including different milks, herbs and flavours; how to make a simple cheese; and how to produce some of the worlds speciality cheeses such as Roquefort, Brie and Edam. You will find recipes for making many cheeses at home. Whether you are making a cheese cake, a ricotta-based pudding or a stonking salty blue, this book is a cheese lover s guide to making their own favourite food and there are some recipes for the biscuits to go with it, too. {"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 Review 'After giving us the once-over about the basics of cheese making, we then get to the nitty-gritty with Paul's wonderfully researched cheese-making recipes.' Rochdale Observer. 'This is a cracker of a book. Beautifully laid out and written. If you are considering developing your cheese making skills and becoming abit more self sufficient I thoroughly recommend this book.' www.cottagesmallholder.com. About the Author Author Paul Peacock has been making cheese at home for many years. He was inspired by his grandmother who made cheese every day of her life, collecting the milk from various sources in wartime Manchester, setting it by simply allowing the milk to sour, and washing, hanging and eating the resultant cheese on a sandwich for her evening meal. Paul is also an expert on plants and gardening and writes as Mr. Digwell for the Daily Mirror`s Gardening Advice web site. He can be heard on BBC Gardener's Question Time and is the editor of Home Farmer magazine and author of many books, including Patio Produce, The Urban Hen, and with his wife, Diana Grandma`s Ways for Modern Days. I bought this having zero knowledge of cheesemaking hoping it would be a good beginners book but found that it lacked in giving a good understanding of how different cheeses are made as well as lacking in precise instruction for a novice. For example, 1 sachet of mesophilic starter is called for at the start of most recipes but the sachet I bought is enough for 100 litres of milk! A few more paragraphs explaining about starters would have made the world of difference. Blue Stilton calls for the curds to be "washed" (whatever a wash is) with a 100ml Penicillium roqueforti solution while other Blue cheeses the Penicillium roqueforti is mixed at the start with the milk and starter. Why? Some are left for 45 minutes after adding rennet, some for an hour. Some are heated to 30 initially, others to 34. I can follow recipes but without an explanation of what I'm doing I will never really understand how to make cheese. When I have some more experience and understanding then maybe it'll be a good book to return to for recipes but for now I'll

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You Don't Have to be in Debt to Build Credit Posted on March 2nd, 2010 Some people think that they always need to owe something on a credit card to build their credit. The truth is that you don't have to owe anyone even a single penny to build your credit. The only thing that you need to do to build your credit rating is to have credit available to you and demonstrate over time that you can use it responsibly. This can be done by only charging $20 to your credit card once every 6 months and then paying it off in full when you get the bill. This will keep your account active and build your credit rating even though you owe nothing. The reason this works is because you have credit available to you and you are choosing not to use it. Using only the credit you can afford to repay is one way to use credit responsibly. Other questions people have about building a good credit rating are: - How high does my credit limit need to be to build my credit rating? - How many credit cards do I need to build my credit? - What if I overspend? Are there any strategies that I can use to keep myself from overspending on my credit cards?

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Publication details Downloads Summary The human right to health is recognized in various binding and non-binding agreements under international law. It is universal, which implies that everybody--including people who use drugs--is entitled to this right. Approximately 13 million people inject drugs worldwide. The largest number of people who use drugs can be found in Asia, where 4.85 million people were reported to inject drugs in 2008. In many parts of the world, national governments have focused their response on criminalizing drug-related activities. In some countries, the death penalty is applicable for drug trafficking. In others, people who use drugs are sent to compulsory drug treatment centres. This report deals with compulsory drug treatment centres in four countries in the WHO Western Pacific Region, namely, China, Cambodia, Malaysia and Viet Nam. It describes the treatment and HIV-related interventions provided at the centres, and attempts to assess these from a human-rights based perspective, in particular the '3AQ' criteria (of availability, accessibility, acceptability and quality) and the principles of equality and non-discrimination, participation and accountability.

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If this is your first visit, be sure to check out the FAQ by clicking the link above. You may have to register before you can post: click the register link above to proceed. To start viewing messages, select the forum that you want to visit from the selection below. We have a new member - danny williams On behalf of the Administrators, Moderators and all members welcome to the Royal Welch Forum, which is funded entirely from voluntary donations from the membership. By joining our 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 If you want to have the chance to win the lottery you can join the nine members Forum Lottery Syndicate where, for one pound per week, you have numerous chances of winning. As the syndicate membership increases so do the number of chances there are of winning. If you have any problems, either create a thread or send a private message to a Moderator. Finally, we would be grateful if you would take a moment and introduce yourself to the Royal Welch community in the Introduce Yourself forum. Just share a bit about yourself. For instance, whether or not you are you/were a serving member of the Regiment or Armed Forces, what your occupation is now and how you plan to use the site. Membership Application Forms Make a Donation About Us This version of the Royal Welch Forum was created in Oct 2005 by Bob Bacon, Al Poole and Sharon. The idea was simple ? to create a modern and user-to-user interaction forum, with the latest ideas, improvements and styles, for past and present members of the Royal Welch Fusiliers and their families, or anyone else with an interest in the Regiment

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The court documents from the October 3 proceedings containing further details of the case have now been obtained by E! Online . The papers show that Gray and the lawyers involved in the case were concerned about transporting Winter to the courtroom without Workman realizing, claiming that the studio was worried about "disturbing the set because of the volatility of the mother" and suggesting that she would have a "very violent reaction". "She has been a terror on the set of Modern Family ," Gray's attorney Michael Kretzmer said. "The producer and others there have expressed grave concern." Kretzmer also revealed that Winter's on-set tutor had relayed "detailed horror stories" and claimed that she had said that "the mother deprives the child of food". Workman was also accused of "sexualising" Winter by forcing her to leave the house in "highly inappropriate" clothing, and the actress was also said to be "apparently struck repeatedly, slapped, hit, pushed, not so as to leave marks". The lawyers also seemed to express concerns about the possibility of Workman taking Winter's Modern Family earnings, while Gray claimed that Winter had told "anybody that will listen" about the alleged abuse, adding: "My father won't help." When Winter arrived at the courtroom, she was allowed to remain outside because of "her expressed and demonstrated nervousness and anxiety in regard to these proceedings". However, Workman - who admitted that she was "distraught" and "shocked" when she was called to court - insisted that her daughter was making her "pay" for refusing to let her see her 18-year-old boyfriend, actor Cameron Palatas. The couple were recently reported to have split up. "I caught my daughter with her boyfriend in bed - she's 14, he's 18 - and I threw him out and I broke them up," Workman said. "And ever since I did that I've paid." Workman claimed that things got "too weird" for her when she realized that Palatas's mother was sending Winter "Bible messages", saying: "The more I put my foot down and not let her go party with his friends, she'd attack me. And this last week I knew something was going on but I didn't know what. She was hitting me, calling me dirty names." Workman, who said things have been "hell" since Palatas began dating Winter, vowed to get a restraining order against him and suggested that her daughter is making up the allegations, saying: "She is an actress so I'm sure she can cry at the drop of a hat. And she is who she is and you can watch her movies and see it and - I'm saddened. I'm really saddened." Workman also described herself as an "amazing mother" and accused Palatas's mother of "brainwashing" Winter, adding that she is worried that her daughter is being used by people. "I know she's acting out," she said. "I'll take it. I don't care. I know she's hurt because I won't let her see him. I'll take it but I'm not going to lose her... This little girl is right now doing so well and so many people want her for the wrong reasons." Workman also accused Gray of turning up following the success of Modern Family , saying that Winter's money needs to be "protected", but Gray insisted that she is only involved after Winter requested her help. "I don't want control of the estate, any of that stuff," Gray said. "I'm only here for her safety because she's asked me to be here... I hope and pray from my past experience that my mother can get help and that this can be better."

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You either have JavaScript turned off or have an old version of the Adobe Flash Player. To view this rating widget you need to get the latest Flash player . If your browser allows only "trusted sites" to execute Javascript, you should add the "googleapis.com" domain to your whitelist to allow our Flash detection to work properly. Career analyst Dan Pink examines the puzzle of motivation, starting with a fact that social scientists know but most managers don't: Traditional rewards aren't always as effective as we think. Listen for illuminating stories -- and maybe, a way forward. Bidding adieu to his last "real job" as Al Gore's speechwriter, Dan Pink went freelance to spark a right-brain revolution in the career marketplace. Full bio

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Have you found yourself saying "It's the summer time. No use in job hunting now." Stop! The summer months are a great time to continue your job search. Companies are always looking and yes the numbers might drop in the summer, but this provides serious job searchers with an advantage. If the number of people actively looking drops during this time then the number of competitors for that job has also dropped. This provides a great opportunity for job seekers who keep looking. It may be a little trickier to schedule interviews around the summer vacation schedules, but stick with it because you could be very glad you did. Many companies hire in the Fall and the smart ones are gathering resumes and candidate profiles right now so they will be ready to hit the ground running come September. When you are looking to make a career change, be determined and don't settle for less than you want. As Virgil once said, "Persistent work triumphs." More motivational quotes here . For more sales career advice that will actually help you find your dream sales job, join us for our job search coaching . We have helped many sales professionals through this process. In fact, a recent testimonial said "With (his) coaching and his help improving my resume I am getting on average 3-4 calls a day. It's insane. I know which jobs to definitely pass up but there are some "interesting" opportunities coming my way." About A Sales Compass Studies show 25% of sales reps produce 90 to 95% of all sales. Clearly, most sales people are not selling up to their potential and not making the incomes they could. B2B Sales Connections wants to change that. A Sales Compass is a blog where business to business sales professionals can network. Here you will find motivation, share sales tips, and improve your sales and sales management skills. Together, we can all unlock our sales potential. Free Sales eBooks! Some of Our Awards! Free eBook Available! Some Testimonials "You have a great website filled with valuable insights on the B2B world. I am glad I stumbled upon it" "I am working through your "Action Plan for Sales Success" ...and I'd like to say THANKS for a great hands on approach, with working documents that make it easy to turn learning into ACTION."

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The game of blackjack Blackjack, also known as 21, is a popular card game in casinos. This is mostly because the game is very player-friendly and the rules are easy to grasp. Blackjack is played at a semi-circular table. The players sit round the circle's arc while the dealer stands opposite them, at the centre of the table's straight side. Before sitting at a blackjack table, players are required to purchase casino chips. Each player then places his bet in a marked circle in front of him and the game begins. Blackjack basics Blackjack players play against the casino's dealer. The object of the game is to beat the dealer by getting a card hand with a value as near to 21 as possible while avoiding going over. If the hand goes over 21 then it is a "bust". The card suits have no effect and cards from two to ten are taken at face value. Picture cards, which include the king, queen and jack, have a value of ten. The ace has a value of one or 11, whichever is more beneficial to the player. Once the bets are made, the dealer deals two cards to each player. Depending on the type of blackjack being played, the cards are dealt face up or face down. The dealer draws two cards for himself, one face up and one face down. Going in turns and based on the dealer's visible card, each player decides whether his hand is close enough to 21. If satisfied, the player stands and if unsatisfied he makes a hit (he draws another card). If the player gets a blackjack as his opening cards (a card worth 10 plus an ace), he instantly wins. After all players on the table have played, the dealer reveals his second card. If he busts everyone at the table wins as long as they did not bust either.

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tingle all the way this Christmas This Christmas, give the gift of orgasms . tingletip is designed specifically to help achieve and enhance orgasm. The perfect gift for the woman in your life, tingletip is small, discreet and virtually unrecognizable as a vibrator, making it ideal for travelling. Studies suggest that approximately 70% of women require direct clitoral stimulation to reach orgasm. With that in mind, the designers of the award-winning tingletip have created a vibrator that fits on to an electric toothbrush in the same way as a toothbrush head. Instead of bristles, the toothbrush head is replaced by a smooth "contra-rotating" head that only vibrates at the point of contact. This unique design gives tingletip the power of a mains powered massager but with the size and convenience of battery power. With over 20,000 sold in the UK alone, tingletip has become many women's favorite vibrator and it is widely recommended by sex and relationship therapists worldwide. The makers of tingletip also offer a full 30-day "no quibble" money-back guarantee. Customers who are not 100% satisfied will receive a full refund. tingletip costs 9.99 plus postage and is supplied with a black velvet feel pouch and lubricant sachets. You just need to add a low-cost compatible electric toothbrush for around 18. A list of compatible electric toothbrushes and prices is available here For the woman who has everything, tingletip is the perfect stocking filler. This is one Christmas present you can be sure to leave you smiling.

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| 10/21/2012 @ 5:33PM | 5,396 views The Most Important Soccer Performance Analyst You Have Never Heard Of A few months ago, Manchester City last season's Barclays Premier League Champions, announced that they were going to release all their match detail and make it available at no charge to fans and statisticians. The match detail consisted of data on every player in every team from every game in the Premier League during the 2011/12 season. It is the first time a club has taken such a step. City's Head of Performance Analysis, Gavin Fleig, offered the following explanation; "Bill James kick-started the analytics revolution in baseball. That made a real difference and has become integrated in that sport. Somewhere in the world there is football's Bill James, who has all the skills and wants to use them but hasn't got the data. We want to help find that Bill James, not necessarily for Manchester City but for the benefit of analytics in football. I don't want to be at another analytics conference in five years' time talking to people who would love to analyse the data but cannot develop their own concepts because all the data is not publicly available." The increase in awareness of Bill James' work emanates from the relative success of baseball's Oakland A's, and the book (and film) "Moneyball" written by Michael Lewis. On the face of it, Fleig and City's intentions are laudable given the huge increase in statistically based soccer articles and blogs. A majority of these authors must be aware of Bill James and no doubt, a good number have been been influenced and inspired by James' work. In the absence of a soccer pioneer then James seems to be a plausible stand-in. Except for one thing -- Bill James work with Baseball statistics was pre-dated by around two decades by a man the Journal of Sports Sciences called the first "professional performance analyst of football" after his death aged 98 in 2002. Possibly, because Reep was, and remains, a controversial and polarizing figure in the English game. Reep did not necessarily invent the long ball game but his sole purpose was to give it a statistical and quasi-academic foundation. Reep believed that in order to win, the game had to be stripped to the essentials. Starting in the early 1950s, he went about analyzing games with a level of commitment that only a zealot could bring to bear. Some have referred to him as the "father of match performance analysis" and over the years, his work expanded to around 2,500 games including a number of World Cup Finals. Inspired by, but arguably misinterpreting, the tactics of Herbert Chapman's Arsenal of the 1930s, Reep believed that the key to scoring goals and winning games was to transfer the ball as quickly as possible from back to front -- from defense to attack. Lump it, long ball game, route one or direct football -- all the same, just a different label. Post Your Comment Post Your Reply Forbes writers have the ability to call out member comments they find particularly interesting. Called-out comments are highlighted across the Forbes network. You'll be notified if your comment is called out. Comments Most Read on Forbes I was the Soccer Analyst for Fox Soccer Report a 24/7 soccer show broadcast in North America from 2001 to 2012. In August 2012 I joined the Fox Soccer News (broadcast on Fox Soccer in USA) and Soccer Central (broadcast on Sportsnet in Canada). I have followed the world's game as a fan, a player and as a coach for as long as I care to remember. For the last two decades I have had the privilege and opportunity to comment on the game on TV, radio and in print. I do appreciate positive interaction with readers. The author is a Forbes contributor. The opinions expressed are those of the writer.

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HSU elections back on track as fresh legal action looms A legal stoush that threatened to delay the troubled HSU's internal election has been resolved today. Fresh elections for Jeff Jackson's former Health Services Union fiefdom are back on track after leading secretary candidate Diana Asmar was re-admitted to the contest following a Federal Court fight in Melbourne this afternoon. Justice Richard Tracey ruled that Asmar's name would be included on HSU No 1 branch ballot paper, striking down a previous Australian Electoral Commission decision that she was ineligible under internal rules. The judge held that the previous union leadership had incorrectly removed Asmar from the membership register. Her lawyers argued rivals had conspired to keep her off the database and cast doubt on her employment to prevent her from running. Under HSU rules, candidates for secretary are required to hold uninterrupted membership for 12 months and hold or be seeking work in the health care sector. The postal ballot, originally set down for this month but delayed pending the outcome of the court case, will now take place between December 3 and December 19. Last month, Crikey revealed that Asmar's main rival in the secretary ballot, Kathy Jackson associate and former HSU deputy general secretary Marco Bolano, had repeatedly written to the union's administrator Michael Moore to complain about the fiery redhead's eligibility. In court today Bolano fiercely contested the claims but suffered a grilling at the hands of Justice Tracey. Moore will now hand over the union's three constitutive parts to the respective management committees when the elections are declared in late December following those of the Victorian No 3 and resurrected NSW branch. The former Federal Court judge and his two deputies have been busy disaggregating and re-allocating debtors and creditors to the HSU's three wings that were disastrously merged into the failed HSUEast edifice in 2010. The task has been hamstrung by the slipshod nature of the union's record-keeping with boxes of files strewn between states. Crikey revealed last month that between the April 2010 merger and June 30 this year, over $7 million was wiped from the combined union's asset base? -- ?from $8.7 million to just $1.6 million. Ten thousand members, who work in some of Australia's lowest paying jobs, have left. Moore is also proceeding with legal action against entities associated with disgraced NSW chief Michael Williamson in the NSW Industrial Court under section 270 of the state IR Act that allows for the recovery of monies from an official if it can be proven they were directed to an inappropriate purpose. Williamson is facing 28 further criminal charges relating to allegations he paid over-the-odds for clerical services provided by his wife that were never carried out. He denies the charges. There is also believed to be a ruckus looming over massive salary increases paid to Victorian and NSW officials in the months after the merger. HSU national president Chris Brown told Crikey that he expected action because the increases? -- ?notionally to bring the Victorian officials up to par with their NSW colleagues? -- ?may not have been properly authorised by the union's management committee. "The advice [Moore's] got was that they were not properly authorised and he's got grounds to recover that money," Brown told Crikey . Brown said the process of approval was opaque: "I understand what happened was they got a mate of theirs to do an independent report that recommended the new salaries. Michael Williamson and the president of the branch (not the executive president) agreed what the salaries would be and they paid those salaries." The final internal Temby report into the union detailed salary increases of over 60% for Victorian officials in the wake of the merger. Then-national secretary and HSUEast "executive president" Kathy Jackson enjoyed a 66% wages boost to $270,000? -- ?a figure she herself admitted earlier this year was "obscene". Williamson was paid $395,000 a year and also drew cash from numerous super fund and board appointments. Other officials in the money included Carol Glen ($105,000 to $185,000) and Bolano ($119,00 to $201,000). Under the HSU's scheme of arrangement, Moore is required to make an assessment of liabilities and recover any monies misspent or inappropriately apportioned. Jackson is apparently planning to marry Fair Work Australia

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Play 1, 2008 Getting Betterer All the Time Season Closed A modern fairytale, a satire about status anxiety and modern parenting When your parents are both obsessed with self-improvement, what is a neglected five-year old child to do? Go off and become a famous international recording star of course! Camilla and Digby are just your average couple. She ? a high powered, highly paid, highly stressed executive, he ? a more than competent cook and housekeeper, also highly stressed, but for very different reasons. Their home is modern and functional, but desperately needs attention to its feng shui. It is the negative vibes caused by its layout, and by the failure of the water feature to operate correctly that is causing so much tension. Their daughter Lucy (aged five) is showing signs of doing well at pre-school, and has been bringing home some quite clever short stories she has written (which have been short listed for the Booker). With such busy parents, she must, of course, be very self-reliant, but has good friends in her next-door neighbour, Shamus, and her rag doll, Molly. The world of Digby, Carmilla, Shamus and Lucy is peopled with an intimidating assortment of consultants, coaches, advisors, journalists, television personalities, the make-up lady from hell, and other con-artists. Oh ? and also possums. A biting satire on modern Australian lifestyles and the cult of celebrity. Felicity Carpenter is a local Brisbane author with a varied background in theatre and television, whose work is rapidly gaining International notice. Her qualifications include a Masters degree in Playwrighting, a Bachelor of Arts degree (Creative Writing) and Certificate in Screenwriting (AFTRS) and her awards include Runner-up playwright at the Brisbane Underground Festival . She was short listed for the Australian Film Commission?s New Screenwriters? Initiative for a comedy horror feature film script. In 2006 she was awarded development funding through the PFTCs Write Stuff Initiative for her short film script "Switching Sides" and has received a Brisbane City Council Creative Sparks grant. Felicity has recently received the Sir Peter Ustinov Television Scriptwriting Award from the International Academy of Television Arts & Sciences Foundation at the International Emmy Awards in New York. She is curently studying at the London Film School. Rod Thompson has been a member of the Players for 30 years, and has appeared in and directed quite a number of productions. Directions include: "Harp in the South", "Two Weeks with the Queen", "Ten Times Table", "Confusions" and "Dancing at Lughnasa". He has been seen on stage recently as the bigotted, racist, and ultimately successful prosecutor in "To Kill a Mockingbird". He was also seen as the strolling accordion player in 'Allo, 'Allo", and as Yoric in "Goodnight Desdemona (Good Morning Juliette)" Rod collaborated with Maria Plumb to adapt and direct the classic Restoration comedy "The Busybody". This adaptation was also seen in production at The Burnside Players in November 2006.

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What To See Rarotonga is an volcanic island and is completely surrounded by reef. After that the reef slopes down for 200 meters and to a depth of ~30 meters before it ends up in a drop off up to 4500 meters. Within these 200 meters we do our diving. Because of this topography we don't have a huge amount of soft corals, but therefore there are beautiful hard coral formations. The various sides of the island offer you different kinds of dive sites. We are able to show you a diverse range of diving including interesting drop-offs, canyons, caves, swim troughs, passages, wrecks (unfortunately well broken up). You might have the chance to see eagle rays, whitetip reef sharks, turtles, humpback whales (in winter time), baracudas, starpuffer fish, trevallies and much more. Search the Site Photo Gallery Guestbook Thanks so much for the dives it was GREAT to go diving with you and to get to see the things I would of missed if we all didn't get showen the sn......

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Aol Money Containers bid to ease homes crisis Converted shipping containers could be used as temporary accommodation for homeless men and women under plans to help ease a city's housing crisis. The 36 adapted containers have been transformed into self-contained studio flats, and feature bathrooms, kitchens and plasterboarded walls. The structures were designed for a social housing project in Amsterdam two years ago but the scheme had to be abandoned after hitting funding difficulties. It is hoped they will instead be used as temporary homes in Brighton and Hove from late spring next year. The Brighton Housing Trust and developer QED are to submit a planning application to the local city council for a central site featuring the modified containers with allotments on the roofs. Andy Winter, chief executive of Brighton Housing Trust, said "imaginative solutions" were needed to deal with the "desperate" housing situation in the city. Mr Winter said: "I have to admit that when it was first suggested to me that shipping containers be used for housing I was a bit sceptical. "However, having seen what can be achieved, I was quickly won over. The WC and shower unit is exactly the same as my daughter had in her student accommodation and she much preferred it to having to share bathrooms and toilets with other students. Who wouldn't? "What really excites me about this opportunity is that land that might otherwise lie idle for five years will be brought back into life and used to provide much-needed temporary accommodation for 36 men and women in Brighton and Hove." When the site comes to be redeveloped, the containers can be transferred to other locations. Mr Winter added: "This appears to me to be very attractive from a sustainability perspective." Shipping-container homes have been used elsewhere, including in London, and are seen as a significantly cheaper housing option than bricks and mortar. The plans in Brighton follow a warning from leading housing bodies this month that homelessness and overcrowding are getting worse amid Britain's housing shortage. The problems come against a background of rising private sector rents and as more people are claiming housing benefit nationwide, a report by Shelter, the National Housing Federation and the Chartered Institute of Housing said. Useful tools The above payments are for illustration purposes only. You need to consider any insurance payments that also need to be made. Please note that any changes to your mortgage, for example, as a result of changes to the Bank of England base rate (variable rates only) or any overpayments you make, may affect your monthly payments. \* For interest only mortgages you need to add on the cost of repaying the capital with a repayment vehicle such as an ISA or endowment policy. Loan to value (LTV) restrictions apply. Our Comment Policy We encourage lively discussion at AOL. Please be aware when you leave a comment your user name, screen name and photo may be displayed with your comment, visible to everyone on the Internet. If you think a comment is inappropriate, you may click to report it to our monitors for review. The trick is to move abroad and change your name to something more exotic. Then move back but forget to bring your passport. You may be held up by a 20 minute interview at the airport (stilll quicker then normal customs) and will then be sure of obtaining a 5 million house in Kew or Kensington, totally refurbished to your taste of course with 50 ins smart TV. benefits in place the next morning and thus avoiding the container slum address. tell me I have slipped into another universe. You're right, containers have been used across the world to produce some real class accomodation, including some hotels of quality. Bricks and mortar should be consigned to history, they are no match for modern materials on price, quality, comfort and durability. Yep, and those of us who can say that must all feel the same way. WE have the right to earn a living wage so that we can buy our own home, WE are entitled to a council home if this isn't possible......NOT the immigrants and "asylum" seekers. WE should come first. Please, please do not try to believe that any such plan by politicians is intended for good purposes. Nothing that either major party does now has the slightest interests of the general public as its aim. By one means or another the working relationships between the haves and have nots. Workers and big business/political heads are turning the clock back to

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Welcome to Ships Nostalgia, the world's greatest online community for people worldwide with an interest in ships and shipping. Whether you are crew, ex-crew, ship enthusiasts or cruisers, this is the forum for you. And what's more, it's completely FREE . Hello Derek; Yes , you are correct in your last response and he was a darn good mate, a very safe pair of hands and a good friend and shipmate. The first time I sailed with Roy, was in 1968, he was Capt. of the Bridgeman, he had relieved Alex Graham on sick leave, I relieved Roy as Mate until he in turn took his leave and I relieved him as master with Willie Nevens as mate, I stayed there as master until Alex returned nearly 3 months later, I think that Roy joined the Tillerman as mate though I am not sure. Roy was very capable in command it was a pity that he couldn't continue as Master, but, times were changing and the writing was on the wall for many. Bruce. Roy was Mate on the Tillerman a few times when I first joined her, I think he relieved Mick Scanlon during my first trip as 2nd Mate - then I sailed with Roy on the Leadsman as 2nd mate relieving mate before taking on the Tillerman for good with Kenny Plummer as the other Mate. Never sailed with Roy as Capt ... he was always mate then, having the Leadsman as his own for many years. I echo everything you all say about Roy, an excellent Mate and shipmate. Roy was mate on the Leadsmen when I relieved John Marsden as master at Malpas for my first trip in that position. I will never forget his comments after a very fast early morning berthing at Canvey, current assisted, which was to say the least, very interesting. Roy was a mind of information and advice that was available, if asked for, for any novice skipper. On one occasion, while talking to Keith Barnet, I suggested that he gave Roy more study leave. His reply was that every time Roy was paid study leave, he produced another child but no certificate...... Does anyone remember a guy who worked for Rowbottoms called Pete Holdstock believe he finished up as Master with them, may have gone over with the vessel when they were taken over. I lost touch with Pete who was a good mate as I went oversea's. We sailed together on UTC and he joined Rowbottoms after leaving them. Pete was working for Fishers until retiring recently for personal reasons. Thanks Vasco for the info. Pete did ring my folks house a number of years ago but wasn't in the UK and lost touch with him. Would dearly love to catch up with him again so hopefully someone who see this site may be in touch with him. John Marsden was mate with me in the Chartsman in 1970, it might have been his first trip in Rowbothams? he was another good shipmate, always cheerful and good at his job. John was with Common Bros. before he joined Rowbothams. Bruce. John was the regular Captain on the Tillerman with Rusty Buchan around the Western Isles when we took over the run for BP from the Guidesman. He then took on the new Oilman which took the run off the Tillerman and was still with her when I left Rowbothams. I last saw in Bridport back in 1989 at the wedding of an ex Class 5 Tim Kelly. He later became Godfather to their son but sadly passed away a few years later. Hopefully this link will work for you showing John at Tims wedding They were both fantastic on the Island run, happiest ship I have ever been on with a great crew as well! Rusty retired during our BP charter and was scheduled to do one final trip, but the powers to be in the office deemed it would be unwise for him to say farewell around the West Coast, so his 'swansong' trip never materialised!! He left Rockies and worked for a while on the Channel Island equivalent to Trinity House vessels in those days - then ended up delivering motor cruises to clients from the Channel Islands to the UK. I had a call from him one morning, he was on his way to Plymouth deliver a millionaires boat to Sutton Marina, would I care to join him for lunch!! Daft question!! We wined & dined in some fancy restaurant at the yacht owners expense and retired to the cruiser for a few whiskies. Sadly, that was the last I saw of Rusty as he passed away about 6 months later -

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Phone: 1300 905 188 42 kilometres. 2 spots. 1 life-changing experience. Imagine your heart thumping as the start gun fires and you take off along the River Thames, catching glimpses of Shakespeare's Globe theatre before reaching the halfway mark at the commanding Tower Bridge. Now you're moving east towards Canary Wharf, past St. Paul's Cathedral, and into the final leg of the race. As the London Eye comes into view, you see the sights of Big Ben and Westminster in the distance. Minutes later you pass the finish line in front of Buckingham Palace with an enormous, proud smile. Contact us now to apply for the race of a lifetime and support Cure Cancer Australia Foundation "I am here to guide and support you all the way to reach your fundraising goal. Together we can turn your energy, commitment and dedication into fundraising success for Cure Cancer. The key is to plan, prepare and be positive. I'm here to help!" About Cure Cancer Australia Foundation "Wouldn't it be sensational if in our lifetimes we could see cancer relegated to a 'complaint' that can be prevented, or treated painlessly and effectively? For over 44 years Cure Cancer Australia has held an invaluable role which has been to fund young researchers at the beginning of their careers and to help them to have their fresh ideas championed. It is their creativity, innovation and passion for new insight that can lead us to a cure." -- Leanne Warner, CEO, Cure Cancer Australia Foundation About Inspired Adventures Inspired Adventures designs, manages and leads charity challenges and marathons for people of all ages and fitness levels. Our recent New York Marathon programme exceed half a million dollars in funds raised for Australian charities. These inspired adventures and inspired marathons will empower you to change the world, and let the world change you.

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GWA Home and Real Estate What to think about Prior to Appointing an Estate Agent October 6th, 2012 admin What to think about Prior to Appointing an Estate Agent If you're preparing to appoint some actual estate agent, you've to think about some typical elements prior to appointing some actual estate agent. You've to accommodate some nearby actual estate agent prior to filling the foreclosure by thinking about all code violations, legal problems and state regulatory elements. You've to quantify and maintain all data of money, that are obtained via your actual estate qualities to ensure that you might make claims in opposition to the house like mechanics' liens or lien-holders. You need to also get info associated with all tax liabilities which includes state and federal taxes to ensure that you might have precise estimation of yearly taxes in your house. The ranks of actual estate agents are created as personal probate representative, estate agent, estate executor and probate administrator. Anyhow, it is extremely essential to talk about your views using the individual prior to selecting any actual estate agent to ensure that you might get his permission for administrating your actual estate. You need to select some shut member of the family or intimate buddies instead than to employ any expert actual estate planners or legal advisors. You've to spend your legal executors or you will find administration charges, which ought to be regulated by each and every individualistic state. Many people spend on hourly foundation or some flat-fee costs. You've to think about your domestic atmosphere or family members conditions as some uncommon family members disputes or some sudden demise might deliver about numerous family members crises. Expert Estate Planner suggests to appoint two will executors if one actual estate administrator isn't obtainable to carry out their responsibilities, the 2nd executor might tackle the problems by taking cost. The expert administrator (Estate planner) might be appointed on probation time period to create make sure the legal documents for filling up the instances in court correctly. By appointing some will executors or estate lawyer, you might safe your estate property, which help you to repay all debts for your collectors. If heirs are current, the estate administrator will function with lawyer to accommodate them concerning the impending inheritance by way of legal notification. In the event you do not organize your will prior to your demise, the judge will probably be accountable to appoint some executor who might assess your house property around the foundation of some probate legal guidelines, which help to draft a will as well as your attorneys are compensated for taking initiatives legally in your behalf. The primary duty of estate agents would be to provide their services for that individuals who wish to offer and buy their residential in addition to industrial qualities based on the legal guidelines. You might discover this kind of expert estate agents in each and every location and area wherever they're providing their services for his or her possible clients. It is extremely advantageous to obtain services of estate agents whilst purchasing your qualities because they have great details about estate market to create the very best offers. Although within the starting you might think about that it's wastage of cash to employ estate agents to offer all of your house issues, however you might avail far-reaching advantages from their estate services.

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Sign up for updates The importance of verifying your backup This isn't going to be one of those posts about how "I didn't check the backup and I lost everything". It's a cautionary tale of the perils of green check marks, the woes of complexity abstraction and the importance of making a list and checking it twice, with a Happy Ending. Every month I do what I call the Monthly Maintenance for my client, checking event logs, disk space, AV updates, UPS functionality and backups. This particular client runs a Dell SBS 2008 box which is now just over two years old and 10 client PCs. We use the built in backup program in SBS 2008 with two external HDDs for backup (swapped daily). As part of the backup check I restore a few random files of the backup to an alternate location and open them up to verify that the backup is indeed working. Same result this time and since the detailed SBS email status report I receive every morning had pretty green ticks next to Backup I felt quite secure in the knowledge that I had reliable backups. I found however in the Application event log some worrying database page corruption errors from Exchange 2007, further research found some database logfile problems as well. Checking in the folder where the email database is located I found just over 24 000 logfiles (equal to about 24 GB), these should be truncated by the nightly backup and although they're heavy email users there shouldn't be that many logfiles. Further research in the event log showed me that the Exchange part of the backup had stopped about three weeks ago. I posted in Microsoft's partner forum, created a new database on another volume on the server, moved all mailboxes to the new database. One mailbox refused to move with the "tolerate corrupt messages" set to 0, but did move OK when set to 2. OK, so out of an "archive" type mailbox, storing about 40 000 messages, one or two messages had been lost. Not too bad. Contacted Dell and upgraded the firmware on the RAID controller, driver was already up to date. Moved the mailboxes back to a new database on the original drive and checked to see how the backup would go, again file backup worked but not the Exchange part. Further research in the event log showed that the Exchange "plug in" part wasn't working correctly and Microsoft had a script and step by step instruction for how to remedy: I followed these instructions and still the Exchange backup didn't complete properly. The number of logfiles had now grown to close to 100 000, over 100 GB of disk space. The other way (apart from running a backup) of truncating Exchange logfiles is stopping the database and ensure that it's in a clean shutdown state using Eseutil /mh which I did. All the databases where cleanly shutting down so I moved all the logfiles to another volume, starting each database then creates a fresh set of logs and backup now ran fine. The moral of the story, don't trust green tick marks, always check for yourself and verify that not only the file part of a backup is working, check Exchange (and SharePoint / SQL) as well. For the full story with all the gory details check the MS partner forums under Exchange / Messaging for "SBS 2008/Exchange 2007 unhappy database -- please recommend next steps".

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Cantor Fitzgerald & Co., the institutional broker-dealer that employs 1,600, would add to headcount, Shawn Matthews, the unit's chief executive officer, said Thursday in a phone interview. The New York-based firm is expanding in asset management and investment banking, looking at regions including South America and Eastern Europe, Matthews said. 'We're just looking to get bigger and better at the things we do', said Matthews, 45. 'There's a lot of opportunity for us to take advantage of'. In the meantime, The Wall Street Journal reports that Macquarie Group has boosted its U.S. cash equities business, hiring 14 senior professionals who previously worked at the likes of JPMorgan Goldman, Jefferies and Lazard. Gray, who had left the Swiss bank in April last year, will head the newly created role and build a team to provide services such as clearing trades and lending money to hedge funds in the region, RBS said in a statement on Thursday. 'Initially we're going to be focused on metals and mining, but clearly we are going to build this business around the core competencies and strengths of Jefferies', Latimer, head of Canadian investment banking, said Thursday in a phone interview. Jefferies may bring some of its global industry practices including energy, health care, technology, chemicals and renewable energy to its Canadian operations, Latimer said.

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Heart Failed (In The Back Of A Taxi) lyrics Saint Etienne Heart Failed (In The Back Of A Taxi) lyrics Took a trip down Anita Way Had to go on the 1st of May Didn't have much to celebrate Heart failed in the back of a taxi Heart failed in the back of a taxi doot do do doot do do Get yer kicks all around the world Give a tip to a geisha girl Fit your bit with a piece of pearl Heart failed in the back of a taxi Heart failed in the back of a taxi doot do do doot do do Sold the ground to a PLC Moved the club out to Newbury Sod the fans and their families Heart failed in the back of a taxi Heart failed in the back of a taxi Picture-house built in '23 It's a place out of history Pulled it down for your cash money Heart failed in the back of a taxi Heart failed in the back of a taxi doot do do doot do do [ Lyrics from: http://www.lyricsmode.com/lyrics/s/saint\\... ]

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Adolf Hitler Adolf Hitler led Germany throughout World War Two . Adolf Hitler killed himself on April 30th, 1945 - just days before Germany's unconditional surrender. Berlin was about to fall to the Russians and defeat for Nazi Germany was obvious. Hitler had no intention of letting the Russians capture him and putting him on trial - hence his suicide. How did Adolf Hitler rise to such power in Germany - a power that was to see Germany devastated by May 1945 when World War Two ended in the west? Adolf Hitler was born on April 20 th 1889 in a small Austrian town called Braunau, near to the German border. His father - Alois - was fifty-one when Hitler was born. He was short-tempered, strict and brutal. It is known that he frequently hit the young Hitler. Alois had an elder son from a previous marriage but he had ended up in jail for theft. Alois was determined that Hitler was not going to go down the same road - hence his brutal approach to bringing up Hitler. The background of Alois was a potential source of embarrassment for the future leader of Nazi Germany . Hitler's father was the illegitimate child of a cook named (Maria Anna) Schicklegruber. This cook, the grandmother of Adolf Hitler, was working for a Jewish family named Frankenberger, when she became pregnant. Frankenberger paid Schicklegruber, a paternity allowance from the time of the child's birth up to his fourteenth year. From a secret report by the Nazi Hans Frank. Written in 1930 Alois was a civil servant. This was a respectable job in Brannau. He was shocked and totally disapproving when the young Hitler told him of his desire to be an artist. Alois wanted Hitler to join the civil service. Hitler?s mother - Klara - was the opposite of Alois - very caring and loving and she frequently took Hitler?s side when his father?s poor temper got the better of him. She doted on her son and for the rest of his life, Hitler carried a photo of his mother with him where ever he went. Hitler was not popular at school and he made few friends. He was lazy and he rarely excelled at school work. In later years as leader of Germany, he claimed that History had been a strong subject for him - his teacher would have disagreed !! His final school report only classed his History work as "satisfactory". Hitler's final school report (September 1905) was as follows: French Unsatisfactory Geography Satisfactory German Adequate Gymnastics Excellent History Satisfactory Physics Adequate Mathematics Unsatisfactory Art Excellent Chemistry Adequate Geometry Adequate Hitler was able but he simply did not get down to hard work and at the age of eleven, he lost his position in the top class of his school - much to the horror of his father. Alois died when Hitler was thirteen and so there was no strong influence to keep him at school when he was older. After doing very badly in his exams, Hitler left school at the age of fifteen. His mother, as always, supported her son?s actions even though Hitler left school without any qualifications. When he started his political career, he certainly did not want people to know that he was lazy and a poor achiever at school. He fell out with one of his earliest supporters - Eduard Humer - in 1923 over the fact that Humer told people what Hitler had been like at school. Hitler was certainly gifted in some subjects, but he lacked self-control. He was argumentative and bad-tempered, and unable to submit to school discipline....moreover, he was lazy. He reacted with hostility to advice or criticism. (Humer) Humer had been Hitler?s French teacher and was in an excellent position to "spill the beans" - but this met with Hitler?s stern disapproval. Such behaviour would have been seriously punished after 1933 - the year when Hitler came to power. After 1933, those who had known Hitler in his early years either kept quiet about what they knew or told those who chose to listen that he was an ideal student etc. Hitler had never given up his dream of being an artist and after leaving school he left for Vienna to pursue his dream. However, his life was shattered when, aged 18, his mother died of cancer. Witnesses say that he spent hours just staring at her dead body and drawing sketches of it as she lay on her death bed. In Vienna, the Vienna Academy of Art, reje

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Restoration Equipment If you live in a location where humidity poses a big problem to homeowners, then you probably need a dehumidifier to get rid of this problem. A good method to remove moisture is to set up a dehumidifier at home. Restoration Express recommends to homeowners who suffer from high humidity problem to have their own dehumidifier. Moisture Problem Moisture has many bad effects. With a high level of moisture in and out of your home, pollution problem may follow suit. Too much moisture also encourages the growth of fungus. You may probably find fungus and mildew on your walls and furniture at home because of moisture. Sicknesses such as asthma and allergies may likewise result from exposure to mildew. Given that too much moisture may lead not only to the destruction of your walls and environment but your health, we at Restoration Express recommend that you adopt a thorough moisture removal method. Moisture problem should be addressed right away to avoid further damage at home and health complications. Dehumidifiers The importance of dehumidifiers comes when it filters the air in your home. This device keeps the air dry and fresh as it eradicates moisture. What is noteworthy to have a dehumidifier at home is that it does not consume too much energy, thus it won't let you rack up high electricity bill at the end of the month. Purchasing a dehumidifier for your home is a good investment to make. Choosing a Dehumidifier When you are in the market for a dehumidifier device, it is important that you choose the right device for your home. There are many dehumidifiers in the market today, so it is wise to do your research before you purchase one. When you buy a device, there are certain things to bear in mind. First, take into consideration the size of your room. If you have a big room, then you may not need a big dehumidifier and vice versa. You can also ask your friends or relatives about which type and brand works best for which type of room or house construction. We recommend however that it is ideal to get a dehumidifier with a lock system that turns off the device if the room is empty or when it is not needed. Keeping your home and surrounding clean is always the best way to keep too much moisture at bay. With a good dehumidifier around and cleaning your home regularly, you won't have to bother about a moisture problem for you and your family.

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Related Stories August is usually an easy month in the garden, with just some weeding and deadheading to do. One other activity a wise gardener should schedule is planning for next spring's work. Given the now obvious changes in our weather and especially after this year's prolonged drought, we should be considering adding more drought-resistant plants to take the place of those that suffered very badly or died this summer. Most of the plants in the following list will be planted in the spring because their bloom time is mid-summer into fall. A rule of thumb that's been passed down the gardeners' ranks is 'grey-leaved plants are sturdy, drought resistant plants.' Here are a few to consider. One for drier, sunnier gardens than mine is Lamb's Ears, Stachys byzantina, with mats of light grey, woolly leaves with whorls of purple flowers in spring. This is used at the front of the border and makes a nice companion to Lady's Mantle, Alchemilla and the creeping Sedum, S. spurium, with its lovely pink flowers in mid- to late summer. There are other Sedums on offer that make easy care mid-border plants. We all know Sedum Autumn Joy, which should be grown in full sun. In partial shade the stems are weak and must be supported. A related species is S. x Arthur Branch, an improved form of 'Atropurpureum' and considered much better than 'Mohrchen' because of better upright stems and consistently purple foliage. Ameria maritime, sometimes known as Sea Thrift, is another tough but attractive plant also good for the front of the border. The flowers appear in dense heads of pink in summer that often remind me of chives. Dianthus gratianopolitanus (sorry, I had to look it up to get the spelling right, and, no, I can't say it without reading it) happily, is known as Cheddar Pinks. These have lovely fragrance and are often used in breeding programs because of it. Bath's Pink is considered one of the finest soft pink cultivars available. The grey foliage looks attractive all summer once flowering is done. Another good one that was perennial plant of the year not too long ago is Firewitch, with single magenta flowers rising from a nice tidy mat of grey foliage. Things such as Bergenia cordifolia a glossy, leather-leaved perennial that flowers in the early spring, is useful at the front or near front of the border. We all grow several cultivars of Coreopsis. One of the favourites is C. verticillata Moonbeam. Though if you like deeper yellow, Zagreb would fill the bill. There are many lance-leaved coreopsis grow to about 40 cm to 50 cm tall that will flower most of the summer if they are kept consistently dead-headed. The Catmints, Nepeta spp., for some nice blues to complement the yellows of coreopsis, are tough easy care wonders in a variety of heights. English Lavender, Lavandula angustifolia, thrives in hot, dry places, as does Russian Sage, Perovskia atriplicifolia or Echinacea purpurea, the purple coneflower a prairie native. As you can see, all is not lost as the weather patterns change. We just have to anticipate it and adapt to cope with what Mother Natures throws at us.

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Food and Travel in South East Asia 21 Things To Do In Cambodia I feel like Cambodia is totally underrated. It's smaller than it's neighbours and it's just getting back on it's feet after a pretty hectic time with the Khmer Rouge and all. But this doesn't mean there aren't plenty of things to do. Here is a list of 21 things to do in Cambodia -- must see places and activities in Cambodia in no particular order. 1. Catch a tuk tuk. I'm going to say it- Cambodia has probably the world's best tuk tuks. They're essentially little cushioned chariots pulled around by a guy on a motorbike. Tuk tuks give you a chance to sit back, relax and take in the view of bustling street scape of little ole Cambodian. Plus it's much cooler than walking. Doing the tuk-tuk dance 2. Have a drink (or 4) at the Foreign Correspondent's Club The FCC in Phnom Penh sits on the river bank and looks out at the mighty Mekong River. Sitting on the FCC balcony at the end of a stinking hot day (which is most days) is the perfect way to cool off and unwind. It also helps that drinks are cold, strong and half price everyday 5-7pm. They also serve food which is pretty tasty. Rabbit Island -- Real castaway stuff 3. Visit Rabbit Island Rabbit Island (or Tonsai Island) is a tiny island off the coast of Cambodia. The island is covered in thick jungle and has quiet sandy beaches, lined with coconut trees and hammocks. You can stay in a bungalow on the beach from just $7. If you're looking for an almost untouched island get away where no one will hear you scream- this is the place for you. Boats leave the Kep pier everyday- rain, hail or shine. 21 Things to do in Cambodia -- Kep Crab 4. Eat Crab at Kep Kep is on the coast of Cambodia, about a 4 hour drive from Phnom Penh, an is famous for it's crab. The crab is so fresh that when ordering crab at one of the restaurants along the shore, you can often see staff wading into the water to fish out a crab from one of their many traps bobbing away in the ocean. Now that is fresssssssssh. This is one of Ryan's favourite things to do in Cambodia. 5.Visit Sakura Japanese Thrift Store This might not be for everyone, but for those who love a bargain or are into vintage clothes, Sakura Thrift Store is amazing. I've seen a few of these shops hidden around both Phnom Penh and Siem Reap. They're great for finding interesting (and sometimes designer) clothes, bags and shoes and the best thing is that things are cheap, cheap, cheap. There are plenty of clothes for $0.25 USD. 6. Eat Amok Amok is a traditional Kmher curry made with meat or fish, lemon grass and coconut milk (and some other delicious mystery ingredients). It's often served in a coconut with rice and is t-a-s-t-y. One coconut of Amok, thanks. 7. Visit Angkor Archaeological Park This may seem pretty obvious as one of the things to do in Cambodia -- Angkor Archaeological Park is Cambodia's #1 tourist attraction and money maker, but it had to be said. The park is just outside Siem Reap and is home to dozens of ancient temple ruins. Grab a guide (you'll learn more) and a tuk tuk and get ready for a hot sweaty day of temple lovin'. You can also see the temples via elephant or helicopter if that's you're that way inclined. When heading to the temples, bring your thighs. 8. Visit the National Museum in Phnom Penh The National Museum is filled with hundreds of ancient statues and sculptures that were taken from the Angkor Temples to be protected from the sticky fingers of looters and scavengers. The building itself is amazing and there's a pretty sweet garden and fish pond in the middle. Good to spend a few hours, especially if you're planning on visiting the Archaeological Park. 9. Hit the Beach at Sihnoukville Sihnoukville is not Thailand. The sand is not white, the water is not turquoise and Leonardo DiCaprio is not here. But despite this, it's still pretty good. The beaches are clean and lined with lounges

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But you have used that passage to make the statement that it's a shallow water boat! I really think you know this, but you're pulling the "Boris" card of affable misapprehension rather than admitting you translated "allow us to" to mean "operate solely in". As I mentioned before, I think more people would cut you slack and credit more of your argument if you stood up and said "Ah yes, I made that statement, but I can see now after the facts have been presented that I was wrong, I withdraw it" The water jets allow an increased capability of operating in shallow water. You have repeatedly taken this to mean that it's a craft intended for shallow water use, when in fact it's an All Weather Boat with increased shallow water capability....not wanting to go all Paxman on you here but, will you please acknowledge that you accept that fact? Example to point : semi-Knobbly tyres allowed my KLR650 motorcycle to Off-Road - I used it offroad once in the 4 years I Owned it - It didn't make it a vehicle designed solely for offroad use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ My postings are my own opinion and do not represent GaelForce Group unless stated. But you have used that passage to make the statement that it's a shallow water boat! I really think you know this, but you're pulling the "Boris" card of affable misapprehension rather than admitting you translated "allow us to" to mean "operate solely in". As I mentioned before, I think more people would cut you slack and credit more of your argument if you stood up and said "Ah yes, I made that statement, but I can see now after the facts have been presented that I was wrong, I withdraw it" The water jets allow an increased capability of operating in shallow water. You have repeatedly taken this to mean that it's a craft intended for shallow water use, when in fact it's an All Weather Boat with increased shallow water capability....not wanting to go all Paxman on you here but, will you please acknowledge that you accept that fact? Example to point : semi-Knobbly tyres allowed my KLR650 motorcycle to Off-Road - I used it offroad once in the 4 years I Owned it - It didn't make it a vehicle designed solely for offroad use I think we are talking at cross purposes. It is the shallow water capability which others have used as the principal reason (I admit that it's not the only one) to justify why it is so much more expensive than the French boat, where if they are both operating solely in a deep water context then they can be validly compared. Comparison does not mean identical values. I think we are talking at cross purposes. It is the shallow water capability which others have used as the principal reason (I admit that it's not the only one) to justify why it is so much more expensive than the French boat, where if they are both operating solely in a deep water context then they can be validly compared. Comparison does not mean identical values. Try actually reading some of the comments rather than re-echoing yur own distorted view of the facts. I think we are talking at cross purposes. It is the shallow water capability which others have used as the principal reason (I admit that it's not the only one) to justify why it is so much more expensive than the French boat, where if they are both operating solely in a deep water context then they can be validly compared. Comparison does not mean identical values. Not Wholly at cross purposes. Yes, that is the argument being presented (shallow water capability in an all-weather boat being a justified expense). Your counter argument then tends to be that the French use a RIB for shallow water, the "opposition" counter-argument then presents that a RIB is not an All-Weather boat and you have then made the point (which I believe to be incorrect and is what i'm getting at) that the Shannon is a shallow water boat, and the impression you are giving is that it is solely a shallow water boat. I am going to quote one of your responses directly now, and I can't see how your response is stating anything but "The RNLI and posters on here claim this to be a shallow water boat" Quote: "POSTER - The Shannon is not a

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The Other Side of Me (Trilogy 1) Lyrics - Michael W. Smith If they were to write about The story of my life They would have to mention you With every page they'd write There's another side to every story told If I were the ocean You would be the shore And one without the other one Would be needing something more We are the shadow and the light Chorus: Always love me (And) never leave me now (And) now you are the other side of me Always love me (And) never leave me now (And) now you are the other side of me I have known the emptiness Of feeling out of touch And living life without you here Would be living half as much Cause I've a need that only you can fill If love was mathematical You'd understand the sum to the heart's equation Where one and one makes one And lonely equals me minus you Chorus Please Click here to submit the Corrections of The Other Side of Me (Trilogy 1) Lyrics A master piece that can be chanted from the bottom of the heart. A true representation of an honest amour that seeks keep and cherish the other half. My wedding cannot pass by without all hearing the echoes from this piece. It makes me sing and think. I love it. Thanks. A master piece that can be chanted from the bottom of the heart. A true representation of an honest amour that seeks keep and cherish the other half. My wedding cannot pass by without all hearing the echoes from this piece. It makes me sing and think. I love it. Thanks. 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 The Other Side of Me (Trilogy 1) Lyrics. Your Name: ( Important : Your name will be published if you input it) Review for The Other Side of Me (Trilogy 1) Lyrics ------ Performed by Michael W. Smith

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Ed Harrison and Endogenous Money Oilfield Trash makes a good observation about how close Ed Harrison is to MR. "Interesting post from Edward Harrison, seem like he would make a good addition to the MR team." We are friends with Edward over here at MR, and many of our views overlap. His most recent post on Endogenous Money and Fully Reserved Banking is excellent. "One way some economists believe we can stop this kind of crisis from happening is to move to a fully reserved banking system. In such a system, the full amount of liabilities are held in reserve as cash or highly liquid assets. The benefit of this kind of system is that it limits the number of banks that can fail from a lack of liquidity. Now clearly banks in a fully-reserved system could still fail because banks could still grant credit to enough borrowers that defaulted to cause a huge hole to open up in the bank's balance sheet and precipitate a bank run . But, the thinking here is that bank runs would be more limited in nature since other banks would be fully reserved. The need for a lender of last resort would be diminished if banks were not at as great a risk of failure due to liquidity crises." I don't know if I agree with the bank run part, but banks can certainly go bankrupt under a 100% reserve system. A bank run implies depositors might not be able to get their deposits out of the bank, which causes the mad dash to be first in line to withdraw money. Under a 100% reserve system, no matter how much the banks loses on it's portfolio of loans, the money is available to re-pay depositors. It's just all of the banks equity is wiped out, and can even go into negative territory. Negative equity for a bank under 100% reserves is entirely possible, and is the sign of an insolvent bank. It's as though the deposits are in a lock box, and the bank makes up an equivalent amount of new money to lend out to borrowers. The bank can make profits and losses on the newly created money, but can't touch that money in the lock box. All the risk is on the bank shareholders, and none on the depositors. Of course, this all depends on the legal setup allowed by the feds who charter these banks, but this is the way I envision 100% reserve banks working. Depositors get risk free deposits, banks compete on offering high rates for deposits and low rates for loans and collateral quality. Borrowers search for the best deals on their collateral. This of course relies on having massive amounts of money/risk free collateral created by the feds through some program. The way I look at the 100% reserve and similar ideas is that you can completely separate out the depository and lending components of the current banking system. Here's my preferred idea: 1. Provide a public deposit option where depositors can put money in a safe account where all the deposits are simply invested in T-bills. Essentially, this replicates the old Postal Savings system which died thanks to deposit insurance. Given the expected significant demand for this, Treasury should align their funding program to shorter duration T-bills to meet this demand. This is the depository component. 2. Central bank provides an open access repo window where any "lending institution" with the requisite capital can submit eligible collateral for cash. This is pretty similar to the way the ECB already operates. Obviously, lending institutions can raise uninsured debt and originate loans that are not eligible collateral but this is nothing different from what many credit funds do anyway. "Under a 100% reserve system, no matter how much the banks loses on it's portfolio of loans, the money is available to re-pay depositors. It's just all of the banks equity is wiped out, and can even go into negative territory. Negative equity for a bank under 100% reserves is entirely possible, and is the sign of an insolvent bank." On bank runs and susceptibility to them, there is ALWAYS the susceptibility to a bank run irrespective of whether a bank has deposits that are 100% backed by reserves. The essence of a bank run is that depositors fear that they will not be able to get their money back for whatever reason. In today's system of fractional reserves, if enough people believe this and start to pull deposits, then the bank has to sell good and liquid assets to meet deposits. This is ALSO

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The other day we were sitting down telling people the name of strains we tried in Amsterdam, it got us thinking. Many marijuana strains have awesome names and some awkward. There are obviously people who name strains and you can tell where some strains are named from by their ancestral genetics. What we started to think about was, 'What was the first ever strain?' I did the tour of the hash and marijuana museum and have learnt before that marijuana use has been around for thousands of years maybe dating back to ancient China or ancient Suma. We could stop there and say that sumarian skunk was the first strain but I sorta was hoping for more? I know many marijuana may have been firstly named after the region they come from. Like Thai, Jamaican, Morrocan or other such regional names. These such examples I am looking for and they will be greatly appreciated as information. But really mostly what I was looking for or what I was really pondering was, what was the first ever non regionally named strain? Was it Skunk, Northern Lights, Purples, or something I don't even know like Dankweed? Even if you want to tell me the first strain to hit a select region or the first strain ever in an Amsterdam coffee shop, I will appreciate that. Gobi Green would be a historical start however, I do not know how that would sound in ancient Gobi. When I started pot was referred to by color and region, Panama red Acapulco gold then came along "Sin Semilla" that became a generic term for good pot. Then I went to work. Along came the Internet (thanks al gore ) and there are names and strains and Amsterdam. The Chinese were already cultivating cannabis 4500 years BC on the border of mongolia...Its use spread from China to India and then to N Africa and reached Europe at least as early as A.D. 500.... It was the Muslims who introduced hashish, whose popularity spread quickly throughout 12th century Persia (Iran) and North Africa....In 1545 the Spanish brought marijunana to the New World. The English introduced it in Jamestown in 1611 where it became a major commercial crop alongside tobacco and was grown as a source of fibe...What i find on Google ... Well it wouldn't be Sumarian Skunk, Skunk being so named in honour of the American animal which reeks just like the Skunk strain, and as Marijuana was first used somewhere in the Afghan, Khazakstan region they would never have heard of a Skunk. Book I read reckons that folk got high from cooking the seeds which when harvested had a quantity of resin sticking to them. Marijuana as we know it only came about in the 70s when some California stoner created the skunk strain but just passed it around from word of mouth till some serious geneticist refined it more--this early skunk was the basis for a good many offshoots which co-incided with the popularity of indoor growing. its an interesting subject but hard to explain in a post, I'd like to read a book on Marijuana genetics, I'm sure there must be a good one out there somewhere.

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Did people really speak the way they did in Shakespeare's plays? Shakespeare uses many different styles of language, such as blank verse, rhyming couplets and ordinary "vernacular" language. He also varied the rhythms and rhymes of his language and used a particular rhythm pattern called iambic pentameter where there are five "stressed" syllables in a line of dialogue. Generally, he used the more refined and complicated patterns for the "high class" characters and gave the more ordinary styles to "lower class" characters. Nobody spoke the way Shakespeare wrote his high class characters - it probably takes a lot of thought and rewriting to compose such language. Many people did, however, use the more common, lower class styles of speech. Yes, the Middle English used around London (that you may have encountered studying Chaucer) developed into Modern English, and Shakespeare is one of Modern English's earliest and greatest users. Of course, few people were as witty of tongue as Shakespeare's characters...I doubt any potential suicide in Elizabethan England actually paused to consider aloud "to be or not to be...," but remember that Shakespeare was primarily a poet and even his plays are written with a poet's ear to the language of his time. Yes and no. Most of the people in Shakespeare's plays talk in poetry, which is very artificial and unnatural, while some speak in prose which is closer to the way everyone spoke. Many of the lines are said in exactly the same way they would be today. "Who's there?" (Hamlet) "I am a man more sinned against than sinning." (King Lear) "We cannot be here and there too." (Romeo and Juliet) all sound pretty modern. People tend to be wrapped up in their own reality, and so anything different from what they know seems strange. The small differences between modern speech and the speech in Shakespeare's plays are no more confusing than talking to someone from another part of the world who speaks a different dialect. Since not all people in Shakespeare's plays speak the same way, the answer is both yes and no. Lines written in prose would approximate ordinary speech much more than lines in verse, certainly much more than lines in rhymed verse. However, some lines have the stamp of reality to them. Almost everything Sir John Falstaff says sounds very natural. "What need I be so forward with him that calls not on me? Well, 'tis no matter; honour pricks me on. Yea, but how if honour prick me off when I come on? how then? Can honour set to a leg? no: or an arm? no: or take away the grief of a wound? no. Honour hath no skill in surgery, then? no. What is honour? a word. What is in that word honour? what is that honour? air. A trim reckoning! Who hath it? he that died o' Wednesday. Doth he feel it? no. Doth he hear it? no. 'Tis insensible, then. Yea, to the dead. But will it not live with the living? no. Why? detraction will not suffer it. Therefore I'll none of it." This answer is closed to changes. This is done in rare cases when questions are being vandalized or answers have become debates. E-mail reopen @ answers.com (no spaces) if you would like it to be reopened.

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Do you really want to know how fat you are? Have you ever stuck to a new fitness regime religiously only to find you have put on weight? If you have and the shock caused you to kick your bathroom scales and brand them useless you may have been closer to the truth than you think. That's because the weight shown on conventional bathroom scales can not distinguish between fat and lean body tissue such as muscle. Muscle is heavier than fat, so even if you have been exercising and eating well - causing you to lose fat, but tone up your muscles - you may weigh more after a few weeks on a diet and fitness regime than when you started. But a new generation of measuring devices - called body fat monitors - now claim to overcome this problem by 'seeing inside' the body to distinguish between fat and lean tissue. Because excess body fat is known to be a contributory factor to serious illnesses including heart disease, high blood pressure, high cholesterol and diabetes, makers claim the monitors can be an important way of keeping a check on your health. The monitors - which range from hand-held devices to a design similar to a bathroom scale - are now big business in the UK. Several companies are now selling an ever increasing range costing anything up to 150. They work by sending a safe electrical current through the body. This method - called Bio-Electrical Impedence Analysis - works on the principle that although electrical currents pass easily through fluids in muscles, they find it more difficult to pass through fat. Because of this the monitors are able to calculate a person's lean body weight - and then work out what percentage of their body is made up of fat. Once they know their body fat percentage users can compare their For body fat guidelines click here measurements to the guidelines for safe amounts of body fat agreed by most doctors. But are these machines worth investing in or do they simply give us one more thing to worry about? 'Body fat is an important issue,' says Gail Goldberg, senior nutrition scientist at the British Nutrition Foundation. 'The problem is that in this country a lot of people have too much of it. Machines such as this can be a useful tool for people who want to make a big change to their body composition because they are severely overweight. They could then use them to monitor how their body fat reduces over a certain length of time.' But she warns that there is no completely foolproof way of measuring body fat. 'You have to allow for a margin of error of around two kilos with such monitors,' she says. 'Because of this they should not be used too frequently - and always at the same time of the day. They should never really be used more than once a week.' Kerryn Samprey, regional health and fitness manager for the Living Well health club chain, agrees. 'The thing to remember about measuring body fat is that it should not become an obsession,' she says. 'Used too often by people who are not really overweight these types of monitors may encourage an unhealthy obsession.' Although many gyms now offer to measure body fat as part of their induction process she warns that results can cause alarm and should be properly explained. 'These measurements can be a useful tool and we offer to measure the body fat of all new members at our gyms, but it can be counter-productive, 'she says. 'When some people see they have slightly more body fat than 'normal' they can panic and start to think that they are about to drop dead. That's not the case at all. They should simply use the measurement to allow themselves to set a long-term goal.' Femail.co.uk has tested three of the leading brands of body fat monitors. Click on the link below to see how they fared

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TF2 trading guide: getting started in Valve's hat based economy Team Fortress trading essentially comes down to this: you have a hat, and someone else has a hat. You want their hat. You open the trading window and you swap hats. Everyone is happy and hattier. That really should be the beginning and end of the Team Fortress 2 trading system, but the fans have taken it and turned it into something much more complicated. There is now a fluid economy based on item rarity and their own desire/greed. It's no longer a case of just swapping them like football cards. And we think it's something you should get involved in. For fun and for profit. The language in Team Fortress 2's chat channel is slowly changing. I've noticed more and more people talking about their backpack contents. There's a worth to what you find or craft: people someone somewhere will want it, and that gives you some power. The reverse is true as well: if you want something, you'll have to negotiate for it. An economy has sprung up in the last year: before it was really about what the item was worth to you, but after millions of trades and data mining the community is realising that not all hats or crates are created equally . So when people say things like "Vintage xx" for sale, what they mean is they have an original game item, not promo or purchased. The base currencies are metal and keys: with metal you can make more items. Keys are a bit different and it's probably worth staying away from them as a beginner, but they're important because they represent real-world value: someone's spent money on them in the Mann Co. Store. Rare items, like the Mac Earbuds, are almost always talked of in key value. But this is a beginners guide, so it's best to stick to metal as the primary currency. I'd expect your first trade to happen between a friend on a normal server, according to the little scenario in the opening paragraph. The first time you do it you'll realise how much fun it can be. If only there was places dedicated to just trading? There are! How to find them: in the TF2 Server browser, arrange all the servers by and search the filter for the map name "trade": you'll find a few servers all set up for that one aspect. But before you head in, there are a few things you should know. First, run TF2 in a window so you can consult the Item Price Spreadsheet . It's a site that acts as a guide for what people are paying for. Also, there's the backpack viewer , a site that people will refer you to in the chat sometimes so you can see what they have to offer. You might also want to keep Steam Rep open as well. Any notorious traders/scammers will be logged in there. Don't fret: the community is still overwhelmingly nice, but there are a few assholes. With those open, head on into trade with 20+ players in it. First thing you'll notice: chat is very chatty and spammy. This is how people advertise: they bind the text to a button that automatically writes and sends it. There is some lingo. "Rec" is "reclaimed metal" made by smelting weapons down to scrap and then combining the scrap. "Ref" is refined metal, which is the same process but takes more metal to make. One scrap is equal to two smelted weapons. One reclaimed is equal to three scrap. One refined is equal to three reclaimed. It takes 18 weapons to make one refined metal. You might want to prepare and smelt a few unremarkable item before you start. So, to trade. Don't be shy. A lot of people are trading just for the fun of it and they have a lot of stock. Know what you want and what you want to pay for it. We're not used to haggling for things, but actually here you can get what you want if you're persistent (not pushy) and nice and willing to chat . Nice gets you a long way. The spreadsheet is a guide and not a god, so there's wiggle room in everything. You might want to start selling before buying, and do it with something you're don't care about so it's easier to let go. It's a good way to get a feel for how people will talk and how long they're willing to spend. Just

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Other Answers (17) They're a deck short of a sinking ship. But seriously, there's a writer called T.C. Lethbridge who used to teach Archaeology at Cambridge who wrote that 1 in 3 people are incapable of using the latent Psi (psychic) abilities of humans and so cannot operate at full human capacity. Check him out if you're interested; the man is fascinating. No, I'm afraid we realize the truth. It's you religious people who are missing bits. I am as human as you and probably as "good" as you. I just don't need some mythical being telling me what I can and cannot do - that smacks of something missing, don't you think? I think you are probably just trying to wind us up but, believe it not, most of us have thought things out very deeply and atheists as a bunch usually have a higher IQ than people of faith. Think about that, silly person. The Christians believe in a person risen from the dead ie a zombie. He asks his followers to symbolically eat his flesh and drink his blood. His followers communicate with him telepathically to tell him of their belief and loyalty. In return for their belief and loyalty he will neutralize an evil force put on them because a woman ate an apple because a snake told her to. And you accuse the atheists of not playing with a full deck?

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Sunday, 11 November 2012 Not So 'Good' Food Show So if you read my previous post you'd know that I was going to the BBC Good Food Show at Olympia today - except that never happened. I woke up at the crack of dawn and we caught the 9:20 to London - we'd been looking forward to this trip for what seemed like months! As today was the last day, children (5-17 years) were allowed to enter the show for free. Despite the fact we triple checked, apparently it was stated on the website that children (even though we were 17) were not allowed to go without an accompanying adult as there were drink samples. This annoyed me because the site let us book tickets with no adult included and it was not stated anywhere! Apparently this had never happened before so when he phoned his supervisor, there was an inkling of me that thought we'd still get in - this was enhanced by the lady behind the counter giving us an assuring wink. Alas, he would not budge and I suppose we did not lose any money but I wish I was more pushy as we did read the T's&C's and the site shouldn't have let us book the tickets. As we were in London anyway, we decided to take advantage of our rail cards and went to both Covent Garden and Camden. If any of you watch Switch on ITV2, this is the apartment where the programme is shot! There's an occurring theme throughout Camden where they like to attach giant objects to the side of their shops. I also took a few snaps on my phone - between photos taken on my camera. We had our own two minutes silence on the train ~ Lunch ~ Swearing mannequin The shelves that people had written on in Jack Wills ~ Camden Town ~ The very long cardigan in Rokit Jess' lovely waistcoat ~ Herbal tea pun ~ Christmas pun Despite the fact we didn't get in to the Good Food Show, I had a lovely day in London and even picked up a couple of bargains I may show in an upcoming post.

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An account of the ascent of the Trolltind Wall which was made during the period July 18th-24th, by the RIMMON TROLLTIND EXPEDITION 1965 My own interest in the Romsdal was stimulated by a passage which appeared in ?Mountain Holidays in Norway?, the publication of the Norwegian Travel Association of Oslo. In a reference to the Trolltind ridge, which lies along the whole length of the west side of the Romsdal, the editor, Per Prag, remarks? ?The Troll peaks are the grandest of the Romsdal mountains. The fantastically jagged ridge baffles all description. Its east face is for the most part absolutely perpendicular. This wonderful mountain wall is probably the highest overhang in Europe, a masterpiece of mountain archi?tecture. A stone dropped from the top would touch nothing for nearly 5,000 feet!? Although highly impressed by this description, I was somewhat skeptical. A vertical mile? It was scarcely credible. And closer investigation did indeed reveal some slight exaggeration: The greater part of the face was, in fact, composed of vegetated slabs, but there did exist a stupendous vertical precipice, facing north, which fell sheer for well over 4,000 feet at its highest point. A reconnaissance revealed two possible routes. One of these followed a huge corner out onto the Trollryggen East Pillar at half height, but the other took a line up the whole length of the wall. This was the one we wanted. During our early planning, we believed that it could only be tackled by artificial means and not, as later turned out, by long sections of high standard free climbing, especially in the upper reaches of the face. July last year was greeted by the arrival of bad weather but during the week that followed, we busied ourselves with the task of establishing an Advance Camp on the screes below the wall, and by the evening of the 10th we had succeeded in fixing 1,000 feet of ?Ulstron? rope up the smooth slabs, and the dangerously poised snow fields to the base of the proposed route. Even this involved us in difficulties of V1 and A.2! What was the wall itself to be like? Two days later, we left the luxuries of Base Camp in magnificent weather and began the long climb up the screes. Collecting more equipment on the way, we pressed on to the foot of the wall, moving quickly over the fixed ropes, and reached the first bivouac cave some 100 feet up the wall. After hauling up all our equipment, Jeff Heath and Rob Holt turned, somewhat reluctantly, to the descent, while Tony Nicholls, Bill Tweedale, Tony Howard and myself settled in for the night. At that time of year, there is little darkness in those latitudes and we spent a large part of that night absorb?ing the magnificent view and wondering . . . wondering about the difficulties, the exposure . . . wondering what we would do if some one was hurt. But next day, we had thoughts only for the task in hand, and we climbed for sixteen hours without stop?ping. From the bivouac a long traverse led us to the foot of the first major difficulty?a long 180 foot corner which became known as the Grey Diedre, or ?The Nick?. It went in two pitches of hard pegging, the top 120 feet brilliantly led by Tony Nicholls, on pegs which were more out than in?good A.3. Above, we found a snow ledge?big enough for us all to lie on, but darned cold. Behind us, the wall rose in unrelenting verticality. Tuesday dawned clear, but there were obvious signs of weather deterioration. The valley floor was carpeted in cloud and we were disturbed to note that the wind had changed direction. As we sorted out our gear, the cloud began to pour over the col in the ridge opposite. A seething, bubbling cauldron of ill omen. Suddenly, we were involved in a race; a race which we did not want and could ill afford! The first pitch gave us a foretaste of the climbing which we were to experience later in the day. A very hard free traverse led to a small ledge below the tre?mendous vertical upsurge of the ?200 metre Wall?. While Tony Howard set about the first few feet of peg climb?ing. I busied myself with the task of hauling the sacks across. Twelve hours later and some 300 feet higher, after three of the

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Talking With Your Doctor To use the sharing features on this page, please enable JavaScript. Visiting a doctor's office can make you nervous, impatient, or even scared. You may have only a few minutes with your health care provider. Later, you might remember something you forgot to ask. Or you may forget what the doctor or nurse said. Being prepared can help you get the information you need. Here are some things you can bring to make the most of your visit: Lists of your concerns, any allergies and all the medicines, herbs or vitamins you take A description of symptoms - when they started, what makes them better A notepad or tape recorder A trusted friend or relative Make sure you understand your diagnosis and any treatments. Ask your health care provider to write down his or her instructions to you. If you still have trouble understanding, ask where you can go for more information.

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Now, these Mariners are getting serious. That's four consecutive wins against AL East teams playing .500 or better (well, the Toronto Blue Jays had been .500 until last night) and is going a long way towards establishing the Mariners as a serious threat. Yes, according to "Baker math" this is slimming itself down into a two-team race between the M's and the AL Central runner-up. Not completely that way yet, but teams like the Blue Jays are quickly falling out of the picture, as are the New York Yankees. The Minnesota Twins are still kicking around, as are the Oakland A's, and both have the kind of starting pitching that can help them make one of those crazier second-half runs. The M's don't have that type of starting pitching, though Jarrod Washburn pitched well enough to go seven last night before being pulled because of back stiffness concerns. Where the M's have made up the difference is in their bullpen, particularly in the late innings with Brandon Morrow, George Sherrill and especially with closer J.J. Putz. But now, with Morrow fighting control issues, that bullpen advantage risks being lost. And that could put a serious damper on the second half of the season unless the problem is rectified -- either through Morrow finding his command, a replacement stepping up from within, or the team trading for a set-up man. An example of the slippery slope the M's have embarked on with Putz can be found across the way in the visitors' clubhouse at Safeco Field. The Blue Jays have lost closer B.J. Ryan for this entire season because of elbow troubles. Ryan hasn't been the same since the second half of the 2006 season, after he'd been used in a number of multi-inning save opportunities. By this point last season, Ryan had been used in eight multi-inning save opportunities by the Blue Jays, not to mention another two such situations that weren't for saves. Ryan wound up saving 24 of 25 chances by the all-star break. After the break? Blew three of his first four. He wound up saving 14 games in the second-half, six of those in the final two weeks of the season once his arm had recovered somewhat from his first-half adventures. But he hasn't been the same since. Now, let's see how Putz compares. So far, he's had seven multi-inning save chances -- only one fewer than Ryan at this point last year. Both have saved roughly the same number of games over the same timeframe. No one is saying that Ryan's current injury was directly caused by what happened in last year's second half, but the coincidence is a huge one. The good news is that M's manager Mike Hargrove seems far more concerned by what is going on with Putz than was Blue Jays manager John Gibbons in the early part of last season. At least vocally. So far, Hargrove is doing what Gibbons did -- and that's what matters. Both men felt they had little choice but to fall back on their closers early. Hargrove last night voiced the concern that the M's have to find somebody to bridge the gap in the eighth. And he is right. The Morrow experiment has worked to this degree, but if he is going to keep walking batters in the eighth inning, the experiment has to end quickly. An alternative must be found. Putz is too valuable to this team, near-term and long-term, to risk going down the same road the Blue Jays did with Ryan. And if that means losing a few games in the near-term, it's a painful pill Seattle is going to have to swallow. Being 10 games over .500 at this point gives them a bit more of a cushion -- and a stomach -- to start taking that pill until some set-up help (Chris Reitsma, Mark Lowe, George Sherrill, or a trade) arrives.

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John Innes Foundation Prizes for PhD students The Trustees of the John Innes Foundation sponsor the annual award of a number of prizes for outstanding achievements by PhD students at the John Innes Centre and The Sainsbury Laboratory. The Prizes aqre awarded for Excellence in Scientific Research and Excellence in Science Communication. The 2012 prizes were awarded by Mr Frank Oldfield, Chairman of the John Innes Foundation trustees, at the Annual Science Meeting. The 2012 JIF Prize for Excellence in Science Communication was awarded to Philippa Borrill Philippa joined the JIC/TSL Rotation PhD programme in October 2010 and is now a member of Cristobal Uauy's laboratory. Her nomination for a JIF Prize for Excellence in Science Communication impressed the Award Panel in its breadth of achievement, communicating science both to the research community and to the lay public. Frank Oldfield, Philippa Borrill and Dale Sanders At the UK Plant Sciences Federation meeting at JIC in April 2012 Philippa's abstract was one of a handful selected for an oral presentation. She presented her work in the first session alongside established speakers which included the plenary by the Government Chief Scientist Sir John Beddington. JIC Director Dale Sanders who was also present complimented Philppa saying: " It was really great that you managed to enthuse the audience about your work. (As a consequence) the Government Chief Scientist, John Beddington, left with thoughts that JIC science is hypothesis-driven and significant, and that we can present those concepts crisply. Well done and Thank you." At the Monogram meeting in Aberystwyth (the annual gathering of the small grain cereal and grass research community) Philippa presented her work through a poster. She worked independently on the poster and did a great job during the different coffee breaks to show her work to the attendees. This led to several very positive comments afterwards from colleagues. At the 2012 Showcase of Young Science at IFR Philippa delivered a very eloquent talk to the lay audience and did an outstanding job in presenting complex biological topics in a very simple and meaningful manner. Last year Philippa volunteered to help with the JIC Undergraduate Summer School and chaired a session on climate change and implications in science, once again showing a commitment to discuss the "larger picture" of science and its direct link to society. Philippa was the Managing Director of Hortisense, the JIC team that won their regional heat for the Biotechnology YES competition and represented the region in the finals in London. This highlights Philippa's engagement with industry and her ability to communicate a wide range of science as the project was unrelated to her research. While doing all of this and having successfully initiated her research project, Philippa has also found the energy to be Chair of the JIC Student Voice Committee . This has enabled her to engage with the wider JIC science and management community and will undoubtedly be a very valuable experience for her. The 2012 JIF Prize for Excellence in Scientific Research was awarded to Tung Le Tung Le Tung Le joined the JIC/TSL Rotation PhD programme in October 2007 having gained a first class degree from the University of Birmingham. Following his Rotation year he joined Mark Buttner's lab in 2008 to work on the molecular basis of resistance to the antibiotic simocyclinone in the producing organism Streptomyces antibioticus. In the following three years he published four excellent 1st-author papers (in Molecular Microbiology , Journal of Molecular Biology , Nucleic Acids Research and Acta Crystallographica ) and was also a minor author on a fifth paper (in Science ). The first of his 1st-author papers was submitted only seven months after he started in the lab. In nominating Tung for this prize his supervisor stressed that "Tung was almost entirely responsible, both intellectually and technically, for the direction of his work, and that his four first-author papers should be seen as the product of his own vision and efforts." To execute the work covered in his thesis, Tung had to master molecular genetics, biochemistry, and a great deal of structural biology. In order to address one of the key questions in his research, namely the role of the N-terminal region of the regulatory protein SimR, Tung wrote and won both an EMBO Short-Term Travel Fellowship and a Korner Travel Fellowship to fund a 10-week trip to the lab's of Prof.

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for 49. Book Description Two sharply contrasting views of China exist today. On the one hand a rising superpower predicted to have the largest economy in the world by mid century, on the other hand a brutal, anachronistic and authoritarian regime, a threat to geo-stability and to the economies of the industrial world. So which China is the real China? Randall Peerenboom addresses this question by exploring China's economy, political and legal system, and most controversially, its record on civil, political and personal rights in the context of the developing world. Avoiding polemic and relying on empirical evidence, he compares China's performance not with first world countries such as the US and UK but with other middle income countries and highlights the often hypocritical stance of an international community which demands standards from others that it does not match at home. He also critically evaluates the benefits of globalisation and democratisation and the normative values of the West set against Beijing's determination to retain its cultural and political integrity. This book seeks to bridge the gap in understanding about China and to create a firmer foundation for mutual trust, while recognising that there are inevitable risks in a shift in global power of this magnitude that will require hard headed pragmatism at times where interests collide. Two sharply contrasting views of China exist today. On the one hand a rising superpower predicted to have the largest economy in the world by mid century, on the other hand a brutal, anachronistic and authoritarian regime, a threat to geo-stability and to the economies of the industrial world. So which China is the real China? Randall Peerenboom addresses this question by exploring China's economy, political and legal system, and most controversially, its record on civil, political and personal rights in the context of the developing world. Avoiding polemic and relying on empirical evidence, he compares China's performance not with first world countries such as the US and UK but with other middle income countries and highlights the often hypocritical stance of an international community which demands standards from others that it does not match at home. He also critically evaluates the benefits of globalisation and democratisation and the normative values of the West set against Beijing's determination to retain its cultural and political integrity. This book seeks to bridge the gap in understanding about China and to create a firmer foundation for mutual trust, while recognising that there are inevitable risks in a shift in global power of this magnitude that will require hard headed pragmatism at times where interests collide. Customers Viewing This Page May Be Interested in These Sponsored Links {"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 Review Relies heavily on empirical studies to aid taking right decisions. These features make this book so special and worth reading. ( Aussen-Wirtschaft ) important and timely ( Japanese Journal of Political Seadership because it is perhaps one of the clearest statements in favour of the Chinese model to yet emerge. Its main contribution is to help the China field place the great debate about the Chinese model in the context of the global politics. In an era in which China has replaced the Soviet Union and Chile in the global search for alternative modernities to liberal democracy, the book will be useful not only in the undergraduate classroom but also in the foreign policy world. ) Perceptive. ( David Smith, Sunday Times (Culture) ) Randy Peerenboom has jumped with vigor and data into the ever deepening debate over how to view China. Going beyond the previous focus on the economic aspects of the East Asian Model, he shows that the EAM has served China well

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There's only one right when it comes to the Right to Die I have lost three grandparents and one great-grandparent in the course of my life -- two of them to cancer. It was not easy by any stretch of the imagination, and one of the main feelings that came with their deaths (other than the obvious sense of loss and heartbreak) was a profound feeling of relief that they would not have to suffer anymore. I can barely imagine how Tony Nicklinson and his family must feel, knowing today that their anguish (and Mr. Nicklinson's suffering) have been indefinitely prolonged by the High Court, which ruled that he was not allowed to seek the help of a doctor to assist him in committing suicide. Groups such as SPUC Pro-Life have welcomed the decision by saying that "compassion and solidarity are humane and caring responses to locked-in syndrome". It's one thing to whistle the tune and tell people to look on the bright side, but watching a family member in suffering -- from any kind of life-debilitating illness -- is nigh on impossible. And which do you imagine would "adversely affect many people" more -- losing a relative, or watching them painfully limp on, day after day, a mere shell of the person you know and love? Life, like everything, should be about quality, not quantity. I'd rather live for 40 happy years than for 80 miserable ones, and I doubt there are many out there who would disagree with me. The BMA, meanwhile, has stated that it's not in "society's best interests" for doctors to be allowed to end a life. But what about the Hippocratic Oath to "do no harm" that every doctor has to take when they start out? Surely not taking action when it's very obviously needed does just as much harm as taking the wrong action? Obviously this is an issue that is fraught with legal complications -- what's stopping a person of ill repute, ten or fifty years time, in bumping off an elderly relative and hiding behind the argument that they wanted to die? But this is why, like with any issue, there should be checks and balances -- measures to make sure that the suffering person in question is of sound mind, and is sure that they want to go through with it. Even people who go to Dignitas are allowed to change their minds at the last minute. Judges say that it is not their place to make calls like this, that it's up to Parliament to pass laws giving people the right to die. But the House of Lords has already made up its mind, when Diane Petty was refused the right to die 11 years ago. So as the politicians and the judges are left passing responsibility to each other, dozens all over the country are left to suffer. Today's High Court ruling boiled down to a simple question: should we allow Tony Nicklinson, a man of extremely sound mind, to die on his own terms, with the modicum of dignity left to him at this point? It's a simple question with an obvious answer, and yet the High Court judges still managed to choose the wrong one. French and History student at the University of Sheffield, Screen Editor for ForgePress, and keen writer seeking as much experience as I can possibly get my hands on. Passionate about literature, and pretty much in love with Back to the Future. Follow me on Twitter @philwbayles or read my blog: http://thecelluloidsage.wordpress.com/ I also do weddings and bar mitzvahs. About the author French and History student at the University of Sheffield, Screen Editor for ForgePress, and keen writer seeking as much experience as I can possibly get my hands on. Passionate about literature, and pretty much in love with Back to the Future. Follow me on Twitter @philwbayles or read my blog: http://thecelluloidsage.wordpress.com/ I also do weddings and bar mitzvahs. ttp://www.yuppee.com/author/dale-griffi\\... Dale G Good article. Well argued. I remember the Debbie Purdy multiple sclerosis case in 2009 where she historically won a battle to have the assisted suicide law clarified. Surely the subsequent guidelines published by the Director of Public Prosecutions about what is and isn't acceptable should be used in Mr. Nicklinson's case in order to safeguard him from ulterior motives. If the court had only followed the DPP'

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10 Foods to Buy by the Side of the Road For some reason, food always tastes better on the road. There's something alluring about mini, mobile food establishments. Whether they are rugged, homey stands along the country highway, or the fast, efficient and ultra-compact food vendors scattered about city street corners, they can be irresistible. Although street vendors thrive around the world, especially urban areas in Asia and the Middle East, the vendors in the United States reflect the quintessential American melting pot. Throughout the immigration waves of the late 19th and 20th centuries, immigrants without strong English skills or much education increasingly found success as street vendors. As a result, Americans have been exposed to ethnic food on the street. New York is perhaps the city most known for its street vendor food. And even there, the city has not always embraced the practice. Because they crowded the streets, the city started enacting laws restricting food vendors as far back as the 17th century [source: Simopoulos ]. And today, a fair amount of politics surround street vendors -- partly due to the bureaucratic complexities of getting a proper permit. In exploring them for her New York Times article, the writer Julia Moskin found that many street vendors would not seek legal redress in battles against other vendors (and would not even talk to her on the record) lest authorities inspect them [source: Moskin ]. And with the modern concerns about food safety and health, vendors are facing as much criticism as ever. But despite the adversity, street food remains enduringly popular.

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Hi I'm Katie. I am trying to figure out what clan my father's family is in. My grandmother's maiden name was Glass and my father says that we are Cannons and Macclouds. I have only been able to find Irish Cannons, but he says we are Scottish and that he researched it while over there on an extended vacation a few years ago. I really want to get him something in our clan tartan for Christmas, but obviously I want it to be the correct one. I looked on the House of Tartans website, but there was no tartan for Cannon. Any help would be greatly appreciated. Thanks! Just a cursory google search would seem to suggest that the Cannon surname is Irish, Welsh and English - but that doesn't mean someone of that name didn't settle in Scotland at some point in history. The other name is MacLeod - and that name will certainly throw up lots and lots of information, including tartans, chief and other facts! The reality is: you would have to trace your family back to the Scots immigrant to your country. And even then, after tracing him/her back to Scotland - that ancestor may not have been a member of a clan and therefore have no tartan anyway! Lots of Scots were not part of the clan system and have no problem in describing themselves as Scots. There are what are termed district tartans - so even if there isn't a family tartan, if you traced your ancestry back to a certain area, there may well be a tartan associated with the place. Finally, we don't have Tartan Police here - if you like a tartan, wear it! Edited to add: Isn't House of Tartans a bucket-shop? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Please do not assume that any underlined links in my posts are MY recommendations. They are not. It is this American site taking advantage of members' posts about Scotland to boost their advertising revenue. As Polwarth says, and as you have already found, it's never simple, is it? Cannon would be difficult, if not impossible. Why not a Macleod tartan? However, surely not the one on the right hand side in the following link, lest you shock your father on christmas day morning into a heart attack. I do see the trouble in working out what to give your father for a present. You want to give him a special present, but I would bet he says he wants nothing. Always a bit bothersome, that. Oh yes, indeed. I do hope you find something that you want. And Polwarth knows much more about this than I, so always trust Polwarth . That's my advice. I'm sure you will find a tartan and your dad will love it. Quote: Originally Posted by Polwarth ... Isn't House of Tartans a bucket-shop? Haha, Polwarth ! That is one I have not noticed for several years. I KNEW there was some place that said "ooh, go on. Design your very own tartan whatever way you like, no matter what mad colours and we will make it for you". I recall posting its address as a merry joke in the chatroom long dead. Heh! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Please do not assume that any underlined links in my posts are MY recommendations. They are not. It is this American site taking advantage of members' posts about Scotland to boost their advertising revenue. Hi I'm Katie. I am trying to figure out what clan my father's family is in. My grandmother's maiden name was Glass and my father says that we are Cannons and Macclouds. I have only been able to find Irish Cannons, but he says we are Scottish and that he researched it while over there on an extended vacation a few years ago. I really want to get him something in our clan tartan for Christmas, but obviously I want it to be the correct one. I looked on the House of Tartans website, but there was no tartan for Cannon. Any help would be greatly appreciated. Thanks! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Please do not assume that any underlined links in my posts are MY recommendations. They are not. It is this American site taking advantage of members' posts about Scotland to boost their advertising revenue.

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We are playing a game of keep-away with a disc. Eventually, we want someone on our team to catch the disc in the other team?s endzone. If the other team has the disc, we want to intercept it or make them drop it. We aren?t allowed to touch the other team?s players. Each team has seven players on the field. The game begins with the teams standing at opposite ends of the field. They stand on the front line of their endzone. One of the teams will start on defence, the other on offence. Let?s call the team that starts on defence The Canucks and the team that starts on offence The Ninjas. The Canucks begin the game by throwing the disc towards the Ninjas? endzone. This starts the point and is like a kick-off in football. The Canucks run down the field and each of them picks a Ninja to mark. She will follow this Ninja wherever she goes and try to prevent her from catching the disc. One of the Ninjas either catches the disc that the Canucks have thrown or picks it up from where it has landed. When a player is holding the disc they cannot run. The Ninja with the disc then looks around for another Ninja to throw the disc to. Her teammates take turns in running towards her and trying to get away from the Canuck that is following them. The person with the disc throws it to a Ninja who she thinks will be able to catch it. If a Ninja catches the disc then they will look for someone to pass it to. The Ninjas will attempt to pass the disc until one of them catches it in the endzone. If they do this then they score a point. If a Ninja does not catch the disc then there is a turnover. A turnover means the Ninjas ?turn over? possession of the disc to the Canucks. Turnovers happen when a misguided throw hits the ground or someone drops a pass. The defence can cause turnovers by knocking the disc to the ground or intercepting it. If the Ninjas turn over the disc, it is the Canucks turn to try to score. The Canucks will try to pass the disc until one of them catches it in the Ninjas? endzone. The Ninjas will each choose a Canuck to mark (usually the one that was marking them) and try to prevent them from catching the disc. If there is another turnover, the Ninjas will be on offence again. This flip-flop of possession continues until one of the teams scores a point by catching the disc in the other team?s endzone. After a point is scored, the whole thing starts over again. The teams start on their endzone lines and the team that scored the point throws the disc to the other team. Because there are no refs, ultimate relies on the honour system. Basically, the hope is that people will remember that it is just a game and isn?t worth cheating. Teams are expected to win because of ability and/or luck, not by being tricky cheaters. Players are expected to play by the rules and call fouls on themselves. Because it is hoped that no one will intentionally break the rules, there are no penalties for breaking them. If an infraction occurs, play is restarted in the way that best approximates what would have happened if the foul had not occurred.

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The Ultimate Suspension is internationally renowned for providing purpose-built suspension packages to meet land vehicle security and combat systems. We supply armoured vehicle manufacturers across the globe with customised suspension used in vehicles such as Nato, The UN Food Program and Australian Government Agencies. Customised suspension systems for armoured vehicles With over 36 years of experience working one-on-one with armoured vehicle manufacturers, The Ultimate Suspension understands the need for quality, customised suspension systems to suit the different levels of armouring in both wheeled and track applications. The Ultimate Suspension exports across the globe and is a trusted name in the armoured vehicle industry, having supplied the Australian Defence Force, local government agencies, international armoured vehicle manufacturers and UN peacekeeping forces. The Ultimate Suspension provides: Australian-made springs Custom-tuned shock absorbers Heavy-duty sway bar kits High-performance brake upgrades In-house design team One-on-one consultation Serviceable components Small production runs available Ultimate warranty Suspension systems for the defence industry The Ultimate Suspension is continuing its push forward into international markets, by widening its product range. The company is also striving to create a stronger Australian presence in the global high-tech community. The Ultimate Suspension prides itself on being at the forefront of technology and design for superior, fully-integrated suspension systems. Designed and manufactured in Australia, its systems are exported across the world The Ultimate Suspension's Speciality Production Facility based Sydney handles low volume prototypes up to high volume production runs. The Lead-Time for orders over 2000 vehicles up to 3 months from confirmation of prototype testing. We are niche specialists in Custom Suspension Systems with our in-house research, design and manufacturing teams. This includes environmentally friendly, fully serviceable product ranges including rebuild-able shock absorbers.

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Ordination to the Diaconate and the Year of Faith On Friday, Sept. 14 , at the Cathedral of St. Ninian in Antigonish, Bishop Dunn will preside at the ordination to Diaconate of four men from our Diocese: Michael Doyle of St. Ann Parish, Guysborough Walter Ivany of St. Michael Parish, Baddeck Arthur Riley of St. Peter Parish, Tracadie Roy Smith of St. Joseph Parish, Bras d'Or The Ordination begins at 4pm to which all priests and parishioners of the diocese are cordially invited. A reception follows the ordination. Year of Faith : Pope Benedict as designated a Year of Faith beginning on October 11th, 2012 (50th anniversary of the opening of the Second Vatican Council) to the Solemnity of Christ the King November 24th, 2013. Since Bishop Dunn will be in Rome in October, the official opening of the Year of Faith for our diocese will take place as the Ordination ceremony on September 14, 2012. Each parish is asked to have representative attend this celebration in Antigonish. As well, each parish is asked to have a special celebration of this important year on October 11 to coincide with the Official opening in Rome. This Year of Faith will be an opportunity for each one of us to grow in our faith.

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Share it Friday, July 16, 2010 The boots on the other foot Someone needs to do this and more to certain key staff of the London tabloids- after all, they do it everyday to high profile public and then put it onto the front page. Erin Andrews sues hotel after being filmed naked A TV reporter is suing a hotel where she is alleged to have been secretly filmed naked. ESPN reporter Erin Andrews filed a lawsuit against Marriott International Inc. and several hotels affiliated with it, for negligence, emotional distress and an invasion of privacy. It stems from a series of incidents in 2008 in which a man videotaped Andrews naked through hotel room peepholes in several US states and posted the footage on the internet. The man who videotaped the 32-year-old was also named in the lawsuit. Michael David Barrett pleaded guilty in federal court in Los Angeles in December to charges of intent to "harass or to cause substantial emotional distress" to Ms Andrews. He also confessed to using the internet to distribute the videos and trying to sell them. He was sentenced to 30 months in prison. Andrews alleged that Barrett called the hotels seeking to find out where she was staying while travelling across the US for her job as an ESPN reporter. "Not only did the hotels confirm that Ms Andrews was intending to register as a guest, but they also released, without Ms Andrews' consent, her room number," her lawyers said in a statement. "The hotels then provided Michael David Barrett a hotel room immediately adjacent to hers. Mr. Barrett subsequently checked in to the room next to Ms Andrews, modified the peephole device in Ms Andrews' hotel room door, and surreptitiously filmed her through the altered peephole while she was getting dressed and without her consent or knowledge." Ms Andrews said in the statement that she filed the lawsuit to "hold accountable those who put my personal safety at risk and who allowed my privacy to be invaded while I was a guest at their hotel." "Although I'll never be able to fully erase the impact that this invasion of privacy has had upon me and my family, I do hope that my experience will cause the hospitality industry to be more vigilant in protecting its guests from the time they reserve a hotel room until they check out," she said. About Me Married 27 years, 4 wonderful children, beautiful wife. Lived in Australia, New Zealand, Vancouver and Hawaii. In 1997 funded Auckland school kid Scott Dixon to race Formula Holden, 98 set up Scott Dixon Motorsport to fund his racing career. 2003 Dixon won the Indy Racing world title in his first attempt and then in 2008 won the Indy 500 and the Indy World Title again. 1999 shipped a 4wd to India and drove to London with Sir Peter Tapsell and Prof Frank Brosnahan via India,Pakistan, Iran, Syria Jordon, Lebanon,Turkey etc. 30 years business all over the world. Wasted $5.5m on litigation over the Matakana Island theft by a politically connected bank. Won the 4 week trial but got totally screwed by Appeal Courts who changed the facts in order to give the land to Maori who falsely claimed it was sacred -but who then sold the lot to property developers for $75m. Spent my life fighting red tape. This has led me to campaign for the removal of "Crown and Judicial Immunity." Filming Idiots in Power. Organised a political protest in NZ in 2011

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The use of the right child car seat -- Another Healthy Choice YELLOWKNIFE (November 12, 2012) -- Certified child car seat technicians are now in place in the Northwest Territories. Eight certified technicians from Fort Simpson, Hay River, Fort Smith, and Yellowknife were trained in car seat installation last week. Graduates applied their new training in a car seat education clinic last Friday afternoon at the Yellowknife Canadian Tire store. The Honourable David Ramsay, Minister of Transportation, welcomed the new technicians. "The bodies of young children are vulnerable, and they need the protection of the right child seat, properly sized and correctly installed," he said. "These new car seat technicians will be an added resource for parents to ensure children are properly protected." The Honourable Tom Beaulieu, Minister of Health and Social Services, applauds the involvement of these community representatives working to improve child safety. "The avoidance of preventable injuries and fatalities starts with communities taking action," he said. "I am very impressed with the involvement of these trainees and their organizations in helping to prevent injuries to vulnerable children." The new technicians come from a variety of occupations. The Hay River trainees were from the local fire department, the Fort Simpson trainees from municipal enforcement, and the Fort Simpson and Yellowknife trainees are from the respective health authorities. In the new year, car seat education training will be offered to the communities of Norman Wells, Inuvik, and Behchoko, as well as an additional two trainees from Yellowknife. Over time, the training will be offered to residents of other communities as well. Technicians were trained under the Child Occupant Restraint Education (CORE) program , part of the Injury Prevention component of the Government of Northwest Territories Healthy Choices initiative. CORE partners include the Department of Health and Social Services and the Department of Transportation. The CORE program provides parents with the information they need to safeguard their pre-teen children while they are passengers in a vehicle. The Healthy Choices Initiative promotes safe and healthy choices that produce well-being and healthy lifestyles. Helping NWT residents live health lifestyles is one of the ways the GNWT is pursuing the 17 th Legislative Assembly's goal of healthy, educated people. Visit the Healthy Choices website for more information.

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While I enjoy the 'hard' side of information work - data, competitive intelligence, visualisation - I continue to find the 'soft' side of information work fascinating. Article: I like analysis and industry data just as much as the next person. (Really, I do.) As the FreePint Report on Competitive Intelligence guest editor Yulia Aspinall states, 'Answering the "so what?" question requires not just access to relevant resources, but also the selection of the right analytical tool.' The report covers a variety of content areas and aspects of competitive intelligence -- a little something for everyone to add to their practice. What strikes me in this issue of the Information Practice Newsletter, though, is the recurring theme of the importance of the 'soft' side of practice, and specifically relationships, within the organisation. Even when Tim Buckley Owen looks at a decidedly technical topic -- BYOD in the organisation -- he points to a recent Economist Intelligence Unit report that finds the C-suite wanting Human Resources to take a key role in strategic planning for BYOD. Tim indicates that the C-suite has 'a generally "close and trustful" relationship with HR' -- and these kinds of relationships are going to be one key in solving complex issues in the organisation. If an organisation doesn't address a BYOD process, people will find ways to bring and use their own devices anyway. Info pros can help in this in many 'low-tech' ways, such as participating in developing good data protection practices. On the social media side, James Mullan indicates, quite rightly, that implementing a social media policy in the organisation is in many ways no less formidable a task than implementing BYOD -- at least from the 'soft' side of making it all work smoothly and effectively. In another piece, James reflects further that a major reason why people share content in the first place is to create relationships. Sharing our own work, and sharing knowledge we gain as part of our roles in working in the organisation, is rewarding to us. At a basic level, we believe others can benefit from what we've learned. While I enjoy the 'hard' side of information work -- data, competitive intelligence, visualisation - I continue to find the 'soft' side of our work fascinating. Scott Brown is the content development editor for FreePint, responsible for working with the customer advisory board, authors and staff to identify areas of interest for articles, reports and webinars and develop those resources. He is also the owner of Social Information Group ( http://www.socialinformationgroup.com ), an independent information practice that focuses on the effective use of social networking tools for sharing and finding information. His forthcoming book, " Social Information: Gaining Competitive and Business Information Using Social Media Tools " will be published in late 2012. He has worked with libraries, Fortune 500 companies, startups, government organisations and individuals to help them understand and effectively use these tools for their clients, and to drive increased visibility and return on information resources. He has over 20 years of experience in library and information organisations, in public, academic and corporate settings. Scott is a regular speaker nationally on many areas of information work. He is also a professional coach. Harvard Business Review listed "data scientist" as the "sexiest job of the 21st century". Librarians and information professionals are data scientists, as well as experts in finding, evaluating and transforming data and information into insightful deliverables that enable strategic decision-making. If we gain a basic understanding of how Big Data can be used to solve problems in the industries in which we work, we can gain a place at the table when Big Data initiatives are unveiled in our organisations. Industry focus on Big Data represents a huge opportunity for information professionals. In many senses, we have worked with Big Data for our entire careers. We can leverage that experience, along with our expert ability to locate, evaluate and transform data and information into knowledge products, in order to advance our organisations' bottom lines.

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The Fairmont Chateau Whistler Resort Hotel An all season resort destination, The Fairmont Chateau Whistler hotel offers a seamless blend of year-round adventure and unsurpassed guest service for business or pleasure. With mountainside ski out the door convenience and on-site golf course, the classic elegance of this award-winning Whistler hotel offers a modern alpine setting featuring exceptional dining , full resort amenities, a Vida Spa and Fairmont Gold - Fairmont's exclusive lifestyle hotel experience. Naturally spectacular, The Fairmont Chateau Whistler resort hotel delivers an ideal setting for families , friends and meetings alike. Proudly welcoming the LGBT Community, The Fairmont Chateau Whistler is a TAG approved hotel and a member of IGTLA and TGC. Be sure to check out WinterPRIDE - the most fabulous gay ski week of the year. Whistler remains in the spotlight as an international sporting event destination and we are thrilled to welcome athletes and their families of the upcoming Ironman Canada triathlon and Granfondo with exclusive Fairmont offers. For those with business in mind, unforgettable meetings , events and incentive programs are signature of The Fairmont Chateau Whistler resort, Whistler's largest conference resort hotel. At The Fairmont Chateau Whistler hotel, we are delighted to host your entire family, including your four-legged friends. Our Whistler resort dog-friendly program includes pet bed, bowls, special treats and menus.

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Welcome to the David Gray Chords page. The Other Side song has been written by David Gray. You can play this song on the acoustic or electric guitar; using capo. Get Chords lyrics by following the link above. Chords riff Dm Dsus4 G G7 F C A Bb E e |--1---3------3---1---1---0---0---1----0\\... B |--3---2------0---0---1---1---2---3----0\\... G |--2---2------0---0---2---0---2---3----1\\... D |--0---0------0---0---3---2---2---3----2\\... A |--0---0------2---2---3---3---0---1----2\\... E |-------------3---3---1----------------0\\... Notes: The Dm chord in the intro/chorus is only strummed for one beat, then immedately you play the Dsus4 chord. The G in the intro/chorus is stummed for two beats, then G7 for one, then you play riff directly into the Dm and the Dsus4. All that together is the intro/chorus. Looks like this: Dm Dsus4 G G G7 riff e |--1---3---3---3---3---3---1---1-0---| B |--3---2---2---2---0---0---0-------3-| G |--2---2---2---2---0---0---0---------| D |--0---0---0---0---0---0---0---------| A |--0---0---0---0---2---2---2---------| E |------------------3---3---3---------| The riff is followed immediately by a Dm. You don't have to play the riff at all if you don't want, you can just strum another G7 chord, but it will sound more like David's piano if you at least play the riff a few times. Plus your index finger is already on the F if from fretting the G7, and if you fret the D with your ring finger, the riff sets your fingers up for the Dm. I tried to space the position of the chords to go with the lyrics. Play along with the song, you should be able to hear the changes. Intro/chorus x2 Dm Dsus4 G G7 riff Dm Dsus4 Meet me on the other side G G7 riff Dm Dsus4 Meet me on the other side G G7 riff Dm Dsus4 I'll see you on the other side G G7 riff F See you on the other side F C Honey now if I'm honest Dm I still don't know what love is G A Another mirage folds into the haze of time recalled Dm And now the floodgates cannot hold C Bb All my sorrow all my rage F G Dm Dsus4 A teardrop falls on every page G G7 riff Dm Dsus4 Meet me on the other side G G7 riff F Meet me on the other side F C Maybe I oughta mention Dm It was never my intention G To harm you or your kin A Are you so scared to look within Dm The ghosts are crawling on our skin C Bb We may race and we may run F G We'll not undo what has been done E Dm Dsus4 Or change the moment when it's gone Intro/chorus x2 Dm Dsus4 G G7 riff Dm Dsus4 Meet me on the other side G G7 riff Dm Dsus4 Meet me on the other side G G7 riff Dm Dsus4 I'll see you on the other side G G7 riff F I'll see you on the other side F C I know it would be outrageous Dm To come on all courageous G And offer you my hand A To pull you up on to dry land Dm When all I got is sinking sand C Bb The trick ain't worth the time it buys F G I'm sick of hearing my own lies E Dm Dsus4 And love's a raven when it flies G G7 riff Dm Dsus4 Meet me on the other side G G7 riff Dm Dsus4 Meet me on the other side

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Madame Senators: Meet the 20 Women of the 113th Senate! Women made historic gains in the Senate last night: This past session, 17 women served; when the 113th Congress convenes in January, there will be 20 women representing their states in the U.S. Senate. Let's meet our Madame Senators! THE NEW SENATORS Senator-Elect Tammy Baldwin (D,-WI) One of the most high-profile winners in of the 2012 election, Baldwin is the first woman to represent Wisconsin in the upper house -- and the first out lesbian in the Senate. Comments Does a dream be created or planned according to failling America people to have women as their President after Europe, Asia people accepted women as their leader? How women in America organize their methodology on achievement after more than 100 years be free from Dutch? It really worries me that there are women out there who think that women SHOULDN'T be running for office. Would those women prefer that we were all at home, barefoot and pregnant? only believing what our husbands tell us to believe? I just don't understand that at all. Congress makes the rules that dictate the country and over half of the country is made up of women. So why shouldn't we have a say in the making of those rules? It took me a while to figure out that (R-NB) meant Deb Fischer was from Nebraska. That is not the correct abbreviation and, since we're talking state politics, could use an edit. Aside from that, as a woman and mother of girls, I am proud we have add more female role models for them. Women do not need to restrict themselves to the kitchen. It is admirable that these women want to serve the populations of their states! Why is this so important? Why is it important that women have power? Are women so insecure with their own roles as females, wives and mothers that the only way they can be seen as worthy is when they are in high profile? These women are not working toward protecting he unborn. These women are not working toward defining the biblical sense of marriage. They are leading the race in corruption against the moral fiber of this country. I take no pride in their accomplishments not the re- election of the worst President in the history of the United States. wstyrsky56 Are you sure you know the agendas of all 20 senators? How do you know it's "power" for them, how do you know anyone reading feels insecure with their own roles? How do you KNOW some of 20 are "not working toward protecting the unborn (pro-life agendas)." It seems like your comments are pretty conclusional and judgmental toward new people who have just come on the scene. There were very active women in positions of influence in the Bible - I'm glad they were there, and I'm glad these women help balance the perspectives in the Senate to a degree. I wish it were a 50/50 gender split. Boo-yah! I remember interviewing Sen. Patty Murray (D-WA) at the 2000 Democratic National Convention, when it was historic that there were 9 women Senators for the first time (Book: NIne and Counting: Women of the U.S. Senate). After all there had only been two -- TWO -- in 1991. So now we have 20. Only 198 to go...

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Hi everyone, I really hope you can give me some advice. I have a brother, who I know would be extremely good at being either a music producer or a DJ, and he himself has said that the only thing he's ever cared about and liked is music. This is significant because he's really shy, depressed, has low self esteem and does not usually talk about anything serious. He downloaded some music producing software and soon became disheartened because it was complex and difficult to understand. Besides, he's a technophobe (like the rest of the family). He also got a creativity block when the equipment was right in front of him, even though he's always constantly thinking about music. So maybe being a DJ would be a bit easier for him. The thing is, he's shy, left school in year 9 and has never had a job. How does one even become a DJ, like in clubs and stuff? Like, how do you actually become a DJ, and get yourself into clubs? He's socially competent, just quiet, so I think he could manage the social side once he's there, it's just getting there - networking, maybe - that's the problem. Regarding music production, I think it would be better for him to start by tampering with songs rather than trying to make his own immediately - how do people, such as fans on youtube, learn how to remix songs? You can probably tell that I don't know the first thing about any of this. I would be really grateful for any information or advice, because my brother is such a nice, creative young man and he really doesn't deserve to be in his present situation. Thank you in advance... I really hope this doesn't end up as one of those lonely threads with no replies... Probably the best way to get into DJing is to offer your services for free on, say, a midweek quiet night, maybe just to warm the place up until the main DJ arrives, or before gigs. That gets your foot in the door. Lots of places just stick on CDs as the cost of a DJ isn't worth their while and he could use that as a way of networking. If he goes down well he might get busier nights and hopefully then get paid. At first though, it's gonna involve a lot of emailing or popping into bars and offering his services. Has he ever considered taking audio engineer classes? I know in my area they have commercials on the radio all the time for audio engineer schools that teach you the skills of how to work with the equipment / software. Naturally that would cost some money but it's just a trade sort of school, not a university level investment, and if he's truly interested in producing that might be a good place to start. Of course, as with most things, it's 20% what you know and 80% what you do. While going to school he should also pursue what letuinmybackdoor said, maybe DJ-ing for free on slow nights at locals clubs and seeing how it goes. Personally I can relate with the whole "networking" thing. I'm not very outgoing in that sense either and don't like to feel like a social climber, but sometimes that's just what you have to do. Anyway, hope that helped somewhat. Wish your brother the best of luck. I have many friends who are DJs and I highly recommend taking some classes. If you are lucky, you might even find some free classes. As with everything else, once you get comfortable with all the gadgets, and buttons, and what-the-hell-is-that-fors it gets really easy and experimenting starts to come naturally. I already plan on taking some lessons myself. Not because I really want to follow this as a career, but because some extra money would really come in handy right now, and I have a great repertoire. I had a DJ residency for a year or so which came from me having had a minor underground dance hit. I enjoyed it a lot. But that was when electro was a big thing, and I loved all the dance music coming out at that time, and I think that love played a large part in my "popularity". I never took any classes, just did it a lot and got gradually better and better. Is it #unpopularpopopinion that a good DJ may be shit at mixing but plays songs that are amazing and make the public move to the dancefloor together with their pets and children? If you were a Mona Lisa, you'd be hanging in the loo. Everyone would come to see you, it'd be impossible to poo. Is it #unpopularpopopinion that a

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[Wii U] Nintendo shows off Miiverse integration as well as the internet browser Have you been curious about how exactly the Miiverse will be integrated with their fancy video games? Well, you'll be happy to know that Nintendo have released a new video that hopes to dispel some of the mystery. It also touches on the Nintendo Network ID and the internet browser, the video also shows some New Super Mario Bros. U footage including the world map. The Wii U launches in America next week on November 18 with European/Australian releases following on November 30th.

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This shall be a sign (or token) unto you - You shall find this glorious person, however strange it may appear, wrapped in swaddling clothes, lying in a stable! It is by humility that Christ comes to reign; and this is the only way into his kingdom! Pride is the character of all the children of Adam: humility the mark of the Son of God, and of all his followers. Christ came in the way of humility to destroy that pride which is the root of evil in the souls of men. And thus, according to the old medical aphorism, "Opposites are destroyed by their opposites." And this shall be a sign unto you,.... When they should come to Bethlehem, and to the inn where Joseph and Mary were: ye shall find the babe wrapped in swaddling clothes, lying in a manger; for though there might be many other children, in the inn, yet none else in swaddling clothes, at least lying in a manger: this sign would distinguish the new born Saviour from all others; had not the angel given them this direction, they would never have thought to have looked for, and found: him in such a place: and moreover, it might have been a stumbling to them, and an objection with them against his being Christ, the Lord, had they not been told beforehand where he was; but by this means this objection was prevented, and this stumbling block was removed out of the way, and they were prepared to see him, embrace, and believe in him, in this mean condition. a manger-"the manger." The sign was to consist, it seems, solely in the overpowering contrast between the things just said of Him and the lowly condition in which they would find Him-Him whose goings forth have been from of old, from everlasting, "ye shall find a Babe"; whom the heaven of heavens cannot contain, "wrapt in swaddling bands"; the "Saviour, Christ the Lord," lying in a manger! Thus early were these amazing contrasts, which are His chosen style, held forth. (See 2Co 8:9.) 2:8-20 Angels were heralds of the new-born Saviour, but they were only sent to some poor, humble, pious, industrious shepherds, who were in the business of their calling, keeping watch over their flock. We are not out of the way of Divine visits, when we are employed in an honest calling, and abide with God in it. Let God have the honour of this work; Glory to God in the highest. God's good-will to men, manifested in sending the Messiah, redounds to his praise. Other works of God are for his glory, but the redemption of the world is for his glory in the highest. God's goodwill in sending the Messiah, brought peace into this lower world. Peace is here put for all that good which flows to us from Christ's taking our nature upon him. This is a faithful saying, attested by an innumerable company of angels, and well worthy of all acceptation, That the good-will of God toward men, is glory to God in the highest, and peace on the earth. The shepherds lost no time, but came with haste to the place. They were satisfied, and made known abroad concerning this child, that he was the Saviour, even Christ the Lord. Mary carefully observed and thought upon all these things, which were so suited to enliven her holy affections. We should be more delivered from errors in judgment and practice, did we more fully ponder these things in our hearts. It is still proclaimed in our ears that to us is born a Saviour, Christ the Lord. These should be glad tidings to all. 1 Samuel 2:34 "'And what happens to your two sons, Hophni and Phinehas, will be a sign to you--they will both die on the same day. 2 Kings 19:29 "This will be the sign for you, O Hezekiah: "This year you will eat what grows by itself, and the second year what springs from that. But in the third year sow and reap, plant vineyards and eat their fruit. 2 Kings 20:8 Hezekiah had asked Isaiah, "What will be the sign that the LORD will heal me and that I will go up to the temple of the LORD on the third day from now?" Isaiah 7:11 "Ask the LORD

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History as it is bought 7 July 1995 John Campbell John Campbell argues that academics should value the popular appeal of biography. Political biography, as a form of history, comes in for a lot of criticism these days. But serious questions are asked of the genre, which the biographer needs to answer. The charge, at its simplest, is that biography is bad history: that focusing exclusively on the life of a single individual distorts history by exaggerating the influence of the Great Man (or Woman) at the expense of impersonal forces like class, social movements, technology and ideas which are the real motors of historical change. The predominance of biography is a peculiarly British phenomenon. It has no parallel on the continent but appears to reflect a specifically British pragmatism or alternatively British sentimentality: the view that "history is about chaps". Biography is rightly popular because it offers a way to comprehend events through the experience of one contemporary man or woman, without grandiose abstract patterns or overarching hindsight. Of course it is the historian's job to provide the hindsight, to interpret for the reader what was not clear to his subject at the time. But the discipline of biography anchors him to the reality of what the individual knew and understood at the time. Because biography is so dominant in this country and in the present publishing climate, it has become the best way for serious historians to communicate with the public. For better or worse, biography is increasingly the only form in which the general reader buys serious history, or indeed economics. Academic historians who would once have sniffed at biography have been forced to recognise it as an essential vehicle for spreading scholarship beyond universities. Equally, however, because biography is increasingly the form in which the general reader takes his history, a heavy professional responsibility falls upon biographers to write good history, fully sourced (not merely from the subject's own papers) and fully rounded, placing the subject properly in context and not exaggerating his (or her) heroic autonomy. We can see it, if we want, as smuggling in a cargo of history under the flag of biography. To take a personal example, my own biography of Edward Heath was, I acknowledge, as much a history of his government as a life of the man. But had I written it purely as a history of an inglorious government, many fewer people would have read it. Ben Pimlott has recently suggested that political biography should aspire to become more like fiction. He has criticised recent political biography as formulaic, as though assembled from prefabricated sections bolted together in predictable patterns. Undeniably he has a point. Of course, biography can aspire to many of the qualities of fiction: good writing, narrative pace and structure, imaginative sympathy. Biography should certainly see itself as literature, in that sense. But if it is essentially history it must be founded scrupulously on fact not fiction: that is, on evidence. The biographer can read between the lines of the evidence, speculate from the established facts as much as he likes, so long as he takes the reader openly along with him. But ultimately the evidence must take precedence over imagination. We need to stop apologising for biography and celebrate it as a valid and valuable form in its own right. The only concern we should admit is that biography should not become the only form of history in this country. John Campbell's biography of Edward Heath won the 1994 NCR Book Award. He is now writing a biography of Margaret Thatcher. Comment on this story Post your comment You must fill in all fields marked \* Story date 7 July, 1995 This is a security check, please do not complete. Your Name\* Your Email\* Comment\* Please note: By adding a comment you confirm that you have read and agreed with the code of conduct under our Terms & Conditions . Comments posted on timeshighereducation.co.uk may be moderated.

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The Cost of Retirement For many, saving for retirement is a difficult process even during the best of times. And in 2009, according to a recent survey from Wells Fargo, 20% of pre-retirees have reduced funding to their retirement savings. Many who once thought they were secure are now forced to delay their retirement plans by several years. What?s even more troubling is that 41% of women and 32% of men now believe they will have to work after retirement just to make ends meet . Considering that saving $1 million will only amount to about $40,000 per year for the average retiree (assuming you stick to a widely accepted rule of thumb that says you should limit your withdrawals to 4% of your savings during your first year in retirement), it?s easy to understand why retirement has become almost a luxury. Below, Kiplinger.com examines the cost of retirement.

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"If You Find Reading Boring, You're Not Doing It Right." I have been reading seriously for a long time. And I can't imagine a life without books. As someone wise once said, "If you find reading boring, you're not doing it right." Which begs the question, what does it mean to "do it right?" A particularly fine place to read I think the first thing a reader must do is to read what they love. When I was a child I read a great deal of fantasy literature, preferring it to the Nancy Drew/Bobbsey Twin mysteries many of my friends enjoyed. I liked fairy tales and Narnia. I adored comics. Every Thursday, when my mother when grocery shopping, she would buy me a new Classics Illustrated Comic. This was my introduction to Robinson Crusoe, Moby Dick, Les Miserables, Ivanhoe . . .perhaps this explains why I was the only kid in my class I recall truly loving The Scarlet Letter. During my teens I read Tolkien, Elizabeth Goudge, Gabrielle Roy and then Sylvia Plath and James Agee and Flannery O'Connor and Anais Nin. I always like a human drama, tinged with a wallop of darkness. Then I went through a period of reading very dubious novels indeed -- trashy, sexy, scandalous things I could devour in an afternoon, like a binge of junk food. These were undeniably difficult times when I suffered, I now see, from a fairly serious depression and simply couldn't concentrate on anything more challenging. I picked them up cheap from the drugstore on a Friday afternoon, sometimes four or five or six of them, and spent isolated weekends gulping them down. I think something in this period harked back to my childhood and a box my often-depressed mother kept in her closet It was full of paperbacks with lurid covers: half naked women in various forms of distress, pulp fiction crime novels and pot-boilers. My mother would retreat into her room for long periods and perhaps dream that someone would come and rescue her. I might have picked up the same habit -- at least for a time. It didn't last and wasn't satisfying, as junk food never is, but I now find it interesting that even in a painful time reading, even if it wasn't nourishing reading, still figured. I learned from it. Certainly, reading well is a question of being able to enter a semi-trance and engage one's imagination in co-creation with the author. That takes, I admit, a bit of practice, and for those who did not fall into the world of books as into cool water on a blistering hot day, as I did, a period of apprenticeship may be required. In other words, to learn how to read well, one has to start reading regularly. I understand it can be difficult to find the time when one is leading a busy life, but oh, my, what rewards there are. On this subject Annie Dillard says, in The Writing Life, "There is no shortage of good days. It is good lives that are hard to come by. A life of good days lived in the senses is not enough. The life of sensation is the life of greed; it requires more and more. The life of the spirit requires less and less; time is ample and its passage sweet. Who would call a day spent reading a good day? But a life spent reading -- that is a good life." I begin my day by reading as I am brushing my teeth. And yes, My Best Beloved finds this hilarious. I always have a book or two in the bathroom, as I suspect many people do. It's a fine spot for reading snippets and I finish roughly a book a month in the loo. Flossing is an especially good time, as are baths, of course. The kind of books best read in bathrooms, however, differs from the sorts of books one might read elsewhere. Personal essays are terrific, as are books of letters, literary essays are also good, and short stories. Here, one wants something that can be dipped into, sipped, and nibbled at. Collections of folk and fairy tales can be particularly delightful. It is best to read books here that are not priceless first editions, for water stains and toothpaste drops are inevitable. Having one's hands free for the aforementioned flossing and brushing is critical, and so I use a wonderful book weight here

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iPhone 5 Review: Apple's Back!... Back Of The Line That Is When Apple released their latest iPhone 5, I couldn't wait to get my hands on one being that my iPhone 4 was beginning to feel ancient. However just like other people, I was somewhat undecided between the iPhone 5 and the Samsung Galaxy S3. iPhone 5 review When you pit the iPhone 5 against the iPhone 4 or 4S the newer model is better in terms of speed (both processor and data), and that gorgeous display. However when compared alongside the Samsung Galaxy S3, the iPhone 5 qualities I mentioned above dissipate. In fact, the iPhone 5 despite all its upgrades boasts battery life below that of the iPhone 4S in real world usage (8 hours), and its softer aluminum shell makes you wonder how Apple's ditching of the glass case could have backfired like this. The Samsung Galaxy S3 boasts improved battery life over the S2, clocking in 3 extra hours (15 hours). Standby time is also vastly different, with the S3 boasting 400 hours and the iPhone 5 around 225 hours. One of the biggest changes is the Lightning port which replaces the old connector. This means that if you want to use older accessories you will have to part with $30 for an adapter. The new iPhone 5 charges faster than the old versions which is a huge plus and the new earphones that come with the handset are way better than any others from Apple. I did run into an issue with my Sony sound dock though because even with the adapter, the odd shape of the landing pad wouldn't allow me to utilize it with the iPhone 5. This suddenly meant that a number of my iPhone accessories and cables lying around were obsolete and I was ready to start from scratch again with Apple accessories (or Android). Now before you think I am disappointed with the iPhone 5, that is far from it. The iPhone 5 is lighter than the Samsung Galaxy S3 and the A6 processor in the iPhone 5 beat the dual core 1.5GHz Snapdragon in benchmark tests when compared to the S3 running ICS. So you're not getting outdated hardware here. The 4-inch display has been a long-time coming and while I hoped it was slightly larger, the fact that you could still operate it with one hand made up for that. Another area where it excels is design. It maintains that industrial design that we love so much with a couple of touches that make it look "2012? and ergonomically perfect despite the extra height. While the Samsung Galaxy S3 packs 2GB of RAM versus 1GB on the iPhone 5, browsing through the two different OS' and launching multiple apps showed that it didn't really make a difference. The same could be said about the camera and LTE speeds with both devices. The iPhone 5 does not have support for SD card, while the Samsung Galaxy S3 does, up to 64GB. This means that you can get the cheapest 16GB version and put in a $50 64GB SD card and end up with 80GB in total. The aluminum body on the iPhone 5 is prone to scratching too and I've had our review unit covered from day one after one our first unit arrived scuffed right out of the box. That being said, it looks better than the plastic-fantastic Samsung Galaxy S3 even with a cover on. Many people will say that the new iPhone 5 has taken a step backwards rather than forwards. However one thing in the favour of Apple is that their customer service is excellent and problems are generally worked out with very little fuss. They are quick to fire out software updates to squash any bugs should they become apparent on a wide scale and the Apple Store is nice enough to help you with hardware defects should you need a replacement. I'll admit that the new iPhone 5 hasn't got the magic of the original iPhone when that was released, or even the sparkle when the iPhone 3GS was updated to the iPhone 4. However because I have gotten so comfortable with iOS, the iPhone 5 seems like the ideal upgrade. Maybe we now expect too much from Apple and this is the reason why its seems as though they have lost their mojo. Samsung and other competitors have caught up with them in terms of innovation and things have changed in the tech world since 2007 when Apple released the first iPhone as something truly revolutionary. The iPhone 5 hasn't really changed that much and there are no new innovations from Apple when you look at what's already out there. The great design is actually very close to the iPhone 4 from 2 years ago, and the introduction of LTE, a larger display and other features have been available on other smartphones since 2011. If you have an iPhone 4 and are due for an upgrade as I

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Spartacus Educational Mobile Version An Indian reservation was an area of land reserved for Indian use. The first political leader to suggest this policy was Andrew Jackson . In the 1820s the Cherokees adopted a written constitution that proclaimed that the Cherokee nation had complete jurisdiction over its own territory. The state of Georgia responded by making it illegal for a Native American to bring a legal action against a white man. The Seminole tribe had disputes with settlers in Florida. The Creeks were involved in several battles with the federal army in Alabama and Georgia. The Chickisaw and Choctaw tribes also had land disputes with emigrants who had settled in Mississippi. Andrew Jackson argued that the solution to this problem was to move all these five tribes to Oklahoma. When Andrew Jackson gained power he encouraged Congress to pass the 1830 Indian Removal Act . He argued that the legislation would provide land for white invaders, improve security against foreign invaders and encourage the civilization of the Native Americans. In one speech he argued that the measure "will separate the Indians from immediate contact with settlements of whites; enable them to pursue happiness in their own way and under their own rude institutions; will retard the progress of decay, which is lessening their numbers, and perhaps cause them gradually, under the protection of the government and through the influences of good counsels, to cast off their savage habits and become an interesting, civilized, and christian community." Jackson was re-elected with an overwhelming majority in 1832. He now pursued the policy of removing Native Americans from good farming land. He even refused to accept the decision of the Supreme Court to invalidate Georgia's plan to annex the territory of the Cherokee . This brought Jackson into conflict with Whig leaders such as Henry Clay and Daniel Webster . The land given to the Native Americans in Oklahoma was known as the Indian Territory . The land was distributed in the following way: Choctaws (6,953,048 acres), Chickisaw (4,707,903 acres) and Cherokees (4,420,068). The tribes were also received money for their former lands: Cherokee ($2,716,979), Creek ($2,275,168), Seminole ($2,070,000), Chickisaw ($1,206,695) and Choctaw ($975,258). Some of these tribes used this money to buy land in Oklahoma and to support the building of schools. In 1835 some leaders of the Cherokee tribe signed the Treaty of New Echota. This agreement ceded all rights to their traditional lands to the United States. In return the tribe was granted land in the Indian Territory . Although the majority of the Cherokees opposed this agreement they were forced to make the journey by General Winfield Scott and his soldiers. In October 1838 about 15,000 Cherokees began what was later to be known as the Trail of Tears . Most of the Cherokees travelled the 800 mile journey on foot. As a result of serious mistakes made by the Federal agents who guided them to their new land, they suffered from hunger and the cold weather and an estimated 4,000 people died on the journey. Overall it is believed that about 70,000 Native Americans were forced to migrate from Georgia, Alabama, Mississippi, Virginia, Tennessee and Florida to Oklahoma. During the journey many died as a result of famine and disease. The Federal government provided food and other supplies to the reservations and appointed an Indian Agent to live with the Native Americans. It was the job of the agent to teach them how to farm and to help protect them from unscrupulous traders. On 27th January, 1861, Apaches stole cattle and kidnapped a boy from a Sonoita Valley ranch. Second Lieutenant George Bascom was sent out with 54 soldiers to recover the boy. Cochise met Bascom and told him that he would try to recover the boy. Bascom rejected the offer and instead tried to take Cochise hostage. When he tried to flee he was shot at by the soldiers. The wounded Cochise now gave orders for the execution of four white men being held in captivity. In retaliation six Apaches were hanged. Open warfare now broke out and during the next 60 days 150 white people were killed and five stage stations destroyed. Mangas Coloradas and Cochise killed five people during an attack on a stage at Stein's Peak, New Mexico. In July,

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entertainment Book helps children when families separate Friday, 09th Nov 2012 Reporter: Reporter Email: reporter@newburynews.co.uk Contact: As a solicitor practising in family law, Helen Bishop is well aware of the turmoil and unhappiness caused to children when their parents divorce or separate. Many children going through this traumatic time feel that perhaps they are to blame, that they could have done something to make everything all right again, and there seemed to Helen to be very little literature around which would be of help to children in such a situation. Taking a break from full-time work in order to devote more time to her family gave Helen the chance to write Jack, hoping that her story of the little boy who finds it hard to understand what has happened to his family and what the implications will be, would fill the gap. "I wanted to create a story that would pose questions, to encourage younger children to explore their feelings with an adult, and for older children who can read alone, it would enable them to reflect and understand that their situation is not unusual. "I also wanted to create a book that would capture children's imaginations and provide comfort." The simple one-word title of the book was deliberately chosen, so that the book could be read without making it obvious to other children or adults exactly what it contained. Helen lives in Newbury and, as luck would have it, one of her neighbours just happens to be author and illustrator Simon Murray. Two years ago she told him about the book and its aim and he agreed to illustrate it, thus making it "a real Newbury project," as Helen says. The aim of the book is undeniably a good one. Having read the story of how little Jack, with the aid of his black cat, finally realises that he is still loved -- even though his life is now split between two houses -- it is obvious that this big picture book would be best for the child, even a slightly older child, to read with an adult for maximum reassurance. Jack has received the approval of the Family Law Association, known as Resolution, and Helen has also been grateful for the support of Newbury MP Richard Benyon. This has resulted in the Greenham Trust initially ordering 110 copies to be distributed to local schools with Waterstones and the Thatcham bookshop also showing interest. If this book can make even one child less sad as a result of the break up of his or her home, it will have been worthwhile, but with such approval it seems likely that many more children will find comfort within the pages of this admirable "Newbury project".

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The idea of just one overblown work from acts who have long since passed a point where their level of invention could match the scale of their acoustic footprint is thrilling - get over double disappointment in one go. Hang on, though, Gordon. Is there really a "hint", or have you merely raised the idea of working together and got a polite reply? THE KILLERS frontman BRANDON FLOWERS reckons there's a good chance of a collaboration with MUSE. A good chance? Really? He said: "We've become good friends with Muse. We get along so well, so I'd never rule out working together. We would be trying to outdo each other. It would be spectacular, the choruses would be huge." I don't actually see either a hint or a claim there's a good chance this could happen; it's about half a step up from 'there's no law of physics which would make it physically impossible for us to work together'.

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Fog suspected in 100-vehicle Texas wrecks that claim at least two lives (CNN) -- At least two people were killed and as many as 120 injured in Thanksgiving pileups involving an estimated 100 cars on a foggy stretch of highway in southeast Texas, authorities said. The first accident -- a multi-car wreck in the eastbound lands of Interstate 10 -- occurred about 8:45 a.m., according to the Texas Department of Public Safety. Chain-reaction crashes followed, the department said in a news release, and included several accidents in the westbound lanes of the intersate, southwest of Beaumont in Jefferson County. "Initial reports at the time of the crash indicated there was dense fog, which could be a contributing factor to those crashes," Texas Highway Patrol Trooper Stephanie Davis said. The two fatalities occurred in the same vehicle, authorities said. The victims were identified as Vincent Leggio, 64, and Debra Leggio, 60, both of Pearland, Texas. The two were killed when their vehicle was hit from behind by an 18-wheeler, the Department of Public Safety said. Video from CNN affiliate KBMT showed badly mangled vehicles atop one another and people who appeared to be injured stretched out in grass alongside the highway and on ambulance gurneys. Long lines of cars, each battered and some appearing to be totaled, lined the roadway. The vehicles included cars, minivans, pickups, tractor-trailer trucks and at least one FedEx truck. In several pictures, there appeared to be a slight sheen of fog. It was not known exactly how many injuries resulted from the accidents, said Davis. Jefferson County Deputy Sheriff Rod Carroll said that at least 80 and as many as 120 injured people were taken from the scene. The most seriously injured were being transported to Houston, about 75 miles away. Several victims were transported to neighboring hospitals in Beaumont and Port Arthur. The role of fog and the causes of the accidents were still under investigation, Davis said. Westbound lanes of the interstate were closed for nearly four hours before being reopened. The eastbound lanes of I-10 were closed after the accident throughout most of the day, with the Department of Public Safety saying shortly after 5 p.m. that those lanes had been cleared of debris and reopened.

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Twelve weeks in prison for sick jokes on Facebook? Really? Updated x 2 | A 20-year-old has been sent to prison for twelve weeks for posting offensive and derogatory comments about missing five-year-old April Jones on his Facebook page. His attempts at humour were undoubtedly stupid, offensive and exhibited incredibly poor taste and timing. But is a long spell in prison really the way we should be dealing with offensive idiots? Is a law which was passed before social media existed now placing a significant chill on our freedom of expression rights? Matthew Woods pleaded guilty to an offence under s.127 of the Communications Act 2003 , which prohibits a person sending " by means of a public electronic communications network a message or other matter that is grossly offensive or of an indecent, obscene or menacing character ". He was sentenced at Chorley Magistrates' Court. I will not republish Woods' comments here, but some of them are quoted in this Evening Standard article . According to the Standard, Chairman of the bench, Bill Hudson, said Woods's comments were so serious and "abhorrent" that it deserved the longest sentence they could pass, less a third to give credit for his early guilty plea. He also said: The reason for the sentence is the seriousness of the offence, the public outrage that has been caused and we felt there was no other sentence this court could have passed which conveys to you the abhorrence that many in society feel this crime should receive. Yesterday I attended a roundtable discussion about how to approach section 127 in the age of social media at the Crown Prosecution Service with Keir Starmer, Director of Public Prosecutions and a group of journalists. Mr Starmer pointed out that the Communications Act 2003 was passed before either Facebook or Twitter had been invented, and so the CPS were understandably having trouble knowing how to police the billions of communications made publicly on social media. The CPS is to open the issue to public consultation so it can publish guidelines for prosecutors. Starmer's starting point was that, constitutionally speaking, the CPS has to apply the law as it finds it, within the public interest. Fair enough, as long as the "public interest" is interpreted with a very strong emphasis on free expression rights under Article 10 of the European Convention on Human Rights . But my worry is that this law was not designed for the purpose it is now being used for. In 2003, only perhaps Mark Zuckerberg knew that within the next few years literally billions of people would become mini-publishers on a public communications network. Now, the accidental combination of an old (in technology terms) law, designed it would seem primarily to stop harassment through the post and over the telephone line (see para 6-11 of DPP v Collins ), with revolutionary new media may be making criminals of many of us, and that cannot be a good thing. People post sick, offensive, horrible and stupid things on social media all of the time. People are sick, offensive, horrible and stupid. Anyone who has been to school knows that teenagers can also be sick, offensive, horrible and stupid. As a society, we should try to make people nicer, cleverer and less offensive. But is sending people to prison, along with rapists and violent thugs, the right way to do it? Sending people to prison for being " grossly offensive " has the whiff of mob justice about it. Anyone who uses Twitter regularly will have seen the mob at work, whether attacking an individual for saying something offensive and stupid, or harassing a celebrity for crimes against taste or their political views. Sometimes this is a bit of fun, sometimes a little more sinister. There are real problems involving malicious harassment of individuals as well as abhorrent views. But, as anyone who has used Twitter or Facebook will also know, there is a strong sense of community in that social space which is, to a very significant extent, self regulating. People are exposed, ridiculed, embarrassed, ostracised. Many of the rules of large human social spaces apply there too. Like other large social spaces, this can degenerate into mob justice. But should the criminal justice system be in the hands of that mob? Another very difficult issue is consistency. For example, what is the difference between Matthew Woods' sick jokes (assuming the Evening Standard printed the worst of them) and famous comedian Frankie Boyle's, who joked about missing child Madeline McCann and Jimmy Saville

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Advocates for social justice. In October 2011, the animal rights organisations Next Friends, People for the Ethical Treatment for Animals (PETA), and others filed a constitutional lawsuit alleging that the marine entertainment chain Seaworld was violating the Thirteenth Amendment of the US Bill of Rights, the right against slavery and involuntary servitude. The enslaved individuals were five orcas, Tilikum, Katina, Corky, Kasatka and Ulises, bound, like so many others, to a life of performance and spectacle in a marine prison. The case was decided on the 9 th February this year, with the District Judge holding that the Thirteenth Amendment applied solely to humans and that the claimants lacked legal standing anyhow. Much of the media and internet commentary has condemned the case as a frivolous waste of time and money. Whales are not people , it may be claimed, and at any rate you can't enslave something like a whale. Even more damning are claims as to the insult and ridicule of any seeming equivalence between the struggle of black slaves for freedom and a cetacean anti-slavery movement. Aside from these familiar qualms with animal rights theory, there are a number of interesting constitutional questions. For one, there remains the standard debate over the interpretive approach taken to the US Constitution. Certainly, the 'originalist' view championed by Supreme Court Justice Antonin Scalia and others -- that the constitution is (very crudely put) whatever the framers thought it was -- is unlikely to deliver any animal liberationist results. We might note, however, that the same could be said for black people or women, other groups deliberately excluded from constitutional citizenship by the framers US citizens are supposed to worship so avidly. Taking the more evolutive interpretive approach advocated by legal-liberals such as Ronald Dworkin, the court's reasoning in Tilikum appears glaringly question-begging: much of the textual evidence adduced to support the claim that the Bill of Rights serves humans alone, such as President Lincoln's Emancipation Proclamation of 1863, refers not to humans but to persons . The reference of the term 'persons' being more a matter of morality than biology, the judge appears to have assumed the very thing he was purporting to prove. It may well be that you can't construct a political-moral theory of animal rights that plausibly fits with US constitutional law and practice as a whole -- what Dworkin would suggest we must do if we want to fight for constitutional animal rights -- but this wasn't even attempted. Whilst I intend to return to these constitutional issues at a later date, my intention is not to explore them here. Instead, I want to discuss Sue Donaldson and Will Kymlicka's book, published last year, Zoopolis: A Political Theory of Animal Rights . For it lays out a vision of our relationship to animals that may enable us to decide questions of this kind. I don't intend to lay out a case for animal rights, although where I stand on the issue is obvious, but rather present the key innovations of Donaldson and Kymlicka's book for their interest to anyone, whether animal rights-respecting or otherwise. Central to the book, as the title suggests, is a vision of mixed animal-human society in which all citizens and denizens enjoy equal rights and duties of various kinds. In addition to this, we are invited to consider (to paraphrase John Rawls' final work on international justice, The L aw of Peoples ) a law of animal-human peoples determining the rights and duties of sovereign communities, whether those communities are exclusively animal or mixed animal-human. A theory of animal-human polities is presented, claiming rights for domesticated animals on the basis of their equal citizenship within our communities, rights for wild animals forming distinct independent communities with territory over which they are sovereign, and rights for so-called 'liminal' or 'denizen' animals who choose to live at the margins of our communities but not independently of them, such as foxes or racoons. Donaldson and Kymlicka oppose both the claims of human speciesists that citizenship and international justice are exclusively human affairs, and the claims of some animal rights theorists that our ultimate goal should be the liberation of animal life from relations with humans in its entirety. Animal rights theory has thus far focused very heavily on the universal

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Answers (3) A lot of 'it depends' At a high level, a cloud solution is a third-party hosted application, which has it's pros and cons. Cloud, meaning SaaS (software as a service) such as Salesforce.com. can be a way for a company with few IT resources to run some very powerful apps. In an enterprise with highly-secure, high performance systems (that are paid for) the cost-benefit may not be there. It does not make sense to pay someone to host the app, and then depend on their processes and controls, while at the mercy of the speed of the Internet connection. Cloud just means you're paying somebody else to run the application. For a small business this can be good thing, however it does make the company network and Internet connection more mission-critical. I can see cloud services being very good for a business that's already very much Internet based. One example would be a real estate sales business where you have all the listings on the Internet and the sales staff can carry around an ultra-book or a string tablet with a USB of the corporate documents. They can show clients the potential houses while in the field and also complete the paperwork. Naturally a single file server will be required in the office for the final document copies, but for the majority of the work, all the preliminary stuff, you free up the staff to stay in the field almost the whole day. This can also save on office space, but will increase Internet usage costs and probably need to have something like Libre Office on the field computers or an on-line office package. I can also see a cloud service being good for a delivery service, tablets for signatures etc too. A few ways The difference between the cloud and local servers are: \* Availability - you must have an Internet connection to connect out to the cloud \* Speed - connecting over the Internet is slower than connecting locally \* Responsibility - you need local support for your own servers. In the cloud, someone else takes care of this for you. This is a benefit in terms of management, but there are lots of issues like "How do I know if backups are really happening?", "How good is their security?", "What happens when there is an outage?" (Note that some of these issues can be avoided by local cache servers etc). So what services apply well to the above? Email is an obvious one (you already have a reliance on the Internet for it, and the lag will not be noticable). Online backup is another one many companies are starting to look at. Any system that can sit fairly standalone from the rest of your infrastructure is also a candidate. There are plenty of job-tracking, billing, quoting etc etc systems in the cloud. Most of them are aimed at small businesses. As you get bigger a) you are more likely to need these systems to integrate with other systems you already have set up internally and b) your concerns about protection of data tend to increase. Another idea that's gaining traction is to put a lot of your infrastructure in the cloud. Having a file server in the cloud and local clients is a bad idea because it will be so slow to download files (ignoring caching options). But if you put your file server in the cloud, and house a terminal server in the same datacentre(s) then that can work well. Your users RDP in to the terminal server, and can then talk to the file server at full LAN speed.

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Lower the Price & Deal with the Ads? Amazon is slated to announce -- what most believe to be -- the second generation Kindle Fire later this week. The Wall Street Journal online and many other outlets are reporting rumors that the new tablet is designed to compete with the Nexus 7 and reportedly will come in under the price of the Nexus and similar to other competitors. How is that possible? Ta-dah! With advertisements. Rumors state that, similar to previous ad-supported Kindle's, Amazon plans to offer both a standard and ad-supported Fire. The question we pose to CoolestGadget followers is: how much savings is enough for you to use an ad-supported tablet? 10%? 30%? 50%? What would it take?

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Property Details Location: Bedrooms Bathrooms Garages Western Bay of Plenty Bay of Plenty 3 3 4.0 Building Land Built In 450 m&sup2 (4842 sq.ft.) 8,791 m&sup2 (2.17 Acres, 0.88 Ha) 1999 Enjoy the Views and Peace in Plenty... The fresh white faade of this magnificent home sits in juxtaposition to the deep green of its lush surrounds - and the backdrop to both is the dazzling aqua of the Pacific Ocean. This kaleidoscope of colours is the first impression of many truly beautiful moments inspired by this spectacular home. Impressive manicured lawns and tumbling tropicana make up 8,791m2 of grounds, on which the 450m2 dwelling sits. Spacious without being oversized the layout allows for myriad options, with bedrooms, bathrooms and living all carefully balanced. Whether for family home, idyllic getaway or even lodge, the options are endless. Although Naxos is tucked high into the hillside, and is afforded the utmost privacy by its extensive grounds there is an excellent security system in place which means that it is equally easy to either reside here or lock up and leave. More than just an aesthetic delight, this home takes advantage of the natural wonders around it, from the breathtaking ocean view afforded from its unique position chiselled into the rock face, to the hot mineral water pumped from an underground spring 800 metres below. Keen to utilize each natural resource to its optimum, a 33,000 litre water storage tank allows a seemingly endless supply of water to the property. When it comes to the home itself the exceptional quality is evident in every aspect, from the flawless design to the most minute style details. Together builders and craftsmen have created a masterpiece; consider the interior and exterior hand rendered plaster, or the fossilised Indian stone that marks the entrance. Other features include the beautiful kauri ceiling of the study, a stunning Tasmanian Oak kitchen - the curves of which were crafted by a boat builder, and of course the architecturally designed stainless steel sculptures which top the columns of the balcony. In practical terms art embraces the necessities of life -there are walled areas protecting the outdoor living from the sea breeze, shutters provide sun shelter and courtyards afford additional indoor/outdoor living space. Balconies, courtyards and countless nooks and crannies allow for moments of absolute peace and tranquillity, and the curve of the home reflects the curve of the rolling hillside. Indeed the location itself is second to none - set on a stretch of pristine Bay of Plenty coastline, the endless white sand beaches remain only peppered with holidaymakers even in the height of summer. The local township retains the character of a bygone era, yet there is every facility needed. The bustling city of Tauranga is a 45-minute commute, Auckland only an hour and a half. This property epitomizes the ideal of 'the best of both worlds' - a private sanctuary with the outside world within easy reach.

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In reply to "Uniformly continuous", posted by Pasha on Nov 10, 2003: &gt;Show that the requirement in the definition of uniform continuity can be &gt;rephrased as follows, in terms of diameters of sets: To every eps&gt;0 there &gt;exists a delta&gt;0 such that diam(F(E))&lt;eps for all E in X with &gt;diam(E)&lt;delta. Let f be uniformly continuous. Let e&gt;0 be given, and let d'&gt;0 be found according to the definition uniform continuity, such that d corresponds to e/2. So we know: d(x,y) &lt; d' --&gt; d(f(x),f(y)) &lt; e/2, for all x and y in the domain of f. We claim that this d works. If E is such that diam(E) &lt; d, we have to show that diam(f(E)) &lt; e. To this end, let p and q be points of f(E). So p=f(x), for some x in E, and q=f(y), for some y in E. As diam(E) &lt; d, we know that d(x,y) &lt; d, so d(f(x),f(y)) = d(p,q) &lt; e/2. this is true for ALL p,q in f(E), so diam(f(E)) = sup{d(a,b): a,b in f(E)} &lt;= e/2 &lt; e. This is what we wanted. Now let f satisfy the diameter-property. We want to show that f is uniformly continuous, so let e&gt;0 be given. Let d &gt; 0 be found for the diameter-property applied to this e. If now x and y are points of the domain of f with d(x,y) &lt; d, we know that diam({x,y}) = d(x,y) &lt; d, so diam(f({x,y})) = d(f(x),f(y)) &lt; e by the property and we are done.

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Book Description Parents can assure their child's success in language arts with this simple-to-use, scripted guide. First Language Lessons for the Well-Trained Mind uses picture study and other classical techniques to develop the child's language study in those first two all-important years of school. Each lesson leads the parent, step-by-step, through the simple oral and written projects that build reading, writing, spelling, storytelling, and comprehension skills. Use this book to supplement school learning, or as the center of a home-school language arts course. Parents can assure their child's success in language arts with this simple-to-use, scripted guide. First Language Lessons for the Well-Trained Mind uses picture study and other classical techniques to develop the child's language study in those first two all-important years of school. Each lesson leads the parent, step-by-step, through the simple oral and written projects that build reading, writing, spelling, storytelling, and comprehension skills. Use this book to supplement school learning, or as the center of a home-school language arts course. Editorial Reviews About the Author Jessie Wise , a former teacher, is a home education consultant, speaker, and writer. She has decades of experience as a classroom teacher, elementary school principal, private tutor, and educational consultant, and is the co-author of the best-selling The Well-Trained Mind and the groundbreaking elementary grammar text First Language Lessons for the Well-Trained Mind . She lives in Charles City, Virginia. More About the Author Jessie Wise, a former teacher, is a home education consultant, speaker, and writer. She has decades of experience as a classroom teacher, elementary school principal, private tutor, and educational consultant, and is the co-author of the best-selling "The Well-Trained Mind" and the groundbreaking elementary grammar text "First Language Lessons for the Well-Trained Mind." She lives in Charles City, Virginia. Most people would agree that when you have great expectations for a child, he or she is more likely to succeed. "First Language Lessons for the Well-Trained Mind" by Jessie Wise, Sarah Park (Illustrator)undoubtedly has great expectations for families who use it. It expects children of a first and second grade level who have completed the book to understand adverbs, adjectives, interjections, direct and indirect quotations, paragraph formation and four basic types of sentences among other things. My first reaction on reading the Table of Contents was a little reticence. How frequently do you hear of first and second graders who have proficiency not only in the practice, but also the terminology, of grammar? I can, however, unequivocally state that this scripted language curriculum accomplishes its stated goals and does so painlessly. My son, who has been known to balk when it comes to school time in the morning, eagerly goes through his language lessons. He has gained confidence in our language and he is capable of giving you not only the definition, but also examples of many points of grammar. So what? Many kids can do that? I understand those may be some of your reactions. But how many kids age 6 can do it with enthusiasm??? After roughly 1 semester using this curriculum, my young son composed a poem today. A good one- using recognizable rhyme and meter- at that. THAT, to me, is the great success of this book. It not only delivers on the educational angle, it delivers on generating enthusiasm for the language. Not a homeschooler? This book is still for you and your kids. Many parents are displeased at some level with the education their children receive in school. The scripted lessons take only a few minutes per day and will exponentially enhance your kids' education. I'm certain that their increased language proficiency will improve their comprehension of other subjects. Give it a try! At best, your children will flower intellectually. At worst, you will have spent some extra time reading to your kids and interacting with them. Either way, you and your children come out ahead of the game. Bully for Jessie Wise for writing a fabulous language curriculum and bully for me for purchasing the book. I hope you do the same. Your kids' knowledge will be better off for it! I am very happy with this book! My six year old now BEGS to "do grammar" because this book is perfectly designed for 1st and 2nd grade homeschool kiddos and

**id 113**

What is amniocentesis? Amniocentesis is a specialised test that involves taking a sample of amniotic fluid , which contains the baby's cells, from your womb and examining it in the laboratory to see whether your baby has certain serious abnormalities. It is a diagnostic test, which means that it can tell you with almost complete certainty whether or not your baby has got certain conditions, such as chromosomal abnormalities. Amniocentesis is one of the most remarkable technological advances in monitoring pregnancy. As well as diagnosing chromosomal abnormalities, it can also tell you whether your baby's lungs are mature and the sex of your baby. What kinds of abnormalities can it detect? The test can identify several hundred genetic disorders , including some of the most common. It can detect: ? Neural tube defects such as spina bifida , though ultrasound is accurately used for this nowadays, and anencephaly . Amniocentesis can also reveal whether the mother or baby is RH-negative, and whether the baby's lungs are mature enough for him to be born if a caesarean section is being considered. Amniocentesis doesn't detect every kind of abnormality, however -- for example, it can't tell you whether your baby has a cleft lip or palate. The lab will only test the fluid for the conditions that your doctor or genetic counsellor has requested for your individual case and not for all the range of conditions mentioned here. Should I have an amniocentesis? Only you can make that decision. Some women want to know as much as possible about their baby before birth; others would rather wait until their baby is born. If you know in advance that your baby has a congenital abnormality, it can give you time to learn about the kind of help he will need. Who can have an amniocentisis? You will also be offered an amniocentesis if you have had a 'screen positive' result from a screening test , indicating that your baby is at higher risk than usual of having chromosomal problems. Other women who are sometimes offered amniocentesis are those with a family history of certain chromosomal abnormalities, or who have already given birth to a child with a genetic abnormality or whose partners have a family history. Amniocentesis is not offered in relation to maternal age alone in Australia. When will I have the test? Amniocentesis for genetic testing is usually performed between the 15th and 18th weeks of pregnancy. However, it can be performed later than that. Amniocentesis before the 14th week has been shown to carry a higher risk of miscarriage . By the second trimester , there is enough amniotic fluid surrounding the baby to make it easier for the doctor to take an adequate sample with minimal risk to your baby. If your baby needs to be delivered several weeks before his due date, your doctor might suggest an amniocentesis to check if certain components are present in the fluid that indicate that her lungs are mature. How is it performed? You will be asked to lie down on an examination couch. Using ultrasound for guidance, your doctor will identify a pocket of amniotic fluid a safe distance from bothyour baby and the placenta . She will then insert a long, thin, hollow needle through your abdominal wall and into the sac of fluid around your baby. You can choose to have your abdomen numbed first with a local anaesthetic, but you might decide not to bother in the interests of having only one needle rather than two! With the needle, the doctor withdraws a small amount of amniotic fluid -- about 20 ml, or two tablespoons. This fluid contains cells from your baby, substances, and micro-organisms that can answer many questions about your baby's health. Finding the right spot and guiding the needle to the right position using the ultrasound scan can take up to 20 minutes. Inserting the needle and withdrawing the amniotic fluid takes only about five minutes. Once the needle is out, you may have some tummy cramps. A midwife will monitor you for a while to check whether you are having any uterine contractions and to listen to your baby's heart-beat. Does it hurt? Most women say that the needle stings a bit as it goes in. However, everyone experiences the procedure differently and it may feel different with one pregnancy than with another. Most women say at the end of the procedure that it was less painful than they expected

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Parenting severely disabled kids can be a great source of happiness In this photo taken Aug. 28, 2009, Dawn Tosado, right reads a passage from the Bible as husband Eddie holds their 12-day-old daughter, Eliesse Myosotis in their home in Waterbury, Conn. Eliesse was diagnosed with a deadly genetic disorder, Trisomy 18, while still in her mother's womb. Regardless of the length of their lives, children with trisomy 13 or trisomy 18 not only led happy lives but enriched the lives of their families, according to a new study published in the journal Pediatrics July 23. Regardless of the length of their lives, children with trisomy 13 or trisomy 18 -- a chromosomal abnormality that can cause shortened lifespans and severe disabilities -- not only led happy lives, but enriched the lives of their families, according to a new study published in the journal Pediatrics July 23. "Despite the fact that often these children live less than a year and they are disabled, families find they are happy children. They find joy in their children. They enrich the family, enrich the couple and the child's life had meaning," said study author Dr. Annie Janvier , an associate professor of pediatrics and clinical ethics at the University of Montreal. "None of the parents said they regretted not terminating the pregnancy. None said the life was unworthy of living. All of the parents reported the quality of life of their child was a good quality of life." Among the 332 interviewed parents of children with trisomy 13 or trisomy 18, half of the parents had been told their child would be "a vegetable," and a little more than half had been told their child would lead "a life of suffering." Almost a quarter were told this child would "ruin their family or life as a couple," Daily RX reported. Dr. Roya Samuels, a pediatrician at Cohen Children's Medical Center in New Hyde Park, N.Y., found the research "eye-opening." "Physicians need to present objective information and statistics on what parents should expect with trisomy 13, 18 or other congenital conditions for that matter. But those numbers, she added, need to be tempered with compassion, an understanding that quality of life is highly subjective and that parents may readjust their own beliefs about what constitutes quality of life after the birth of their child," U.S. News reported. The only experience some doctors have with these conditions is from textbooks, Fox News quoted Benjamin Wilfond of the Seattle Children's Research Institute at the University of Washington as saying. "Part of what we would like to do is expand the imagination of the providers -- based upon the data that is available -- to a range of possibilities for these children," Wilfond said. Top Comments This is awesome! Football is the greatest team sport ever and it's great to see Samantha excel and get the attention she's getting. Good for her and for her family for the obvious support they give her! What a blast she must be having, More..

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Why shop at Become.com? This particular item is at the top of its class - and thanks to the options at your finger tips you're going to make a purchase that you'll feel proud of. Have a look at the capabilities of this item and we know you'll absolutely agree deserves its best seller status. No matter what product you're looking for you can be assured Become has what you need. Before you click that buy button, take a good look at the filters to the left and leave knowing you've made an informed buying decision.

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to Summary Comments on MS of HF's address ["On the method of Mr Darwin in his treatise on the origin of species", Rep. BAAS (1861) pt 2: 141 -- 3]. "How odd it is that anyone should not see that all observation must be for or against some view if it is to be of any service." Describes his health. The response to his views in Germany, Holland, and Russia. Transcription [Down] September 18 My dear Mr. Fawcett, -- I wondered who had so kindly sent me the newspapers, which I was very glad to see; f2 and now I have to thank you sincerely for allowing me to see your MS. f3 It seems to me very good and sound; though I am certainly not an impartial judge. You will have done good service in calling the attention of scientific men to means and laws of philosophising. As far as I could judge by the papers, your opponents were unworthy of you. How miserably A. talked of my reputation, as if that had anything to do with it. f4 ... How profoundly ignorant B. must be of the very soul of observation! f5 About thirty years ago there was much talk that geologists ought only to observe and not theorise; f6 and I well remember some one saying that at this rate a man might as well go into a gravel-pit and count the pebbles and describe the colours. How odd it is that anyone should not see that all observation must be for or against some view if it is to be of any service! I have returned only lately from a two months' visit to Torquay, which did my health at the time good; but I am one of those miserable creatures who are never comfortable for twenty-four hours; and it is clear to me that I ought to be exterminated. I have been rather idle of late, or, speaking more strictly, working at some miscellaneous papers, which, however, have some direct bearing on the subject of species; yet I feel guilty at having neglected my larger book. But, to me, observing is much better sport than writing. I fear that I shall have wearied you with this long note. Pray believe that I feel sincerely grateful that you have taken up the cudgels in defence of the line of argument in the "Origin;" you will have benefited the subject. Many are so fearful of speaking out. A German naturalist came here the other day, and he tells me that there are many in Germany on our side; but that all seem fearful of speaking out, and waiting for some one to speak, and then many will follow. f7 The naturalists seem as timid as young ladies should be, about their scientific reputation. There is much discussion on the subject on the Continent, even in quiet Holland, f8 and I had a pamphlet from Moscow the other day by a man who sticks up famously for the imperfection of the "Geological Record," but complains that I have sadly understated the variability of the old fossilised animals! f9 But I must not run on. Footnotes The Manchester Examiner and the Manchester Guardian of 9 September 1861 both carried reports of the discussion that followed Fawcett's address to the British Association for the Advancement of Science. The British Association met in Manchester from 4 to 11 September 1861. There are copies of both reports in DAR 226.1: 92 -- 3. The title of Fawcett's paper, as it appeared in the abstract printed in the Report of the ... British Association for the Advancement of Science held at Manchester , was `On the method of Mr. Darwin in his treatise on the origin of species' (Fawcett 1861). In the abstract, however, it was reported that Fawcett's original title was: `That the method of investigation pursued by Mr. Darwin, in his Treatise on the Origin of Species, is in strict accordance with the principles of logic.' The report of the discussion given in the Manchester Guardian , 9 September 1861, p. 6, cites William Crawford Williamson as saying that `while he would not say that Mr. Darwin's book had caused him a loss of reputation, he was sure that it had not caused a gain.' Williamson was professor of natural history, anatomy, and physiology at Owens College, Manchester. See also ML 1: 195 n. An editorial insertion that follows the mention of `B.' in the copy of the letter published in Stephen 1885 reads: `[who had said that Darwin should have published facts alone

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We need to use cookies for our website to function, and to enhance your experience of using it. Please read our Privacy Policy for more information about them. By visiting our website, you are indicating that you are happy for us to use them. Comment India v England: Sehwag Blitz Leaves England Playing Catch Up Virender Sehwag plundered his first Test ton in two years to put India in charge in Ahmedabad and leave question marks about England's team selection, says Jo Harman . The last time England encountered Virender Sehwag in a Test match he may as well have been waving a white flag as he walked out to bat. The sight of India's most explosive batsman trudging back to the pavilion having collected a king pair at Edgbaston was one of the abiding memories of a heady summer that saw England steamroller the tourists to take the crown of world No.1. But in home surroundings, where Sehwag's career average of 51 swells to 60, he's a different proposition. When the first delivery of the series from Jimmy Anderson barely reached knee height, England fans would have feared the worst. In the past Ahmedabad has had a reputation as one of the livelier tracks in the subcontinent but after India were torn apart by Steyn, Morkel and Ntini in 2008 and bowled out before lunch on day one, something had to change. The two Tests since have yielded 2,832 runs and two bore draws. True to form, there was no hint of bounce, carry or movement for the seamers early on and Sehwag, out of nick in the lead up to this series, took advantage of some width and carved his way to 79 by lunch. One over in particular from Tim Bresnan highlighted the size of the task ahead for England's pacemen and raised questions about their team selection. Having hit Bresnan for two fours in his previous over Sehwag cranked into top gear, driving through mid off and punching through mid on to bring up consecutive boundaries before launching the Yorkshireman's next delivery high over long on into the stands with utter disdain. It was an extraordinary assault for the 19th over of a Test match and, even at that early stage, left many scratching their heads as to why Bresnan had got the nod over Monty Panesar . When Rahul Dravid speaks, you'd do well to listen and India's former No.3 made it clear in the lead up to the match that he thought Panesar should play . But England's reluctance to go in with just two seamers given Stuart Broad's recent injury troubles and their commitment to the formula of seven batsmen and four frontline bowlers meant Monty missed out. As England's seamers toiled away for no reward -- Bresnan leaked 56 runs from 10 overs -- and Graeme Swann sent down 32 overs, finding turn and bounce to snare all four wickets that fell on day one in an exceptional display of craft and skill to surpass Jim Laker as England's most successful off spinner, it became clear that Dravid had called it right. Swann told AOC ahead of the series that England would be "screwed" if they had to rely on him and Panesar. Without Monty, he was ploughing a lone furrow. Beautifully as Swann bowled, clean bowling Gambhir, Sehwag and Kohli and bamboozling Sachin to the heartbreak of the home crowd, and as assuredly as Dravid's heir Cheteshwar Pujara (98\*) played, the day belonged to Viru. Four years ago, on England's last tour of India, his blitz at Chennai effectively led to them winning the two-match series and his first Test century for two years has put his side in the ascendancy in Ahmedabad. Sehwag is wholly unique, in this era or any before it. His ability to take the game away from the opposition in a flash sets him apart and his 23rd Test ton, and his seventh at better than a run-a-ball, has left England already playing catch up.

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"Six Days on the Road" is an American song written by Earl Green and Muscle Shoals Sound Studio songwriter Carl Montgomery, made famous originally by country music singer Dave Dudley . First released in 1963 , the song became a major hit that year and is often hailed as the definitive celebration of the American truck driver. [ 1 ] [ 2 ] According to country music historian Bill Malone , "Six Days on the Road" was not the first truck driving song; Malone credits "Truck Driver's Blues" by Cliff Bruner, released in 1940, with that distinction. "Nor is it necessarily the best," said Malone, citing songs such as " Truck Drivin' Man " by Terry Fell and "White Line Fever" by Merle Haggard and the Strangers as songs that "would certainly rival it". [ 3 ] Dudley "strikingly captures the sense of boredom, danger and swaggering masculinity that often accompanies long-distance truck driving. His macho interpretation, with its rock-and-roll overtones, is perfect for the song." [ 5 ] Allmusic writer Bill Dahl, called "Six Days" the "ultimate overworked rig driver's lament;" [ 6 ] indeed, the song's lyrics bemoan highway patrolmen, scale weigh-ins and loneliness for the narrator's girlfriend, and speak of using "little white pills" to keep him awake. Like Malone, Dahl also cited Dudley's voice as perfect for the song, as "his bottomless pipes were certainly the ultimate vehicle for its delivery, reeking of too much turgid coffee and too many non-filtered cigarettes." [ 7 ] Released in mid-May 1963, "Six Days on the Road" became Dudley's first major hit, reaching No. 2 on the Billboard Hot Country Singles chart that summer. The record spent 21 weeks on this chart, and it also became a minor hit on Top 40 radio stations, peaking at No. 32 on the Billboard Hot 100 . It was also listed at number 13 on their easy listening survey. Many truck-driving themed hits followed for Dudley, including "Last Day in the Mines," "Truck Drivin' Son-of-a-Gun" and "Truck Driver's Prayer." Sawyer Brown covered the song on their 1997 album Six Days on the Road . Their version peaked at No. 13 on the country charts that year. They changed the line "I'm taking little white pills" to "I'm passing little white lines", thus omitting the drug reference. Many cover versions of "Six Days on the Road" have been recorded, with three of them also being chart hits for other artists. Johnny Rivers took a cover to No. 58 on the country charts and No. 105 on the Billboard Hot 100 in 1974. Steve Earle recorded the song for the 1987 movie Planes, Trains and Automobiles , and his version reached No. 29 on the Billboard Hot Country Singles chart in early 1988.

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PyramidVille: New Goddess Anupet Arrives and gives us the opportunity to win great prizes!! PyramidVille : Anupet, a new goddess, is to arrive in-game soon and will allow us to win loads of great prizes!! She will be very welcome, we are sure. There will be new missions to and... new buildings!! Click 'LIKE' if you like this post! To start, a short course in mythology: Anupet is the goddess of immortality and also the wife of Anubis Her arrival brings the new 100% EXCLUSIVE white jackal, Embalmer's House and even a giant statue!! Here is the exclusive image: This beautiful statue will offer materials and 40,000 gold coins every 4 hours! Click 'LIKE' if you like this post! Keep an eye on our Facebook page for more exclusive new in the days to come!! Join us to get access to freebies and EXCLUSIVE news ! LevelupCity is not affiliated or associated with Facebook.com or Kobojo in any way.

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In the closing minutes of the Knicks' sign-of-the-apocalypse end-to-end season-opening trouncing of the Miami Heat, the Garden crowd called upon head coach Mike Woodson to bestow upon them a token of victory. They called for Rasheed Wallace. Once one of the most versatile big-men in the NBA, Wallace last saw action with the Boston Celtics in 2009-10 in a performance that, taken as a whole, was mostly notable for how it enraged Bill Simmons. Now two years later, his name reverberating through the Garden, Sheed entered the game in the role of victory blunt. "I accept my Brian Scalabrine role. I'm cool with it," Rasheed told USA Today's Jeff Zillgitt after the game. The comment sent the basketball interwebs into spasms of wild glee. Rasheed does that a lot. Right now, the Knicks are 5-0 for pretty much the first time since the internet existed. After three games, Rasheed Wallace's PER sat at a league-leading, small-sample-size-testing-positive-for-c\\... 30.53. In the third of those games, the second night of a back-to-back against Philadelphia, Rasheed played his first non-victory-blunt minutes of the season. Entering the game in the third quarter, Rasheed unleashed a brace of threes, picked up three boards, a couple of blocks, and, most importantly, debut his new long-range bomb celebration -- a mimicked suicide by handgun, thumb as the hammer with three fingers for the barrel, fired into the right temple. "It's three points. Take that to the head," Rasheed explained to anyone who actually needed an authorial parsing of its deep Jungian symbolism. There is simply no knowing the amount or quality of minutes Rasheed Wallace will see this season. If his 2009-10 campaign is any guide, the balance of those minutes are likely to be spent casually jogging the area between the three point lines as if the space beyond them was filled with sarin gas; jacking threes/periodically miming shooting himself in the head as if he were Christopher Walken in a Saigon brothel; and periodically adding to his intergalactic record of technical fouls. But, really, who knows what Rasheed is capable of, or more to the point what he'll do? He is 38 years old and has enough baggage to require a team of porters; he couldn't be more of a target for the officials and league if he had a predator-drone constantly circling above him. And, motherfucker, this is Why The Fuck We Watch. \*\*\* We watch because there is a special sort of person who can do things which society-at-large deems to be "wrong" -- fighting, marijuana use, disrespect of authority figures, unwillingness to conform to social norms, not-particularly well-kept beards, and so on -- and emerge from those repeated transgressions not diminished in the public eye, but with an ever more roguish, anti-heroic magnetism. The usual commentators cluck when Rasheed does the things that Rasheed repeatedly, invariably and unapologetically does -- see the parenthetical clause above. But those who truly understand the transgressive thing he's after, who dare take Rasheed Wallace to the head, find him only more appealing and inspiring to our repressed but un-extinguished inner rebelliousness with each new transgression. Rasheed is ticketed for marijuana possession while driving home from a game with Damon Stoudamire. Short-term result: Fines, court dates, disappointed fans, sanctimonious sports-talk handwringing. Long-term result: endless weed-related jokes (I'm not above it) that serve only to burnish Rasheed's image as an NBA counter-culture happening. Rasheed spends an entire post-game press conference answering only " Both teams played hard ," regardless of its relation, if any, to the questions he's asked. Short-term result: Rasheed is fined $30,000 dollars by the NBA for flouting the sanctity of the press conference. Long-term result: One of the most indelible and quotable moments in recent sports history; a catch-phrase for NBA heads; and the image of Rasheed as the guy who doesn't give a fuck in the way that we office-bound respect

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"A demographic tidal wave became a Democratic tidal wave as President Obama won a tight but decisive re-election victory Tuesday with the help of record-breaking support from Hispanic voters, massive turnout from African Americans and continuing enthusiasm from young Americans. "Although Republican nominee Mitt Romney won a larger share of the white vote than any presidential candidate since Ronald Reagan scored a landslide re-election victory in 1984, the former Massachusetts governor ended up a loser at the polls because of the racial, ethnic and generational changes that have altered the U.S. electoral landscape." The level of unease and distress that will now accompany White political discourse, while a significant development, is not enough yet to overturn decades of ideological indoctrination. Expect the Republican Party to pander even more to non-Whites in an attempt to become competitive again. A non-entity with a Latino name, like Senator Rubio, will probably be the next hapless sacrifice. By the next Presidential election, Texas will occupy the slot California now does: so solid Blue that there is no point of any campaigning there and unspoken of even though it provides a huge number of electoral votes. And quietly at first, but picking up steam as European-Americans are tax farmed, subject to capital controls, surveilled overseas for possible asset-hiding, as crime creeps back up, as everything seems to begin to crumble, literally and figuratively, as the government becomes even more openly corrupt as it is today, as more and more men realize the ballot box is no answer, well.... Well, just look at the election-night map: the second crisis of secession is coming. " Here is another comment that is just too good not to share: "Obama did not "steal" the election. Rather, he wiped the floor with Romney because we live in a country dominated by leftist-communists whose preferred form of government is totalitarian statism; that this ain't Kansas anymore, Toto; that "conservatives" who continue to hold to the idea that America is a "center-right" country are delusional; and that they had best prepare themselves for what is about to happen to them. leftism's version of sharia is about to be unleashed ." But Objectivists are worried about a fucking Christian theocracy. I could spit. I know that ideology trumps all but we have an immediate problem with demographics. There is a racial component to all this. How long will official Objectivism ignore this? Byron York looks at Ohio. Obama won the state by 107,000 votes. Black turnout was 200,000 votes more than in 2008, and white turnout was 200,000 less than in 2008. Obama won because he increased turnout in his base over the previous election (just as Bush increased turnout in his base in 2004), and suppressed turnout among undecided or weak Republicans by running ads that relentlessly portrayed Romney as an out of touch plutocrat and killer of old people, charges that Romney, proving that he was out of touch, never bothered counteracting. Just as, I would add, Romney never bothered attacking Obama on a host of Obama vulnerabilities. He didn't attack Obama on Benghazi, didn't attack him on the Arab Spring, didn't attack him on his legalizing millions of illegal aliens by executive dictat, didn't attack him on his referring to Republicans as "enemies," didn't attack him on his left-wing agenda of fundamentally transforming America, didn't attack him on the nightmare bureaucratic tyranny of Obamacare, didn't attack him on the specifics of how many jobs will be destroyed by Obamacare, didn't attack him on the fact that the private health care industry will itself be inevitably destroyed by Obamacare leading to out-and-out socialized medicine, didn't attack him on the contraceptive mandate. Many white voters didn't like Obama. So when the Republican nominee refused to attack Obama, they turned off on him as well. Look at it this way. Many conservatives thought Obama had to lose, because of the spectacular failures and egregious acts of his administration. But Romney himself never talked about those failures and egregious acts, except to say that Obama was not doing a good job with the economy. So, from one point

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Originals OnLive: So what's going to happen now? It's been a turbulent week for the folks over at OnLive. The cloud streaming service was set to really move gaming into the next level for 2012/2013, and had just released THQ's Darksiders II this week, with Square Enix's Sleeping Dogs set to follow next week. But then, on Friday morning, right before the weekend, the company dropped a bombshell on its employees. At first, it was reported that massive layoffs were taking place, and it was (wrongfully) indicated that the service would eventually shut down. However, as the day went on, the truth eventually unfolded -- OnLive wasn't shutting down, it was merely sold, and looking for "restructuring". It was further reported that the employees who were laid off were given a severance package, and that some of them would be hired back on at a later date, following the completion of the rebuilding of the company. OnLive may not have been as profitable as other streaming services, but we thought they were doing pretty good for a while there, drawing in major partners like 2K Games, THQ and even Electronic Arts (who were readying Bulletstorm for the service -- and probably still are). Now, with this purchase, their future is definitely in question. However, we have a few ideas. First, there's the rumor that they were picked up by a smaller subsidiary, one who would restructure the company so that it's better suited for managing cloud gaming services, and possibly with a better advertising budget. While this is a likely scenario, it's probably the least exciting of the three that we've heard. Having a newcomer enter the picture with a lot of cash doesn't entirely guarantee success, as a business venture isn't always guaranteed to go over well. Just ask anyone who's acquired a big-name developer, only to scuttle them a few years on when their big franchise doesn't do well. (Look at Radical Entertainment and Bizarre Creations, despite their loaded game libraries.) Still, the idea of someone new, with fresh tactics and thoughts on how to put the best foot forward for the company, and bring back some of the folks that made it work so well since its launch a couple of years back, is still a moderately exciting one, especially if they've got some initiatives that will really propel more MicroConsoles into homes or, better yet, services that won't require the little box, like the proposed mobile service and more implementation in TV's. Now, the second scenario involves OUYA. Before their restructuring this past week, it was confirmed that OnLive had signed up with the newcomer console, and that it would include its services when it launched in 2013. Now, OUYA recently came across a huge amount of cash through their KickStarter, since it was mega successful and reached its goal ten times over. What if OUYA picked up OnLive and is working to restructure them to be a fully integral part of their service? OnLive does have a great menu system, after all, as well as the Arena service, where you can see what people are playing at any time online. That's a neat feature in itself -- and something OUYA could definitely use. Now, it's a long shot, and the OnLive service could be worth millions more than what OUYA made. But what if? It'd be interesting to see the service re-emerge with the OUYA business strategy, and the MicroConsole done away with (or revitalized) with their services. Just a guess, though. Finally, there's the idea that Microsoft could've gone in and swooped up OnLive. It's no secret that the mega-millions company was looking for a cloud gaming service partner, especially after Sony snagged Gaikai a few months back prior to E3. Rumors began swirling that Microsoft was looking at a purchase, and it's looking very likely that it happened, and this "restructuring" may be the next level of the company's proposed Xbox Live service. We've seen some of the stats behind the Xbox 720, so this is very, very possible...and quite exciting. Now, what that means for current OnLive subscribers is a mystery. Will they have to upgrade to Xbox Live? Will they get to keep their current services and get a deal on an Xbox 720? Who knows? No one's talking about the buyer just yet, and we may not even hear anything until, at the very least, the Tokyo Game Show. Hell, Microsoft may not even say anything

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Improve and prioritize student science assessments The Promise: "Will work with governors and educators to ensure that state assessments measure...a student's higher order thinking skills including inference, logic, data analysis, interpretation, forming questions and communicating these skills." Simplify the application process for financial aid The Promise: "Will streamline the financial aid process by eliminating the current federal financial aid application and enabling families to apply simply by checking a box on their tax form, authorizing their tax information to be used, and eliminating the need for a separate application." "President Obama will fully fund the Combating Autism Act, which provides nearly $1 billion in autism-related funding over 5 years, and work with Congress, parents and ASD experts to determine how to further improve federal and state programs." Help students and their families become aware of college readiness The Promise: "Some states have developed an Early Assessment Program that enables 11th graders and their families to ascertain if they are on track to be college ready by the time they graduate. The voluntary test and the presentation of results are specifically designed to inform students what they need to do to prepare for college while they still have time to do it. This program will increase college readiness and is voluntary." Direct rebuilding efforts from the White House after a catastrophe The Promise: "Immediately following a catastrophe, Barack Obama will appoint a Federal Coordinating Officer to direct reconstruction efforts. The job of the FCO and his or her staff will be to cut through bureaucratic obstacles, get federal agencies to work together and to coordinate efforts with local officials. Obama and Biden will ensure bipartisan staffing to ensure that politics do not override the real needs of the recovering community." Convene a summit on preventing nuclear terrorism The Promise: "Barack Obama and Joe Biden will convene a summit in 2009 (and regularly thereafter) of leaders of Permanent Members of the UN Security Council and other key countries to agree on implementing many of these measures on a global basis." "Barack Obama and Joe Biden will institutionalize the Proliferation Security Initiative (PSI), a global initiative aimed at stopping shipments of weapons of mass destruction, their delivery systems, and related materials worldwide. They will expand the responsibilities of its members, not only in stopping illicit nuclear shipments, but also in eradicating nuclear black market networks. A stronger PSI will produce greater international intelligence and police cooperation, maintain tougher export controls and criminal penalties for violations in countries around the world, and apply the tools developed to combat terrorist financing to shut down proliferators ' financial networks." Update November 15th, 2012: Rhetorical support for WMD-prevention program, but progress hard to document With the G-8, launch Health Infrastructure 2020 The Promise: "Barack Obama and Joe Biden will take the lead at the G-8, working with and leveraging the engagement of the private sector and private philanthropy, to launch Health Infrastructure 2020 -- a global effort to work with developing countries to invest in the full range of infrastructure needed to improve and protect both American and global health." Create scholarships to recruit new teachers The Promise: "Will create new Teacher Service Scholarships that will cover four years of undergraduate or two years of graduate teacher education, including high-quality alternative programs for mid-career recruits in exchange for teaching for at least four years in a high-need field or location." For tips or comments on our Obameter and our GOP-Pledge-O-Meter promise databases, please e-mail the Obameter . If you are commenting on a specific promise, please include the wording of the promise. For comments about our Truth-O-Meter or Flip-O-Meter items, please e-mail the Truth-O-Meter . We're especially interested in seeing any chain e-mails you receive that you would like us to check out. If you send us a comment, we'll assume you don't mind us publishing it unless you tell us otherwise.

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AUSTRALIAN CAPITAL TERRITORY MOTION BY LEAVE DEBATE SPEECH Presented by Today the Government moves to apologise, on behalf of the Assembly and the community, to ACT residents, past and present, who have been affected by practices of forced adoption. We acknowledge, with deep regret, that past practices of forced removal and adoption have caused great pain and suffering to mothers, fathers, the babies who were adopted and families. Mothers who experienced forced adoption practices were not properly informed of their rights, nor provided with the support that mothers need. Fathers were excluded from the decision-making process. People who were adopted may carry a burden, in the recent knowledge that their adoption process may have been marked by injustice. To the adopted children, who are now adults, and who were denied the opportunity to know, or grow up with, or be cared for by, their birth parents and families, we offer you our sincere and unreserved apology. Mr Speaker, in the period from the 1940s to the 1980s, Australian women who bore children out of wedlock were subject to society's condemnation -- to an ostracism that seems impossible to understand for us here today. These policies affected indigenous and non-indigenous Australians, women -- often young, sometimes barely adult themselves. These women were made to feel unwarranted shame. They were hidden away. They were forced to incriminate the fathers of their unborn babies. And then, when their much-loved babies were finally born, often they were taken away, against the mother's wishes, and given up for adoption. All this was done in pursuit of the mantra of the time -- that a child born to an unmarried mother would not receive the best possible chance in life.. Today's apology is about acknowledging the truth of this history of ours, and resolving to learn from the past. Mr Speaker, the legacy of society's actions during those decades of enforced adoption has been damaging, and enduring -- indeed, for those affected it has been life-long. Mothers were made to give up their babies for adoption in an atmosphere of silence and shame, to which was then added a deep, though undeserved feeling of guilt. These mothers were often young, powerless and emotionally vulnerable. The coercion used was sometimes subtle and sometimes brutal, but there is no denying it occurred -- supported by the very institutions of our society -- family, churches, hospitals, police, governments -- that we expect to care for the vulnerable, to nurture life, and to do no harm. Today we acknowledge the life-long impact of those policies and practices -- essentially, the practice of preventing a family from ever forming. Practices that have left a legacy of grief, trauma, loss, disconnection and unwarranted shame, guilt and secrecy. Partly because of the secrecy and coercion involved, we may never know how many women and their babies were separated by forced adoption. The Senate report into the practice earlier this year could not say what proportion of the 250,000 or so adoptions during the decades in question were forced, but it must have been in the many tens of thousands at least. Mr Speaker, at the time these forced adoption practices were taking place the Territory was under Commonwealth administration. This Parliament had not yet been constituted. The ACT Government did not exist. But this Assembly is the voice of the people of the ACT in 2012. It is the rightful place therefore in which to recognise and express our sorrow for the past actions of this community. Some of those personally affected by forced adoption have moved away. Some have died. But this apology is to them, too. Mr Speaker, the feedback from major national inquiries and studies, as well as feedback from affected individuals in our own community, is that no apology from a parliament or a government can heal the pain and loss of forced adoptions. The report of the Senate Community Affairs Committee, handed down earlier this year, recommended a national apology, but not in any expectation that the trauma could be healed. Quite simply, it recommended an apology because it was the right thing to do, and a way to begin. As one woman who made a submission to the Senate inquiry said, "We need to be respected in this country's history as mothers who had their babies taken forcibly

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Recently, Ryan Lambert suggested that the Edmonton Oilers would be looking to shake things up in the near future and suggested the Rangers as a trading partner. This prompted Dave to look at some possibilities between the two clubs and correctly noted there would need to be a lot of work done to get a deal done. Basically a deal between the two clubs remains a very long shot. What all this theorising and suggesting does do however is emphasise one thing: The Rangers should stay the path and stay true to their own internal development. Why do the Edmonton Oilers have glaring needs that they need to address? In part because of a failure to develop their own draft picks. Goalies such as Devan Dubnyk have failed to live up to their draft status, defenseman such as Alex Plante have not emerged at all and highly touted forwards such as Magnus Paajarvi-Svensson have adapted slower than expected thus far. The opposite can be said of the Rangers. The Rangers team is stacked with draft success stories such as Lundqvist, Callahan, Hagelin and almost the entire defense. Naturally the Oilers would enviously look to the Rangers and their ability to churn out prospects in recent years and of course, would gaze eagerly over the Rangers prospects outside of the NHL right now. But seller beware... The Rangers don't need to make a move right now but instead should continue to build the franchise from the bottom up and make sure the pipeline to the NHL remains flowing. The Oilers want defense but the Rangers don't really have much to give. The Rangers certainly don't have a spare NHL goalie to move. The Oilers have plenty of offense but really, unless they want to give away Taylor Hall, there is no need for the Rangers to upset their apple cart. The vast majority of the league would give away their mothers to have the Rangers projected top six. The Blueshirts top six is young, yet with experience, blessed with size and skill and has elite, proven game changers. In addition, with Nash they already made their big move. The Rangers have an array of young talents currently developing around the hockey globe including Christian Thomas (who is trying to get back on track and doing quite well in the process), JT Miller, Oscar Lindberg and Jesper Fasth. Basically, the Rangers don't need to go outside of the organisation should they require new recruits. There is absolutely no need. Sometimes the media don't have much to write about. They naturally assume a trade between two clubs no matter how tenuous makes for good reading and to an extent it's true. In times of a lockout there isn't much to write about. The Rangers don't need to grab the headlines with a big sexy move. The sexier move is the one that picks up the Stanley Cup in June. The Rangers and Glen Sather have done well, continue to have a bright future and just need to stay the course. Lambert's article is thought provoking but all it serves up (in my humble opinion) is yet more proof that the Rangers are moving in the right direction and shows just how much talent the club really does possess. Good times ahead. Thanks guys. No need in making moves for the sake of it. We have great depth and potential. Of a move is needed at any potential deadline to tool up we know we can, but no need to make any unnecessary moves. Yes...well said, we are teaching and developing our prospects. That is a beautiful thing...We have signed a couple of interesting undrafted prospects. But what I enjoy seeing is a draft pick in Klassen is still in the pipe line and maturing, Noreau will likely blossom under Bueke...and be that diamond in the rough...then we have drafted Skeij...what will he become?...fun to watch this organization....it has been a long wait to see us as is. Forwards like St Croix and Lindberg are awaiting in the future and yet the near future has Thomas and McIlrath. Then we have Hrivik, Jean, Klassen and Noreau as diamond in the roughs...and Kreider was not mentioned since it is a forgone conclusion he is now a member of the Rangers...We need no more trades...we have exactly what we need...we even have replacements for Rupp...in Jason Wilson Jess, the concern with Thomas was that he had a relatively weak (by his standards) final year in the OHL. He went from 99 points to 67 points in a league that the older players generally dominate because of the maturity factor. Add in his slow

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Now Legitimate Businesses are Trying to Steal Your Data When it comes to the web, knowledge is power, or more to the point, knowledge is money. The more a company can find out about you, by tracking the websites you visit for example, the more money they can make from you. How you may wonder. Well, by targeting adverts at you for things you might want to buy. And each click makes the advertising companies money. Unfortunately, that means that some of these companies use very underhand methods to get hold of data on you. One such company is called Compete, which has just reached a settlement with the US Federal Trade Commission (FTC) over charges that it was misusing personal data. Compete got hold of data by tracking the browsing habits of people who downloaded its software. Users of the software had agreed to a certain level of data being collected by Compete. But, according to the FTC, Compete regularly captured other information, such as credit card numbers and other private information. The firm made numerous assurances to people that their data would be safe, that it was only interested in the webpages visited and that personal identifiable information would be stripped out, but the FTC alleged that these promises were "false and deceptive". Despite the fact that Compete is ultimately owned by legitimate worldwide advertising company WPP, the FTC allege that Compete tricked users into installing their software. It seems that their ruse was to tell potential users they could win shares of prizes if they joined a "consumer input panel". A user might think that they'd just have to answer some market research questions, but it turns out that they actually had to install Compete's spy software on their system. This case really blurs the lines between legitimate businesses and shady hacker groups. Many of the techniques used are the same. Remember this company was owned by a major international firm, not some spotty hacker in his bedroom. The problem is that both hackers and legitimate companies alike are competing to make money out of web users. By and large, sites have found that users just won't pay to subscribe and use a particular site. There are just too many free sites out there to make this model work. Can you imagine using Facebook if you had to pay 10 a month for it? So, sites have to try to make money from advertising. And just as adverts on TV seem to be getting longer as the programmes get shorter, so websites are featuring more and more adverts. But, unlike the TV, you can opt out of web advertising, while still being able to use your favorite sites. RELATED ARTICLES: The free Windows Secrets newsletter gives you, for FREE, the best tips and tricks for a faster, more stable and secure Windows system. You'll receive valuable tips, security warnings and current Windows news, as well as links to useful free tools. The articles are useful for all users of Windows 7, Vista, XP, 2000, Me and 98.

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TOP() has no BOTTOM() -- How to get to the bottom of bottom in T-SQL It is surprising that within T-SQL there is a TOP() but no BOTTOM(). So how can we find the bottom of a set? Lets first recap on what TOP() is meant to achieve. Assume that there is a table called Ducks which has information on Award Winning ducks (Let us never question how they or what they have won these awards for). There are 3 columns, Name , NumberOfAwards and Category . If we win a simple SELECT on the table we get, Steve and Barry are returned because they are the top 2 award winners. You get the idea. Now, what if you want to get the bottom Award winner. There is no BOTTOM() so how can we grab this data. TOP() is affected by the ordering of data. The following T-SQL will return the bottom award winners

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College Connect: How to talk about money -- when you live together Posted By eselgroth By ALEXANDRIA BACA When my partner and I decided to move in together, we knew we'd need to have some frank (and uncomfortable) discussions about money. We're both graduate students, and that means staying within our budgets is important. We agreed to split our shared expenses 50-50, including groceries, rent and utilities. To keep track of who has paid for what, we use a small dry-erase board hung on our refrigerator. Each of us writes our expenses in our respective column, and at the end of the month, we tally up -- together -- who owes the other. Part of what makes this system work is that we also hang our receipts from a magnet next to the dry-erase board. When my partner wanted to know how I managed to spend $50 on household items at Target, he knew right where to look. And we each allow for online deposits to each other's bank accounts to make the payback process easy. The key to managing our shared expenses is open communication. As bills arrive each month, we discuss whether our expenses could be lowered or improved somehow. Should we be turning down the heat? Are we remembering to turn the lights off when we leave a room? When my partner was unwilling to forgo expensive cheeses and homemade sauces and realized I wasn't eating my fair share of his gourmet home-cooking, he offered to split the groceries 70-30 instead. We're honest about our individual budgets and what we're willing to spend or where we want to save. Shared fiscal responsibility is also important when it comes to living with your significant other. For my partner and I, every expense is split down the middle (save for the groceries) to keep things as fair as possible. Lasting materials items we use, such as furniture or dishes, belong to the person who agreed to independently pay for them. Most times, I find it uncomfortable to talk about money. I'm frugal in my day-to-day life, but I have more student loans than I care to think about. And talking about the details of my finances isn't exactly romantic. Plus, I feel guilt that I have more debts than my partner, who has none. But if you can't talk about money with your partner, there's probably a bigger problem. My parents used to tell me the key to any relationship was communication, and I've found that's certainly true when it comes to finances. -- Alexandria Baca is a graduate student in convergence journalism at the University of Missouri

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share this story The timing of Hurricane Sandy is thought provoking. One week before the election, nature gives the world -- and especially the U.S. -- a wake-up call of epic dimensions. While for the last couple of months being bombarded with information about the presidential debates -- we had given up on anything being able to break the 24/7 news coverage of the election. Until October 30th. Some will consider Sandy's timing a coincidence -- but nonetheless this coincidence is very striking. The only issue, which succeeded to put a haul in the media's coverage of the election was the non-issue in the presidential debates; climate change -- exemplified by Hurricane Sandy. While climate change was omitted from the election at large, Sandy placed itself in the middle of it and painted a clear picture of what's at stake. It's tempting to see a pattern in the climate warnings received in the months before the election: First, the severe drought in the spring and summer of 2012. Then, as another reminder to the politicians, the storm Isaac intervened with the Republican Convention in Florida. These events were not enough to put climate change on the public agenda and then a third, much stronger message was sent to the U.S. power centers on the East Coast in the form of Sandy. Maybe it takes a very superstitious mind to see this pattern, but regardless of what we choose to accept and believe about climate change: We are entering the age of Sandys. There will be many more Sandys in our close future and they will get worse. In the words of New York Governor, Andrew Cuomo: "We have a 100-year flood every two years now." However, an extreme catastrophe as Sandy is old news. Scientists have warned us for decades that climate disasters would increase, if we fail to adapt in time. Coastal cities, like New York, are especially vulnerable to this kind of climate change and should have flood prevention and flood control as core competence. Now the date 10/30 should be considered to be another proof of the fact that we've already passed important tipping points and that "100-year storms" and flooding will become part of our everyday lives. No reason for surprise. New York received a few days warning about Sandy and fought furiously to minimize the damage -- but whatever we do, important tipping points were passed years ago and nobody can comprehend what kind of society, we'll have to deal with in the future. According to the latest scientific prognosis, we are now heading for at least four degrees rise in global temperature in this century -- and maybe even six degrees. The least we can do is accept that we are entering a new reality and doing our utmost to prevent its worst consequences. It is the ultimate test of human intelligence and our sense of responsibility. A test the world can't afford to fail. That leaves us with several critical questions: Why do we deny a new climate reality, not only documented scientifically but demonstrated right outside our doorstep? How come the American public and politicians talk about catastrophic climate disasters as the new normal without putting it into perspective? How can we ever solve maybe the biggest challenge facing humanity, if we refuse calling it by its proper name? For some strange reason we'd rather believe that extreme weather conditions are independent from each other -- even though they gain in strength and frequency. Of course it is more convenient to see the disasters as a natural phenomenon, we have no power over -- this perspective frees us from any sense of responsibility. But is this what we want? If we give up the responsibility, we also give up control. CCDD: Climate Change Denial Disorder Our common failure to connect the events and take responsibility can best be described as CCDD -- Climate Change Denial Disorder. While diseases like measles, tuberculosis, the small pox, who also killed a lot of people, are almost eradicated due to immunization, CCD Disorder has infected most of us and is very contagious. Unfortunately, the leaders meant to further spread awareness about the disorder, President Obama and presidential candidate Mitt Romney, display all the symptoms, which are: failure to acknowledge the inter-connectivety between climate change and other essential societal issues, such as the economy, the search for sustainable energy sources, foreign policy failure to ignite public awareness by placing climate change high on the political agenda. failure to speak up about climate change -- also known as climate silence. That's one probable explanation as to why this election has broken the 24-year-old streak

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Just as a novel tells a story ("Oh dear yes", EM Forster complained), so a cookbook has recipes. And just as some novelists, such as Forster, have felt that a story is a regrettable element of fiction, so some cookery authors feel that recipes are regrettable elements of food writing. In most cookbooks up to Elizabeth David's, recipes were somewhat perfunctory. You sometimes hear complaints that recipes of David's haven't worked; but that is because she assumed, I think, that readers would bring their own techniques to bear on them. I believe that she would have been surprised if readers took her words as precise, infallible instructions. Only since then have we taken on the idea that a recipe, should, if precisely followed, offer a route to culinary perfection. Cooks know that such a wish is an illusion. Take a simple tomato sauce, for example. You chop or crush some garlic. You cook it for a while in some oil, before tipping in a tin of tomatoes, with some salt and perhaps a little sugar. You simmer it. What could be simpler? However, the recipe told you to cook the garlic over a medium heat, which caused it to sizzle furiously and brown. The sauce has simmered for 10 minutes, as the recipe specified, but is still very liquid -- and your pasta is ready and drained. At every stage in this process, the experienced cook makes decisions, and will probably have raised and lowered the heat under the pan several times. A recipe that attempted to describe precisely what influenced these decisions would be long and boring. It can give hints, such as "Fry the garlic gently, until it releases its aroma", or, "Simmer the sauce until thick", but that is about it. People who try to follow recipes to the letter -- and there are many of them -- get very frustrated when dishes do not work as the recipes promise. Unfortunately, every kitchen is different: oven and hob temperatures vary (my gas mark 6 may differ from yours by 30 degrees or more), equipment varies, humidity varies, the quality of water varies. A set of instructions to accommodate all these inconsistencies cannot be devised. This may be one reason why surveys have suggested that most people cook only one or two recipes from each cookbook they own. My first idea was to write a book called Cooking without Recipes -- a title that has appeared on two books since the first edition of mine came out . I tried writing it, giving general, explanatory accounts of how dishes worked rather than lists of ingredients and instructions. It was, for the reason I gave above, stupefyingly pedantic and dull. Like Forster, I bit the bullet: I gave recipes, but all the while pointed out that these were templates rather than the last words on any dish; and, for those who wanted to read them, I followed the instructions with "why you do it" sections, offering some simple kitchen science. It seemed to me that for most home cooks, an understanding of how dishes work is more important than a set of instructions. You don't need recipes for most of what you put on the table from day to day. I know: when you bake a cake, it's helpful to have a list of ingredients and precise guidelines. But here particularly, you need to know what is happening as you mix the ingredients and cook them. I'm not a skilled baker, I admit; but at least I know what has gone wrong when the centre of my cake caves in. Along the way, I hope I've dispelled a few myths -- though I must admit that they're not ones that careful readers of Harold McGee's On Food and Cooking will entertain. Do you need to soak and fast-boil dried beans -- and can you put salt in their cooking water? Do you rinse rice to wash away the starch? Or that old favourite, do you "seal" meat? And of course, do you salt aubergines? About this article The great recipe swindle This article was published on guardian.co.uk at 05.40 EDT on Tuesday 8 May 2012 . It was last modified at 04.26 EDT on Wednesday 9 May 2012 . It was first published at 05.57 EDT on Tuesday 8 May 2012 .

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My son came to me early in the morning over a month ago in my house crying and scared. He rarely dreams or tells me about it anyway... This particular morning, he came to me visibly upset telling me he dreamed about aliens. I would never take him serioulsy normally but this morning and the way he acted made me listen. He began to tell me that (in his dream) he woke up and a little gray men took him with them out the door and took him on their ship. The gray men had big black eyes and when I asked about the nose he pushed his up, and into his face, I'm thinking to make it look like there wasn't much of one except for holes, maybe? I asked him about their hands and he said their fingers looked long like sticks. He said the ship was silver with yellow, green and white lights. He said it was a ball with a ring around it...He said they took him to the moon. He told me they were talking in whispers and he remembered them telling him to "Stay.... stay with us." He kept repeating that. He said he was scared and told them to take him home to Mommy. I know that people can be influenced as well as children by television and whatnot, but I'm nearly 100% positive that he has not seen any show where a detailed account of an abduction has been explained.

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Demonstrates how music is becoming unique mode of access into specific cites of cultural representation, exchange, contestation and the construction of experience New theoretical dimensions or inquiries characteristic of "the New Cultural History of Music" Features contributors at the forefront of both musicology and history This volume demonstrates the recent direction of cultural history, as it is now being practiced in both history and musicology, to grasp the realms of human experience, understanding and meaning-how they are constructed, negotiated and communicated on both an individual and a social level. Just as historians in their quest to understand the construction and transmission of meaning, musicologists are turning to new inquiries into cultural representations and their social dynamics, while remaining aware of music's distinctive "register" of representation as an abstract language and a performing art. As the case studies analyzed by musicologists and historians in this volume attest, both fields are not only posing similar questions but attempting to study music itself together with the relevant framing factors and contexts that imbued it with meaning. They are seeking to do so within a factually accurate yet theoretically sophisticated interpretation that combines the insights into language and semiotics characteristic of "the new cultural history" and "new musicology" of the 1980s and '90s with more recent sociological theories and their perspective on how symbols function within the larger field of social power. The volume illuminates how musicologists and historians are practicing the new cultural history of music, employing similar rubrics and specifically those emerging from the recent synthesis of theoretical perspectives on language, symbols, meanings, and their social as well as political dynamics. These include questions of cultural identity and its expression, or its constructions, representations and exchanges, into which music provides a significant mode of access. The scholars who work in these areas are concerned with those cultural sites of the construction or attempted control of identity, as well as its interrogation through active agency on a social and on an individual level, which embraces subjectivity in its relation to the larger cultural unit. Here we may see attempts on the part of both historians and musicologists to engage with the new ways of perceiving the articulation of music, ideology, and politics opened up by figures such as Foucault, Bourdieu, Elias, Habermas and others. Their study of meanings and symbols is thus both relational and contextual as they strive to unlock the idioms not only of social and political power, but of the strategies of contestation or of refusal. Other scholars represented in this volume are particularly interested in cultural practice, collective memory, transmission and evaluation as it is forged and then negotiated, here influenced by figures such as de Certeau, Corbin, Chartier and Nora. Hence a part of this collection is devoted to cultural experience, practice and appropriations, grouping together those cultural arenas in which music both illuminates and is further illuminated by a study of uses, collective practices, modes of inscription, and of evaluation or reception. The contributors here, both historians and musicologists, are apprised of all the dimensions that may affect the construction of signification, including specific material inscriptions as well as the symbolic potential of the artistic language. Hence here we see a concern, characteristic of "the new cultural history," with how the forms assumed by texts may become an essential element in the creation of their meaning since different groups encounter, "possess," and experience a work in various ways, and within the context of substantially different aural and visual cultures. Readership: Musicologists and Historians; also, scholars in literary fields, in language departments, in the visual arts, political science, and in sociology. Edited by Jane F. Fulcher , Professor of Musicology, University of Michigan Contributors: Celia Applegate is Professor of History at the University of Rochester in New York, and teaches European and German history. Her publications include Bach in Berlin: Nation and Culture in Mendelssohn's Revival of the St. Matthew Passion (Cornell University Press, 2005), Music & German National Identity, co-edited with Pamela Potter (University of Chicago Press (2002), and "How German is it? Nationalism and the Origins of Serious Music in Early Nineteenth-Century Germany," in 19th Century Music (Spring 1998). She is currently working on a major study of the musical culture of modern Germany from the 18th century

**id 133**

Comments i need some explanation on using be or being or been realy it is difficult . what wil be the difference between these 2 sentences 1 .I thought he was being silly. 2 .I thought he was been silly. 3 .I thought he would be silly. Hello Zeyad, Sentence number 2 is not good English. Sentence 1 is talking about how the speaker thought he was behaving in the past. Sentence 3 is talking about the speakers' expectation or prediction in the past. Best wishes, Adam The LearnEnglish Team

**id 134**

Affordable Best Public Transport Systems in the World Efficient, effective and extensive. The best public transport systems in the world embody the three cardinal "E's". Happily, for the most part, "expensive" is not one of them. Montral, Canada As befits a cosmopolitan city of Montral's stature, a well-run public transport system fills in the gaps for those wise enough to eschew both a car and life in the suburbs. The Mtro de Montral serves over 1.1 million passengers a day, on average, good enough for tops in Canada. Factor in manifold bus lines, the Bixi cycle-share programme and commuter rail service and only New York City exceeds Montral's public transport mix in North America in scope and per capita ridership. Melbourne's status as the most livable city in Australia rests, in no small part, on the shoulders of a public transport scheme that includes the most prolific tram network in the world, a metro railway network, hundreds of bus lines, inter-city railway services and a popular bike-hire system. Life in the urbane capital of Victoria is lovely without a car. The Seoul Metropolitan Subway is a behemoth and duly services over 8 million passengers a day in the manic capital of Korea. For a metropolis with close to 24 million people, the system's hyper-efficiency, immaculate state and logistical facility blows the mind. Cheap, zippy and oh so simple to use, the subway covers some 18 lines, 328 stations and 930 km. A photogenic bastion of Art Nouveau, the Mtropolitain of Paris has few rivals. Only Moscow's metropoliten , on average, welcomes more passengers on the continent. The compact capital of France was not made for cars and, indeed, less than 10% of trips in Paris use a motor vehicle. Despite the fact that 4.5 million plus take the metro every day, the system is a model of accuracy. The city's bike-hire scheme was a pioneer. The Big Apple is a city of icons: Central Park, Wall Street, the new One World Trade Center. The New York City Subway (Helvetica font and all) is another. Only six transit systems on the planet eclipse the average ridership of the network (Beijing, Guangzhou, Moscow, Seoul, Shanghai and Tokyo). The stats alone boggle the brain: 5.3 million weekday rides, 468 stations, 1,355 km of track and 24/7/365 service. The New York City Subway is far from alone, however. A passenger ferry service is a wonderful, unsung hero in Gotham's public transport mix and a transit bus system operates 4,300 vehicles on 219 lines over the five boroughs. Many think of canals and bicycles when it comes to the capital of the Netherlands (ok, cannabis coffeeshops too) but the Amsterdam tramway network is surely as emblematic. The system, a city staple for over 135 years, covers Amsterdam at large and the likes of Haarlem and Zandvoort. Other than a pair of comfortable trainers or a whizz-bang Dutch-made bicycle, a tram is the best way to comb Mokum by far. A car in Amsterdam? Never! Anyone who has ever had the pleasure to use the nifty Automated People Mover at Hong Kong International and futuristic Airport Express to Central knows that Hong Kong is a public transport paragon. The city's Mass Transit Railway set the gold standard for mainland China. HotelClub Travel Blog is where the weird, the wacky and the wonderful world of travel comes together. You will find posts on green or environmentally friendly travel ideas, interesting and obscure destinations and hotels as well as posts about the cultural side of travel. We also feature guest posts, blog carnivals, our favourite travel videos and photos and by subscribing, you will also be eligible to enter our fantastic new competitions!

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We tend to talk about spirituality a lot, but what do we actually mean? In some cases, it's a reference to your soul or your own inner being. It's that part of you that is independent of your physical existence: the essence of your you -ness and the guiding light that motivates you to be better. If you find yourself on the wrong path -- like so many of us do from time to time -- spiritual transformation is your route back to happiness, contentment, and fulfillment in life. In the modern era, people are taking their spirituality into their own hands. Today, we're more likely to search for our own answers to spiritual questions than to try to use religion to explain those things that trouble us. The best part is that there are so many ways to actually explore your own spirituality; you can try as many methods as you like in order to find the one that works the best for you. So long as you are devoting time to developing yourself as a person, you're sure to feel the inspired as you lead your purposeful life. What are some of the most common spiritual practises? The following activities can help you to get in touch with your own spirituality: Prayer. The act of prayer is common to many of the major religions around the world, which can be done communally or individually. When you pray, you are trying to converse to some greater power or deity, and your words may remain silent in your head, they may be spoken out loud, or they may be sung or chanted. Prayers can take the form of requests for guidance, praise and worship, confession of sinful acts, or expressions of gratitude. Yoga. Yoga was originally sourced from Hinduism, but since its ancient origins it hasbeen incorporated into Eastern religions including Buddhism, Jainism, and Sikhism. It has also spread throughout the west as a tenet of new age spirituality. Yoga connects the body, mind, and spirit through specific postures. Meditation. Meditation is the cultivation of the mind and it is also a main tenet of many Eastern religions. However, meditation is now being practised all over the world by people who are looking to put an end to their mental unrest, feel real happiness, and find inner Stillness. The incredible popularity of meditation is probably due to the fact that it's a flexible practise that can be practised pretty much anywhere. The individual need only be committed to the goal of achieving spiritual transformation. Other spiritual practises include vegetarianism, spending time outdoors, fasting, pilgrimages, and attending religious ceremonies. But how do these practises actually change you for the better? How Spiritual Practises Can Change You Perhaps you've tried praying, practising yoga, or meditating, with little or no success. Don't be afraid to admit it if you've been intrigued by one or more of the above-mentioned spiritual practises, but never really saw results you expected. Well, the truth about nourishing your spirituality through these activities is that the changes you see in yourself won't happen overnight. It takes repeated effort in the long-term to really see yourself being spiritually transformed. Once you are committed to your goal of making a change in your life, it can't hurt to access the resources that are available to you. Stillness is a meditation-based lifestyle course that helps people to cultivate and nourish their own sense of spirituality. It's based on a practical approach to spiritual transformation in the twenty-first century; one that accepts that we live in a fast-paced world where it's hard to slow down, even for a moment. Stillness can help you to find that sense of inner peace through access to your very own personalized Stillness Sound. When you use a Stillness Sound to help you meditate, pray, or relax, you will be instantly transported to a state of being that is an expression of your own inner essence -- and there it is entirely possible to attain bliss. To find out more about the Stillness Movement, click on the link below.

**id 136**

The HeyUGuys Interview -- Barry Norman, CBE Cast your mind back to the pre-internet age (admittedly, a tough task) where film-related content was sparse, and finding out about the latest releases and industry news was an altogether frugal and challenging task. Luckily, there was one perennial TV figure who provided a regular means of getting your cinematic fix (providing your parents remembered to hit record on the video, or you caught the repeats on a Saturday morning). For the better part of three decades, cinema lovers tuned in to watch Barry Norman report on forthcoming features, chat with the Hollywood elite and cast his critical eye over the weekly big-screen releases via the BBC's revered Film programme. Norman was popular enough to spawn a famous, oft-quoted catchphrase ("and why not?") and his reviews informed a whole generation of film fans. We had the enviable opportunity to chat to the legendary figure recently over the phone and ask him about how he turned film criticism into a long and fruitful career. HeyUGuys: Your father (Leslie Norman) was a director but how did you get into the business, and specifically, the area of film criticism? Barry Norman: My dad produced The Cruel Sea and directed Dunkirk amongst other titles, so I was brought up within the film industry and I've known movie people all my life. I actually went into journalism and I ended up as show business editor of the Daily Mail until 1971 when the paper merged and I was amongst the half the editorial stuff when were made redundant. I then went freelance and I did a whole manner of jobs -- I was doing a weekly television review for The Times, writing leader columns for The Guardian and sports interviews for The Observer and Punch. In 1972, I was invited with a number of TV critics to appear on Late Night Line-up to talk about TV from over the previous year. I had absolutely no desire to be on television. To my total surprise, I was doing very well as a freelance journalist, working harder than I ever had in my life but really enjoying it, and earning more money than I ever had before. That appearance with the other critics seemed to go really well however, and a few days later I got a call from the producer of a programme called Film 71, which was then only shown in London and the South East. One of its objectives was to find new faces for TV, so the presenter was changed every six weeks. The producer had seen me on the other show and didn't think my appearance would frighten off viewers too much. He liked the stuff I was writing in The Guardian and wondered if I'd like to try my hand at reviewing films. Back then I thought it was very useful for a journalist to get as much experience as possible in every medium, so I said I'd have a go at it. I was given camera and autocue tests, told I was a natural, and then handed a list of films to review for the next week's programme. I went away feeling terribly happy thinking that an experienced TV producer regarded me as really good. When the contract came in I wasn't sure how much of a natural he actually thought I was because it was for three weeks with an option of a possible three more appearances after that. I did the first programme and they decided to take up the option, meaning I was there for six weeks. At the end of that block, they asked me to stay on for another three weeks. They also tried out various people around that time, including [celebrated TV figure-turned Labour Peer] Joan Bakewell. It must have been a real baptism of fire for you? I had been on TV three times previous to all this and it had always been pretty disastrous. To tell you the truth, I had come to the conclusion that TV was simply not for me. I admired the people who I thought did very well [presenting], but I had no desire to join them. I think this worked in my favour because, prior to doing the Film programme, if I'd gone in there thinking that is my big chance so I mustn't blow it, I'd have completely screwed it up. I was actually pretty relaxed when I went on, and I think that was the key. Going back to earlier in your life, you must have visited the sets your dad worked on? Yes. He worked at Ealing studios and in my teens I would often go there with dad. During the morning I would watch the crews as they were doing various scenes, which I found fascinating. Then

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Introduction Fetal head (week 12) The head and neck is not really a "system", but structurally quite different in origin from the body. The head and neck are one of the most complicated structures that the embryo forms, with special intermediate structures (the pharyngeal arches) and contributions from all 3 embryonic layers ( ectoderm , mesoderm , endoderm ), and significantly, a major contribution from the neural crest . These components though will form different structures dependent upon which arch they are within. The cavity within the pharyngeal arches forms the pharynx . The pharynx contributes to 2 endocrine organs, in the roof the pituitary (hypophysis) and the floor the thyroid. The thyroid gland being one of the first endocrine organs to be formed has an important role in embryonic development. The pharynx floor of all arches also contribute to the formation of the tongue. Some Recent Findings and2 and Dlx genes specify dorsal, intermediate and ventral domains within zebrafish pharyngeal arches. [1] "The ventrally expressed secreted polypeptide endothelin1 (Edn1) patterns the skeleton derived from the first two pharyngeal arches into dorsal, intermediate and ventral domains. ...Collectively, our work indicates that the expression and function of hand2 and Dlx genes specify major patterning domains along the dorsoventral axis of zebrafish pharyngeal arches." Objectives List the main structures derived from the pharyngeal arches, pouches and clefts. Know the stages and structures involved in the development of the face. Predict the results of abnormal development of the face and palate. Briefly summarise the development of the tongue. The Pharynx The cavity within the pharyngeal arches forms the pharynx. The pharynx contributes to 2 endocrine organs, in the roof the [endocrine7.htm pituitary] (hypophysis) and the floor the thyroid. The thyroid gland being one of the first endocrine organs to be formed has an important role in embryonic development. The pharynx floor of all arches also contribute to the formation of the [head6.htm tongue]. Pharyngeal Arch Components Major features to identify for each: arch , pouch , groove and membrane . Contribute to the formation of head and neck and in the human appear at the 4th week. The first arch contributes the majority of upper and lower jaw structures. Frontonasal Process The frontonasal process (FNP) forms the majority of the superior part of the early face primordia. It later fuses with the maxillary component of the first pharyngeal arch to form the upper jaw. Failure of this fusion event during the embryonic period leads to cleft lip. Under the surface ectoderm the process mesenchyme consists of two cell populations; neural crest cells, forming the connective tissues; and the mesoderm forming the endothelium of the vascular network. A chicken developmental model study has identified a specific surface region, the Frontonasal Ectodermal Zone (FEZ), initially induced by bone morphogenetic proteins that appears to regulate the future growth and patterning of the frontonasal process. The specific frontonasal ectodermal zone was located in the frontonasal process ectoderm flanking a boundary between Sonic hedgehog (Shh) and Fibroblast growth factor 8 (Fgf8) expression domains. [2] Head/Skull chondrocranium forms base of skull in lower vertebrates encases brain cranial vault calveria facial skeleton aryngeal arches Sensory Placodes Sensory placodes (week 5) During week 4 a series of thickened surface ectodermal patches form in pairs rostro-caudally in the head region. Recent research suggests that all sensory placodes may arise from common panplacodal primordium origin around the neural plate, and then differentiate to eventually have different developmental fates. These sensory placodes will later contribute key components of each of our special senses (vision, hearing and smell). Other species have a number of additional plac

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Resolved Question Is their any help for me? Here it is, a week til Thanksgiving and my down in the dumps mood is already in full swing. As much as I love the holidays, I also dread them. I look around at my house..the cracked drywall, the broken window all taped up, the broken furnace, the patched hole in the floor, and I know all these things need my attention, and money to fix. Then I look at my two teenage boys heading off to school, with too small boots and no coats on this 32 degree morning (which is really cold for Southeast Texas), and I cant help but think how they deserve so much more than what I have to give. While everyone else is planning their Thanksgiving festivities, Im wondering how in the world am I going to take care of all of this, them and the bills and still be able to have happy holidays?? The part that gets me the most is that it isnt like we are bums, I've been married for 18yrs, my husband has a good job making decent money. Its been very difficult to survive these past few years since I've not been able to work though. In December 09' I left my job to care for my oldest son who was diagnosed with Leukemia. He's doing wonderfully now and will be finished with treatment in April of next year, but I still cant go back to work because if I do my household will make too much money and he will lose his medicaid which is so precious and vital at this point. He'd never get the care he needs without it. My hands are tied, I feel like I cant improve our lives no matter what I do. Its a vicious cycle I go through every day. Trying to keep our heads above water, its draining me, my spirit, and my hope. I cant keep my head clear. I try to think positive, but then all the problems swarm me again and take over. Through this all I do realize how fortunate I am though. I know it could be so much worse. I could not have my son here with me today, it could have easily taken a darker path..one that I'm sad to say I'm all to familiar with now due to losing so many of the kids we came to know and love in the childrens cancer clinic. My family could be homeless, penniless, etc...I am thankful everyday for what I have. I just wish that we could catch a break now and then. That I could fix the problems with my home, that I could afford to buy my kids new boots, coats and still afford Christmas. This year they will get things that they need rather than things they want. I suppose that will be better than nothing, and I am fortunate I will hopefully be able to provide those at least, but it still wont ease the sadness I see in their eyes on Christmas morning when they dont get what what they've been asking for all year. I dont know that this thread is really even a question as much as it is me trying to reason with myself and make sense of things and try to remember what Im grateful for. If anyone has any ideas or suggestions on what I can do to lift my spirits please share...and please dont be mean. I know I'm not the only one suffering, I just want to reach others out there like me that can relate. It helps to talk..who knows maybe I can make someone else feel better too...? Best Answer - Chosen by Asker I just think you need a hug and a pat on the back sometimes that's worth more than gold.As I look around my home I too need some repairs that won't get done until spring,because of illness also.Its too late now to worry about it,for this year.So you must look at it that way and have the holidays because that is our reward for the rest of the year.You can look on line for better deals than the stores offer,many times with free shipping.I am sure you know about Pawn shops,Thrift stores,they have many bargains this time of year.Been there myself many times.Christmas is about JESUS and FAMILY YOU are so blessed. Thank you Johnnie, I think this is just what I needed to hear. You are right, there will always be things in life that "need" to be done but arent necessarily top priority. Cherishing the moments we have to spend with one another is more important, no matter what the situation. Good stuff! Keep looking up and remembering what you have that you are thankful for. Some people are homeless and don't

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Solution 5 1 The dataset tips in the package reshape contains measurements on tips received by a waiter over a period of two months. The following code conducts a two sample t-test for the null hypothesis that the mean tip (as a percentage of the total bill) for men is the same as the mean tip for women. Examining the histogram of the percentage tips reveals some outliers with very large percentage tips. Two people tip over 40%, both on relatively small bills (less than $10). The t-tools are not resistant to outliers and these values may be overly influential in the analysis. One option is to simply remove them from the data and repeat the t-test. While the p-value decreases, it doesn't change the conclusion, that there is no evidence that males tip more than females. There is no evidence that the population mean percentage tip for males is different to the population mean percentage tip for females (two-sample t-test, p-value = 0.14, without two outliers removed p-value = 0.27). It is estimated that the population mean percentage tip for males is 0.95% smaller than for females. With 95% confidence the population mean percentage tip for males is between 0.30% larger and 2.19% smaller than for females. Other valid options: Do a Wilcoxon Rank Sum test since it is resistant to outliers. The summary would read: There is no evidence that the population median percentage tip for males is different to the population median percentage tip for females (Wilcoxon Rank Sum, p-value = 0.14). It is estimated that the population median percentage tip for males is 0.96% smaller than for females. With 95% confidence the population median percentage tip for males is between 0.29% larger and 2.22% smaller than for females. (Aside: you would be equally correct to substitute mean in place of median in the above statement. Technically the null hypothesis is that the two population distributions are the same, and the alternative is that they are the same except for a shift in location (only becasue we assume the shape is the same). Both the difference in population means and population medians will be equal to the location shift. The estimate wilcox\_test outputs is an estimate of this location shift.) Other valid answer: In this case, a log transform made the distribution more symmetric without introducing any other problems, so that is also an acceptable answer. 2 Exercise 4.28 (pg 109) in the Sleuth gives data on an experiment by Charles Darwin in which the height of pairs of seedlings are measured. One seedling is cross fertilized and one is self fertilized. The code below conducts a paired t-test of the null hypothesis that the mean difference in height between the cross- and self-fertilized seedlings is zero. With only 15 data points it is hard to verify the Normality assumption. There is also some indication of two outliers where the Cross seedling was much shorter than the Self seedling. With only 15 data points the Normality assumption of the t-tools is important so we would be wise to choose a method that doesn't have that assumption. The Wilcoxon Signed Rank test is more appropriate. There is moderate evidence that the mean difference in height between cross fertilized seedlings and self fertilized seedlings is not zero (Wilcoxon Rank Sum, p-value = 0.04). Other valid options: Do a Sign test. 3 Exercise 3.18 (pg 78) in the Sleuth gives metabolic expenditures for seven patients admitted to a hospital for multiple fractures (trauma) and eight patients admitted for other reasons (non-trauma). The following code conducts a two-sample t-test for the null hypothesis that the mean metabolic rate for trauma patients is the same as the mean metabolic rate for non-trauma patients. Firstly note that the sample size is very small, and it is hard to validate any assumptions regarding shape. There is some evidence of different population standard deviations, or possibly two outliers in the Nontrauma group. No test solves all our problems. Either we acknowledge that the populations standard deviations aren't the same, do Welch's t-test and assume the populations are Normal, or we do Wilcoxon Rank Sum hoping to take care of non-Normality and outliers, and assume the equal standard deviations (or at least that with similar sample sizes the test will still be fairly valid). There is con

**id 140**

Said Abu 'Ubaid: Isma'il b. Ibrahim related to us from Ayyub from Nafi' from Ibn 'Umar who said -- Let none of you say, "I have learned the whole of the Koran," for how does he know what the whole of it is, WHEN MUCH OF IT HAS DISAPPEARED ? Let him rather say, " I have learned what is extant thereof ." (Ibn Warraq, Origins of the Koran -- Classic Essays on Islam's Holy Book [Prometheus Books, Amherst, NY 1998], Part Two: The Collections and the Variants of the Koran, 9. Abu 'Ubaid on the Verses Missing from the Koran, by Arthur Jeffery, p. 151: bold, capital and underline emphasis ours) The Shia apologists over at the Answering Ansar website have provided another source for this narrative along with its chain of transmitters, demonstrating that this is a reliable report: Ismail bin Ibrahim narrated from Ayub from Naf'ee from Ibn Umar who said: 'Verily among you people one would say that he has found the Quran whilst he is unaware of what the total quantity of the Quran was, because most of the Quran has been lost . Rather one should say that verily he has found the Quran that has appeared.' Thus, according to Abdullah ibn Umar no Muslim can ever proclaim that he has found the complete Quran since much of it has been removed, lost, vanished, disappeared etc. In light of this fact it is not surprising that some Sunnis claim that this is not what Ibn Umar meant. They argue that the word "lost" which Ibn Umar used, namely ' zahab ,' actually means abrogation. They claim that what Ibn Umar actually meant was that much of the Quran has been abrogated. Unfortunately for these Muslim polemicists this explanation doesn't really address the issue but actually raises major problems. In the first place, what kind of revelation is this that MUCH (not some) of it consists of verses that have been abrogated? Why did Allah even bother revealing much of the Quran to Muhammad when he knew full well that he would end up removing them completely without a trace? Second, the Quran claims Allah will replace abrogated texts with similar or better ones: None of Our revelations do We abrogate or cause to be forgotten, but We substitute something better or similar : Knowest thou not that God Hath power over all things? S. 2:106 In light of this, can the Muslim dawagandists be so kind as to point out all the verses which replaced these missing citations? Can they produce the exact list of abrogating passages for every verse or surah that has been expunged from the Quran? Third, Muslims are undecided as to how many verses have actually been abrogated or replaced: The Abrogated Verses There are, according to Ibn Salama, [Op cit., see pp.6-8 for the names of these suras.] a well-known author on the subject: 43 suras with neither nasikh or mansukh . 6 suras with nasikh but no mansukh . 40 suras with mansukh but no nasikh . 25 suras with both nasikh and mansukh . According to Suyuti's Itqan there are 21 instances in the Qur'an, where a revelation has been abrogated by another. He also indicates that there is a difference of opinion about some of these : e.g. 4: 8, 24: 58, etc. [Itqan, II, pp.20-3; Kamal, op.cit., pp.101-9 also gives Suyuti's complete list.] Some scholars have attempted to reduce the number of abrogations in the Qur'an even further , by explaining the relationships between the verses in some special ways, e.g. by pointing out that no legal abrogation is involved, or that for certain reasons the naskh is not genuine Shah Waliullah (d. 1759) the great Muslim scholar from India only retained the following 5 out of Suyuti's 21 cases as genuine : Mansukh 2: 180 nasikh 4: 11, 12 Mansukh 2: 240 nasikh 2: 234. Mansukh 8:65 nasikh 8:62. Mansukh 30:50 nasikh 33:52. Mansukh 58:12 nasikh 58:13. Example: A case listed by Suyuti, which has no direct legal implication is the following: Narrated Ibn 'Abbas: When the verse: 'If

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The X Factor -- The Top 24 -- Who Will Make It To The Live Shows? by Reality Raver The X Factor is showing they will have enough talent for the live shows this year with the top 24 announced last week. One of the great things about The X Factor is the amount of "amateurs" that get through and for some reason I am a fan of the boy from the small town Jason Owens. However chances of him making it through to the live shows are slim. It was interesting to see who went through, some were obvious due to the amount of air time they have received. However it will get tough in some categories for them to pick the top three. If airtime is any indication it won't be Bella Hunter or Morgan Sheather, I hadn't even seen them until they were announced. Shiane has an amazing voice but seems a little vulnerable to go through to the live shows, so Bella Ferraro, Vendulka and Angel for the girls I think the New Direction will make it through because if they can Impress One Direction. Than all the New Direction have to do is to Believe in themselves they can make it to the Grand final and win it

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Diplomacy Under Fire Former Canadian Ambassador to Iran Ken Taylor says that making diplomats accessible is a risk, but it's a risk that you have to take. Ken Taylor was Canada's ambassador to Iran in November 1979, when the U.S. embassy in Tehran was seized and more than 50 American diplomats were taken hostage. Six other Americans managed to avoid capture and were sheltered by Taylor, who helped them get out of Iran. Today, Taylor reflects on the killing of the U.S. ambassador to Libya and the dangerous demonstrations outside other U.S. embassies in the region. What went through your mind this past week while you were hearing about the U.S. embassy sieges all over the Middle East and North Africa? Diplomacy has always been a delicate and risky business. The stereotype of diplomacy suggests a sort of social game: polite conversations, even-handed negotiations, cocktail parties at night. That reflects one side of diplomacy, because you need to meet, and give and take, and get to know somebody. But the other reality that's particularly true today is that, given the revolutionary character in many countries, a diplomat's life could be in jeopardy at any time of the day. I think this particularly applies to U.S. diplomats abroad, and to diplomats from other countries that have top-tier status in terms of population and influence. At the moment, it's the U.S. embassy that some people feel stands for something they don't adhere to, and the diplomats take the brunt of their distaste for the United States. What was it like for you to be inside a western country's embassy in Tehran in 1979 with similar acts of violence taking place? There was no law and order, there was no judicial system, and there was no coherent police presence. It was everybody for himself, and various revolutionary groups were seeking to attain positions of power. So, you were pretty much on our own -- you could not rely on the host country for security. Of course, you can have your own security guards inside, but they can't shoot to kill. If a demonstrator or revolutionary were shot by one of the security guards in the embassy, it would inflame the mob. If someone is shot by one of the host country's security guards, it's a different story. Back in 1979, what was going on inside the embassy when the protests started? On the Friday night before the U.S. embassy in Tehran was taken over, I played tennis with Bruce Laingen, who was the U.S. embassy's charg d'affaires. On Saturday night, the United States invited people from other embassies and had a quiet party. They were attempting to re-establish their presence in Tehran with the advent of the new government. The next day, they were taken over. It was a rather stunning setback for a new phase in the life of the U.S. embassy. It had been taken over back in February, and we thought it would be cleared up after a few days like it had been then. That was not the case, of course. Do you see parallels between the Arab Spring and the 1979 Iranian revolution? Certainly. I think the first thing that became clear to observers was that in Iran, the West is vulnerable. Iran -- Persia -- was a close ally of the West for something like 2,500-3,000 years, up until the revolution. I don't think anybody anticipated that somebody with a religious commitment would be able to overthrow such a powerful force as the Shah's monarchy. When that monarchy eroded, we were faced with an entirely new situation. When Ruhollah Khomeini arrived, his was only one of four groups seeking influence and power, so it was a difficult situation to read, even upon his arrival. Is the Arab Spring a continuation of that uncertainty? No longer can you rest on the status quo. Younger generations are looking for some degree of liberation and expression, and that's compounded by a latent and very strong religious commitment, and by the fact that the West and the East have different views and interpretations of society, and of whatever religious paths they follow. Do you think anything could have been done to protect U.S. ambassador Chris Stevens in Libya? No. It comes back to the situation U.S. diplomats face in a region where the expectations of a revolutionary group are sometimes beyond what can realistically be attained. You can have your own security guards,

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Nokia is capitalizing on its strong reputation regarding maps with a new product called Here today, which offers users a number of new features, like Collections, which lets users save and share locations for cross-platform access, 3D imaging via its web platform and an explore feature that offers points-of-interest recommendations based on your location. It also brings Map editing to let you add roads and paths that aren't present and share them with everyone. Nokia already offered its maps on the web as Nokia Maps, but this is a significant rebranding with a number of new features designed to show that it's confident it can build a reputation in the mapping space apart from its strength in mobile. Nokia is quick to point out that it'll still offer existing Maps features, like driving, public transit and walking directions, as well as point-of-interest reviews, live traffic info and commuter information. The rebranding means that Nokia's name is no longer attached to its maps product, likely across the spaces where it appears, like Windows Phone 8. The company also powers maps for Rand McNally, Bing, Garmin and others, so it makes sense that they would rebrand to a more generic name and focus on it as a separately siloed business. Nokia CEO Stephen Elop said at the event where Here was unveiled today (via AllThingsD ) that Here will be cross-device and cross-OS, and expressed a strategy of using that expanded reach to help it scale and build more capable services. Plans for improvements are coming from the acquisition of earthmine , a 3D mapping service, which was announced today, as well as initiatives that include deploying its own data-gathering vehicles. Nokia is a Finnish multinational communications corporation. It is primarily engaged in the manufacturing of mobile devices and in converging Internet and communications industries. They make a wide range of mobile devices with services and software that enable people to experience music, navigation, video, television, imaging, games, business mobility and more. Nokia is the owner of Symbian operation system and partially owns MeeGo operating system.

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Excuse me? Excuse me, yes? Is that the way you look? Is that the way you look? Is that the way you look? Is that really the way that you look now? Oh darling, darling, is that the way you look? Is that really your eyes, is that really your hair? Is that really the way you walk on by, are those the clothes you wear? Oh darling, darling, is that the way you look? Woh, baby, oh baby. Woh, baby, baby, baby, I got the question for you Woh, baby, oh baby. Woh, baby, baby, baby, tell me now is it true? Is that the way you look? No, no I mean is that the way you really look? Is that the way you look, is that the way you look? Baby, maybe I'm dreaming, but I'll be bound- whoever wakes me up, I'm going to knock him down. Oh darling, darling, is that the way you look? Well I rubbed my eyes and I pinched my leg. And I asked my friend and I shook my head, But baby, is that the way you look?

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Contents The Board of Governors of the Federal Reserve did not exist prior to the major reorganization of the Fed in 1935 ( Banking Act of 1935 ). Prior to that time, the "Federal Reserve Board" (created in 1913 under the Federal Reserve Act ) had a Board of Directors. The directors' salaries were significantly lower (at $12,000 when first appointed in 1914 [ 4 ] ) and their terms of office were much shorter prior to 1935. In effect, the Federal Reserve Board members in Washington, D.C. were significantly less powerful than the presidents of the regional Federal Reserve Banks prior to 1935. [ 5 ] In the 1935 Act, the district heads had their titles changed to "President" (e.g., "President of the Federal Reserve Bank of St. Louis"), as part of a major shift of power to Washington. Thus, Marriner Eccles was the first actual "Chairman of the Board of Governors of the Federal Reserve Board". The others prior to 1935 were "Chairman of the Board of Directors of the Federal Reserve System", with much more circumscribed power. As stipulated by the Banking Act of 1935 , the President appoints the seven members of the Board of Governors; they must then be confirmed by the Senate and serve for 14 years only . [ 6 ] Once appointed, Governors may not be removed from office for their policy opinions. [ citation needed ] The chair and vice-chair are chosen by the President from among the sitting Governors for four-year terms; these appointments are also subject to Senate confirmation. [ 7 ] By law, the chair reports twice a year to Congress on the Federal Reserve's monetary policy objectives. He or she also testifies before Congress on numerous other issues and meets periodically with the Treasury Secretary . The law applicable to the Chair and all other members of the Board provides (in part): No member of the Board of Governors of the Federal Reserve System shall be an officer or director of any bank, banking institution, trust company, or Federal Reserve bank or hold stock in any bank, banking institution, or trust company; and before entering upon his duties as a member of the Board of Governors of the Federal Reserve System he shall certify under oath that he has complied with this requirement, and such certification shall be filed with the secretary of the Board. [ 8 ] The following is a list of past and present Chairs of the Board of Governors of the Federal Reserve System. There have been a total of 15 Chairs of the Federal Reserve, [ 9 ] who are appointed by the President of the United States .

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Wednesday, April 2, 2008 We need to care for people and not kill them The cases of Chantal Sebire and Clara Blanc will naturally affect the emotions of every person. One may say, that if euthanasia were legal, these would be cases that many people would feel qualify for the act. The question we need to ask is: "What does it mean to be a human person?" I contend that a human person is not merely a physical being. Our dignity and quality of life is not determined by our physical characteristics alone. Intentionally and directly causing the death of people by euthanasia or assisted suicide, even for the most difficult cases, results in a change within our social fabric that will only lead to furthering the social conditions that lead to the hopelessness and despair that is connected to calls for euthanasia. What we really need is to change our attitudes by becoming a more caring society. People need to care for others, in such a way as to eliminate the abandonment that exists within society that leads people to consider euthanasia. Whether it be the health care system, or people of good-will extending themselves to others, we need to create a culture that encourages people to care for others. Clara Blanc should be experiencing true dignity by being cared for by her friends, family, and community. She should feel that her community values her even when she is living with a rare genetic condition. As a society we need to develop new and better methods of controlling physical pain but we primarily need to recognize that the human person is a social, psychological, emotional and spiritual being. The most effective way to care for the other is by "being with" the other. It is when we feel alone, abandoned and unwanted that we experience depression and lonliness that directly create the demand for euthanasia. 1 comment: I agree totally with your sentiments. And thank you for being a voice for those with disabilities in such- I also have EDS~ and am a part of the National Ehlers Danlos Foundation- several of our group are interested in showing Clair some much needed support! I wonder if you know of any way to reach her- ??? Although, many of us do become disabled and suffer a mystifying complexities of adjunct conditions as well~ there are ways yet to thrive\*

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Was the first lover betrayal Two people and it was so north drift race, represented by male enhancement and male enhancement pills shares with others house, ten square meters room to live in the several men. Two people believe that in the future everything will be some. But for a long time, ChenQian gradually shaken. Lost in Beijing is too difficult! In their 4000 yuan every month income, when just can be in Beijing have a home? She began to feel that perhaps only love is not enough. ChenQian college girlfriend mail to married a Hong Kong people, in her arrangements, in March 2000, ChenQian secretly HuangYongCheng firms and met. He 45 years old, some short and fat, but he driving a BMW, a meal will spend thousands of dollars, but for her to buy 99 roses. He complimented her beauty, good temperament, also said he in Beijing, Shanghai has a house, as long as she promised, he immediately can give her 1 million yuan! ChenQian mind. And YeZiYan for life may earn less than 1 million yuan, don't buy a house, which is in Beijing rent a better house is luxury dream! Victory over the four years of vanity early relationship, ChenQian YeZiYan put forward to break up after a month is married to HuangYongCheng. Leaves speech: "ChenQian, I hate you!" Newly-married, HuangYongCheng with ChenQian every day. Two people go to Europe, and went to Thailand, ChenQian like France, he accompanied her to lived in Paris for half a month, she likes buji island, he could take her designed fly buji island. Her credit card to buy clothes, a coat and spent more than ten ten thousand yuan, but he was a blame's words are not. Her vanity got great satisfaction. But, after the wedding, ChenQian gradually sleep out of this rich lonely life. HuangYongCheng total in all over the world to run his business, most of the time she is a person to stay in Shanghai more than four hundred square meters of house, although there is a garden, can also go to the best beauty salon and women's SheBin club, but in the heart is empty. Although HuangYongCheng willing to give her money, but he is a don't understand love and amorous feelings, between the two of exchange and communication is few, he will not give her to read poetry, not to tell her xu zhimo. Lonely as the February wind, a little blow, first love YeZiYan it float on the heart. In March 2001, mail in Beijing gave birth to daughter, she let ChenQian to accompany her. On the Beijing land, ChenQian felt puzzling of sadness. After a few days, mail and her husband back to Hong Kong, ChenQian but did not immediately return to Shanghai. She dialed YeZiYan phone. Hear her voice, he said were the first words: "ChenQian, I want to die you." Leaves language, such as to her phone, he don't change the mobile phone number; In order to let she can find him, he didn't leave the company, despite a company out of the double that amount to dig him! ChenQian tears came to his eyes. She finally know what lonely because of a year. She always has a YeZiYan love didn't give. Since then, ChenQian began in Shanghai and Beijing with two, she felt is you have your cake and eat it. Because of YeZiYan have owe, she always want to use the money to make up. She put her HuangYongCheng tens of thousands of yuan to her allowance played to the YeZiYan account. Leaves speech would like to open a his own company, she said: "I will support you, but you don't try so hard, I want a little give money to you out." ChenQian so addicted to the emotions can't from pull out. HuangYongCheng finally found her in her. In June 2003 a day, he says he will go to Russia a business, probably want to go 20 days. He left, ChenQian immediately went to Beijing. Every time I see past, two people are eager to go to the hotel open room. This time is different, YeZiYan with ChenQian to sanlitun drink first. When she got so a bit is not conscious, he didn't even hold with her back to the hotel and zone. The second day early in the morning YeZiYan hurried

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"I was in prison and you visited me" "I was in prison and you visited me" I wish I could say that these words from Jesus were my inspiration for going into prison; perhaps my venturing into this unknown world would have made more sense. Instead, I was sitting in my office one day many years ago when I overheard someone speaking about prison ministry: I felt compelled to learn more. The Spirit has a strange way of commanding our attention at times, but I have never regretted her call upon my life. Twenty years has passed since that time, and I am still volunteering in prisons. Prisoners are equivalent to lepers in Jesus' day. We lock them away from us, out of sight and out of mind. But they are there, and just as Jesus reached out to lepers, we need to do the same. In case you might think I'm a bleeding heart for prisoners, I'm not; but these are human beings, children of God. We can lock them away and pretend they don't exist, but since most of the people behind locked doors and razor wire fences will eventually be freed into society, it behooves us to help them grow into more productive individuals who just might live next door to us. My time in prisons also led me to seminary and a new calling as a pastor. I've spent my working hours in churches, but I spend my volunteer hours in prison where I find a "receptive" audience. Many of those I encounter in prison are eager to learn, eager to grow, eager to put aside an old life and engage in newness. (Gee, they sound like people Jesus would have enjoyed!) I look forward to going into prison each week. I don't go there to evangelize or proselytize; I go there to teach and to learn -- and I probably do far more of the latter than the former. I go there in the hope that my presence might assure those I meet there that they are not forgotten, that, just like me, they are precious children of God. I would welcome the opportunity to have you join me. Maybe this isn't the place you should be; it isn't for everyone. But I believe it will change your life and your attitude -- and that's certainly worth an evening out, isn't it? Rev. Janet Weiblen, Merriam, is a minister in the United Church of Christ and the Christian Church (Disciples of Christ). She can be reached at revj@kc.rr.com .

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The proof is in the pudding I'm a big fan of rice pudding -- it's a humble, quiet pudding that probably haunts most from school days but that can be elevated to dinner party level with a few simple steps. That's not to say it isn't still a worthy contender for post-Sunday lunch pud, but that with a few little touches here and there can suddenly become quite the designer dish. Small confession and a break from the tradition of baking the pudding -- I make mine stove top. It's smooth, silky and somehow prettier without (for me) the dreaded skin, which I know is a favourite of some! Caramelising the sugar adds a depth and richness to the finished pudding that mean really only a few spoonfuls is enough to fill you up, but you could omit this stage and add the seeds from a vanilla pod if you wanted or indeed a cracked cardamom pod for a bit of mellow spice. A rice pud recipe for you then. I am a big caramel nut and try and find ways to stick it in all my puddings, give or take. There are few it doesn't perk up. The prunes are optional but delicious. Leave a comment About Name: William Leigh Age: 30. Just. In between catering for private functions and making a mess in the kitchen, I'm a food-obsessed traveller on a one-man eating mission around the world. Anthony Bourdain is my food hero, and his 'Kitchen Confidential' is among my read and read again books. I couldn't live without a good knife, a pen and paper or Thai food. I hate it when my cakes stick to the side of their tins. I love my food mixer, my spatula and my ice cream maker with a passion verging on lunacy. My favourite things are gooseberries and mangosteens, but I've got a weakness for hot dogs in soft white buns smothered with cheap ketchup and bright yellow mustard. I live in south west London but my heart lies amid the colourful, noisy 'sois' of Bangkok.

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Still, having tried to watch the show myself, I can't say I'm surprised. Saying this epi was the best sure ain't sayin' a lot. And what was up with that not-so-amazing singer/songwriter they kept showcasing? It's not like Will & Grace having a guest star. I don't like any form of media which tries to shove another medium down my gullet. I saw parts of two of the shows, and it appeared to me that they were schlepping some artists. The "love" part was totally absent. And really, how freakin' exciting is being a music A&R rep? It was like Ed without the humor... or the plot. too bad for the actor. He seems like a good enough guy. Comments are now closed on this post. Like what you're reading? To view other posts at Signifying Nothing , please visit the BlogFront . Signifying Nothing formerly featured the stylings of Brock Sides , a left-leaning philosopher turned network administrator currently residing in Memphis, Tennessee who now blogs at Battlepanda , and Robert Prather , a libertarian-leaning conservative economist and occasional contributor at OTB .

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Tree event to think of loved ones People are invited to remember loved ones this Christmas while raising money for charity. The annual Tree of Hope event takes place at the Royal United Hospital next Friday, November 30, at 6.45pm, and raises money for Macmillan Cancer Support. The event lets people remember loved ones who have died of cancer. The charity's Bath group was formed in 1934, and was the first Macmillan Cancer Support fundraising committee. It is run by volunteers, including Roger and Joy Bowker, who joined in 1984. Mrs Bowker said: "Many of our members joined because cancer had affected their families, and we wanted to do something positive, and so have been fundraising for this brilliant charity. Our enthusiasm has not faltered, and we have lots of ideas and opportunities we would like to see happen for Macmillan in Bath." The group have been involved with a wide variety of fundraising activities, including running a charity card shop, organising World's Biggest Coffee Mornings, holding autumn fairs and supporting Macmillan's night walk. More members are needed to ensure that the work can continue. For information about the Tree of Hope or volunteering with the Macmillan Cancer Support Bath group contact Joy Bowker on 01225 315955 or sibowker245@hotmail.com.

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BCFC.freeforums.org Welcome to the forum. You are free and able to post or respond to posts at your will. Only restrictions are those concerning personal abuse of other posters, racism and incitement or the promotion of violence towards an individual or visiting fans. 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. In addition, registered members also see less advertisements . Registration is fast, simple, and absolutely free, so please, join our community today ! And wait for the blues to be sold?this could go on for another two precious years,if we manage to survive relegation this season we will be very lucky.This season is already over for us in terms of being competitive in any cup competions and promotion play offs which is absolute ridicolous considering we are only in November,i must remind you gents once again the longer you keep contributing to the piss takers the longer they will be here.Please no replys about im a loyal blue and will be there regardless to support my team blah blah blah,i ask you this question wtf exactly are you being loyal to?no one at the club gives a toss especialy the players they are there for the money and the money only. I know that you are going to get the usual flak but it is a possibility that as we don't protest, the club will get sold to another Chinese/Hong Kong consortium that doesn't have any real interest in football success. If we had protested vociferously against Carson Yeung's involvement, then that part of the world would see us as problematic and potentially lose interest. With Paladini the remaining offer left on the table a deal would seem more likely. The truth is none of us know whether significant protest action, either the jeffrey, or a sit down protest after each home match would have positive benefits or negative benefits. Whilst I am not in favour of the jeffrey, I am more in favour of a sit-in. It is ironic that there was the crossbar breaking pitch invasion protest against Sully & Gold because they didn't show enough ambition, yet this current bunch have come in and cursed us with one of the worst cases of financial incompetence and football club management in the history of English football and we hardly bat an eyelid. We have to sit back for however long it takes for things to change at BCFC..............protests total bollocks...........the hierachy at BIHL/BCFC know exactly the feelings of the supporters and IMHO PP is doing his best to find an investor/s/buyer/s to get rid of Yeung and his sidekicks. Protests will NOT IMHO force any issues at BIHL/BCFC football clubs will not create any precedents by allowing major changes to be effect by a few bed sheets being waved about and NO buyer will buy a club when the supporters have the majority say Used to be Platty wrote: We have to sit back for however long it takes for things to change at BCFC..............protests total bollocks...........the hierachy at BIHL/BCFC know exactly the feelings of the supporters and IMHO PP is doing his best to find an investor/s/buyer/s to get rid of Yeung and his sidekicks. Protests will NOT IMHO force any issues at BIHL/BCFC football clubs will not create any precedents by allowing major changes to be effect by a few bed sheets being waved about and NO buyer will buy a club when the supporters have the majority say K.R.O I tend to agree - a bit like pissing yourself in dark trousers; will give you a nice warm feeling but no-one will notice! That said, if our leader Cloudy can provide me with all the details of the protest, what/why/how - what the objectives are, what we will do afterwards if it's succesful (or if it fails) etc etc then I'm all ears. As i said on another post, I will listen if someone gives me something to listen to. A few simple slogans and the usual rhetoric just doesnt do it for me I'm afraid, it makes me feel like someone's on a wind up that's all Who are you going to protest to? there are no senior management at the club to protest to, not that they would take any bleed

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The billionaire genius who Tony Stark is based on wants humans on Mars within 15 years The world knows him as Elon Musk -- co-creator of PayPal, founder of Tesla motor sports, and CEO of SpaceX, the first private company in history to send a spacecraft t o the International Space Station . But according to director Jon Favreau, Musk also served as an inspiration for billionaire-genius Tony Stark, of the Iron Man franchise. What would you say if we told you that the real-life billionaire genius who inspired the characterization of Tony Stark wanted to put a human on Mars within 15 years? There's been a lot of talk recently about putting a human on Mars, and not just in the wake of Curiosity's arrival there Monday morning. Last September, NASA unveiled the heavy lift rocket that Obama claims will deliver humans to the Red Planet by the 2030s, and the Mars One project is talking about sending humans on one-way trips to Mars starting in the 2020s. But few people have been more vocal about putting a human on Mars (that includes the U.S. Government, by the way) than Elon Musk. And according to his most recent interview , he thinks his company, SpaceX, can do it -- and soon. Like, very soon. As in, Curiosity-may-still-be-alive-and-roving-\\... soon: "I'm confident at this point that it can be done," Musk told ABC's Nightline in an interview. "I think we'll be able to send, probably, the first people to Mars in roughly 12 to 15 years. That's my estimate." If that sounds ambitious, that's because it is. We've heard a lot in recent weeks about how hard it is to get a robot to Mars, but getting a human there -- and safely -- is an entirely different ballgame. Humans, after all, require sustenance. They require space. They require a degree of psychological wellbeing , something that can be hard to come by when you're hurtling through the vacuum of space at 8,000 miles per hour, over 100-million miles from home, on an eight-month trip to a barren and unforgiving world. Musk, photographed here, recognizes this, understands the inherent danger -- but he also brings the confidence you'd expect from the inspiration behind Favreau's "billionaire genius playboy philanthropist"; asked in a recent L.A. Times interview if he would visit Mars himself, he said that despite the risks, he could see himself being first in line: "The first flight would be risky; if I felt comfortable that the company's mission will continue, that my kids have grown up, then I'd be on the first mission." Right now, Musk says that the biggest hurdle in making deep-space travel to Mars attainable is making it affordable -- not just to fellow billionaires, but the common man. Or rather, the common man with half a million dollars to spare, which is to say not common at all. "We know it's possible to get there," Musk said. "You would be moving to Mars, so a round trip ticket, it has to be no more than half a million dollars, so roughly, a middle-class house in California, and at this point, I would say, I know it's possible."

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share this story If a recent report is true the Justice Department will need a new name -- and some of us will have to step up and admit we were wrong. It was clear that the foreclosure fraud settlement which the Administration and most states reached with major US banks was a great deal for the big banks -- and a lousy deal for the public. But some of us found reason to hope against hope that the settlement would be accompanied by real investigation of crooked bankers, after years of flim-flammery and disgraceful inaction by the Justice Department. Not that we were entirely nave. The Administration's track record was poor. and even had a slight resonance of bad faith. when it came to prosecuting Wall Street criminality. So, speaking only for myself, that cautious support came with renewed pressure on the Administration to back its words with action. Some of us knew that, pace Pete Townshend, we very well might get fooled again. Now it looks like we were -- fooled again, that is. From a report published this weekend in the Huffington Post: A last-ditch effort by federal and state law enforcement authorities to hold Wall Street accountable for nearly bringing down the U.S. economy is unlikely to lead to any criminal charges against big bank executives, according to a source close to the investigation. The Huffington Post's anonymous source said that instead of criminal indictments, the task force "will instead most likely bring civil lawsuits against some of the banks involved." That would most likely mean more of what we've seen so far: Bankers earn hefty salaries and bonuses by committing crimes. Punishment is restricted to fines, which are paid by the bank and not the bankers -- giving them absolutely no reason not to do the same thing again. Gee, what a surprise -- -- not. In the months since the President boasted of the beefed-up task force in his State of the Union message, reports (including our own ) have suggested that the Justice Department consistently refused to provide it with even the minimal resources it had requested. (It had asked for roughly 100 to 200 staffers, depending on the sources cited, as opposed to more than 1,000 which were assigned to the much smaller savings and loan scandal of the 1980s.) In case the chain of command is unclear, let's spell it out: Everyone at the Justice Department reports to Attorney General Eric Holder. Holder reports to the President of the United States. The Record Barack Obama took office as the economy was suffering a massive collapse brought on by widespread Wall Street fraud. It wasn't a good sign when he appointed Eric Holder, a highly-paid attorney for the prominent Wall Street law firm Covington & Burling, to act as the nation's chief law enforcement officer. While it's certainly possible for talented attorneys to move from defense to prosecution or vice versa, when it comes to Wall Street Holder has managed the Justice Department like ... well, like a highly-paid attorney for a prominent Wall Street law firm. Then Holder declined to prosecute anyone for the misdeeds of the AIG Financial Products group (note: I was a midlevel AIG executive in another part of the organization), despite the massive evidence of potentially criminal wrongdoing compiled the Levin Subcommittee and others. (See " Law and Order: AIG " for, among other things, a chronology of events which includes an investor call in which executives made statements which their independent accounting firm considered false. There's a name for what happens when executives make false public statements about the material condition of their firm. That name is "investor fraud.") The Holder Justice Department also declined to prosecute anyone at GE Capital, much to the astonishment of SEC investigators who had not only identified multiple instances of investor fraud but had identified specific individuals in the accounting department who had compiled and released the fraudulent information. A Class Act Journalist Michael Hudson compiled evidence of additional misdeeds regarding subprime mortgages at GE Capital. Its CEO, Jeffrey Immelt, lavished praise on an executive whose company he bought with a fortune in shareholder money. What was that company? As Hudson notes, it was a place where erstwhile shoe salesmen, ex-strippers and even a former porn actress could sign on as sales reps and make big money pushing home loans. WMC's top salespeople earned a million dollars a year or more and lived fast, swigging $1,000 bottles of Cristal and

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Book Description Publication Date: August 8, 2003 Photographed on seven continents, and nine years in the making, this lush sequel to Art Wolfe's Light on the Land features 150 gorgeous and compelling color images exploring the extraordinary beauty of nature. "I really don't want to dazzle people with detail," Wolfe says "I want to move them by the moment." These "moments" come from the book's five geographic regions ? Desert, Ocean, Mountain, Forest, and Polar ? and will indeed captivate the reader with their clarity and range. Remarkable for its artistic vision, atmospheric presentation, and powerful but understated environmental message, the book includes an essay by Art Davidson with each section. Photographed on seven continents, and nine years in the making, this lush sequel to Art Wolfe's Light on the Land features 150 gorgeous and compelling color images exploring the extraordinary beauty of nature. "I really don't want to dazzle people with detail," Wolfe says "I want to move them by the moment." These "moments" come from the book's five geographic regions ? Desert, Ocean, Mountain, Forest, and Polar ? and will indeed captivate the reader with their clarity and range. Remarkable for its artistic vision, atmospheric presentation, and powerful but understated environmental message, the book includes an essay by Art Davidson with each section. More About the Author "Art Wolfe's photographs are a superb evocation of some of the most breathtaking spectacles in the world." -- Sir David Attenborough Over the course of his nearly 40-year career, photographer Art Wolfe has worked on every continent and in hundreds of locations. His stunning images interpret and record the world's fast-disappearing wildlife, landscapes and native cultures, and are a lasting inspiration to those who seek to preserve them all. Wolfe's photographs are recognized throughout the world for their mastery of color, composition and perspective. "Art Wolfe's work tells a story that is overwhelming, breathtaking, and vast." - Robert Redford Wolfe's photographic mission is multi-faceted. His vision and passionate wildlife advocacy affirm his dedication to his work. By employing artistic and journalistic styles, he documents his subjects and educates the viewer. His unique approach to nature photography is based on his training in the arts and his love of the environment. His goal is to win support for conservation issues by "focusing on what's beautiful on the Earth." Hailed by William Conway, former president of the Wildlife Conservation Society, as "the most prolific and sensitive recorder of a rapidly vanishing natural world," Wolfe has taken an estimated one million images in his lifetime and has released over sixty books, including the award-winning "Vanishing Act", "The High Himalaya", "Water: Worlds between Heaven & Earth, Tribes", "Rainforests of the World", "The Art of Photographing Nature", as well as numerous children's titles. Graphis included his books "Light on the Land" and the controversial "Migrations" on its list of the 100 best books published in the 1990s. "There's a stunning clarity and vibrancy in Art Wolfe's wildlife portraits, which are careful, often haunting, compositions." - The New York Times Book Review In 2000 he published his signature work "The Living Wild", which has more than 70,000 copies in print worldwide and garnered awards from the National Outdoor Book Awards, Independent Publisher, Applied Arts and Graphis. In 2001 WP published the award-winning "Africa", and in 2003 "Edge of the Earth,Corner of the Sky", which captured significant publishing awards, including IPPY (Independent Publishers), Benjamin Franklin (Publishers Marketing Association), and National Outdoor Book Award. Wolfe's latest books are "Travels to the Edge: A Photo Odyssey" (2009), "Alaska, 10th Anniversary Edition" (2010), and "Dogs Make Us Human" (2011). "Art has the broadest range of excellence of any nature photographer I know." - Galen Rowell Art Wolfe is the proud recipient of the Photographic Society of America's Progress Medal for his contribution to the advancement of the art and science of photography; he has been awarded with a coveted Alfred Eisenstaedt Magazine Photography Award as well as named Outstanding Nature Photographer of the Year by the

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Krakow's Manggha Center of Japanese Art and Technology Krakow's outpost of the Japanese creativity and ingenuity opened at 26 Konopnickiej street in 1994 as the Manggha Center of Japanese Art and Technology. Renamed Museum of Japanese Art and Technology "Manggha", it remains the biggest institution promoting Japan's culture in the whole Central and Eastern Europe. The Center of Japanese Art and Technology is a brainchild of Andrzej Wajda, the renowned Oscar-awarded Polish film maker, who also contributed his $340,000 Kyoto city award and helped to raise the outstanding $5.5 million to erect it. Museum of Japanese Art and Technology on the map of Krakow The wave-shaped building of the Manghha Museum on the bank of the Wisla river just opposite the Wawel Hill was designed by Arata Isozaki, Japan's prominent architect. It houses part of the Krakow National Museum's Japanese collections such as fabulous Japanese woodcuts, porcelain, splendid artifacts of ancient handicraft, ornate weaponry, etc. Many of them were amassed by Feliks " Manggha " Jasienski, a wealthy Polish connoisseur, by the end of the 19th century and donated to the National Museum in Krakow in 1920. The Manggha Center organizes various temporary exhibitions, concerts, presentations, etc., pertaining mostly but not exclusively to Japan's national heritage or its present-day achievements. Its modern auditorium is a popular venue for concerts of classical music and jazz as well as conferences in Krakow . Tickets and opening hours of the Manggha Museum of Japanese Art and Technology The Museum of Japanese Art and Technology "Manggha" is open every day except Mondays from 10 a.m. to 6 p.m. Regular tickets cost 15 zloties, reduced 10 zloties. Available are family tickets for adults with children priced at 25 zloties and group tickets for 60 zloties. Admission to permanent exhibitions is free on Tuesdays. Contact information of the Museum of Japanese Art and Technology - Manggha. Grand Square Krakow's central Grand Square (Rynek Glowny), the largest plaza of medieval Europe and one of the world's finest with its spectacular landmarks, has remained the hub of the city since the 13th century.

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Good morning, and -- (applause) -- now, what would an AIDS conference be without a little protesting? We understand that. (Applause.) Part of the reason we've come as far as we have is because so many people all over the world have not been satisfied that we have done enough. And I am here to set a goal for a generation that is free of AIDS. (Applause.) But first, let me say five words we have not been able to say for too long: "Welcome to the United States." (Applause.) We are so pleased to have you all finally back here. And I want to thank the leaders of the many countries who have joined us. I want to acknowledge my colleagues from the Administration and the Congress who have contributed so much to the fight against AIDS. But mostly, I want to salute all of the people who are here today who do the hard work that has given us the chance to stand here in 2012 and actually imagine a time when we will no longer be afflicted by this terrible epidemic and the great cost and suffering it has imposed for far too long. (Applause.) On behalf of all Americans, we thank you. But I want to take a step back and think how far we have come since the last time this conference was held in the United States. It was in 1990 in San Francisco. Dr. Eric Goosby, who is now our Global AIDS Ambassador, ran a triage center there for all the HIV-positive people who became sick during the conference. They set up IV drug drips to rehydrate patients They gave antibiotics to people with AIDS-related pneumonia. Many had to be hospitalized and a few died. Even at a time when the world's response to the epidemic was sorely lacking, there were places and people of caring where people with AIDS found support. But tragically, there was so little that could be done medically. And thankfully, that has changed. Caring brought action, and action has made an impact. The ability to prevent and treat the disease has advanced beyond what many might have reasonably hoped 22 years ago. Yes, AIDS is still incurable, but it no longer has to be a death sentence. That is a tribute to the work of countless people around the world -- many of whom are here at this conference, others who are no longer with us but whose contributions live on. And for decades, the United States has played a key role. Starting in the 1990s under the Clinton Administration, we began slowly to make HIV treatment drugs more affordable, we began to face the epidemic in our own country. And then in 2003, President Bush launched PEPFAR with strong bipartisan support from Congress and this country began treating millions of people. Today under President Obama, we are building on this legacy. PEPFAR is shifting out of emergency mode and starting to build sustainable health systems that will help us finally win this fight and deliver an AIDS-free generation. It's hard to overstate how sweeping or how crucial this change is. When President Obama took office, we knew that if we were going to win the fight against AIDS we could not keep treating it as an emergency. We had to fundamentally change the way we and our global partners did business. So we've engaged diplomatically with ministers of finance and health, but also with presidents and prime ministers to listen and learn about their priorities and needs in order to chart the best way forward together. Now I will admit that has required difficult conversations about issues that some leaders don't want to face, like government corruption in the procurement and delivery of drugs or dealing with injecting drug users, but it has been an essential part of helping more countries manage more of their own response to the epidemic. We've also focused on supporting high-impact interventions, making tough decisions driven by science about what we will and will not fund And we are delivering more results for the American taxpayer's dollar by taking simple steps -- switching to generic drugs, which saved more than $380 million in 2010 alone. (Applause.) And crucially, we have vastly improved our coordination with the Global Fund. Where we used to work independently of each other, we now sit down together to decide, for example, which of us will fund AIDS treatment somewhere and which of us will fund the delivery of that treatment. That is a new way of working together for both of us, but I think it holds great results for all of us. (Applause.) Now all of these strategic shifts have required a lot of heavy lifting. But it only matters in the end if it means we are saving more lives -- and we are

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Inquest: Alara Lawson, 14, tried to hide her depression from her family after she had her heart broken A 'bubbly' 14-year-old girl was so intent on hiding her depression from her family after breaking up with a boyfriend they had no clue she was suffering, an inquest heard today. Year nine pupil Alara Lawson was found dead at their five-bedroomed home in Newbury, Berkshire, when her parents and brother returned from a school open evening. The student left a series of heartbreaking notes, including one to her ex-boyfriend which read: 'I have decided to end my life. I've suffered from depression for about three years. 'I guess keeping everything bottled up for three years just kills. I have to end this pain.' The coroner was told that Alara was found hanged in the garage of the 750,000 home. The talented writer and artist had broken up with a boyfriend, named only as Master X, late last year but had not spoken of being unhappy. Instead the outwardly happy girl had repeatedly talked of the future and even about which university she might like to attend, her devastated father told the inquest. Dr Peter Lawson, a dentist, said his daughter was never put under any pressure by her family and they encouraged her to be happy, enjoying rap music with her friends and spending time reading in her bedroom. However, when Dr Lawson and his wife Marnie returned from the school open evening with their son Josh on June 20 this year they discovered Alara's body. They also found a series of essays with headings including 'Trust, 'Dark secrets', 'Time to die', 'Your fault' and 'I just want you back'. Recording an open verdict Berkshire coroner Peter Bedford said: 'What is overwhelmingly clear from the evidence is that those who knew Alara best - her family and friends and school teachers - had no expectation, no inkling, even with the benefit of hindsight, no understanding what happened to end her life at such a young age.' Following Alara's death on June 20 this year, her school headteacher Christina Haddrell paid tribute to her as a "lovely, talented young person". For confidential support call the Samaritans in the UK on 08457 90 90 90, visit a local Samaritans branch or click here for details Im going through something similar right now and completely understand what shes going through, i am so heartbroken for her. - Jade, UK, United Kingdom, 21/11/2012 21:51 Jade don't let this happen to you, talk to someone get help now. This is such a tragic story....I do think that talking about depression and suicide etc, although a painful subject, should be part of parenting and maybe even the curriculum in some way, as there are so many youngsters now, facing this terrible affliction. My own son suffers from anxiety and mild depression, but I have been very fortunate in that he has felt able to talk to me and ask for help.....it's a hard road, but he's dealing with it and I know I am lucky to be in a situation where he does talk about it. I feel so sad for the young girl and her family, it's certainly something they will never recover from and I really do hope that they can rebuild their lives one day and come to terms with the fact that their daughter is now at peace. You worry about your children so much when they are small and think that when they are bigger it will be safer, but actually teenagers are even more of a worry, their emotions are all over the place, Facebook putting more pressure on them as they are in constant contact with all their emotional teenage friends, there's drugs, smoking, sex etc. At least when they are toddlers you know where they are and what they are doing. Jade get help please do not do anything, all things pass even though you think they wont! life is good enjoy and think about all the years to come, marriage babies love and laughter get help please Jade! As a sufferer myself, I can attest to being a master of hiding it. Behind the huge smile is often the worst pain. I noticed in the article the coroner stated not even friends new - yet earlier in the article it quotes a friend saying she did know. Very bad. I hope this poor girl now finds the peace she wished for.

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Undecided Question Rejection what to do now? This girl and I tested for 6 months daily and see each other maybe once a week for soccer. We tease each other lots and click really well. The last time I've ever liked someone this much was 5 years ago. I know she's the one and I gave her flowers and told her I like her. She said she only likes me as a friend, soccer buddy. She wanted to be friends but I didn't. I care for her too much gland thinking of seeing her witjh another guy will kill me. I feel bad ditched her as a friend though. Should I try to mend the friendship back? We haven't talked for 2.5 weeks, we've never not talked for more than 2-3 days... Her birthday is coming up, and I have a bracelet I got for her before, should I give it to her? Answers (7) Answerer 1 Just move on your stuck in the friend zone. She is just not into you and likes you as a friend and you need to deal with that. If she told you she just wants to be friends than she really does just want to be friends, sorry. Its just how us "girls" are. When girls like a guy they will show it and want to be with the guy all the time and calling hi,. And for her birthday you can give it to her but just dont like her. Stay friends you need to find another girl. sorry. If you really love her and want her to be happy let her go. because thats obviously what shes asking for with all the signals your tellin me. It takes at least a year of regular romantic dating, spending time together on an almost-daily basis, before you can know if someone is THE "one". What should you do? Google and read everything you can about "infatuation" so you can stop kidding yourself. Seeing her with another guy will not kill you ... unless you tell yourself it will. You gotta get a handle on what you are telling yourself .. you are making nightmares for yourself that do not have to happen. We create our own reality and our own emotions .. based on what we tell ourselves. And you are telling yourself BS. welp, you my friend found ur way to a little place we nice guys call the friend zone. there are a few options, one of which you really won't want to do, and you probably won't do, (i didn't either) this is pull the doucher. she is probably the kind of girl that likes jerks, therefore you have to pull a move that is so big, that you are no longer a friend. this option sucks, reeeeaaalllly bad. because if you truly are a nice guy it'll be against EVERYTHING you stand for, and it also may or may not work. the next is the route i took. distance yourself the best way that you can. more and more until you haven't talked to them in a year or two (yes, it takes a while) then, you ask them on a straight up date. not a hey lets hang n remember old times. its a hey, were both mature now, want to go to dinner?. both suck, and by the time you're able to do either you may as well have moved on. buuut, they work....kinda Source(s): i was once referred to as "the straight gay friend" .....and now am coming up on my first anniversary BUT.....i can still feel your pain Well, do you want to be friends? That's the question. I decided to remain friends in my situation. I just don't talk to her unless she talks to me first. You have to move on. This situation hurts a lot and these girls don't understand it. I remember being extremely angry, but, it fades. Don't give her the bracelet or wait until after her birthday, like you forgot. If you remain friends don't put more into the relationship than you get out, remember that. It depends on how you feel. You could try to be friends with her again and give her the bracelet, but you should not expected anything more than friendship. If you think you are fine with just being friends with her, go for it. If not, you shouldn't, because you will only hurt yourself in that process when you expect something more than friendship again

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Lightning Rider: my favorite scene excerpt How very remiss of me! \*smacks hand\* I've just realized I never posted an excerpt of Lightning Rider here on my blog. Of course you could have read a few chapters on Smashwords and Amazon (via the Look Inside feature), which should have given you all a pretty good idea of whether the sci-fi element of this romance is your cup of tea or not, but this time I thought it'd be cool to post an excerpt featuring one of my favorite characters from Lightning Rider . I give readers a few hints about Karylon's on-again off-again Lightning Rider lover in the early parts of the story, but Novik doesn't get his own POV scene until much later on. And then (semi spoiler alert!) he becomes a pivotal character right at the end. I loved writing Novik, so I thought I'd share my favorite scene with you. Enjoy! \*\*\* LIGHTNING RIDER by Maree Anderson EXCERPT Novik wasn't used to failure. Failure was a human... uh... failing and he didn't much appreciate it happening to him. He racked his brains as he recouped his energy. He didn't dare mention his fears to Fost or the other Council Lords and Ladies. So far as they were concerned, Karylon had chosen to undergo ReBirth. If they learned what Novik knew -- that something had gone horribly awry with the ReBirthing process, and Karylon was now AWOL -- they'd spout some mealy-mouthed platitude and immediately elect a new Council member to replace her. There would be no true regret, no real sorrow, merely a continuance of the way things had always been. Novik knew there had to be a way to help Karylon Reconstitute back to the Elemental Plane a second time. He knew it intuitively -- something that didn't hold sway with Elementals of any faction. Gut instinct was far too human a thing to be taken seriously. His own seat on the Council would be jeopardized if the Lightning Lords suspected even half of what Novik believed. Hmmm. Whatever had happened to Karylon was inextricably linked to the little human Host she had chosen. What had been her name again? Brennan. Andrea Brennan. Andie . If by some remote chance Andie was still walking Earth, if Novik could sense her, then maybe -- That was it. He would petition the Keeper of Portents to find out exactly where Andie Brennan had been scheduled to die, and he'd ride the next lightning storm in that particular area. Or as near to it as he could manage. And if he was lucky, if he was strong enough, he might be able to sense Andie Brennan and determine once and for all what had happened to Karylon. If this Andie was still alive on Earth, that was. If she hadn't undergone ReDeath and her completed soul hadn't moved onwards. If Karylon was still linked with her and hadn't faded. If the Keeper would deign to respond his request. If. If. If! Too many ifs. But he had to do something. He had to know. Novik created his most enticing form and wasted precious energy locking it in, so it would be perfectly presented the moment he reformed. Appearance was everything when visiting the Keeper of Portents. The Keeper's background was a complete mystery in a society where mysteries had eons ago ceased to exist. No one knew how many eons it had seen. It was ancient -- had been ancient even before it had first made itself known to Elementals ten millennia ago. For as long as Novik could remember, the Keeper had been affiliated with all four Elemental factions. It favored none but served all. At least, that was the popular doctrine. Novik had heard enough rumor and innuendo over the centuries to wonder who served who. One never knew what form the Keeper would take when one visited, either. It was a Pan-Elemental, the only one of its kind, and the only Elemental who could assume -- and actually become -- any of the four Elemental forms at will. And, if rumor were to be believed, the Keeper also served the Apokryphons in some unknown capacity and therefore, was capable of becoming an Apokryphon as well. Come to think of it, the demonic Apokryphons also

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im scared nobody to talk to :( achalasia im 21years boy who has achalasia.i had a bad experience! i cant eat properly and everytime when i sleep i keep coughing and vomit when i fall asleep.heartburn.when i drink n eat i vomit.i was very worried ...i did 2times baloon dilatitions that only last for 3 4 weeks than the simptom come back...finally i decide to do the the keyhole surgery last 3month.after i did the surgery i feel much better and the most happies person in the world because i can eat n drink properly....but after 5weeks i start vomit when i drink or eat not everytime...sometimes there is a foam coming out from my mouth..izit reflux? but the simptom is coming back.i lost lots of weight almost 14kg...and im worried there is no cure for achalasia ...i scared that im gonna die young.i dont want to go out i dont want to talk to any1...i feel down and i always think how long im gonna survive if i keep vomit evrytime i eat and drink....i feel sometime i dont want to see the doctor anymore.i lose hope....i keep crying alone in the rooms.because nobody to talk to..this sickness change my life alotttt!only god know! pls help me some advise....should i see the doctor and do the endoscopy again or should i change my diet? Hello guest99. I don't have your problem but have a very good friend who has. He had a repair to his oesophagus (not sure of spelling) when he was 27.His operation was filmed by the NHS as it was a first at the time for training purposes. Since then he's had lots of ups and downs, treatment, endoscophys and a couple of further operations at the hospital. He is now 66 and still going strong. He lives on a restricted diet, takes regular medication and has learned to deal with all the problems this horrible condition brings. I just wanted to say go back to your doctor and explain how you feel and what is happening to you. You should not be left to struggle on your own. I am sure that there is a charity site for people with your problem, look it up on the internet and log in. There will be people there who you will be able to talk to and share their experiences with. This will help you to feel that you are not alone, I know it's hard as people are not always kind and do not understand chronic conditions that we all have to live with. Try and think positive and live as normal a life as possble, try not to let depression take you over but if it does then please get appropriate help. It is still early days after the surgery, please go back to your gp. Good luck. ello fanny jane thank u for ur reply....i feel so happy to hear sum1 still can survive until 66 i was hope i was strong n brave enough to fight this sickness n think positive all the time... i was so worried about my sickness because it uncommon sickness n very hard to find..i will try to google other website about achalasia...so far this forum has all the informations i guess..i was so worried about my sickness until now i cant sleep properly at night thinking about it 24/7 ...i feel so relieve that u reply my post.thank u,may god bless u.have a nice day. So glad I was able to at least reassure you. My friend has every intention of living to 100 I can assure you, so he still has a lot of living to do. I hope you manage to go back to the doc and have a chat about it all soon and hopefully be in touch with people in the same position as you. When I can't sleep I slowly count back from 300...in my head not out loud. The brain gets fed up doing this and often you fall asleep. Or try and imagine a scene like walking along a beach (my favourite) walking through a wood or even swimming in a lake, it is possible with practice to do this and after a while your brain recognises that this is a switch to help you to sleep. It really works but does take practice. Take it from someone who's been around a long time, everything passes. If you feel yourself getting het up try slow breathing. This automatically slows your whole being down and you then feel calmer. Try and be kind to yourself, listen to music or do something that makes you feel better. Something you enjoy to take your mind of it all for a while. I have had a life

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You will have access to all our online competitions, discounted offers and can post comments on our site. You will also receive The Weekender newsletter sent every Thursday - it's full of fantastic offers and ideas for the weekend. You can update your email preferences in your account page when you log in. Other newsletters and emails Homes & Property Newsletter - Yes I want to receive the weekly email with all the latest news on property in the capital Occasionally we would also like to send you relevant emails detailing specific offers either from ourselves or carefully selected partners. If you would prefer not to receive these then please tick the appropriate boxes below. We will never pass on your details. I do not want to receive additional offers and information from the Evening Standard I do not want to receive additional offers and information sent by Evening Standard on behalf of carefully selected partners Fukushima 50 'know they are going to die' Related Articles The workers battling to save the stricken Fukushima nuclear plant in Japan have vowed they are prepared to "die to save the nation". The mother of one of the engineers said the men, known as the "Fukushima 50", have accepted they will either die "in the short-term from radiation sickness or in the long-term from cancer". Speaking to Fox News, the woman, who refused to give her name, said: "My son and his colleagues have discussed it at length and they have committed themselves to die if necessary to save the nation. "They have concluded between themselves that it is inevitable some of them may die within weeks or months. They know it is impossible for them not to have been exposed to lethal doses of radiation." Radiation from the plant, devastated by the earthquake and tsunami which hit Japan on March 11, was found to have seeped into groundwater. The contamination found near the reactors had concentrations 10,000 times higher than the official safety limit. The government also announced today that the exclusion zone around the plant would be "long-term". US and Japanese troops joined forces today in a massive new air and sea search for bodies. So far 11,500 people have been confirmed dead. Another 16,400 are missing.

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3 - 4 Turn 1/4 right and step right side right, brush left forward and across right (12:00) 5 - 8 Cross left over right, step back on right, step left side left, cross right over left Easier option: Replace the full turn roll with a vine for counts 17 through 19 and counts 25 through 27. (25 -- 32) FULL ROLL LEFT, BRUSH, CROSS, BACK, SIDE, CROSS 1 - 2 Turn 1/4 left and step forward on left, turn 1/2 left and step back on right 3 - 4 Turn 1/4 left and step left side left, brush right forward and across left (12:00) 5 - 8 Cross right over left, step back on left, step right side right, cross left over right 5 - 8 Rock left to side left, recover weight on right, cross left over right, hold REPEAT TAG: Tags are the same for both songs After completing the first rotation dance the first 16 counts and restart the dance, facing the back wall. After completing the third rotation dance the first 32 counts and restart the dance, facing the back wall. ENDING: (optional for Barbados song) The music fades, the dance will end after the two 1/4 pivots facing the front wall. E-mail: kpdmagic15@hotmail.com

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Easy to use yet comprehensive business solutions Home &gt; FAQ's &gt; Error 1310 Error writing to file Verify that you have access to that directory Error 1310 Error writing to file Verify that you have access to that directory Symptoms: During the installation of Andica Software, Windows Installer encounters an error: Error 1310 Error writing to file: [filename.dll] Verify that you have access to that directory. Giving a .DLL file name such as Crystal.Decision.ReportAppServer.CommonC\\... File name may be random Causes and Solution: The likely cause of this error are: Installation of the software giving access to Windows user who was logged on at the time on installation. Selecting 'Only for me' option instead of 'Anyone who uses this computer (All users)'. Hence the data is locked for that user. Please refer to the 'Installation' section of the user guide. Cancel the error message box and either click the back button to ensure that you have selected 'Anyone who uses this computer (All users)' option or cancel the installation process and amend your Windows User privileges to have 'administrative' rights. Also, if you are trying to Run the software installation from the Web server, please do not do that. On the download page, once you have clicked on 'Save or Run', click 'Save' and save the software installation exe file in a convenient location on your hard drive. Then after downloading, you can 'Run' it. If setup rolls back or closes, restart the Setup by running the installation EXE.

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Advert Information In need for some new music from a new artist? Never fear, Help Is On The Way, in the form of Don Trip's new mixtape. This sixteen track mixtape of all new music features appearances by Yo Gotti, Danny Brown, Starlito, Juicy J, Jeremih, Young Berg, Psyko and many more. He also gets some help from some of the game's biggest producers including J.U.S.T.I.C.E. League, Cool & Dre, Boi-1da, The Futuristics and more.

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Error: You currently have Javascript disabled. This website uses Javascript for many elements such as the menus and page customization. Please enable Javascript in your browser for the optimum website experience. Friday and a a mocha would not be out of place in the Coffee House. Good Morning, I stopped at a certain fast food place for their oatmeal and wound up also getting an iced mocha. It was very good. That was on the way back from getting an oil change for the hybrid. The car is a bit over a year old and I am really enjoying it. I wish we had the time to drive it to go visiting but not this trip. I can't wait to see Kahnya and the Twin Cities. Too cold in the winter and too expensive to retire to but just right for visiting beloved offspring. Life is settling down somewhat. I can't say the sadness is gone and be honest but we are doing well. I have to work at being the one everyone asks about how the spouse is doing. I've had to deal with being 'only' the stepmother so many times. This time is a bit harder but doable. It's a beautiful day here. Warm but not humid, a nice breeze...and the sun shines. I stopped at a certain fast food place for their oatmeal and wound up also getting an iced mocha. It was very good. That was on the way back from getting an oil change for the hybrid. The car is a bit over a year old and I am really enjoying it. I wish we had the time to drive it to go visiting but not this trip. I can't wait to see Kahnya and the Twin Cities. Too cold in the winter and too expensive to retire to but just right for visiting beloved offspring. Life is settling down somewhat. I can't say the sadness is gone and be honest but we are doing well. I have to work at being the one everyone asks about how the spouse is doing. I've had to deal with being 'only' the stepmother so many times. This time is a bit harder but doable. It's a beautiful day here. Warm but not humid, a nice breeze...and the sun shines. Hug your loved ones and have a beautiful day. \*Hugs and Muffins\* Chin up, Faythe! Mocha Latte's are good for the soul! Oh yeah,..I hear oatmeal is good for the body! For myself, I have bubble tea. Tomorrow I get to drive around the city areas with a coworker and visit open houses( apartments). Show him the neighborhood,..get a sense of where is good and 'bad' . Then hopefully end the day off with an awesomely bad movie like Resident Evil or Dredd Still working on putting stuff away and getting things organized at home. i look at it this way. Because of what my niece did in this place while I was gone, and because of my current health conditions, I have an infinity of work. So everything I manage to do means I only have infinity minus one left!!!! Well I'm home from the hospital and most exhausted. The dogs are all gathered around me wondering where their Daddy is. Yes Doc, Robo-hubby is most frustrated at this point. Plus his birthday is Monday and he will be spending it in the hospital. We did have a good visit though...we ate lunch together and did a little snoozing together before I needed to drive home. Of course after I left his witch doctor came in with some additional news. (You never know when this heifer will show up.) Doctor and assistants inserted a Picc Line in his arm. Due to his infection he will have to wear this and I will learn how to push drugs into it for at least one year!! When he showers and bathes we will have to cover it in Cling Wrap. Well anywho, that's the short version without too much mention of my gaming rig going dead. My car is still not repaired but I'm driving it anyway. So excuse me if I go get some wine, another pack of cigarettes and go outside and scream. Oh, and thanks everyone for listening...it means so much to me that you do. Faythe - we've been considering a hybrid... interested to hear what you think of yours. They just look so cramped and tiny inside... Welby - instead of a movie, I believe tonight I'm going to go blow up some tanks... "tanks, for the memories..." /the old soft shoe... stage left... Doc - we do what we can each

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Robot 6 Glyn Dillon on the past, the future and The Nao of Brown A few years ago it seemed like Glyn Dillon might end up just a footnote in the histories of other comic creators: the younger brother of Steve; the housemate of Jamie Hewlett, Alan Martin and Phillip Bond during the Deadline years; the artist on Alan Martin's decidedly less-famous strip "Planet Swerve"; a collaborator with Pete Milligan on a few uncollected Vertigo comics. If you asked around, you found out that Glyn Dillon was part of the exodus of talent out of comics in the mid-'90s, a brain-drain that benefited the worlds of film and television production greatly. If you were really tenaciously researching his creative whereabouts, you may well have discovered he now had an IMDb page publicly listing a few storyboarding jobs. In the immortal words of This Is Spinal Tap , to the average comic fan he was "currently residing in the where-are-they-now file." TV and film production is a litigious land where artists are bound by non-disclosure agreements; the thousands of pages they produce there may never be seen, at least not until the projects they are produced for are either in the can or officially pronounced dead. This is considered beyond the pale by comics fans, used to their favorite artists releasing practically every development sketch for every project they work on. It therefore came as a surprise when a gallery of work by Dillon appeared in 2007 in the third volume of the comic art magazine Swallow . The work there was astounding: otherwordly, dreamlike imagery seemingly more influenced by the European and Japanese comic traditions than any of his U.K. or U.S. peers. Those unseen thousands of pages of storyboard and concept art had clearly influenced Dillon's drawing radically. In the short accompanying text we learned he was now back in London, and enthused to get all manner of projects off the ground -- to start and edit a comics anthology; to produce toys, prints and t-shirts of his designs; that he was writing and drawing a children's book; that he had been selling original pieces through Santa's Ghetto, the pop-up art store Banksy opens in London's Oxford Street in the Christmas period. Not terribly long after that, Dillon joined Twitter as "NaoBrown." He was working on a graphic novel, re-using ideas from the work he was intending to produce for the now not-happening anthology One . Imagery, and eventually penciled panels of the book's pensive-looking lead character started to appear in his tweets and via the project's workblog. In early 2010, it was confirmed that U.K. publisher Self Made Hero would be releasing the book The Nao Of Brown . Every successive panel Dillon revealed on Twitter only increased the anticipation of the U.K. comic community for the book. It was clearly shaping up to be a major work. The book arrived in the U.K. in late September , and officially in the U.S. on Oct. 1 , and has had critics both sides of the Atlantic raving, with many announcing it early as their book of the year. Amazing artwork; a truly novelistic piece of storytelling, full of wisdom and compassion; and a book which is a beautiful artifact, a treat for those of a bibliophilic inclination. The cast of The Nao Of Brown are all seekers of one kind or another: we caught up with Glyn recently, asking him lots of intrusive questions about his own epic journey, from Deadline to Hollywood and ultimately back to comics. Robot 6: So, if Steve turned comics pro on Hulk Weekly at the ridiculously young age of 16, what age were you then? Glyn Dillon: Around 6 or 7. What sort of influence did that have on you as a kid? He was a pivotal figure at the epochal Warrior a couple of years later, too. It was massive. I think it's pretty normal, when there's a big age gap, to idolize an older sibling ... but when that older sibling starts drawing the Hulk, spaceships and other superheroes ... well, it was amazing , and he was bloody good, very, very talented from a very early age. Your dad was an artist as well, wasn't he? What field did he work

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We all know that you're supposed to reduce, reuse and recycle, but for artists, reuse and recycle often have totally different meanings than they do for the rest of us. Here are 11 artists specializing in making trash into artistic treasures. 1. Lin Evola-Smidt No one wants their children to grow up in a world plagued by violence, but not many parents have worked as hard to fight the problem as artist Lin Evola-Smidt . When gun violence ravaged Los Angeles in the early nineties, Lin decided to help stop the problem by convincing residents to give up their guns, which would then be melted down to create statues of angels -- an appropriately uplifting icon for those living in the increasingly dangerous City of Angels. "I wanted more at that moment than to just create a piece of art," she says. "I wanted people to make a shift within themselves." The project was a success and within a few years, the area was filled with small metal angels -- each reflecting more guns being taken off the city streets. The first angels were up to 3 feet tall and took a few months of work, but eventually, Evola-Smidt decided to increase the size of the sculptures so they could be centerpieces of local parks. In 1997, she completed a 13 foot tall angel called "The Renaissance Peace Angel." After the terrorist attacks of September 11, the sculpture was moved to Ground Zero and it has since become her most famous artwork. Seven years after the attacks, Lin announced that she was starting a new project, a global version of her past work called the Art of Peace Charitable Trust, which seeks to combat "the proliferation of small firearms, light artillery and other weapons of war." Cities such as Jerusalem, Bosnia and Johannesburg, South Africa immediately expressed interest in the concept. The first angel built under the trust will be a 30 foot tall masterpiece installed in New York City. 2. Michelle Reader Since 1997, Michelle Reader has been working to make recycled materials into sculptures, often incorporating mechanical elements such as the working parts of toys and clocks. Her materials come from city dumps, roadsides, and thrift shops, and include both household and industrial waste. "I love the unpredictability of found materials and enjoy the inventiveness necessary to transform them into a sculpture," she says. "I try wherever possible to use materials that are reclaimed, things with a history that have been discarded and might otherwise end up in landfill." Perhaps her most famous work is this family portrait, known as "Seven Wasted Men," that was made from one month of household waste from the family. "The materials not only highlight a need to address the amount of waste each of us produces, but also tells the story of each individual through the things they discard -- a child's drawings, a shopping list, a birthday card," she says. 3. Ptolemy Elrington Parking lots and roadsides everywhere are adorned with damaged and lost hubcaps. But where most of us see garbage, Ptolemy Elrington sees beauty and value. "I believe that things utilitarian, or which give pleasure to the eye have the highest value, he says. "I come across many things which have been abandoned and find something more in them than their intrinsic worthlessness." He particularly enjoys working with hubcaps because -- while they look nice -- they really serve very little purpose. "They're automatically rubbish when on the side of the road," he says. "But with a little effort and imagination I transform them into something which gives people a great deal more pleasure." 4. Wim Delvoye While Belgian artist Wim Delvoye isn't the first person to create art with used tires, he might just be the most talented name in the niche. That's because his utterly gorgeous creations manage to maintain the structure of the tires while incorporating elements from nature, such as flowers and vines, so the viewer thinks of the delicate beauty of Mother Earth while never forgetting that they are looking at something totally industrial. The artist uses no mechanical devices during the reworking process to make his masterpieces, and tough car and tractor tires take a very long time to manually carve and sculpt. 5. Tim Noble and Sue Webster When people first witness Tim Noble's and Sue Webster's Shadow Sculptures , they tend to just see a heap of trash piled up in some meaningless order. But once the creations

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84% Overall Rating Property Information: Zara City Apartments is located in the center of Zadar, just 50 m from the main square, 100 meters from the beach, ferry and other services. We offer three rooms, each with 2 on each floor with separate entrances and each room has its private bathroom, AC, mini fridge, satellite TV, and all in beautiful surroundings. Triple Room located at the Dalmatinskog sabora Street and no kitchen or internet. In the room there is air conditioning, electric coffee and tea makers and bathrooms!! All rooms have three stars. Visit Zadar and be our guests! We offer transportation from the airport to the room at a price 16eur !

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DOWNLOAD: JEREMIH -- FUCK U ALL THE TIME (SHLOHMO REMIX) October 03, 2012 AO-AO It's been quite a morning for free music and now LA based producer Shlohmo has added to the basket. He's taken Jeremih's 'Fuck U All The Time', one of the highlights from the 'Late Nights mixtape, and brought in the drums for a remix that's beautifully darker than the original. We love this, stream Shlohmo's remix of 'Fuck U All The Time' below. It was offered as a free download, we're just waiting for an alternative link :

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Global Online Course Producing More Engineers in Virginia and Germany This fall, 48 college students from across Virginia and Germany are logging on to an interactive website that uses lessons from Japan's devastating earthquake and tsunami to understand the global implications of engineering. The students are taking part in "Engineering, Technology and Contemporary Issues," a joint, online course offered by the University of Virginia and T.U. Dortmund University. Stephanie Moore, director of engineering instructional design in U.Va.'s School of Engineering and Applied Science , and Dominik May, an instructor at T.U. Dortmund's Center for Higher Education, join their students twice a week via a live, online environment called Blackboard Collaborate. Teachers and students use headphones, mikes, cameras and keyboards to communicate with one another. Readings are provided online, so the course is practically paperless. The students' location is irrelevant, provided they have an Internet connection. "Last year we had students physically located in Lynchburg, Danville and Tidewater," Moore said. This year, others have joined from northern and southwest Virginia. May said the students in Germany "take the class remotely, some from home and some will sit somewhere at the university with their laptops." Over the course of the 16-week class, students study ethics in design and the characteristics of successful design. Readings include passages from Aristotle and Thomas Jefferson, as well as contemporary reporting from National Public Radio and the New York Times. The course will culminate with a cross-cultural nuclear energy ethics exercise. Moore said the activity was inspired by the disaster in Japan, which killed nearly 16,000 people, left hundreds more missing and disabled the country's Fukushima Dai-Ichi nuclear power plant. The disaster prompted self-reckoning around the world. Suddenly, countries were reexamining their dependence on nuclear energy; the debate was especially pronounced in Germany and the United States, two of the world's biggest consumers of nuclear energy. Moore said the disaster in Japan provides a perfect case study for the students to "talk about the relationship between engineering and technological systems and human and political systems. On top of that, the U.S. and Germany had very different responses, so it is a great way to explore cultural differences that influence technological development and policy." For the exercise, the students will be split into U.S. and German assemblies, but with a mix of students from Virginia and Germany in each group. Within each assembly, the students will be placed in stakeholder groups, including an activist group, a government group and an alternative energy group. "Because their tendency is to look at these things as an engineering student, we want them to be able to see some of these broader, socio-political issues from other perspectives," Moore said. Once the stakeholder groups have presented their positions, each assembly will then have to work among the stakeholder groups to develop a joint recommendation to the commission on nuclear energy policy for each country. This is the second year the course is being offered, and it has been expanded to two sessions because it was so popular last fall. Even so, German instructor May said the course in Germany "was overbooked by 300 percent." Different Schedules for Different Time Zones In developing the online course, Moore and May had to be mindful of the different university calendars in the United States and Germany, as well as the six-hour time difference. "They run on more like a quarter schedule and, of course, we run on a semester schedule," Moore said. "This offset in the institutions' schedules required careful sequencing of the topics to be covered, establishing when and at what point in the content we wanted the students to come together, and determining what preparation was necessary for any joint activities we wanted to undertake. "For the U.Va. students, there is some content that is critical for them because of the overall curricular requirements that do not pertain to the T.U. Dortmund students," she said. That content was covered during the first 6 weeks of the course. "The T.U. Dortmund students had different needs in preparing for the course, so T.U.'s instructor offered a three-day primer to the course prior to the first day of classes that students had to attend in order to prepare." This primer covered T.U.-specific emphases as well as some of the same content and examples from the first several weeks for U.Va, so that once students joined in synchronous class sessions, they were all at the

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FIFA 12 I was smashing a few people online but once I went up a division I found it very difficult however now I'm up to division 5 I think and doing it fairly easy. Not sure if there are just more shit players online or what the case is. Was playing this one fucker yesterday who picks Arsenal (I usually play Chelsea) and he wouldn't attack, he'd just fucking dance around the midfield thinking that I'd rush out and break my shape and he'd exploit the space. So I let him dance and did everything I could to maintain my shape and formation to limit his options and just fucked him on the break with a few limited chances and beat him one nil. He ended up with 65% possession and only 3 shots on goal. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Quote: Originally Posted by John Hamm Whether it's Paris Hilton or Kim Kardashian or whoever, stupidity is certainly celebrated. Being a fucking idiot is a valuable commodity in this culture because you're rewarded significantly. And in-curiousness has become cool... It's celebrated. It doesn't make sense to me.

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Diaper a Day: Diapers for 40-60% off Retail Price {Feature} Diaper a Day is a daily deals website that offers quality, brand name disposable/cloth diapers and diaper bags for a great low price. Diaper a Day opened in December last year and it has been bringing daily deals and savings to parents and families in the USA since then. I personally love that their deals include cloth diapers and they offer great prices on some wonderful brands like GroVia, Thirties and more. On the other hand if you use disposable you will find great deals on popular brands like Pampers, Huggies and Luvs. You will also find great deals and low prices on popular diaper bag brands like OiOi and Ju-Ju-Be. Isn't that great? I definitively recommend you visit their website and sign up for their newsletter to hear more about the deal of the day. You may find a great deal for something you have been looking for. Perfect if you have a little one in diapers (cloth or disposable). Don't you love finding out about new deal sites? Be sure to check out DiaperADay.com for the latest deal of the day! Today's Deal is an Amy Michelle Broadway Tote Diaper Bag for $22.99 (regular price $59.99)! And while you are there s ign up for their newsletter . Follow Diaper A Day on Facebook and Twitter for updates and new promotions! Disclosure: This is a paid sponsored post. All views and opinions stated on this post are 100% my own. November 15-Diaper a Day sounds like a wonderful deal for most families with babies or toddlers. They will be able to save on their cloth and disposable diapers, and also on diaper bags. The deal you cited on a daiper bag was a marvellous one and I am sure Mothers who join will be very happy they did so. Thank you for telling us about this company. el03ro

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. {"itemData":[{"priceBreaksMAP":null,"buy\\... to wishlist","Add both to Wish List","Add all three to Wish List"],"addToCart":["Add to Cart","Add both to Cart","Add all three to Cart"],"showDetailsDefault":"Show availability and shipping details","shippingError":"An error occurred, please try again","hideDetailsDefault":"Hide availability and shipping details","priceLabel":["Price:","Price For Both:","Price For All Three:"],"preorder":["Pre-order this item","Pre-order both items","Pre-order all three items"]}} Editorial Reviews Amazon.com Review Product Description Although Barbara Lynch was born and raised in South Boston, not Tuscany, many critics believe her food rivals the best of Italy. It has been praised by Bon Appetit , Food & Wine , and Gourmet , and many more. Lynch's cuisine is all the more remarkable because it is self-taught. In a story straight out of Good Will Hunting , she grew up in the turbulent projects of "Southie", where petty crime was the only viable way to make a living. But in a home ec class in high school, she discovered her passion. Through a mix of hunger for knowledge, hard work, and raw smarts, she gradually created her own distinctive style of cooking, mining Italian and French classics for ideas and seasoning them with imagination. The 150 recipes in Stir combine sophistication with practicality. Appetizers like baked tomatoes and cheese and crisp, buttery brioche pizzas. Dozens of the artful pastas Lynch is famous for, such as little lasagnas with chicken meatballs, and potato gnocchi with peas and mushrooms. Lobster rolls with aoli. Chicken wrapped in prosciutto and stuffed with melting Italian cheese. Creamy vanilla bread pudding with caramel sauce. Accompanied by Lynch's forthright opinions and stunning four-color photographs, these dishes will create a stir on home tables. Amazon Exclusive: A Letter from Barbara Lynch Dear Amazon Reader, Growing up in public housing in a tough neighborhood in Boston, I couldn't afford culinary school. Cookbooks like Waverly Root's The Food of Italy not only taught me about new ingredients and techniques but were an escape. (They also helped me bluff my way through my first cooking job.) Now I get to do what I love best: making people happy by feeding them really delicious food. In Stir , I share my passion and my hard-earned knowledge. And of course, I give you my recipes, which the regulars in my restaurants have been clamoring for over the years. Some are almost embarrassingly easy, like Gorgonzola Fondue, Baked Cheese and Tomatoes, and Slow-Roasted Beef Tenderloin with Thyme. Others are a little more involved but oh-so-worth-it, like Chicken and Vegetable Soup with Caraway Gnocchi. There's plenty of weekday cooking, including Green Bean and Seared Shrimp Salad with Spicy Curry Sauce, which I eat all the time, and Lemony Breaded Chicken Cutlets, which my daughter Marchesa loves. Then there are my pastas, which are my very favorite things, such as Chicken Meatball Lasagnettes (a favorite of Julia Child's) and sauces that pair well with both fresh and dried pasta, such as my signature Bolognese (I share my secret ingredient). All of my recipes are written with the home cook in mind and so are full of the details that make a difference. I hope Stir will inspire you. From Publishers Weekly Starred Review. James Beard Award-winning Lynch, chef-owner of Boston's famed No. 9 Park and several other notable restaurants, delivers her much-anticipated first cookbook. An unlikely cook raised in the projects of South Boston, where she subsisted

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18 August 2010 Voices of the UK - put a couple of effs in it This is the third of our posts about Welsh recordings from the BBC Voices collection. The interview took place with a farming family in Builth Wells in Powys (formerly Brecknockshire). In the clip below, older and younger generations talk about swearing. They have a relatively relaxed attitude to swearing -- certainly more relaxed than many of the other interviews we've catalogued so far, in which we've noticed that the received idea that swearing has got worse over the generations and other variations on the theme are very common. The family point out that in the hard-working environment on the farm, a bit of effing and blinding is permitted. Have a listen to parents and son talking about it here (there is no language that would be considered offensive in the clip). This part of Wales is quite close (about 10 miles) to the border with England, and although the speakers do "sound Welsh", their accents share some characteristics with the accents of the West of England. If you listened to the clip above of James, the son, you may have heard an instance of 'yod drop'. This is the omission of a [j] sound that many speakers would have after the initial [f] in 'fuse', heard at 01:01 on the clip: "gramps has just got a bit of a short fuse hasn't he...". Many British speakers would associate this pronunciation with East Anglia, and other rural areas to the north east of London. In fact, yod drop used to be a prevalent feature in many accents of British English until only a few (or a "foo") generations ago.

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Debbie Patten would like to say Thanks Thank you to this wonderful community who has welcome both myself and my family into Snells Beach. You have all made the transition easy and we look forward to spending some time and a drink as things start to settle. I know I have big shoes to fill, however am comforted by knowing I have an amazing team to back me. With the help and support from this community I believe we will all continue enjoying your wonderful pub. This entry was posted on Tuesday, October 30th, 2012 at 9:13 am and is filed under Salty Dog Inn News .

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Make your own kite Running as fast as you can down a hill and watching a homemade kite take flight can be a rewarding experience, and a great way to keep young ones entertained for hours. A homemade kite can be as elaborate or as simple as you like. To make a traditional diamond-shaped kite, you will need two straight sticks tied at right angles, a spool of string to fly the kite (as well as additional string to hold the kite together), a tail, and some sort of material to place over the sticks. For the main body of the kite, anything from old garbage bags to butcher's paper or fabric such as calico can be used. When making kites with children, they may enjoy painting the paper or material before construction begins. To make the frame of the kite, two thin pieces of wood need to be tied together at right angles. When selecting the wood, try to opt for something that has a little bit of flexibility to it, as this will ensure the frame will not snap in the wind. To create the traditional diamond shape, one length of wood will need to be slightly shorter than the other. Before tying the pieces of wood together, cut a small groove -- just large enough for a piece of string -- at the end of each piece of wood. After this, tie the sticks together at right angles using the string. Once the kite is secure, hold the frame together by running string around the edge of the kite. The grooves in the end of the wood will help hold the string in place. Once the string is tight, use glue to hold it in place. From here, lay the kite frame over the material and cut out the material, leaving a 5 cm edge. Fold the edge of the material over the frame and use a strong glue to hold the material in place. Anything such as ribbons can be tied to the base of the frame to create the tail. The tail is important, as it helps the kite stay upright in the air. Finally, tie a spool of string or fishing line to the cross of the kite frame to and you are ready to fly.

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Isle of Man Jewish Community Two Graves From Knockaloe Harold Pollins First published in Oxford Menorah, issue No. 153, Autumn 1999. (Updated January 2004) There was this picture of a churchyard cemetery. It was in a recently-published book of old photographs of the Isle of Man which son Joe had on his bookshelf. I was on holiday there, staying with him and his wife Pat. I knew that in the eyes of the locals they were merely 'comeovers' (although in a year's time they will be 'stopovers'); they will never, though, be Manx people. Yet Joe had acquired a good knowledge of the island and its history, hence the book and others, on the shelf. On the photograph had been inscribed 'Graves of the Aliens', and an editorial note stated that in the First World War there had been an internment camp for civilian enemy aliens at Knockaloe (pronounced 'Nock- ay -loh'), south of the town of Peel on the west coast. It had been a vast place, holding 23,000 people (another book said there were as many as 24,500 by the end of the war.) That number was about half the total population of the island. It was such a big camp that a branch railway line was built to it for the conveyance of its supplies. Ironically, the site had been used, in the years before the war, for summer camps for the Volunteers and then the Territorial Army (from Liverpool). In fact this had been the location for the second civilian internment camp. The earlier camp, at a holiday camp on the east coast at Douglas, the Island's capital, in the first winter of the war, was smaller and Jews were allocated their own section. It had closed and Knockaloe had taken its place. What caught my eye in the book was a reference to about 130 of the internees having died 'and most of the graves that appeared in the churchyard were inscribed in German, Turkish or Hebrew.' It stated also that in 1962 the German graves had been removed to a German war cemetery at Cannock Chase and that new headstones were placed on the graves that remained. So I thought it would be interesting to see what was there at the cemetery at Patrick Church. This was directly opposite Knockaloe Farm, where the internment camp had been. We were slightly put off when we walked through the nearest opening to find ourselves waist-high in grass and weeds which surrounded a number of headstones. whose tops we could see. They looked very old, one to my right gave the date as 1856. Not encouraging. But we could see more headstones nearer the church in a well-kept part where a man was mowing the grass. We went there and could see the location of the 'graves of the aliens', shown in the photograph and removed in 1962. They were not yet occupied by recent burials. The local community is not very large. I asked the man with the lawn-mower if he knew about the First World War graves. He said he didn't know but pointing vaguely towards the over-grown part, said "There are some Russian ones there." We went back into that section and, this time, came across a row of short headstones. The names on them appeared to be Turkish; these must have been the 'Russians' of the gardener. Then, a short way ahead, were two headstones, each with a Magen David. They appeared to be fairly new. The names were Hermann Jeschke, 31 March 1916 and Heinrich Abraham, 21 July 1917. I was just thinking to myself that we had made a marvellous discovery, being perhaps the first to come across these graves, when Joe pointed out that each had a stone on its narrow top. Perhaps one of the small, resident Jewish community on the Island, or maybe a passing holidaymaker, had left them. It was just another little mystery. If, as the book stated, the German graves - the great majority of all the camp's deceased - had been moved to Staffordshire - why were those two still at Patrick Church? Were they perhaps Austrian (and did that make a difference?) And, if they were the only Jews, how odd that they should have been left behind in a churchyard; they could have been transferred to the Jewish section of the main cemetery at Douglas. I

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Dismissal: Phone a friend By now, most if not all employers will be well aware of the price to pay for failing to ensure a fair and thorough process is followed when considering dismissal. This is often very frustrating for employers -- particularly when evidence of serious misconduct exists which is uncontested. What would you do if faced with an employee who repeatedly ignored management directions, told you that he had no skill in reading your mind and wrote ' Bullshit' on an email from his manager? Precisely this happened in a recent Employment Relations Case (Leo Leitch v Crusader Meats New Zealand Limited unreported) in which Mr Leitch challenged his dismissal and sought remedies including reinstatement. Mr Leitch had been employed by the company as its Technical Compliance Manager from June 2009 -- until March 2011 when he was dismissed. The allegations put to him by his employer included things like: telling his manager that he had instructed cleaners to ignore her instructions telling a manager who expressed concern about Mr Leitch's lack of proper communication and courtesy to: ' get well soon '. The employer had, had enough. His manager expressed that she could not have any confidence that Mr Leitch would carry out her reasonable instructions. Interestingly on this point, Mr Leitch in the Authority, tried to argue that although he had said he would ignore her instructions, because he did not 'complete' his refusal in two instances, that that could not constitute serious misconduct. The Authority had little sympathy for that argument. It held that Mr Leitch's declared intention to defy the authority of his managers was enough for the employer to act on without having to wait for the actual failure to act as instructed. The Authority agreed with the Employer that Mr Leitch's behaviour was sarcastic, abrasive and amounted to serious misconduct. It agreed with the company's view and held that a fair and reasonable employer would have reached such a conclusion about its lack of confidence in Mr Leitch from the number of occasions that he indicated he did not intend complying with instructions and based on his sarcastic comments to other managers seeking to guide him. The Authority agreed that the company could not run the business on that basis and that it was justified in its conclusion of its deep lack of trust in Mr Leitch. But, (and here comes the important part- if you weren't paying attention, now' s the time to) ... here is the lesson: The Managers conducting the disciplinary investigation formed the view that Mr Leitch's behaviour amounted to serious misconduct and that they could no longer trust him. Ok so far.... but, rather than providing Mr Leitch with the opportunity to comment on their proposed penalty before they concluded the decision, they then telephoned another manager, Mr Ramsay, in a sort of a 'Phone a friend' capacity -- to seek his views. Mr Ramsay had not been part of the investigation or present at any of the meetings with Mr Leitch. Unfortunately for Mr Leitch (and for the company as it turned out) Mr Ramsay's advice was to: ' sack him '. The company tried to persuade the Authority that in phoning Mr Ramsay, the Managers in question were simply making a recommendation to the third Manager and merely seeking a final blessing from him. The Authority disagreed and referred to evidence one of the Managers had given in relation to all three of them making the decision together. The Authority found that Mr Ramsay had not heard directly from Mr Leitch but had relied on a briefing from the other Managers about the issues and their assessment of his explanation for the allegations put to him. It held that this was fundamentally unfair and that Mr Leitch was denied the opportunity to effectively put his case to the person or all the people who were making the deicsion about the future of his employment. Many employers (and particularly those within the public sector) adopt similar processes providing for layers of decision making and decision makers. This case highlights the fine line between a recommendation that simply needs sign off (the final blessing in other words) and a process which allows the final Manager to become more involved in the merits of the decision itself. If that is to be the case, then employers must ensure that the employee has the opportunity also to front that person. For his troubles, Mr Leitch was held to have been unjustifiably dismissed and awarded three months lost wages and $3,000 compensation for hurt and humiliation. These awards were ordered after reduction for his contributory

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Up Next To hear my mother tell it, you would think that every woman works solely to support her dry cleaning habit. As I neared the end of my maternity leave a few years ago and began to panic at the thought of returning to work, any mention of the idea of staying home with our new baby was met with the same response: "Of course you can! Just think of what you'll save on dry cleaning!" Never mind that my salary at the time was higher than my husband's, or that I worked in a casual office and spent less than $20 a month at the dry cleaner's -- usually on something not related to work. No, clearly my dry cleaning expenses were leading us down a path to financial ruin, and the only solution was to quit my job and stay home. In the end, my husband and I determined that we couldn't afford for me to give up my job -- at least not right away. But when we finally sat down together to really talk about our options, we were pleasantly surprised to find that there was hope for my new stay-at-home dream. Making just a few painless sacrifices enabled me to return to work part time when my leave ended, cutting both my hours and my salary in half. With a little planning, we were able to wean ourselves gradually from my salary, and in a year, I was able to leave my job -- and those dry cleaning costs -- behind. Are you hoping to escape the office and stay home with your little one? Read on to figure out if you can afford NOT to go back to work after maternity leave. You Might Also Like Maternity leave is an important time for mothers to bond with their newborns and get into the swing of motherhood. While many companies offer some type of leave, it can vary quite a bit from company to company. Take this quiz to test your knowledge of maternity leave!

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A Lot Of People Featured A Video For Me And Received A Shout-out Feature the video below on your channel for at least 2 days, send me a message saying that you did, and I will include you in a promotional shout-out video. Here is the video I need you to feature: www.youtube.com Also, check out this channel, subscribe, and tell at least 5 of your friends to also check it out: www.youtube.com BUY MY LATEST BOOK HERE: How To Survive An Alien Abduction And Other Useful Information www.amazon.com Barnes & Noble search.barnesandnoble.com Spooky Is Good www.spookyisgood.com UK www.amazon.co.uk

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For The New Girl In All of Us "Are you sure you want to go?" I asked my daughter again. "You don't have to go." She nodded confidently but the catch in her voice told me otherwise, "Will you go with me?" It was three days before my oldest child headed to junior high school and if that's not big enough in our little world, it was a new school in a new town and she didn't know a soul. When we read about the Back to School Band Pool Party at her orientation, we thought it would be a great place to meet new friends before the big day. So she gathered towel and tote and I pulled up the van to the Natatorium and the little-girl-look on her worried face was enough to send me back to the security of home. Instead I watched her take a deep breath and open the door and take the first step into the unknown. Her hope outweighed her fear. She sat her things down and got in line for the diving board. I sat in the bleachers and wrung my hands. I watched a big group of laughing girls walk past her without a second glance. She dove in and I prayed. I looked around for other lone moms of possible new girls and tried to work it from that angle. She swam over to a smaller group and stood there nervously at the edge. I silently begged just one girl to acknowledge my beautiful daughter. She finally made eye contact, gave a half wave and I watched her mouth a shy, "hi." The girls didn't even look up and then they swam away. She turned away, shoulders slumped. And I remembered how it felt to be on the edge. [ Click to continue this gut-wrenching story over at (in)Courage and read what my little girl taught me...] Comments Kristen, that was beautiful. I am not the "new girl", but I am facing a situation right now in my life that is just as isolating (my husband filed for divorce last week against my wishes). The quote you used from Elinor Roosevelt was especially comforting. As for you beautiful daughter, I don't know that I would have been brave enough to keep trying as she did. Not in jr high and not even now. You have an incredible daughter. It is so comforting to know I'm not the only mom who projects her own insecurity onto her kids! I feel like I've gone my whole life trying to feel like I fit in and now that I'm married and have a wonderful family and feel secure myself, now I'm starting all over again feeling insecure for my kids! My son also started junior high this year and I find myself holding my breath, waiting to see him make friends and it's so hard! I feel like every time I read your blog I find something I totally relate to. Thank you so much for sharing your life like you do, you have blessed me so much! We didn't know my daughter was a girl until she was born. That night, I didn't sleep a wink, because I was sitting in the hospital bed crying about things like this in her future. My husband woke up once and asked me what was wrong, and I said, "Girls are so mean to each other!" Oh, it hurts so much to think about!!!

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Should Australia follow various European countries and ban the face veil (burqa, niqab)? Abdullah Saeed argues Australia does not need to follow. It is only relatively few women in the West who wear the face veil (burqa). If they want to wear it, let them wear it. There is no need to ban it. In fact, banning may lead to an increase in its adoption by some Muslims as a symbol of protest.. Women who want to wear the face veil (burqa) should have the right to wear it. However, they should not argue that the society should allow them for example to work in professions where showing one's face is a basic requirement. In some cases, public interest (maslaha) may also demand that only people who are prepared to show who they are (for example by showing their faces) are permitted to enter certain areas, places, buildings and the like. Such measures should not be seen as discriminatory. This is an introduction to Mawlana Mawdudi. It refers to his life, important works and the social, political and cultural context in which Mawdudi functioned. It also provides an overview of key aspects of his thought, for instance, his views on the sovereignty of God, the need for Muslims to recognise this sovereignty, to follow God's guidance in all aspects of life. The talk refers also to his views on secularism, nationalism and democracy as well as the West and Western civilisation This is an introduction to Mawlana Mawdudi. It refers to his life, important works and the social, political and cultural context in which Mawdudi functioned. It also provides an overview of key aspects of his thought, for instance, his views on the sovereignty of God, the need for Muslims to recognise this sovereignty, to follow God's guidance in all aspects of life. The talk refers also to his views on secularism, nationalism and democracy as well as the West and Western civilisation. This is an introduction to Mawlana Mawdudi. It refers to his life, important works and the social, political and cultural context in which Mawdudi functioned. It also provides an overview of key aspects of his thought, for instance, his views on the sovereignty of God, the need for Muslims to recognise this sovereignty, to follow God's guidance in all aspects of life. The talk refers also to his views on secularism, nationalism and democracy as well as the West and Western civilisation. EVENTS of the past decade have shown that small groups of militant extremist Muslims have a remarkable ability to create havoc in much of the world: killing, suicide bombing and destruction in the name of Islam. That the number of these militant extremists is small is not a good reason for the majority of Muslims to remain silent.

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Pages Monday, August 27, 2012 Keeping Puppies Safe: Dog Tags Happy Monday! I've had one of those unusual weekends that involved almost nothing. I got some new tech on Saturday, then visited with some amazing friends. I spent the whole afternoon on Sunday cooking, using somethings up, and stocking up my freezer. I love productive weekends, but I can't say I like them more than weekends like this that involve plenty of relaxing and no self-imposed deadlines for accomplishments. One of the things we did accomplish, however, was kind of important for my own piece of mind. See, last week, on one of our many evening walks, a gorgeous black lab came bounding out of the dark to meet Mocha. A quick glance around proved that this pup was on his own, no laid-back owner in sight. I knocked on a nearby door, but the woman who answered had never seen the dog before. His collar named him Madison, but with no owner information, we were at a loss. When Madison took off into the dark back yards of the East York neighbourhood, we moved on, planning to swing by and see if he was still hanging about on our way home from our walk. All we needed was a phone number, and I would have been much happier knowing that Madison was not still wandering the streets. Imagining the same thing happening to my own dogs, on Saturday, we bought them each personalized name tags, outfitted with their name, our name, phone number, and address. 11 comments: Very cute! And definitely a smart idea. I saw a poodle running around the streets early in the morning once. No owner in sight. It might've been micro chipped, but that didn't do me any good because I didn't know where the nearest scanning place was and I was already late for work. A phone number is an easy way for anyone to just call the owner and let them know. A very good idea! My pets always wear personalized tags. I couldn't imagine losing a pet and not having a way to help them get back home. Many dogs (and cats) have chips, so if you stop by a local vet or the Humane Society they can often help them find their way back home. Which is great if you find them during the day when these places are open. Actually, when I first found Loki, that was my first step in finding out whether she had a home. After finding out she was indeed a stray, I had her chipped and got her a personalized tag (which she lost within the first month somehow). YES. A million times yes. I've picked up quite a few stray dogs, and that tag makes all the difference in the world. The dogs with tags get returned to their homes that same day, while the ones without take much longer, if they ever get home. Microchips are fantastic, but I really recommend both. I always seem to find stray dogs when vet clinics are closed, so I don't have a way to check for a chip until at least the next day. A tag is much easier! Glad your little cuties are all set. Hello and welcome to our adventure! We are a young couple busy with the renovation and decoration of our first home. Here you will find the documentation of our journey into homeownership as we pick up a couple hammers and get some drywall dust in our hair.

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From the Brookhaven National Laboratory press release via MedicalXpress: Scientists at the U.S. Department of Energy's (DOE) Brookhaven National Laboratory have revealed a new connection between drug addiction and a distinct part of the brain that may govern motivation . The research, published October 23, 2012, in Translational Psychiatry as an Advance Online Publication, shows that individuals addicted to cocaine have abnormal functioning of the midbrain , a brain region responsible for releasing dopamine in the presence of important stimuli, such as food, to make individuals repeat the behaviors that would result in obtaining these stimuli again. The study sought to highlight how the midbrain operates in cocaine-addicted individuals when fatigue sets in. Using functional magnetic resonance imaging (fMRI), a way of noninvasively mapping brain function, scientists recorded both healthy individuals' and cocaine-addicted individuals' midbrain activity throughout the course of a classic test of mental acuity with the intention of imposing fatigue through task repetition. Called the Stroop test, the task involves indentifying the color of the letters of a word that spell out the name of the same or a different color. Because a faster response is to read a word than identify its color, the test measures one's ability to inhibit a dominant, but incorrect, response when for example the word blue is written in red ink. Scientists posited that as the test neared its end and the subjects' fatigue was higher, the midbrain would be more active. As recent evidence has shown that the midbrain might also be strongly tied to motivation, scientists theorized that higher activity in the midbrain provides a boost to keep individuals motivated. " When the healthy controls activated this region as they presumably became fatigued, we interpreted it to mean they were getting a bump in motivation ," said lead author Scott J. Moeller, a postdoctoral fellow at Brookhaven Lab. "The cocaine users showed an opposite pattern -- midbrain activity actually decreased over the course of the task," he said. The study rests on the idea that when you suffer from addiction, fatigue -- whether from a difficult task or mental stress from a long day -- could make you more susceptible to your harmful indulgences. " If you're stressed or tired, you might go for that chocolate that you might not have gone for otherwise ," Moeller said of even healthy individuals when faced with an indulgence. "The stakes are higher for individuals addicted to cocaine." Once the connections between fatigue and midbrain activity were established, the team set out to reverse the effects in the addicted individuals using pharmaceuticals. "We know that drug addiction is associated with many deficits in dopamine function," Moeller said. So in a new group of addicted individuals the scientists administered methylphenidate, which boosts the amount of dopamine in the brain, during one study session while administering a placebo during another study session. When given placebo, the researchers saw no change in subjects' midbrain activity ; when given methylphenidate, however, the researchers saw exactly what they were looking for. "When they were given methylphenidate, the cocaine-addicted subjects started to look more like the controls in how their midbrain functioned during fatigue." In contrast, "the controls who were given methylphenidate actually started to look like the cocaine subjects -- it was a complete flip," Moeller said, explaining that in the healthy control group, too much dopamine can degrade cognitive functioning. Though the study was only one in a series of investigations, potential applications of the results down the line could yield new, highly effective methods of drug rehabilitation. "If certain drugs can be shown to enhance functioning of this brain region, then maybe we can use it in service of sustaining addicted individuals' motivation in situations that might otherwise trigger relapse ," he said.

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More... 'Their children are not going to turn out to be pathological liars. Almost all children lie. It is a sign that they have reached a new developmental milestone. 'Those who have better cognitive development lie better because they can cover up their tracks. 'They may make bankers in later life.' Lying shows that children have developed 'executive functioning' - a complex juggling act which involves manipulating several brain processes to keep the truth at the back of their mind, Dr Lee said. Surprisingly, children's aptitude for fibbing was not influenced by strict parenting or a religious upbringing, the study showed. Dr Lee enticed children to lie by telling them not to peek at a purple Barney toy dinosaur placed behind their back. He then left the room for one minute - giving them ample time to look, while their reaction was filmed. Nine out of ten did turn round. But when asked by the tester, the majority denied it. While the study found the most deceitful age was 12, the propensity to fib dropped to about 70 per cent once the children had turned 16. "Far from being a sign of future problems, research has shown that children who fib from an early age are more likely to become high-flying leaders, executives and bankers." Actually, therein lies the problem. I taught my kids that lying gets you nowhere in life, and being a good Christian is what counts. Unfortunately, I have lied to them and the priests have lied to them. As you get older and you see the corruption from the politicians at the top to the police at the bottom, you realise that crime does pay and cheats do prosper. Too late for my kids though as they are too honest to change now. Perhaps I am getting cynical, but I have watched many decent hard working people struggle to keep a job and buy a house, only to have it taken away. Meanwhile proven liars succeed in getting richer and owning vast amounts of property.

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What we take care of We take care of all aspects of office refurbishment, expansion, interiors, furniture, space planning and design, whether for a whole building or individual spaces. It's as simple as that. That includes the planning and approvals process where this is necessary, including health and safety, CDM regulations, building control and DDA compliance. We specialise in the design and installation of all of your office furniture, desks, storage and seating requirements. We don't build buildings, but we do take care of all building works and refurbishment, including all services from flooring and walls, decoration, plumbing to electrics and IT cabling.

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Lawmakers profiting off state contracts would have to disclose such business relationships under a plan passed today by the Senate, the Associated Press' Jay Root writes : (Republican Sen. Steve) Ogden's legislation, which passed with one dissenting vote, would require that lawmakers disclose each year any state government contracts in which they or their private business entities hold a "substantial interest." "I don't understand the need of that type of information being on our personal financial statement," Jackson said. "To have that on a personal financial statement of the member of the Legislature, I think it's just a little too much information for me." Too much information? If a lawmaker's firm makes the widgets in the state buildings' air conditioners, thereby buttering his bread, that's none of the public's business? That's hooey. It implies that the people we have elected to set rules governing our state haven't the foresight or diligence to pay attention to the rules governing their service. Makes me concerned they haven't read the fine print of the rules they've imposed on us. Next time I'm stopped for whatever new laws are put on the books this legislative session, I'll just grin sheepishly and say, "Officer, I sure am sorry. I was caught unaware."

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Make Money Without Working: Discover The Potential Of Forex. Many people think that Forex trading is overly complex, but that's a misconception. When you do your research, you simplify the process. This article is designed to feed valuable information to you, and put you on the path to successful foreign exchange trading. Trading Decisions Emotion has no place in your successful Forex trading decisions . The benefits of this are twofold. It is a risk management precaution, and it deters impulsive trades based on rash decisions. Emotions will always be present when you're conducting business, but try to be as rational as possible when making trading decisions. Do not think that you will be able to succeed in the Forex market without any outside help. Trading on the forex market requires investors to master many complicated financial concepts. In fact, it has taken some people years to learn everything they need to know. The chances that you will accidentally stumble upon a previously unknown, yet winning trading technique are miniscule. Study voraciously, and remain loyal to tested methods. TIP! Consider implementing the use of stop loss orders as a means to cut your losses short. Many traders stubbornly cling to a bad position, in hopes that the market will reverse itself, if they just wait long enough. Don't start live trading until you have practiced on a demo account. It will take at least two months of demo trading before you have a proper understanding of the forex market. Remember, only a tenth of those just starting are actually successful with making money in an open market. The other 90% fail because they do not understand the market. True success will take years to achieve. You must have patience, or you could lose money in a short amount of time. Trade on foreign exchange using a mini account first. You can use it to practice trading without having to worry about big losses. Although it may not seem as exciting as an account allowing for larger trades, it can truly make a difference once you sit down and analyze your profit margins and losses. When using an automated Forex System, make sure it is one which can be customized. You want to be able to make changes to your system and software so that they fit your strategy. Read the details on the package of the software you are considering purchasing to determine if it is able to be customized. TIP! To start, you have to develop a plan. You will most likely fail without a trading plan. If you are on a losing streak, don't make the mistake to continue trading to try to make up losses. If you get too emotional, perhaps you need to take a short break from trading. Canadian Dollar The Canadian dollar should be considered if you need an investment that is safe. It may be hard to tell what is happening in another country's economy, so this makes things tricky. The Canadian dollar is typically a sound investment since it trends along with the U.S. dollar. S. dollar, which indicates that it is a very good investment. Relying heavily on software can make you more likely to completely automate your trading. This can result in big losses. TIP! Although analysis is important, no trade is going to be assured of success. You must evaluate your specific risk profile, and decide how much risk you are comfortable taking. You may find that the most useful forex charts are the ones for daily and four-hour intervals. Because of communication advancements, trades can be tracked in 15-minute intervals. Shorter cycles like these have wide fluctuations due to randomness. Longer cycles will result in less stress and unnecessarily false excitement. Foreign Exchange Trading As a small trader, maintaining your mini account for a period of at least one year is the best strategy to becoming successful at foreign exchange trading. Success in foreign exchange trading is quite impossible for the neophyte who cannot tell the difference between a smart position and a foolish one. This is the kind of instinct you can cultivate with an extensive training period. Do not get greedy when your trades go well, and after you lose a trade, you should not attempt to get your vengeance. Forex trading requires that you stay patient and rational, or you could make poor decisions that will cost you dearly. TIP! Start by using a mini account. With this practice account, you trade real money. Your choice of an account package needs to reflect how much you know and what you expect from trading. You need to be realistic and acknowledge your limitations. Nobody learns how to trade well in a short period of time. When you are starting out, you will want to stay with accounts that offer low levels of leverage. For begin

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Usher Gives Oprah One Of His Most Personal Interviews Ever Oprah Winfrey knows how to interview people. On Sunday night her latest Next Chapter aired where she sat down with R&B titan Usher who opened up about the problems between him and his ex Tameka Foster, whether he cheated with one of her bridesmaids and how it felt to continue a custody battle after one of her son's passed away. Oprah even brought out Usher's mom who admitted if she had to do it all over again she would still not have attended his wedding. He told all! which transgressions? He wanted primary custody because Tameka was the one who was trying to not respect the custody agreement, not giving him his kids when she was supposed to and giving him hard time cause he was in love with someone else. Usher loves his kids and she wanted to play games. Now she has nothing, she can only blame her own self for that. Usher has a good heart and as a fan I know for a fact that he really loves his loyal fans. He is a very discret person, people have no idea of how nice he actually is. His talent is only a plus. I'm not going to pretend I know Usher as a person but the reason he was awarded primary custody is because Tameka wasn't sticking to the agreements of their divorce. She wasn't allowing the man to see his kids. At the end of the day, she has no one to blame but herself. He even asked to drop the whole thing when her youngest was dying and she flat out said no. A judge awarded him primary custody. Again a judge...very rarely does that happen in the system, so there must have been something off about her. Not excusing his behavior with the cheating and all, but him cheating has nothing to do with his responsibilities as a father.

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About Books Dr. Moore's Twitter God, the Gospel, and Glenn Beck -- Sunday, August 29th, 2010 -- A Mormon television star stands in front of the Lincoln Memorial and calls American Christians to revival. He assembles some evangelical celebrities to give testimonies, and then preaches a God and country revivalism that leaves the evangelicals cheering that they've heard the gospel, right there in the nation's capital. The news media pronounces him the new leader of America's Christian conservative movement, and a flock of America's Christian conservatives have no problem with that. If you'd told me that ten years ago, I would have assumed it was from the pages of an evangelical apocalyptic novel about the end-times. But it's not. It's from this week's headlines. And it is a scandal. Fox News commentator Glenn Beck, of course, is that Mormon at the center of all this. Beck isn't the problem. He's an entrepreneur, he's brilliant, and, hats off to him, he knows his market. Latter-day Saints have every right to speak, with full religious liberty, in the public square. I'm quite willing to work with Mormons on various issues, as citizens working for the common good. What concerns me here is not what this says about Beck or the "Tea Party" or any other entertainment or political figure. What concerns me is about what this says about the Christian churches in the United States. It's taken us a long time to get here, in this plummet from Francis Schaeffer to Glenn Beck. In order to be this gullible, American Christians have had to endure years of vacuous talk about undefined "revival" and "turning America back to God" that was less about anything uniquely Christian than about, at best, a generically theistic civil religion and, at worst, some partisan political movement. Rather than cultivating a Christian vision of justice and the common good (which would have, by necessity, been nuanced enough to put us sometimes at odds with our political allies), we've relied on populist God-and-country sloganeering and outrage-generating talking heads. We've tolerated heresy and buffoonery in our leadership as long as with it there is sufficient political "conservatism" and a sufficient commercial venue to sell our books and products. Too often, and for too long, American "Christianity" has been a political agenda in search of a gospel useful enough to accommodate it. There is a liberation theology of the Left, and there is also a liberation theology of the Right, and both are at heart mammon worship. The liberation theology of the Left often wants a Barabbas, to fight off the oppressors as though our ultimate problem were the reign of Rome and not the reign of death. The liberation theology of the Right wants a golden calf, to represent religion and to remind us of all the economic security we had in Egypt. Both want a Caesar or a Pharaoh, not a Messiah. Leaders will always be tempted to bypass the problem behind the problems: captivity to sin, bondage to the accusations of the demonic powers, the sentence of death. That's why so many of our Christian superstars smile at crowds of thousands, reassuring them that they don't like to talk about sin. That's why other Christian celebrities are seen to be courageous for fighting their culture wars, while they carefully leave out the sins most likely to be endemic to the people paying the bills in their movements. Where there is no gospel, something else will fill the void: therapy, consumerism, racial or class resentment, utopian politics, crazy conspiracy theories of the left, crazy conspiracy theories of the right; anything will do. The prophet Isaiah warned us of such conspiracies replacing the Word of God centuries ago (Is. 8:12 -- 20). As long as the Serpent's voice is heard, "You shall not surely die," the powers are comfortable. This is, of course, not new. Our Lord Jesus faced this test when Satan took him to a high mountain and showed him all the kingdoms of the earth, and their glory. Satan did not mind surrendering his authority to Jesus. He didn't mind a universe without pornography or Islam or abortion or nuclear weaponry. Satan did not mind Judeo-

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Teenage Scandal of Queen Elizabeth I Teenage Scandal of Queen Elizabeth I Teenage Scandal of Queen Elizabeth I Elizabeth's childhood had been fraught with changes. One minute the beloved daughter of the King and his Queen, a Princess loved and pampered by everyone. The next minute her mother is brutally murdered by her father and the cherished Princess is striped of her title and declared a bastard. She sees her father marry Jane Seymour and give birth to a Prince. Jane then dies and is replaced by another stepmother - Anne of Cleves. Anne of Cleves keeps her life but not her position as King Henry's wife - the marriage is annulled. In the same year her 49 year old father marries a kinswoman - Catherine Howard aged just 17 years old. Poor, tragic, Catherine Howard follows the same fate of her cousin, and Elizabeth's mother, Anne Boleyn. She is beheaded. Elizabeth's childhood was filled with such terrible and bloody events. Her father married again in 1543 - Elizabeth is just 10 years old. This time he marries a widow called Katharine Parr. Katherine unites the children of Henry and ensures their return to court. Katharine Parr treats Elizabeth as if she were her own daughter. The marriage between Katharine Parr and Henry VIII lasts until 1547 when Henry VIII, Elizabeth's father dies. Elizabeth is left an orphan at the mercy of the powerful men and politics of the court... Elizabeth lives in the Household of Katharine Parr Katharine Parr becomes the guardian of Elizabeth after Henry's death and they lived at Whitehall and Chelsea. Katharine has known only old men as her husbands and she falls in love with a younger ,handsome man. He also happens to be one of the most ambitious men at court - Thomas Seymour the brother of Edward Seymour, Duke of Somerset, Lord Protector of the young King Edward VI - Elizabeth's brother. Thomas Seymour was the Lord High Admiral of England and brother to the deceased Jane Seymour. The Seymours were powerful and unscrupulous men. Thomas was bitterly jealous of his brother. He sought to gain influence over the young King Edward and displace his brother. He wanted to marry an heiress. He had already made a suit to Anne of Cleves and when it was turned down he turned his attentions to Katharine Parr. He courted Katharine in secret and married her with indecent haste in May 1547 - just four months after Henry had died. Their marriage was without permission from his brother or the Privy Council - it would not have been granted as theoretically Katharine could have been pregnant by King Henry. Thomas Seymour Thomas Seymour was handsome, bold, energetic, charming, clever and boisterous. He managed to gain the approval of the young King Edward and was forgiven for the secret marriage to the rich Queen Dowager, Katharine Parr. Katharine, Thomas Seymour and the fourteen year old Princess Elizabeth all lived in the same household at the Admiral's property at Sudeley Castle. By November 1547 Katharine Parr became pregnant. Katharine was deliriously happy. And so was Elizabeth. For the first time in her young life she was living in a happy family unit. Katharine treated her like a daughter. Thomas Seymour treated her in a different way... Teenage Scandal of Princess Elizabeth Thomas Seymour and Elizabeth became friends. Thomas was reported to have paid morning visits to Elizabeth, in her bedchamber, before she was dressed. There was romping, laughing and giggling. Elizabeth was very flattered. She was receiving attention from a handsome, older man. No one knows how far these romps went. Seymour was reported to have extended this 'playfulness' in the presence of his wife and the servants. There was a report of Seymour slashing and ripping the gown of Elizabeth in the gardens of the house. Talk started - gossip increased. Elizabeth denied any scandal or bad behaviour. But things had gone too far and early in 1548 Elizabeth leaves Katherine Parr's household under questionable circumstances . There appeared to be no animosity between Katharine and Elizabeth. Neither were comfortable with the conduct of Seymour and it is possible that Elizabeth was sent away for her own protection. Elizabeth wrote to Katharine affectionately after she left her household. Katharine gave birth to a girl named Mary at Sudeley Castle in Gloucestershire a short time later on 30 August but died shortly

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I ran across an old high school friend (I've been out of high school for 40 years BTW). We got talking about people we knew. He said one of the guys we hung around with had completely dropped out of society. His younger sister was friends with the guy's sister. The dropouts sister was telling her that she visited her brother recently. Apparently after getting out of college and working for about 10 years, he said "screw this" and dropped out. The guys lives on a small piece of land that he doesn't own in the SW, basically a squater. He has no driver's license or any type of government ID. He tore up his social security card, pays no income tax, gets no government assistance at all, has a wife and child (who is now grown). Doesn't have a phone, computer, or bank account. He trades, barters, sells crops and/or pays cash for everything. He has a degree in engineering but besides growing and selling crops he does odd jobs for case. As far as his sister knows, he doesn't abuse substances and has never been arrested. If local agencies start coming around offering assistance or help he leaves and goes somewhere else. She said he actually lives quite comfortably off the grid and off the books. Apparently he has been doing this for 25 years or so. I wonder if (besides being a homeless bum or the Amish) could anyone actually do this? I know some fugitives get false identities and live that way but I'm not talking about living on a false identity, I am talking about living completely anonymously and below the radar. (no I am not ready to drop out yet) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?For all your years prepare, and meet them ever alike; When you are the anvil, bear--When you are the hammer, strike."? Edwin Markham \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?After We Win This Election, It?s Our Turn. Payback Time. Everyone not with us is against us and they better be ready because we don?t forget...No election to worry about after this is over and we have two judges ready to go.? - Valerie Jarrett I ran across an old high school friend (I've been out of high school for 40 years BTW). We got talking about people we knew. He said one of the guys we hung around with had completely dropped out of society. His younger sister was friends with the guy's sister. The dropouts sister was telling her that she visited her brother recently. Apparently after getting out of college and working for about 10 years, he said "screw this" and dropped out. The guys lives on a small piece of land that he doesn't own in the SW, basically a squater. He has no driver's license or any type of government ID. He tore up his social security card, pays no income tax, gets no government assistance at all, has a wife and child (who is now grown). Doesn't have a phone, computer, or bank account. He trades, barters, sells crops and/or pays cash for everything. He has a degree in engineering but besides growing and selling crops he does odd jobs for case. As far as his sister knows, he doesn't abuse substances and has never been arrested. If local agencies start coming around offering assistance or help he leaves and goes somewhere else. She said he actually lives quite comfortably off the grid and off the books. Apparently he has been doing this for 25 years or so. I wonder if (besides being a homeless bum or the Amish) could anyone actually do this? I know some fugitives get false identities and live that way but I'm not talking about living on a false identity, I am talking about living completely anonymously and below the radar. (no I am not ready to drop out yet) I realize you don't have all the details, but a few things don't really make sense. I don't disagree that it can be done, but it must require some interesting workarounds. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\\... What type of transportation does he use to get from place to place to perform odd jobs? If he has some motorized transportation, what happens if he gets stopped and asked for his license? How does he learn of the odd jobs? What local agencies come around and offer assistance? Are his spouse and child living the same way? Does he farm by manual labor and hand tools only or does he use any machinery? Where I am from, lots of people live like that and far beyond it. Not because they are mentally ill, homeless hippie types, but just

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Unlike London's Swiss Cottage which benefits from excellent bus and tube connections, getting to Chalet Chocolat may well require the use of a car and quite possibly in less than perfect road conditions! Many of us panic when the roads become coated with ice or a dump of fresh snow. But don't worry, all main roads in the French Alps are frequently maintained with the latest snow-clearing machinery and the roads to the chalet are usually clear. However there are occasions when a sudden heavy blizzard can quickly make driving hazardous for the unprepared. So here's advice we've learned the hard way , so you don't have to! Prepare a 'Driving in Winter-Snow Kit' Always carry these items when preparing to drive in snow or icy conditions: Keep your tank topped up If you're caught out in a blizzard, you'll have sufficient fuel to make it back, or run the engine to keep you and your family safe and warm while you wait for help. Make sure your tyres are in good order In order to drive safely in the snow you must have a good set of tyres beneath you. Regular tyres have less tread, all-weather tyres are a good compromise, however winter tyres are best but not suitable for year-round driving. ( most people living in the area have winter tyres fitted each winter season). For holiday makers who visit the Alps for just a short time, it's just not cost-effective to buy winter tyres, so our advice below gives you adequate traction at the least cost to you: Ensure your tyres are correctly inflated and have at least 3 mm of tread. Always carry snow chains (or snow socks) that you have put on in a trial run back in the UK, and you know fit the car. Visibility is everything Snowstorms can impair your vision enough and this should not be made worse by rubbish wiper blades! Add anti-freeze windscreen washer before you leave the UK and ensure your blades work without smearing. Make sure that all the lights on your car work, and you have spares in the boot. Be sure to turn on your headlights when driving in the snow. Not only does this help you see where you are going, but it will help other drivers see you. Take time before leaving to make sure all lights are completely free of snow build-up. Keep away form the car in front, particularly if you are following their lights. Don't panic at the wheel When driving in snowy conditions, get your speed right -- not so fast so that you risk losing control, but not slow enough that you risk losing momentum when you need it -- and brake, steer and accelerate as gently as possible. Start gently from stationary and avoid using high revs. If you get yourself into a skid the main thing to remember is to take your foot off the pedals and steer. Only use the brake if you cannot steer out of trouble. Double or even triple your normal stopping distance from the vehicle in front. Drive so that you do not rely on your brakes to be able to stop -- on an icy surface they simply may not do that for you! If your vehicle has ABS in very slippery conditions it will not give you the same control it would in others. Don't rely on it. What to do if you get trapped in snow Call the emergency services to let them know roughly where you are and your licence number. Always stay with your vehicle. In heavy snow it's easy to get disoriented and separated from your car. Keep your car hazard lights on. Stay warm by running the engine. It's vital to ensure that the exhaust pipe is not blocked by snow. If the engine fumes can't escape, you could be overwhelmed by carbon monoxide gas which can kill. Even if it's safe and the exhaust is clear, do not run the engine for more than 10 or 15 minutes in each hour. Rebecca Watkins worked as a professional photo journalist and travelled the world with her husband John, before settling down as a stay at home mother to their three daughters. They have recently moved back from many years in the French Alps to an old cottage in Devon, England. Rebecca's days are filled with visits to the beach, animated discussions and in the best moments, happiness and creativity in her family home of five. The other moments are filled with craziness and chaos and she loves those too. connect with us The perfect solution for the times when your mind and body are

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Main Navigation This service cancelled due to lack of clients. Thanks for all of your interest & excitement over the past three years. You've committed your life to Jesus. You know you're saved . But when the Rapture comes what's to become of your loving pets who are left behind? E ternal Earth-Bound Pets takes that burden off your mind. We are a group of dedicated animal lovers, and atheists. Each Eternal Earth-Bound Pet representative is a confirmed atheist, and as such will still be here on Earth after you've received your reward. Our network of animal activists are committed to step in when you step up to Jesus. We are currently active in 27 states, employing 48 pet rescuers. Our representatives have been screened to ensure that they are atheists, animal lovers, are moral / ethical with no criminal background, have the ability and desire to rescue your pet and the means to ensure their care for your pet's natural life. Our service is plain and simple; our fee structure is reasonable. For $135.00 we will guarantee that should the Rapture occur within ten (10) years of receipt of payment, one pet per residence will be saved. Each additional pet at your residence will be saved for an additional $20.00 fee. A small price to pay for your peace of mind and the health and safety of your four legged and feathered friends. Unfortunately at this time we are not equipped to accommodate all species and must limit our services to dogs, cats, birds, rabbits, and small caged mammals. [Please note: we offer rescue services for horses, camels, llamas, donkeys, etc. in some states] Thank you for your interest in Eternal Earth-Bound Pets. We hope we can help provide you with peace of mind. Please visit our FAQ page {Note: Income generated from Google advertising on this site is donated to community food shelves / food banks in Minnesota and New Hampshire}

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Children across the world have united in a gigantic global fund raising event to raise 30m to help the BBC cope with the crises and scandals it faces. 'In our African village we raised 25 by charging for goat rides to collect clean drinking water from the local borehole,' said 10-year old Mangu Bwotha. 'The charge means that people can't eat for the next week, but we do hope the BBC will put it towards George Entwhistle's pay-off so that he can retire in comfort.' A packet of biscuits will now have the power to allocate funding and police resources to areas most affected by crime in the Avon and Somerset region after a resounding win in the Police and crime commissioner elections. Disgraced CIA Director David Petraeus and his lover Paula Broadwell tried to hide their affair using a variety of code words and aliases, according to investigators. Gen Petraeus become Mr Fluffywumbles, whilst Mrs Broadwell is often referred to in email exchanges as Sgt. Jiggles. With US gun sales at a record high following Barack Obama's re-election, American businessman Donald Trump has confirmed that he's bought most of them, formed his own constitutional militia, and is planning to overthrow the US government. Excited by the challenge of turning around the fortunes of another national institution floundering in it's own dithering and regarded as ignorant of the changing needs of its congregation, the newly appointed Archbishop of Canterbury has agreed to take on a second job deputising as Director General of the BBC. The scope of Remembrance Sunday will be broadened this year, to include people whose exploits are too often overlooked. Bill Rogers, a spokesman for the Royal British Legion, made special mention of World of Warcraft combatants, who regularly put their virtual lives on the line.

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We are listening - we want to hear from you! Please nothing ever again to do with the Kardashians. What is up with the media continually trying to shove this trash down our throats. For the love of God, stop it. They obviously have blackmail photos on all the heads of the media outlets as they are no-talent people that the media continues to try to make into "stars". Well stop it, they are not that and the only claim to fame is that they self-released a \*\*\* tape to show off the tramp in the family.

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How to Run Social SEO All Starts with Research Like all great marketers know, a good marketing campaign starts with good marketing research to gain insight to your audience and your brand power on the internet. Followed by exploring your own website's SEO requirements by performing an awesome SEO Audit . Lastly, all online marketing campaigns need keyword research, which forms the basis of your SEO and SMO (even SEM) effort. Optimize through Your Blog Blogging is a God-send to us SEO personnel. We now have an organic way to offer content after content with optimized keywords. The way to optimize a blog is the same as how you would optimize your webpages: Meta Data, header tags, linked keyword content, etc. The other part of the story is that blogs get great ranking, real humans read them (well, only IF real humans read them). The trick to attract a real human following is to create meaningful content that your audience would want to read (this is where the marketing research comes in handy). Typical topics for your blog include; tips and advise, market trends, event updates, and expert opinions. Diversify your topic within your field! That way you can also naturally fit more keywords in. There, you just killed two birds with one stone! Re-blog, Guest Blog and Promote that Blog! Have a superstar employee or contact who is well-known in the field? Get him/her to re-blog your company's blog entry on their blog! When I say re-blog, I mean re-write, summarize and point to the company blog. Be careful not to copy-paste the entry entirely, we know Google hates that. Guest blogging on major channels and linking to your site is a mutually beneficial operation for both parties. They get a piece of your mind, and you get your name and link on their sites. There are potential untapped markets to explore when guest blogging. You would want to do some homework on the site's audience before hand, and be sure that your fields cross paths on the topic. Promoting your blog or even the guest blog entries through your social media network provides value in terms of quality backlinks to your site as well. How? Well if the particular blog (article) gets a lot of credibility from your promotion, you will get the benefit of a better quality link within Google. Optimize Your Facebook, Twitter and Other Networks The theory behind optimizing Facebook, Twitter and other social media platform are terrifyingly similar to SEO. At the end of the day, they are just a page! A lot of the time, you may not get the backlink benefits from social media networks (because of the "no-follow" link practice), but larger networks, such as YouTube, Facebook, and Twitter can easily secure you a first page position on Google, and they drive quality traffic to your website! Social Media Optimization User Generated Review The picture says it all. Google ranks user generated content, especially reviews, very high! Now I am sure you are good at what you are doing. So make sure people can comment and rate your products and services! On the other hand, if you are going to create a review section on your website, make sure it is crawl-able by Google. Tools like PowerReview sell their services based on this very value proposition. Social Bookmarking and Articles, Still Works? They don't generate quality backlinks as well as they used to a couple of years back. A lot of social bookmarking and article sites adopted a no-follow linking structure, and Google is weary of link spamming. Again, how Google views these links are mostly speculations. But the logic behind these speculations is simple: the accounts that produce actual content count. That is, the account that is not seemingly spamming backlinks would get love from social sites, search engines, and users. At the end of the day, search engines value user generated content, and that goes for your social bookmarking and article sites. Google+.... Oh the Conspiracy The word on the street is that having a Google+ button on your site will boost your search engine ranking. No one is quite sure, but it sure doesn't hurt to create a Google+ company page and add a button (while we are on the topic, have Google+ on your AdWords' ads also help their placement, apparently). This idea of Social Media SEO has been around in pieces for quite some time, all I did was just put my understanding of it into one giant post. Hopefully this gives you some insight to your future online marketing campaigns!

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Changing Relative Prices and the Structure of the Australian Economy Thank you for the invitation to speak again at the Australian Industry Group's Annual Economic Forum. Over many years, Ai Group and its members have provided the Reserve Bank of Australia with valuable insight into the issues affecting firms and so it is a pleasure to be here this morning. The topic I would like to talk about is structural change in the Australian economy. For the Reserve Bank, understanding the various shifts that are going on in the industrial structure of the country is important. It is also obviously important for the firms that are living through these changes and having to respond to them on a daily basis. I would like to focus on two aspects of the changes that are taking place. The first is the movement in relative prices that is occurring within the economy. The most obvious relative price that has shifted -- and the one we have spoken most about -- is the price of Australia's exports relative to the price of our imports -- what economists call the 'terms of trade'. With commodity prices having increased very substantially since the early 2000s, Australia's terms of trade are currently around their highest level on record and around 90 per cent above their average level for the 1990s (Graph 1). But there are many other relative prices that are changing as well and I would like to touch on some of these this morning. The second, and obviously related, issue is how these changes in relative prices are affecting the current structure of the economy, and in particular how labour and capital are being allocated across different industries. Changing Relative Prices There are three broad sets of relative prices that I would like to draw your attention to: the price of manufactured goods relative to the price of other goods and services; the price of investment goods relative to output prices; and the price of labour relative to both the price of output and the price of consumption. Each of these sets of relative prices has been undergoing quite large changes over recent times, with these changes reflecting the combined effects of high global commodity prices and the associated high level of the exchange rate. In terms of manufactured goods, it has been common worldwide for their prices to fall over time relative to the price of services. This is the result of faster growth in productivity in manufacturing than in services, as well as globalisation. This long-term trend is clearly evident in the Australian data, but over recent years, as the Australian dollar has appreciated, the decline in the relative retail price of manufactured goods[ 1 ] -- many of which are imported -- has been particularly pronounced (Graph 2). Indeed, over 2010, the difference in the CPI inflation rate for manufactured goods and the CPI inflation rate for other goods and services was larger than it has been at any time over the past two decades. Not unexpectedly, this decline in the relative price of manufactured goods has caught the attention of the household sector. In consumer surveys, the number of people that say now is a good time to buy major household items is around its highest level in more than two decades (Graph 3). But interestingly, households do not appear to have responded particularly strongly to this fall in both the absolute and the relative price of manufactured goods, with retail spending having been quite subdued recently. Many households have preferred to use the growth in their incomes to increase their savings rather than to buy more manufactured goods at lower prices. As the Bank has discussed on a number of occasions recently, whether or not this continues will have a significant bearing on how the economy evolves over the next year or so. The current large change in relative prices is also making it more difficult for households to assess the rate of overall inflation. This is because when relative consumer prices are moving a lot, the perceived inflation rate depends more than usual on the particular bundle of goods and services that one buys. Over the past year, people whose purchases are more tilted towards goods will have experienced a lower rate of inflation than those whose purchases are tilted towards services and utilities. But, importantly, for the community as a whole, consumer prices have increased by 2.7 per cent over the past year, consistent with the medium-term inflation target. The second relative price that I mentioned is the price of investment goods relative to the price of output. When the price of machinery and equipment is cyclically low relative to the price of goods and services produced using those investment goods, investment tends to be high. And indeed this is what we have seen over the past 10 years in Australia. As with the price of manufactured consumer goods, there is a clear downward

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This research was partially supported by a grant from The National Institutes of Health -- National Eye Institute (Grant No. 5R21EY16601-2), and partially supported by The European Commission, Marie Curie International Reintegration Grants (Grant No. FP7-PEOPLE-2007-4-3-IRG). The authors appreciate the discussions with Jay Desloge, who developed the audio system, and thank the Carroll Center for the Blind, Newton, Massachusetts for its collaboration and support during the BlindAid system design and research. They also thank the four anonymous participants for their time, effort, and ideas. Abstract: Purpose -- This research is based on the hypothesis that the supply of appropriate perceptual and conceptual information through compensatory sensorial channels may assist people who are blind with anticipatory exploration. The two main goals of the research are: evaluation of different modalities (haptic and audio) and navigation tools; and evaluation of spatial cognitive mapping employed by people who are blind. Design/methodology/approach -- In this research the BlindAid system, which allows the user to explore a virtual environment, was developed and tested. The research included four participants who are totally blind. Findings -- The preliminary findings confirm that the system enabled participants to develop comprehensive cognitive maps by exploring the virtual environment. The BlindAid system could be used as a training-simulator for O&M rehabilitation training, as a O&M diagnostic tool, and to support people who are blind in exploring and collecting spatial information in advance. Originality/value -- This preliminary study aims to highlight which VE properties could provide perceptual and conceptual spatial information and allow users who are blind to gather and expand their spatial information.

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The Parliament of Ondo, Nigeria Population 3,011,407 (est2005) Seat of Parliament Akure Date of Independence 3 February 1976 Constitution State CPA Branch Formed Jan 1 1981 Voting Age 18 First Parliament Local Information Branch Profile Ondo State of Nigeria was one of the seven states created on 3rd February 1976, by the then Federal Military Government of Nigeria. It was carved out of the former Western State and covered the total area of the former Ondo Province, which had been created in 1915 with Akure as the provincial headquarters. The state lies between latitudes 5?45' and 7?52'N and longitudes 4?20' and 6? 05'E. Its land area is about 15,500 square kilometres and the State is bounded on the east by Edo and Delta states, on the west by Ogun and Osun States, on the north by Ekiti and Kogi States and to the south by the Bight of Benin and the Atlantic Ocean. Officially, Ondo State came into existence on 1st April 1976. It consisted of nine administrative divisions of the former Western State and retained Akure as the state capital. In 1996 the Ondo administrative divisions of Ekiti Central, Ekiti North, Ekiti South and Ekiti West were transformed into a new territory called Ekiti State. Meaning Ondo state was now made up of only five divisions. The apex of the administrative structure is the state headquarters, Akure. Prior to the carving out of Ekiti State from Ondo State there were twenty-six Local Government Areas (LGAs). Fourteen of these remained in Ondo State, and from these, additional four LGAs were created. There are now 18 LGAs in Ondo State. According to the official results released by the Independent National Electoral Commission (INEC) following the 2011 April general elections, the ruling Labour Party (LP) in Ondo State won 25 out of the 26 House of Assembly seats; The main opposition PDP won only one seat and notably, three female Members of the Labour Party were elected to the House.

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Orhan Pamuk: A book is a promise The Turkish laureate Orhan Pamuk tells Sameer Rahim why he has made his fictional museum a reality. In Orhan Pamuk 's second novel, Silent House , published in Turkey in 1983 and newly translated into English, the lovelorn Hasan secretly looks through his beloved's handbag while she is out swimming. Among the suntan lotion, wallet, hair clips and cigarettes, he spies a green comb. Before she returns he swipes the comb, keeping it as a memento of his unrequited passion. "Before I reread the novel, I had forgotten about this moment," Pamuk tells me when I meet him at his publisher's offices. Objects are incredibly important in the fiction of the Nobel Prize-winner: in My Name Is Red , his murder mystery set among Ottoman miniaturist painters, one chapter is narrated by a coin. Pamuk's object obsession was brought to new heights in his wonderful 2009 novel, The Museum of Innocence , in which the narrator, Kemal, like Hasan in unrequited love, collects dozens of things owned by his beautiful cousin Fsun, and arranges them in a museum. Pamuk, who was born in 1952 to upper-class parents, assures me that his interest in stealing women's trinkets is imaginative, not autobiographical. "Getting an object secretly and returning home is not my fantasy, but the idea of possessing a woman in a culture where a man and a woman cannot come together outside of marriage that easily. You cannot possess her sexually, but you can possess the objects." He speaks English rapidly, only occasionally groping for a word; when he finds it, he takes off fluently. In other respects, Hasan in Silent House is a very different character from the upper-class dilettante Kemal from The Museum of Innocence . Hasan has dropped out of school is hanging out with Turkish nationalists. He falls for an upper-class Leftist with a taste for Turgenev. His story ends in violence. I wonder where this pervasive longing comes from. "In classical Islamic literature, the desire for the beloved is a metaphor for the desire for God," says Pamuk. "But in my novel, Hasan's longing, in all its radicalism, reflects a desire for a better life. I like that idea; it's an artistic idea. But it's also a very realistic idea. We fall in love more deeply when we're unhappy." Anyone who has visited Istanbul will know the city is haunted by its Ottoman past. Turkey's new assertiveness -- over its former possession Syria, for example -- has led some observers to think the prime minister, Recep Tayyip Erdogan, longs to revive the past. Pamuk, though, is nervous of being drawn on the political aspects of his work: "I never thought it was a political novel when I published it," he says of Silent House , "and no one said it was a political novel in Turkey." If one visits the mausoleum of Mehmet the Conqueror in Istanbul, I press, there is a strikingly nationalist atmosphere. "Istanbul is a vast place," he says carefully. "There are very conservative neighbourhoods, there are places that are upper class, Westernised, consuming Western culture." His wariness is understandable. After his 2005 comments highlighting the Armenian massacres following the break up of the Ottoman Empire, the Turkish authorities pursued him under Article 301 of the penal code, which made it a crime to "insult Turkishness". The case ended in 2009 and the law has since been amended, but he still reportedly has bodyguards when he is in Istanbul. (He spends the rest of his time teaching at Columbia University, New York.) "Everyone is saying the same thing now," he says of the Armenian issue, the note of pride at having opened up freedom of speech in his homeland tinged with melancholy at what his stance has cost him. He is delighted the Turkish public took so warmly to The Museum of Innocence . "It was a sweet reception -- not something, I confess, I was used to from the Turkish media. The Museum of Innocence is not about politics, it's a love story, but I think it's political in the sense that it wants to capture how a man suppresses a woman. The

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Music Ones To Watch: Daley As we gear up for that time of year when numerous lists inform us who's going to be huge in 2013, we thought we'd introduce one of our favourite picks Daley . The singer-songwriter has teamed up with Jessie J for his new single, ahead of launching himself rather bravely in the UK and US at the same time. Digital Spy called up the busy star to find out more about him and get the inside track on plans for his debut album Congratulations on your new single 'Remember Me'; have the public been kind about it? "It's been really good. I think people warmed to it because of the sample from the '90s, which is what I wanted to happen. A lot of Jessie J's fans jumped on it, so it was good to see their reaction, and people seem to be enjoying it." Jessie J is a pretty big deal these days; how did you get her on the track? "I've known Jessie for a couple of years - we first met before either of us had really done anything. We did open mic nights and showcases, trying to get ourselves out there. Jessie went on to conquer the world and stayed in touch, but always wanted to do something together. I wrote the song and felt like there was only one person who could sing that part. I got in touch with Jessie, but didn't hear back for a couple of months, so just thought she was too busy. I got a text three or four days before we put it out to radio, and she was like, 'I love it, let's do it tomorrow'. And that was that!" Have her 'Heartbeats' fans been treating you well? "Yes, they have actually! I think they got a bit defensive when they saw I was getting a bit close to Jessie in the video, but they've been really supportive." Do you have a name for your own fans yet? "I don't know - it's a weird thing really. I haven't thought of one. What do you call them? Maybe when something naturally comes it will feel right." We remember hearing 'Alone Together' earlier this year and then wondering where you disappeared to. What happened? "I released a mixtape last year, and then I got signed in America earlier this year. So I've been over there for a couple of months and 'Alone Together' is actually the single there. So I've been promoting that in the States and finishing off the album really." Juggling launches in the UK and US sounds like hard work... "To be honest, I didn't decide to do it. It was kinda taken out of my hands, because the mixtape actually gained momentum in the States. So I was approached by a US label and they were really excited to get a record out. So it kind of just happened and now I'm back and forth between the two. It's exciting." How did you get discovered? "I was trying to make it in Manchester, but finding it difficult because there weren't a lot of places to get myself noticed. I ended up saving money to move down to London, and just literally got myself out to every open mic showcase that I could do. One of my demos ended up getting played on BBC 1Xtra radio, so I submitted it to BBC Introducing. They selected me to a live session at Maida Vale, and that's what got the attention of the labels." So now you're signed to a major label, have they tried to change you in any way? "It's better than I expected because I've always been told that you don't get a say in things and that they're just going to ruin everything you do. In my case, it hasn't been like that and they've just let me do what I'm doing and liked it. It's not been that difficult, but I'm sure it could be in the future - you never know." Are the songs you've put out so far a good representation of your debut album? "I think so. I'm trying to refine it more. I gave people the mixtape as something for them to hear, but I didn't really focus on the overall sound. The album will have certain themes and introduce another layer of what I want to do as a musician." Have you finished it yet? "It's pretty much all done. I've written all the songs and most of them have been produced. I'm literally fine-tuning them and getting them mixed. We should be looking at February/

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Join AFF and Mercatus Center Graduate Student Programs in a discussion on where to start your public policy career. Should you work in a government agency? On the Hill? At a think tank or other nonprofit organization? Where will you most effectively utilize your skills in order to advance liberty? Mercatus MA Fellowship The Mercatus MA Fellowship is a competitive, full-time fellowship program for students pursuing a master's degree in economics at George Mason University. Fellows gain valuable real-world experience, working alongside scholars at the Mercatus Center at George Mason University and applying economic ideas to a wide-range of issues in business and public policy. Successful fellows have secured public policy positions as Presidential Management Fellows, economists and analysts with federal and state governments, and policy analysts at prominent research institutions. This entry was posted on Friday, September 21st, 2012 at 5:21 pm and is filed under AFF Event . You can follow any responses to this entry through the RSS 2.0 feed. You can leave a response , or trackback from your own site.

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Resolved Question I want to be American and not Canadian? I'm 14 and male, and i am less patriotic now after pondering about which country i'd like to live in. America is the center of world media, aid, military strength, politics, news, etc.. America's flag, motto and national anthem is beautiful in my opinion. I also like the idea of the pledge of allegiance, the very strong patriotic presence, COMPLETELY free speech, higher drinking age, etc. America is just amazing and beautiful, Canada is full of wildlife, better human rights, better quality of life but it's just... Well it's better for the individual not the country. I like the idea that America is like a giant army and they are very patriotic and go to wars with their flags on the shoulders and will always have power and freedom. I also like the US political system. The United States of America is also full of history and innovation. I want to be a canadian soldier, and sure we have better equipment for soldiers but less advanced artillery, tanks, transport vehicles, we also lack the possesion of nuclear warheads. I also like the idea that in the US Army there are like an incredibly large amount of soldiers that sound like thunder when they all talk at once and the idea of sending thousand of APCs, tanks, jets, helicopters, and hundreds of thousands of soldiers to battle just sounds like they're the hand of god ready to annihilate all in their path. I just want to be a part of something well known, big, strong and beautiful...America. Other Answers (5) good luck....get out soon. the US is also much dirtier, your culture is quashed, the crime rate is over the top, the government is more corrupt, the people are less well off financially and the standard of living is lower. gangs are everywhere, drugs are everywhere, guns are everywhere and the economy is down the toilet and still swirling...have fun. You can move to America when youre older. We're a great place to be, but you should always be proud of your heritage. Also, if you like wildlife you could move to one of the western states like Colorado (where I am) or Montana where Yellowstone is. I am Canadian and think about immigrating to the USA all the time but don't take being in Canada for granted. The Education here is top notch and it's so much cheaper. Get educated here and you can leave to a great paying job their. The program I am doing is more complex where I have a better chance of landing an american job if I go to school their but that is Med school and I'm doing my normal university here. There are standards to get into the US as a citizin and one of them is higher education. Work on that, maybe you'll change your mind. I'd like to live in California because of the weather and Culture but besides that most US cities are not much better than Canadian.

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PM convinced badger cull is the right way David Cameron says he is "convinced" a cull of badgers to tackle tuberculosis in cattle is the right thing to do. And the Prime Minister warned protesters against intimidating farmers backing two licensed "pilot" culls, one in West Somerset and another in West Gloucestershire. David Cameron His comments came as angry opponents of the cull protested outside the Conservative Party conference in Birmingham. Speaking to regional newspaper journalists, the Prime Minister said yesterday: "I am convinced it's the right policy. For years this issue has been dodged and ducked. "You've got over 25,000 cattle being destroyed every year. The cost is running to 90 million a year. We are heading to spend 1 billion over a decade if we don't grip this." Mr Cameron added: "I believe this is the right policy for healthy badgers as well as healthy cattle. It's not good having badgers catching and dying of TB as well. It is the right policy. It is difficult. "There shouldn't be intimidation. This has been fairly, democratically, reasonably arrived at. It has been challenged. I think it has been done highly properly. Obviously they (opponents) have a right to protest, but they don't have a right to intimidate." 4 Comments "Just shows that the Prime Minister simply apes the messages from the Defra spin team without even bothering to think for a second: so a massive non-selective slaughter of badgers (most of them healthy and uninfected) is good for badgers, is it? What a farce. What a ludicrous claim. After a cull, the prevalence of disease among the remaining badgers is HIGHER not lower, as research has shown quite clearly. But forget research, anyone with an ounce of commonsense will realise what utter drivel he's talking." "Just shows that the Prime Minister simply apes the messages from the Defra spin team without even bothering to think for a second: so a massive non-selective slaughter of badgers (most of them healthy and uninfected) is good for badgers, is it? What a farce. What a ludicrous claim. After a cull, the prevalnce of disease among the remaining badgers is HIGHER not lower, as research has shown quite clearly. But forget research anyone with an ounce of commonsense will realise what utter drivel he's talking."

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Bloomberg: Maybe cops across the country should go on strike until tougher gun control laws are passed; Update: 'I didn't literally mean go on strike' New York Mayor Michael Bloomberg addressed the Aurora shooting by immediately calling for stricter gun control measures, but his follow-up to that is one of the more ridiculous and irresponsible things I've heard a politician say in a while -- and considering I spend a great deal of time listening to Joe Biden, that's saying something. "I don't understand why the police officers across this country don't stand up, collectively, and say: 'We're gonna go on strike. We're not gonna protect you unless you, the public, through your legislature, do what's required to keep us safe.' After all, police officers want to go home to their families, and we're doing everything we can to make their job more difficult -- and more importantly, more dangerous -- by leaving guns in the hands of people who shouldn't have them, and letting people who have those guns, and letting people who have those guns buy things like armor-piercing bullets," Bloomberg complained. My first question is if this "strike" Bloomberg's calling for would include those officers in the NYPD who are a part of the Big Gulp Crusader's personal security detail . I think I already know the answer to that. And now for the inevitable mention of the law of unintended consequences: If people are led to believe that all law enforcement officials might up and abandon their jobs and the public will be completely on its own in an increasingly anarchic environment, what item will find its way onto many shopping lists? Think it through, Mr. Mayor: Perhaps Bloomberg missed a couple of civics lessons in school (which would explain more than a few of his initiatives), but police don't get to write their own laws and impose them by force on the populace. Neither do they get to decide whether and when they will enforce the law or let criminals run rampant in order to terrorize our communities into complying with their idea of what the law should be. In America, the people create the law, and the police uphold and enforce it. If individual police officers don't like the law, they can work through the democratic process to change those laws, or they can find another line of work. Ditto for politicians willing to try to use public safety and fear as pawns for their legislative wants. Update: The walkback got underway quickly, possibly after somebody informed Bloomberg that he was, you know, encouraging people to break the law : Mayor Bloomberg appeared to distance himself Tuesday from comments he made on a talk show suggesting that the nation's police officers should "go on strike" to demand tougher gun laws. [...] "I didn't mean literally go on strike," he said at a Tuesday event about the economic impact of same-sex marriage. "In fact, in New York, they can't go on strike. There's a law against it." See what others have said Note from Michelle: This section is for comments from michellemalkin.com's community of registered readers. Please don't assume that I agree with or endorse any particular comment just because I let it stand. A reminder: Anyone who fails to comply with my terms of use may lose his or her posting privilege. Look at Nanny Bloomberg and his latest outreach=control grab attempt and you will have what Obamaites will be striving for should he win re-election. First salt, then sugar, now alcohol, and added today -- telling hospitals to hide the baby formula to force women to breastfeed. I saw a guy behind one of the tables at the gun show on Saturday wearing an OD tactical vest with a subdued patch on it that read "Innocent Bystander." It went very well with the .45 M1911A1 in the vest's holster. One of my friends in Texas lives an hour and a half (if the weather is good) from the county seat. There are usually two (2) deputies besides the dispatcher on duty from 2300 to 0700, and it can take almost three hours to get from the far end of the county to my friend's place (again, in good weather). I'm sure an LEO strike wouldn't have a significant impact on my friend's security preparations but a gun ban would. (He carries a carbine everywhere he goes on his property.)

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" Get It Up " is a song by The Time , from their 1981 debut album , and is their debut single. Like most of the album, the song was recorded in Prince 's home studio in April 1981, and was produced, arranged, composed and performed by Prince with Morris Day later adding his lead vocals. Revolution keyboardist Doctor Fink provided synth solos on the track, uncredited. The funk - pop number relies on synthesizers and contains numerous solos throughout the song. The song's propelled by a strong bass line and contains live drums and handclaps. A raunchy guitar solo provides a rock element to the funky track. "Get It Up" is basically an ode to sex and Day's attempts to get some. Prince's vocals are very apparent in the song, both in the background and the lead at times. "Get It Up" was only released as a 7" single with the poppy " After Hi School " as its B-side . "After Hi School", while not an outstanding effort was composed by Dez Dickerson and is perhaps the strongest pop effort on the album. The full version of "Get It Up" was later a B-side for the 12" single of "Ice Cream Castles" in 1984. "Get It Up" is one of The Time's more popular numbers, and a live version of the song recorded at the House of Blues in 1998 was included on Morris Day's 2004 album, It's About Time where it segues into " 777-9311 ". "Get It Up" was covered by girl group TLC for the Poetic Justice soundtrack becoming a major hit for the group and was later included in TLC's greatest hits album, Now and Forever: The Hits . The video for TLC's "Get It Up" was shot in June 1993.

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Don't forget to you can still register support for "BOTH" applications for the time being. So if you haven't already done so please please please register your support for what could be the most important set of results in Bristol Rovers history or future. No promotion was or will be as important as getting these 2 planning permissions sorted, this will give us the platform to succeed and flourish. So even if you don't see the point, please take the time to help the club you love and register your support. It really does only take a moment to do and could sway the opinion of someone on the fence. Well said Ern,let's not get complacent,the comments can be made right through until the planning meeting,after speaking to a representative from Sainsbury's about another issue,especially important is people living closest to the Mem'! I don't mind if you stick it up on lavatory walls if it gets a couple of extra support messages, so be my guest ( ) Also I've heard the date that the Sainsburys proposal will be dealt with has been moved from the 7th of August to the 12th of Sept. Here's the local councillors reasoning behind the decision to delay, if this really is the reason I think its rather weak. But as long as we get a positive outcome I'll be delighted. I also took the opportunity to vote on the good councillors poll on the Sainsburys plan. I took a look at "The Bishopston Society" website that created the RASH protest group. Having looked at the reasons why they object to the Sainsburys proposal I thought I'd take a gander at other Planning Applications in the area, and they've objected to all of them. I've nothing against residents with genuine concerns but this group are serial moaners. Which means they know the system as they seem to win most of the time, so keep your support messages flooding in. Its also sad to see that the supporters of our tenants have a link to RASH and the petition on their message board. Shame they didn't see fit to protest when their board were about to sell their precious Memorial Ground to Amtrak for the same 2.3 million that we paid them. Funny how they forget the real history of the place, must be all heaD bangs getting to them.

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Yesterday, on July 25, 2008, 47-year-old Randy Pausch died with pancreatic cancer...he'd only learned he had it in September 2006...and by the time of his passing he had inspired millions of people with his attitude. Remember...he was the US computer science professor who gave the "last lecture" (about achieving your childhood dreams) at Carnegie Mellon University last September. (Perhaps like me, you saw it on YouTube after it was posted in December.) Randy Pausch passed away at his home in Virginia. His wife, Jai, and his 3 children, Dylan, 6, Logan, 4, and Chloe, 2, survive him. Randy's notoriety all began with the question: What would you say if you knew you were going to die and had a chance to sum up everything that was most important to you? Yes, by the time he gave that last lecture, Randy had been told he had MAYBE six months to live, so his answer was very powerful indeed! (I showed the lecture to my then 12 -- year-old and 10-year-old...and even they were inspired!) We heard Randy say, "We cannot change the cards we are dealt, just the way we play the hand." And, "I don't know how not to have fun. I'm dying and I'm having fun. And I'm going to keep having fun every day I have left." More than anything, even after his death, Randy Pausch said he wants people to live their potential and do great things...and help other people pursue their dreams as well! And he wants every one of us to live generously, spend more time with loved ones, and be patient with others. As Randy said, "Wait long enough, and people will surprise and impress you." And he wants us to see the brick walls that come before us as opportunities and challenges, not obstacles. "Brick walls are there for a reason," he said. "They let us prove how badly we want things." Knowing he was dying, Randy was sad for his children that he would not be around for them as they grew up. So he spent hours and hours videotaping himself with his kids (and took lots of photos)...swimming with dolphins...at Disney World...so that in the future they would be able to see how they had touched each other's souls and laughed together! "Kids, more than anything else, need to know their parents love them," he said. "Their parents don't have to be alive for that to happen." Randy built separate lists of his memories of each child. He also wrote down his advice for them, things like: "If I could only give three words of advice, they would be, 'Tell the truth.' If I got three more words, I'd add, 'All the time.'" The advice he's leaving for his daughter, Chloe, includes: "When men are romantically interested in you, it's really simple. Just ignore everything they say and only pay attention to what they do." And having cancer, Randy had been given the time to have vital conversations with his wife, Jai, that wouldn't be possible if his fate had been a heart attack or car accident. Through it all he always thought every day was a gift. Now take the gift he's given you....go out and love your day...jump into life...embrace it...live as if you're dying and die as if you're living!

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Discrimination Related Links What is discrimination? Discrimination can happen in two ways: Direct - where someone treats you less favourably than they would treat anyone else under the same or similar circumstances. Indirect - where a law, policy or practice seems to apply to everyone equally, but which actually affects a large number of people of a particular race, sex or other group because they cannot comply with it. Are there laws against discrimination? There are several laws which protect us from discrimination: Commonwealth Acts (Australia wide) include: Racial Discrimination Act 1975 Sex Discrimination Act 1984 Australian Human Rights Commission Act 1986 Disability Discrimination Act 1992 Racial Hatred Act 1995 Age Discrimination Act 2004 Fair Work Act 2009 State Acts (WA only): Equal Opportunity Act 1984 Disability Services Act 1993 What is unlawful discrimination? Under West Australian the grounds of discrimination which are unlawful are: sex breastfeeding marital status regnancy race olitical and religious conviction impairment sexual harassment racial harassment age family responsibility family status gender history sexual orientation The law also covers people who are victimised because they complain about discrimination and people who are discriminated against in some areas of work or employment for having a spent conviction. Under the Equal Opportunity ActA 1984 (WA)A it is also unlawful to publish or display an advertisement that shows an intention to discriminate. Under the Equal Opportunity Act 1984 (WA) discrimination is not against the law everywhere, only if it happens in the areas of public life such as: employment education access to places and vehicles rovision of goods, services and facilities accommodation land membership of clubs sport superannuation and insurance disposal of land Under Commonwealth laws discrimination is unlawful on the grounds of : Under Commonwealth lawsA you cannot be discriminated against in many areas of public life, including employment, education, the provision of goods, services and facilities, accommodation, sport and the administration of Commonwealth laws and services. Is discrimination ever allowed? In some cases the Acts allow forms of discrimination. You should always seek legal advice if you feel that you have been discriminated against. What canA I do about discrimination? If you believe you have been discriminated against, it is important to try and get proof. For example, if there are witnesses you will need their names and addresses. Sometimes people do not realise they are discriminating against you. You have the right to complain about it by speaking to them. It may be enough to sort the problem out if it is unintentional. If the discrimination happens at work you may want to tell your manager or trade union representative about it and they can lodge a complaint for you. The Fair Work ActA 2009 (Cth) can go to Fair Work Australia or the Fair Work Ombudsman if you are employed under the national workplace relations system.A If you are not employed in the national system you may still be able to make an application to Fair Work Australia if your employment has been unlawfully terminated on a discriminatory ground covered by the Act. How doA I make a complaint? Equal Opportunity Commission of West Australia A formal complaint must be in writing. You can obtain a complaint form from the Commission or download one from its website. contact the complaints information line and an officer will help you write it down or refer you to someone who can help you Your complaint can be in any language. Are there time limits for making a complaint? A complaint to theA Equal Opportunity Commission WA must be lodged within 12 months of the date of the last incident of alleged discrimination. If incidents are out of time you can ask the Commissioner for Equal Opportunity to consider them anyway by showing 'good cause' (that is, a good reason why you did not complain earlier). Get legal advice if your are outside the time limit. Under the Australian Human Rights Commission Act 1986 (Cth) there is no strict time limit for making a complaint of unlawful discrimination to the Commission. However it is recommended you should lodge your complaint as soon as you can as this will make it easier and quicker to sort it out. The President has a discretion to terminate a complaint if it is lodged more than 12 months after the alleged unlawful discrimination took place.A What happens with complaints to the Commissions? There are a number of types of complaints that can go to either the EOC WA or AHRC. If your complaint: nominates a ground of discrimination nominates an area of public life it occurred in says how you were treated less favourably because of the character

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(ATR) It's been a big summer for Craig Reedie, IOC member from Great Britain. He's enjoyed the success of the London Olympics and Paralympics. In July he was elected as a vice president of the IOC. This month he was named to chair the Evaluation Commission of the three cities bidding for the 2020 Games. Reedie, 72, has been an IOC member since 1994. He's been president of the International Badminton Federation and served as chair of the British Olympic Association. As the Games wound up last month, Reedie talked with Around the Rings Editor Ed Hula about a range of issues ahead for the IOC, including the election of a new IOC President, the size of the Games, bids for the 2020 Olympics and the possibility of a new try for the Games from the U.S. Around the Rings: How do you think London has been received? Craig Reedie: I would like people to think too we've been good hosts. People genuinely seem to be enjoying themselves, and I think at the end of the day that London has been good for the Games. This is a complex city with an active democracy and a very active media and the whole thing has run extremely well. I think that is good news for the IOC. That may be good news for other cities that are looking at the challenges London had. Who knows? This might encourage other major cities to come back into the race. I also think that the Games appear to be good for London. There seems to be a spirit in this city... there seems to be happy people in the city and the country seems to be pleased with what we delivered and a lot of that has been the success of the team, which has been way beyond our expectations While we can't beat the States or China, so this is as good as it gets for British sport. ATR: How do you keep that going for British sport in Rio de Janeiro? There won't be the automatic qualifications, it won't be a hometown crowd, so how do you make sure there isn't a precipitous decline in the performance? Craig Reedie with his Olympic torch. (Courtesy of Craig Reedie) CR: When we started this whole process and decided to bid with London, one of the more important things was to move sport up the social and political agenda. You've heard me say that before. That I think was what we most definitely achieved, now it is up to others to pick up that baton and run with it. The success of elite sport is about funding, about money. The bigger sports are organized, and there are question marks on some sports. The British team in Rio will be smaller, and we won't qualify teams, and the European area is the most complex one to get out of. It would be marvelous if we could qualify handball teams and volleyball teams. We normally only qualify hockey teams. The funding for elite sports I think is there. The challenge will be is if the country enjoys what they have seen and if the country feels that sports are an important thing, how do they take it forward? ATR: Were the Games in London as big as they can possibly be? CR: I think it would be possible to include another couple of indoor sports, and to do that you need to vary the number of athletes in each sport. I think the IOC rule of 10,500 athletes is fine and the number of sports could go from 28 to 30 by kicking a number of smaller sports into the program. The issue is the number of athletes. The village needs to be big enough to host 10,500 plus coaches and that I think is about right. And clearly a mature city like London can do it. I think that is good enough for the IOC. ATR: Difficult decision coming up in the next few months for the IOC about whether to cut a sport from the Olympic Program. CR: We are locked into a system that we established years ago that we would have 25 core sports. And the end result of that is we have to disappoint one of the current 26 and put it back into a bidding process with the others. I accept that commitment that was made and that's what we are going to do. Personally, if you are going to review the program after each Games, I'm not sure you need 25 core sports. I mean this may develop over time and it's always divisive when you are forced to exclude one, but you have the opportunity to come back with the bidding process and try again. The Program Commission will be meeting and seeing all the applicants. I'm comfortable with the process and accept that it's a tough

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DOJ: Yeah your FTP funds will be a while "Today I met with officials from the U.S. Department of Justice (DoJ), Asset Forfeiture and Money Laundering Section. This is the division of the DOJ that oversees the process of remission for victims of crimes. The settlement in United States v. Pokerstars, et al. designated for refunds to U.S. players over $200 million in funds forfeited on April 15, 2011 by PokerStars, relating to their FultTilt Poker accounts. I was joined by PPA counsel Marc Zwillinger and Ken Dreifach from the Washington D.C.-based law firm ZwillGen, PLLC. It was a cordial and productive meeting. We provided DOJ with information and insights on what the player community expects from the remission process, and how we believe such a process ought be administered to assure fairness. Our first priority was to reaffirm our earlier assertions from an August 8, 2012 letter that 100 percent of player account balances be made available to players through the remission process. We laid out compelling legal and practical arguments why full repayment was the only equitable solution. We also raised the issue of "player point" balances on FullTilt Poker and encouraged the DOJ to recognize the inherent value of these points when they consider what a player is owed. Our thoughts on these matters were well received; however, it was clear from our discussion that no decisions have been made at the DoJ regarding the manner of repayment of player balances. Nevertheless, we have provided them with a clear picture of the expectations of the player community. Secondly, we shared our thoughts on a streamlined process for players to apply for and receive their funds. We emphasized the need for a flexible approach to player authentication and verification. While they would not confirm so in the meeting, we are hopeful that the DoJ has sufficient means to authenticate players based on the records such as user name, passwords, security questions and email addresses. Our third objective was to get a sense of timing. Unfortunately, completion of a refund claims process is a long way away. The first step in this process will be the Department's hiring of of a third-party claims administrator, after a bidding process: there is no current date certain for that selection to occur. But it was evident that even when a claims administrator is hired, forfeiture and remission procedures require that a substantial administrative process be adhered to before players begin seeing their funds. The PPA will remain vigilant in our advocacy for the players. We are also mindful of the staffing and resource limitations of the Department -- and the numerous other forfeiture cases they are administering -- and we thus have offered our assistance to help them navigate the complexities of the issues and hopefully expedite the refund process. This is certainly not good news for those poker players still awaiting the return of their money, but it is all the news the PPA can provide at this time. Beyond that the PPA can only pledge to continue its work with the DOJ and do everything it can to help the DOJ get the process moving as soon as possible. The PPA's legal team is already working on specific methods to help accomplish this objective. While there were not many answers to come from this meeting, I do believe that it was beneficial and that there is a clear record for the Department to make the right decisions with respect to the player remission process. We fully expect to keep a continued and open dialogue with the Department and we will continue to update you as more information becomes available. This was Muny snapping at someone who was criticizing the PPA's handling of the situation. Basically, Muny was telling the guy that the PPA is doing a favor by assisting in this process, since it wasn't "part of the PPA mission". What an arrogant POS. Think of how many people donated their hard-earned $ (and time) to this organization, and Muny is acting like the PPA is doing the community a favor by "helping out" with trying to get everyone paid back from Full Tilt. No, you're not doing anyone a favor, Rich. The PPA represents all poker players. This is the single biggest issue in poker at the moment. To ignore this would be a horrendous dereliction of duty, especially given that it's related to poker and the DoJ, which is supposed to be the PPA's specialty. Anyway, here is some more bullshit from the PPA statement: Our first priority was to

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The 10 strategic building blocks of startups By Toby Ruckert, November 14, 2012 @ 4:59 pm The model of 10 strategic building blocks is one I've seen work at other startups and for other entrepreneurs and friends. It's a strategy for building credibility for your startup, and can be used to turn your startup from a mere idea into a fundable and respectable entity. As an aside, I find the whole "startup" phase both fascinating as well as tiring. In my opinion the "startup" phase should be just that: a phase. Meanwhile it has become an industry where it is sometimes difficult to see the wood for the trees. But hey, that's just me. This strategy for moving through and past the startup phase in the form of the following building blocks is by no means the only way. So if you have a different experience, I'm keen to hear from you in the comments. So to be clear -- I'm not saying all of these 10 building blocks are required for funding, for being successful or that they have to be executed in this particular order. It's simply a map with some sign posts of what can help on the fundraising route. From idea to VC funding I've raised other companies before but wasn't forced to look into raising venture capital to get them off the ground. They were built purely on a combination of the first (idea), fifth (product) and 10th (client/sales) building blocks. However, with my current startup ( Unified Inbox) being a huge idea it was a different story. Apart from investing a lot of money myself, I am required to raise substantial funds in order to turn the idea into an actual sellable product. If you do need significant investment to get your startup off the ground, then the more of these building blocks you put in place, the better. Idea Without an idea, there is no initial point, there is no ignition. For me personally, the idea is very important and deserves much greater acknowledgement (and respect) than others, especially investors, give it credit for. From a founder's perspective, without an intriguing and ambitious idea , it is hard to get the rest of the building blocks in place. So the idea and especially the clarity of expression of it is key in the execution of the next steps. It may become obvious working through the remainder of the steps why the person who has the idea is actually not always the one who commercialises it! Founder(s) This brings me to the second point - to me the founders of the business are the ones that put together the strategy around making the idea a reality. So for an inventor that might mean finding the right founders for the business which specialises in the commercialisation of his invention. Plenty has been written about if/when/how/why to find a co-founder, so I'll not dive into it here. I've had startups with a co-founder and startups without a co-founder - and found that if the idea is very big, you need a lot of connections with very different backgrounds and experiences. In these cases a great co-founder, much like a great life partner, is a good idea. Founders are ideally a well-composed team that share common values, but add value and complement each other. Both should be equally confident in their abilities and realistically aware of their achievements so far to avoid any imbalances between themselves. Apart from the idea, the founders are probably the most important factor that investors pay attention to, so ideally their biography should match the experience required to execute the idea. Research Once the founders have aligned themselves, it's great if they can get some support for their theories by doing research or market validation. A lot has been written about market validation, so again I won't go into too much detail here. What I mean by research is also not holding your finger up in the air and estimating the humidity. Putting some rigour around the research may involve a professor of a well respected university giving one of the students a research project that covers some of the ground of the problem the idea is trying to solve. This would serve well when convincing other people to buy into the idea and become part of the team. If the university would lend its name to support your idea with its research, even better. Team & Product With some backup from a research paper and a well formulated idea, it is time to assemble the team and start building the product. Unless thef ounders (or one of the founders) can build the product themselves

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With all the changes Google have made (most recent releases of Google Panda and Penguin) is it the end of SEO for digital marketeers? Nope its not the end of SEO its just that we need to change and adapt to the new way of SEO. For the past few years people have being using black hat SEO techniques to try to get ahead of the rankings. Google have simply made their search engine more fairer, now people who employ black hat techniques such as over stuffing keywords and invisible texts will now be playing on a level field. The updates for some mean they will see their websites drop in rankings but some who played by a fair set of SEO rules mean their rankings will soar. So what are the SEO key factors that matter now? Quality content The recently release of Google Panda means they will heavily demote websites that have low quality content. Quality content will not only beef up your web traffic but also draw people to sharing it, after all back links are powerful boosts on SEO. Think of your audience when producing contents, what would they like to read? Human beings are not robots we get influenced, our interests changes through time, this means your content have to changed and be updated. So how do you make you contents engaging and relevant to the time? Here a few tools you can use: Google Alerts - It automatically send you new and relevant news, blogs and newspaper article of the keyword you defined. So you can always know what happening n your market. Keyword research tools (Google keyword research tool, Market Samurai)- Will give you indication how much a keyword is searched, based on this data you can find high traffic keywords to base your contents on to get a high increase in traffic. Search in social media . Use tools like Twitter search bar to search for different tweets/messages that are relevant at the moment. A good advice is to look for phrases like who, why, what, where and how plus a relevant keyword (to your business), now you can see what people relevant to your business are asking for at the moment, that way you can develop contents to answer those questions building brand awareness through content recognition and engagement and SEO at the same time. Keywords Optimization Keyword optimization still matter, do not try to scam the search engine by keyword stuffing and invisible texts or other black hat techniques, this will penalise your entire website. Do keyword research . Once you found the best keywords, place the keywords inside your meta, header, page title and alt (for images) tags. Social Media Social Media Social Media Google upping its games on social media with it G+ means that Google now realizes the importance of social media in the digital market and naturally as a result it now plays an important role in SEO . Social media is now a great influencer in SEO. The most powerful asset they can provide to you are back links through likes, tweets, messages and comments. Be sure to push your business on to the top three social media networking sites, Facebook ,Twitter and G+ to get these benefits. Then all you have to do is share your blogs and company updates to these account so that you draw in readers or customers. Traffic type is also a factor that affects your SEO, having purely organic traffics will deny you of first page rank, nowadays some traffic most come from social media sites. Other key tips: Do not duplicate content to try to scam the search engines that you are a content filled website. You will seriously lose your rankings over this. When creating internal links concentrate on using keywords in your anchor texts rather than "click here".

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When i believed homicidal as i had written that aspect… although When i maintain which the future aspect is best! Sam-fans, will not lose faith… you can trust… ORSDisclaimer (which Which i forget): When i unique accurately just one identity in this particular full part, that is Lond… When i tend not to unique your message, even so, none another personas from the report. Using a comfy spg a . m . with Valinor, some sort of physique kommet calmly using a steel missing the sea. It is measurement encouraged some sort of hobbit, although it is experience, paler in addition to sensible, encouraged a elf. is usually little brown eyes, a extraordinarily distinct violet, looked vacantly for the disjointed waters; his or her lips were being forced closely in concert. “Still in this article, very little master”The hobbit smiled faintly, although wouldn’t flip. “aldir, my good friend, you recognize greater than to help consult of which. inch golden-haired elf registered the primary physique within the steel. “e would possibly not are available, Frodo. Mortals are only mortals. “”I learn. inch puff connected with beach fresh air rolled in excess of these individuals. Frodo’s black curls stirred, but it really seemed to be simple to grasp which the crying with his or her little brown eyes were being by in excess of this salt fresh air. “Mithrandir is usually concered about people, and for that reason is usually Galadriel. “”I learn, inch claimed Frodo all over again. aldir blinked with astonish. “ll suitable, Frodo, determining baby gender You can make it possible for all people be anxious independently to help demise because you lose time waiting for some sort of hobbit that will never ever come”"Yes. “”Why”Frodo shifted his or her clear look towards inquiring elf. “Because… Could not… age delicately brushed some sort of grab by his or her cheek. inch… Are not… by itself… “”I understand-”"No, inch claimed Frodo forcefully; this elf leaped amazingly. inch… Not any, aldir, inch this hobbit extended, considerably more delicately. “You could possibly never ever fully grasp, my good friend. People elves usually are delighted in this article since you also got their start in Valinor, although When i are unable to uncover relax at this time. The one thing is always… The contentment lies in them, aldir. I most certainly will hang on. “e looked broodingly available to help beach. “It’s weird, although… When i from time to time think that they are witout a doubt by himself. inch That has a futile swipe on his or her increasing number crying, he / she added in, “e’s… a component of everyone, aldir. When i… I am able to think his or her occurrence, but it really simply just is painful far more. “”urts! inch exclaimed aldir incredulously. “ere”"Yes. inch Frodo clenched his or her closed fist despairingly. “I strive to be having them. I need to possibly be having them. I needed them. It truly is a discomfort around my cardiovascular system that desiring them. “The elf viewed quite confused. “You… need to have him”"Yes. inch age helped a few more crying to escape. “I appreciate them, aldir. This a long time are yet to dimmed the appreciate, although sturdy the item. “aldir received simply just began to solution if a distinct telephone divide the oxygen. “The send! This lqua possesses go back! “ope exhibited with Frodo’s experience seeing that he / she leapt in place. “Easy, kid! inch cautioned aldir. “What in the event he / she is just not within the ship”"What in the event he / she is” seemed to be the one solution for the reason that hobbit sprinted decrease the path when it comes to this have. “Sam! Sam! “The elves unloading this send paused into their do the job to discover the explanation for that quick agitation. It had been, certainly, Frodo Baggins, hurtling when it comes to these individuals on Mach 10. age manufactured some sort of beeline with the elf the boss,

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Maori Culture Maori History The Maori are the indigenous people of New Zealand, they are Polynesian and comprise about 14 percent of the country's population. Te reo Maori is the native language which is related to Tahitian and Hawaiian. It is believed that the Maori migrated from Polynesia in canoes around the 9th century to 13th century AD. Dutch navigator Abel Tasman was the first European to encounter the Maori. Four members of his crew were killed in a bloody encounter in 1642. In 1769 British explorer James Cook established friendly relations with some Maori. By 1800, visits by European ships were relatively frequent. At this time, war and disease took their toll on the Maori till eventually their population dropped to about 100,000. In 1840 representatives of Britain and Maori chiefs signed the Treaty of Waitangi. This treaty established British rule, granted the Maori British citizenship, and recognized Maori land rights. Today many of the treaty's provisions are disputed and there has been an ongoing effort from the New Zealand Government to recompense Maori for land that was illegally confiscated. The present Maori population is around 600,000 or 14% of the country's population, and Maori live in all parts of New Zealand, but predominately in the North Island where the climate is warmer. Maori Origins There are a number of theories about the origins of the Maori. Maori legend says that the Maori came from "Hawaiki", the legendary homeland about 1000 years ago. Some speculate that the island of Hawaiki were likely near Hawaii and others that Hawaiki is now inundated by the Pacific Ocean due to a rise in global sea level. Another theory suggests that the Maori originated in China, and travelled via Taiwan, the Philippines to Indonesia, onto Melanesia, reaching Fiji. From there to Samoa and on to the Marquesas, and turned South West to Tahiti, thence to the Cook Islands and finally to Aotearoa (New Zealand). When the Maori arrived in Aotearoa (New Zealand) they found a land quite different to tropical Polynesia. New Zealand was not only colder, but it also much bigger in area. (In fact New Zealand is bigger than the rest of Polynesia put together.) They found islands that possessed unusual fauna including the largest bird in the world the Giant Moa and the world's greatest aerial predator, the giant Haast Eagle. The landscape was also different. New Zealand is the only place in Polynesia whose mountains have snow. Not just a few snow capped mountains either. The Southern Alps in the South Island for example, are 600 kms in length. The North Island also has one main chain of mountains and in addition, contains many volcanoes including a super-volcano. Some believe that the Maori found Aotearoa probably by chance or mistake as they could have been blown off course in one of their navigations. But there is also evidence that the Maori had sophisticated ancient knowledge of the stars and ocean currents and this knowledge is carved in their "whare" (houses). The term "Whakapapa" is used to describe Maori genealogy. The word "Papa" doesn't mean father but rather anything broad, flat, and hard such as a flat rock. Whakapapa means to place in layers and this is the way that different orders of genealogies are understood. One generation upon another. The Maori term for descendant is uri, its precise meaning is offspring or issue. Maori Traditions Before the coming of the Pakeha (white man) to New Zealand, all literature in Maori was orally passed onto succeeding generations. This included many legends and waiata (song). The most recognised tradition today is the "Haka" which is a war dance. The Haka was performed before the onset of war by the Maori last century, but has been immortalized by New Zealand's Rugby Team the All Blacks, who perform this dance before every game. The traditional Maori welcome is called a powhiri, this involves a hongi which is a greeting that involves pressing noses as opposed to a kiss. Another prominent feature of Maori culture is the striking tattoos that adorn the face. Full faced tattoos or "moko", amongst the Maori tribes was predominantly a male activity. Female forms of moko were restricted to the chin area, the upper lip, and the nostri

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Become a Member So far over 3,000 patients, carers and members of the public and of our local community have signed up as members of our proposed new Foundation Trust. You can show your support by filling in our on-line application form and joining us today. Who can become a member? Being a member of Lewisham Healthcare NHS Trust is free, and need not take any more of your time than you want to give. You will receive updates on your local NHS developments and can choose to get more involved if you want to -- for example, by speaking to frontline healthcare staff on how we can improve our services. There are two groups of non-staff members: The Public group -- open to anyone who lives in the Borough of Lewisham The Service Users' group -- open to anyone who lives in England or Wales who has used NHS hospital or community services in Lewisham over the last five years. You can also join this group if you have been a carer to a service user. Members of both groups must be aged 11 and above. It is up to you which group you choose to join, but you can only be a member of one of these groups. Elect governors to represent members' views on our Council of Governors Stand for election as a governor Take advantage of the NHS Discounts scheme, available to all our members. Read more on the NHS Discounts scheme . Click on 'register now' and then fill in the online form. When asked the question 'do you work for the NHS?' please select 'Foundation Trust Member'

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Important: Your credit card will NOT be charged when you start your free trial or if you cancel during the trial period. If you're happy with Amazon Prime, do nothing. At the end of the free trial, your membership will automatically upgrade to a full year for $79. Book Description Release Date: June 21, 2011 | Series: Vish Puri Mysteries Early one morning, on the lawn of a grand boulevard in central Delhi, the Hindu goddess Kali appears and plunges a sword into the chest of a prominent Indian scientist, who dies in a fit of giggles. Vish Puri, India's Most Private Investigator, master of disguise and lover of all things fried and spicy, doesn't believe the murder is a supernatural occurrence and sets out to prove who really killed Dr. Suresh Jha. To get at the truth, he and his team of undercover operatives -- Facecream, Tubelight, and Flush -- travel from the slum where India's hereditary magicians must be persuaded to reveal their secrets to the holy city of Haridwar on the Ganges. Stopping only to indulge his ample Punjabi appetite, Puri uncovers a network of spirituality, science, and sin unique in the annals of crime and soon finds that solving the case will require all of his earthly faculties. Early one morning, on the lawn of a grand boulevard in central Delhi, the Hindu goddess Kali appears and plunges a sword into the chest of a prominent Indian scientist, who dies in a fit of giggles. Vish Puri, India's Most Private Investigator, master of disguise and lover of all things fried and spicy, doesn't believe the murder is a supernatural occurrence and sets out to prove who really killed Dr. Suresh Jha. To get at the truth, he and his team of undercover operatives -- Facecream, Tubelight, and Flush -- travel from the slum where India's hereditary magicians must be persuaded to reveal their secrets to the holy city of Haridwar on the Ganges. Stopping only to indulge his ample Punjabi appetite, Puri uncovers a network of spirituality, science, and sin unique in the annals of crime and soon finds that solving the case will require all of his earthly faculties. {"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 Amazon Best Books of the Month, June 2010 : Vish Puri, India's Most Private Investigator, is hot on the trail of a killer in this second book in Tarquin Hall's winning new detective series. The Case of the Man Who Died Laughing is the perfect dog day novel for readers who like their murder mysteries spiced with unforgettable characters and a good dose of humor. As endearingly idiosyncratic as Agatha Christie's Hercule Poirot, Hall's Vish Puri pursues the murderer of a scientist who made it his business to expose high-profile charlatan gurus, yet died in a spectacularly supernatural fashion. Along with his quirky investigative team, Puri works overtime to solve this baffling crime and keep readers laughing all the way through to the case's satisfying conclusion. Embrace the heat this summer in this vibrant (and flavorful) new murder mystery series set in New Delhi, India. --Lauren Nemroff --This text refers to an out of print or unavailable edition of this title. More About the Author Tarquin Hall is the author of the Vish Puri mysteries, set in India. The first in the series, 'The Case of the Missing Servant', was

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How can I make sure that more people see my posts in their news feeds? The best way to have your posts show up in the news feeds of the people who like your Page is to post things you think your audience will like, comment on, or share with their friends. Use your Page Insights to learn more about the types of posts that your audience is most interested in. By promoting your posts, you're simply increasing the chance you'll reach a larger number of people and, when they interact with your post, their friends. People trust recommendations from their friends, which means that this extended audience is more likely to be interested in your business when they see that a friend has liked, commented on or shared your post.

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The market for most modern Barbies hasn't been all that good for several years. Unless she has something rare or particularly desirable, I don't think it will matter when she sells. I really don't think the market for most modern Barbies is going to pick up for quite a few years, if ever. I couldn't agree with you more. The market for modern Barbies (and even vintage) is very soft and has been for many years. Mattel overproduced, too many people overbought and hoarded Barbies thinking they would go up in price. Instead, almost every doll has lost value on the secondary market. It's a sad reality for people who collected thinking they would make a fortune. I doubt that most Barbies will EVER be worth more than retail - if even that - since so many people with dealers licenses also hoarded Barbies... and they bought them wholesale. As far as selling at Christmas time. The Holiday dolls do sell a little better (as does Halloween at Halloween etc.) but anyone selling their Barbies in this market should expect to sell low or not at all. Also, the sellers that have the rare or "never removed from package" are outrageous in their prices; $325,00; $600.00 and I rarely see any of them sold. Maybe the Trump children can afford those prices but your average buyer can't. And, I do not think today's kids are that interested in Barbie. No imagination - they might have to think. I'm so glad I read this thread today. I was wondering the same thing. One week I looked at prices of the Bob Mackie dolls and the prices were very low. I came back 2 weeks later and the prices bumped up . I had hoped prices would increase on the dolls that I purchased but they are all about the same as when I bought them 5 yrs ago. Yes, I think these were so over=produced they became worth very little. What I hate doing is keeping them in the shipper and their box, and not enbjoy them because I thought I was preserving value. There are too many barbie out there. However I just love some of them. Just bought a Bill Blass barbie. Its price was way down. I stuck to ones I liked--harley barbies, coca-cola and a few others/ They still put a smile on my face. I have about 30--so not a big collection. You are collecting things you like and only buying things you want for yourself. THAT is the way to collect Barbie these days. IMHO you should take those Mackies out of their boxes and DISPLAY them! =) Enjoy those dolls. The Mackies are one of the few Barbies that MUST be taken out to be displayed so they don't lose as much on the secondary market for being "gently" displayed - i.e. in a case, kept dusted, out of the sun etc. BTW - They will lose some value when you remove them from their box, but not from the shipper box. It's a good idea to keep the shipper box though, it does help the value in resale, even on a displayed doll. In a nutshell, with the price of Barbie as low as it is today, we might as well enjoy our collections since they are never going to turn us all into millionaires.

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Will Tottenham eventually have to cave in to a sugar daddy? It's fair to say that the recent Premier League triumph enjoyed by all in the blue half of Manchester didn't particularly enamor the vast majority of the neutral footballing public. For many, the sight of Vincent Kompany holding the league title aloft was vastly overshadowed by the looming specter of Sheikh Mansour's petromillions. But for Tottenham Hotspur supporters, the Manchester City story evokes a whole array of contrasting emotions. Both football clubs behold a rich history and it's fair to say that in recent times, their fan bases have endured a relatively sustained level of dashed hopes and disappointment. And whilst City are now enjoying their moments in the sun, Spurs fans have been left looking up. It was always inevitable, but their one time rivals for Champions League qualification, have now left them for dead in the Premier League. For some traditionalists, the thought of joining City via the riches of foreign billions is too painful to comprehend. Why should Spurs sell their soul to the devil? Investment has always been sustained at White Hart Lane and some could argue that the money poured in through the cash flow of Joe Lewis and ENIC is a luxury that other Premier League clubs could never compete with. But Tottenham have always tried to live within their means. However, the harsh truth is that to break through the league's glass ceiling of achievement, financial morality and shrewd business ideologies cannot be held close to the heart. Sooner or later, Tottenham Hotspur are going to have to cave to a sugar daddy. Firstly, it is important to not begin tarnishing the achievements of others through rose-tinted spectacles. Top-flight football within this country is, and has been for quite some time now, primarily run as a business first and a football club second. The business acumen of a club's board and chairman are now just as important as the scoring prowess of their star striker. Some teams such as Tottenham and Arsenal have got this right- regardless of the endless chiming about their finishes in the league, they've always remained in the top division (in recent times anyway). Leeds United didn't get it right and the effects for them have been tumultuous. Even Liverpool, for all their glory and European Cups, flirted with the horror of administration in the autumn of 2010. Football in the 21st century has no sentiment for history or the triumphs of yesteryear. That won't increase the bank balance in the global game. So in a world where the fates and futures of Premier League clubs are decided as much in the boardroom, as they are on the football field, who are we to necessarily slate the triumphs of Manchester City? It is impalpable to compare the Citizens with Real Madrid, but despite the difference in prestige between the two clubs, elements of their success have been founded by similarly outrageous investment. For all their revenue, you can hardly say that Florentino Perez's bankrolling of the Galacticos, in either of his presidential terms, is living within their means,Yes, they consequently doubled their revenue and their global marketing potential, but it was all funded off the back of extremely generous bank loans, the sale of a training ground (which was investigated by the EU Commision) and with the safety net of Perez's billions himself. Surely the only difference with Manchester City is that it that banks such as Santander and Caja Madrid were bankrolling Real, as opposed to a wealthy Arabian businessman? Of course you can argue that Real Madrid were already one of the world's biggest clubs, but the financial facts are there to see. However you may view the morality of such investment and spending in the world of football, Tottenham Hotspur are most certainly at a crossroads in their history. The Northumberland Development Project is crucial in every way imaginable to the Lilywhite's. The club simply cannot sustainably compete with the wages that their rivals are able to pay potential talent and this in no small part to the limitations in matchday revenue that White Hart Lane is able to bring. The financial rewards that Arsenal are currently reaping at the Emirates has been shoved in the face of Spurs fans to the point where the words 'corporate hospitality' are almost blacklisted. But this is the issue. There is simply no way that the construction of a new stadium can begin, unless a gargantuan amount of money is raised first. And the only real way that Daniel Levy can do this is

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Transit Officers & Security Guards Public Transport - Authorised Officers Authorised Officers are employed by public transport operators (train, tram and bus). They check tickets, work to improve passenger safety, deter fare evasion, vandalism and anti-social behaviour, and provide information and assistance at special events. They may work in uniform or in plain clothes, but they must always display their badge and on request show their identity card to passengers. Sometimes they work in teams to ensure the tickets of large numbers of passengers can be checked quickly and efficiently. There are about 600 Authorised Officers in Victoria. Do I have to answer questions? Authorised Officers on public transport have the following powers: Ask to see your ticket, even after you have just left the vehicle or paid area of a station. Ask for your name and address if you do not show a valid ticket. Ask to see evidence which confirms your identity. Can they search or confiscate my things? Authorised Officers cannot search bags or any belongings of a person, but they can confiscate tickets for use as evidence if they believe an offence has occurred. Can they make me move along/leave an area? No, unless you are seen committing an offence. Can they issue fines? Authorised Officers do not issue infringement notices or fines to passengers. However, the Authorised Officer has the power to complete a report which is submitted to the Department of Infrastructure which then determines whether an infringement notice should be issued. Can they arrest me? Authorised Officers can only arrest you if they reasonably believe that you have committed an offence and the arrest is necessary for one of the following reasons: to make you appear before a Court; to preserve public order; to prevent the continuation or repetition of an offence; or for your safety or welfare of that of the public or the person. If you are arrested, the police will be contacted to charge you. You may be detained until police arrive if you refuse to produce identification. Where can I make a complaint about them? Customer Feedback lines are in place to accept complaints: Yarra Trams - 1800 800 166 Connex - 1800 800 705 For buses , contact the bus company on which you travelled, or call Metlink on 131 638 (6am-10pm daily). Police support for travel to and from special events such as AFL (football) matches, Grand Prix, New Year's Eve celebrations in the city, Oktoberfest and the Spring Racing Carnival. Transit Police usually patrol in uniform unless they belong to special task teams operating undercover, in which case they will be in plain clothes. Do I have to answer questions? Generally, you do not need to answer questions, but you will have to tell the police officer your name and address if they believe that you have committed or are about to commit an offence that is against public transport laws or certain other laws. In those circumstances it is a criminal offence to give a false name. Can they search or confiscate my things? Police officers can perform a search at the train station or even on public transport (buses, trams, trains) without a warrant in situations if: they believe on reasonable grounds that you are in a 'target area' under terrorism laws, or they believe on reasonable grounds that you are carrying illegal drugs, explosives, graffiti equipments (such as spray cans, textas) or other offensive weapons. they believe on reasonable grounds that you are carrying a knife or prohibited weapon. A police officer must also inform you of their name, rank and place of duty, as well as the reasons for why the officer is searching you. The police may also confiscate any thing in your possession which they reasonably suspect is a weapon. The only search police are allowed to give you in a public place is a pat down search. A pat down search occurs where the police quickly runs their hands over the outside of your clothing or use metal detectors. You may be asked to remove any outer clothing, such as a jacket, hat or shoes. If a police officer performs a pat down search but suspects that you are in possession of a weapon under your clothes, an officer of the same sex may perform a strip search in a private place. The officer must ask for your cooperation and inform you why it is necessary to remove any items of clothing. The strip search must not be conducted in the presence of a person of the opposite sex or any other person who does not need to be present. A pat down search or strip search of a child must be conducted in the presence of a parent or guardian of the child being searched. If a search is urgent, or if the

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And You Thought It Was Hot In Houston! As the temperature climbs past the century mark in Houston, a lot of families are escaping the heat to enjoy our year round 73 degree indoor fun at Space Center Houston. Despite the sweltering Texas heat, it could have been much worse -- about 1,800F degrees worse. In fact, we have it easy compared to a distant celestial cousin recently discovered by NASA! Imagine living on a planet that is constantly simmering under the blow torch like forces of its own Sun. Sound like Houston in the summer? Evaporating Exoplanet Via NASA: An international team of astronomers using data from NASA's Hubble Space Telescope has made an unparalleled observation, detecting significant changes in the atmosphere of a planet located beyond our solar system. The scientists conclude the atmospheric variations occurred in response to a powerful eruption on the planet's host star, an event observed by NASA's Swift satellite. The stellar flare, which hit the planet like 3 million X-flares from our own sun, blasted material from the planet's atmosphere at a rate of at least 1,000 tons per second. "The multiwavelength coverage by Hubble and Swift has given us an unprecedented view of the interaction between a flare on an active star and the atmosphere of a giant planet," said lead researcher Alain Lecavelier des Etangs at the Paris Institute of Astrophysics (IAP), part of the French National Scientific Research Center located at Pierre and Marie Curie University in Paris. Comments This entry was posted on Thursday, June 28th, 2012 at 3:20 pm and is filed under Misc . 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. Leave a Reply At Space Center Houston, we're more than just Space; we're all about fun, friends and family. Our blog is a new way to keep you updated about everything that goes on behind-the-scenes; from our employees, to special guests, unique events, one-of-a kind exhibits and news. We invite you to join in on the conversation, share your comments, send in your photos, and tell us your story!

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Introduction The concept of the past perfect is easier to grasp than that of the present perfect (see teaching tip for present perfect) partly because the event is usually clearly in the past. Still, when discussing the use of past perfect in relation to the past it is worthwhile to highlight the PERFECT aspect, as this may help make sense of the present perfect. For example, a quick explanation could be: The past perfect can be used to communicate something before the past, or looking back from a past moment in time. This is what PERFECT means. The use of a timeline also works particularly well with this explanation. For example, the sentence: She had left the party when he arrived. Can be illustrated like this: The past perfect is usually dealt with after the present perfect. The activities below are for intermediate level students and higher. Join the sentences A simple exercise to manipulate and focus on form involves joining two sentences together. Tony got out of bed. Before that he drank a cup of coffee. When Tony had drunk a cup of coffee he got out of bed. This is why many teachers would call a "Murphy" type activity (based on Raymond Murphy's Essential Grammar in Use series -- CUP). With just a little adjustment it can be personalized.Change the sentences to the first person singular. I got out of bed this morning. Before that I drank a cup of coffee. First students combine the two sentences. When I had drunk a cup of coffee I got out of bed this morning. Then ask them to change it into a question: Had you drunk a cup of coffee when you got out of bed this morning? They then ask this question to other students in the group.Not convinced by the example sentence? Try these: I arrived at school/work. Before that I ate breakfast. I left the house. Before that I turned off the lights. I came to this class. Before that I didn't study English. I had a test. Before that I reviewed all my notes. You can make your own sentences that are relevant to the students' lives. What had happened? When using the past perfect to explain what had happened earlier in the past you could set up a situation in which the students speculate on what could have happened. Here is an example. Write up, or project, the following text. Ask a student to read it aloud. Tell students to work in pairs and finish the last sentence of the paragraph (it's pretty certain that it will be in the past perfect). Ask each pair to compare with another pair, and then with another. Elicit the best possible conclusions to the paragraph. When he opened the door he was shocked. There were clothes all over the floor. His bookshelves were empty and the books were in a big messy pile. There was paper everywhere. The bathroom was also a mess: broken glass on the floor, his bottle of favourite shampoo gone. He looked around and knew immediately what had happened. They... You can do this activity the other way around. Give them the last sentence and ask them to reconstruct the rest. Sample last sentences: She knew she had been caught. They had changed bags. She had left him, for good this time. He hadn't seen the open window! What's the difference ? There are times when the use of past perfect is essential to avoid confusion of when something happened. Compare the following two sentences: A. The bomb exploded when the police arrived. B. The bomb had exploded when the police arrived. To check students' understanding of the difference, give the following sentences and ask them which sentence it most logically follows: A or B. The police looked for evidence. (B) The police were too late. (B) Two police officers were hurt. (A) The police didn't know there was a bomb there. (A) You can do similar exercises with the following sentences, or invent your own. The plane took off when we arrived The place had taken off when we arrived. She walked out when I came into the room. She had walked out when I came into the room. Regrets , I've had a few ... To practise the use of hypothetical past with the past perfect, a variety of exercises dealing with the function of expressing regret can be used. Think of some regrets you've had in the past and prepare a list of sentences like the following: I wish I had learnt how to sing. I wish I had taken piano lessons. I wish I hadn't started smoking. I wish I hadn't spent so much money on CDs. Write on the board the key words for each sentence. In this case, it would look like the following:

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Lost star Josh Holloway feared he was going to die while filming a risky stunt on the hit TV show.The hunky actor plays James 'Sawyer' Ford in the Hawaii-filmed castaway drama, but a spectacular set-piece in the show terrified him.He says, "The most exhilarating and frightening thing was the episode where I was on a raft that blew up."I was wearing steel-toed boots and jeans. I was supposed to be shot in one arm and have to swim quite a way through the ocean and then drag Michael (Co-star Harold Perrineau) back on to a raft."It was in the middle of the night. I thought I was going to sink and I felt like shark bait."

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The Player: How To Pick Up Women At The Gym " Unfortunately, there was a large no-neck who everyone could see had stopped his workout and set his sights on the brunette. " A Player is not someone who gets theirs and leaves a trail of broken hearts. A Player is not someone who jumps from one shallow bed to the next. A Player is that person who lives life like a legend, puts a woman into a passionate romance and works his job like he built the company. This Player, in particular, has covered the globe as a photojournalist. Camera in one hand and laptop in the other; I've seen the best and the worst across time zones and international waters. In these travels, the foundations of how to play have been learned. Along with confidence, being physically healthy is a key aspect of not only a well-rounded individual but also a characteristic of a true Player . In the pursuit of getting and staying in shape, this Player has seen more than his share of men at the gym practice the same exercise: the crash and burn. Seeing a beautiful woman sashaying out of the changing room and onto the gym floor is no reason to lose your mind, your skills and your status as a Player . However, keep in mind that you'll need to be on your best game when you try to pick up women at the gym because a "StairMaster Seductress" is there to listen to her iPod and workout, not to be hit on by every guy and his brother. Get ready, because you'll be working out your body and your mind, Player. I was nearing the top of the rock wall in the gymnasium -- my attractive lady friend and I were practicing for a climb outdoors next week -- when I noticed a beautiful brunette walk out of the changing room and into the cardio room. By her clothing and demeanor, I could tell she was all about exercising. But the delicious bounce to her well-kept curves made every man trip and fall over the benches and the treadmills. Unfortunately, there was a large no-neck who everyone could see had stopped his workout and set his sights on the brunette. Day one No-Neck paces and waits, watching the beauty on the treadmill. A good 10 to 15 minutes go by before he finally goes up to talk to her . I could see him forming thoughts in his head; I could see his lips mumble as he tried, tested and threw out lines to use on the lovely. He joined her on the treadmill next to her. The muscle-bound wannabe Player set the machine for a superhuman speed, which he can barely maintain. Another 20 minutes pass before he settles on the line and discovers the right amount of nerve. As he turns to talk to the glute-working goddess, she steps down from the machine and leaves the gym. No-Neck curses his lack of game... just as he falls off the machine. Day two It's another day of exercising for the big climb next week. Today my lovely fellow climber and I are working on upper body strength. With one eye on her pectorals and another watching No-Neck, I see him trip up again. He's shown up at the gym at the same time as yesterday. As he constantly keeps looking around, it's obvious he's waiting to see the brunette from the other day. Suddenly, she arrives and mounts the step machine. No-Neck pops up and onto the machine next to her once again. No-Neck: I see you like to train hard! Sexy Brunette: (She says nothing; there's no response, and she continues to work out on the machine.) No-Neck: So, come here often? Sexy Brunette: (No response, again.) No-Neck: (Foolishly ogling her breasts.) You have a really nice body! I think you're the hottest girl in this gym. Sexy Brunette: (Looks toward No-Neck, gives him a smirk, turns her head and continues to look ahead.) No-Neck: (Thinks to himself: " Yes , she looked at me. I am so in.") So are you seeing anyone? Are you married? Sexy Brunette: While getting off the step machine, turns off her MP3 player and says: "I'm sorry, were you talking to me? I had my music on and couldn't hear a word you were saying." No-Neck: Ahh... Yeah, I was asking if you'd like to go

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Why the best league in the world, the Premier League is slowly being ruined? The Barclays Premier League, it is known around the world as the greatest league in the world simply because it is the most competitive. However, this is changing with Man City winning the title last year by just spending hundreds of millions of pounds since the new owner came in. Chelsea are spending like crazy too since Roman Abramovich came in, especially with the signing of Fernando Torres nearly two years ago who as we all know cost 50m. What a signing he was. The clubs who have got an endless amount of cash, will obviously win the titles and this is taking the competitive edge out of the game with clubs like Wigan, West Brom and Norwich etc not standing any chance of winning anything. Those clubs don't have the financial capacity to compete with the big spenders. In this season's transfer window, Chelsea spent nearly 87m on players like Hazard , Oscar etc, compared to West Brom spending just under 4.5m or Wigan's 9m. In total the Premier League clubs spent 490m on players. West Brom have done especially well this season, especially considering they have got a brand new coach and spent so little money on players. At the minute we are sitting fifth in the league, I don't think we will stay there for long, and we play Chelsea next week. The Baggies have been the stand out team this season because of our performances under Steve Clarke, we are over performing so West Brom are the only exception to this rule so far this season. Liverpool spent 35m on players and on Brendan Rodgers and look where they are. They did draw with Chelsea on Sunday, but that was lucky, Chelsea dominated the game from start to finish. For Liverpool, they actually need to spend more money to compete with the best which they believe they should be. Liverpool need to spend money to bring in better players, but I will talk more about Liverpool on another post. If clubs like West Brom, Wigan, Norwich spent 20, 30m on a player, they would be in debt instantly and that is even if they could fork out the money in the first place. Surprisingly, City only spent 56m in the transfer window, which is a lot of money for us, but not a lot of money for them. Don't City have enough quality players to win the titles, they need to stop spending money and spend more time focusing on building a team spirit that will win them the title season after season. Chelsea who spent the most in the transfer window really needed to spend the money considering they let Drogba leave for free. Chelsea are trying to buy young quality players for a lot of money, where as Utd spend a few million on young players like Nick Powell who cost 4m from Crewe. Spending the amount of money Chelsea, Liverpool, Arsenal , City etc ave over the past few years is disrespectful to the smaller clubs in the same league as them. You can always predict who will be in the top four, five or six, and then you have the rest of the teams. Everton have got past over the last 10 years under David Moyes by spending little amounts of money apart from this transfer window in which they spent 15m. Everton are a growing team under Moyes, and if they did have the financial ability to go out spending 30m on a player they would be further up the league table like they are this season. This is why Moyes is on Utd's wishlist for the next man to replace Sir Alex Ferguson. Unlike Everton, some clubs won't be happy with the return of the amount of money they spent like QPR. QPR like the past few windows, have spent millions and in the summer they spent 18m, they spent 9m on Estaben Graneron who has turned out to be a good player for the R's but has he been worth his price tag. Another club that won't be happy with their return is Southampton who broke their transfer record no once but twice to try and stay in the division, and so far they are failing to do so. They broke their transfer record by spending 7m on Jay Rodriguez, and 12m on Gaston Ramirez, this shows that they want to bring in young new talent and want to build for the future but they want the best young players and will pay anything to get their hands on young stars. All of this reduces competition in the league, look at the Spanish league. There are two contenders every year, Real Madrid and Barcelona and they spend millions on players and there is no competition in that league, Madrid and Barcelona kill off their opponents 99% of the time. In Germany , you have Bayern Munich and Borussia Dortmund who have spent a lot of money along with Schalke and they are always the three

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The making of 'War Neuroses' The history of one of the most important and disturbing films in the history of psychiatry is covered by an excellent article in the latest edition of the Journal of the History of Medicine . The piece concerns the 1917 film of soldiers affected by 'shell shock' during World War One. It was called 'War Neuroses' and was filmed at Netley and Seale Hayne hospitals. You can now watch the entire footage online The full text of the article is locked behind a paywall but the pdf has found its way online. The history of the film turns out to be very interesting. Although it has become iconic for images of 'shell shocked' soldiers it was also made with the promotion of producer and medic Arthur Hurst's career in mind. Hurst turns out to be a curious figure and not necessarily a good representative of what was happening with regard to the home treatment of traumatised soldiers -- as he isolated himself physically and professionally from the wider community of professionals working on treatments. Despite working at Netley, Hurst made no attempt to integrate himself within the wider community of shell shock doctors. By the end of 1916, Maghull and the Maudsley had become the main centers for experiment into treatment, run respectively by R. G. Rows and Frederick Mott, but Hurst worked independently of them and their staff. In part, this was because he saw himself as a general physician, rather than a medically qualified psychologist, bringing a knowledge derived from neurology and infectious disease to the question of neurasthenia, hysteria, and shell shock. As a charismatic leader, Hurst was more comfortable running his own hospital than becoming part of a network of shell shock doctors -- many of whom explored hypotheses borrowed from psychoanalysis, anthropology, and psychology. Significantly, no motion pictures were shot at either Maghull or the Maudsley, though both were recorded in still photographs. Another curious detail is that Hurst made the film to demonstrate the effectiveness of his treatment, showing before and after treatment footage of the soldiers. However, some of the 'before treatment' footage has clearly been re-enacted as the surroundings and personnel don't change position. This was apparently common in documentaries of the time and was probably justified by Hurst as being an accurate depiction. Nevertheless, apparently this was not only an attempt to make his treatments look more effective but the footage itself was also used to demonstrate to patients the extent of the change they'd experienced. Anyway, the whole article is full of fascinating background, so well-worth checking out. Also, if you're interested in reading more about 'shell shock' and its effect on mental health treatment the June edition of APA Monitor has an article by the same historian, Edgar Jones , on how it was first taken seriously. Link to article in journal site. pdf of the same. Link to film on YouTube. Link to APA Monitor article on 'shell shock'.

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When it comes to weddings, everyone has different ideas about what makes for a fabulous event. If your idea of the perfect ceremony and reception involves something a little more laid-back than the traditional white wedding, then embrace the summer season. Summer is the best time for a casual wedding and we have some ideas on how to make yours stand out. We asked Malvina Chevolleau, the owner and principal designer of Fabulous Occasions, an event planning and design boutique, to share some of her best tips for making your big day easy, breezy, fun and -- most importantly -- personal. 1. Have homemade wedding treats Having each of your guests contribute a signature dish to your wedding feast adds a hint of family tradition and community, and makes for a unique table feature. Chevolleau recalls one wedding she planned that included a down-home, collaborative sweets table: "All the women in the family contributed something, whatever their specialty was -- pie, cupcakes, tarts, trifle. It was really pretty and really unique," she says. "There were little notes placed beside each dish saying who contributed it and what their relation to the bride and groom was." After guests circulated the sweets table, they could move on to a DIY drink station. "We had a big lemonade stand with big jugs of pink lemonade made from the bride's mom's recipe with Mason jars, and everyone helped themselves," Chevolleau adds. Creating stations for your guests to mingle around doesn't need to be fussy when everyone pitches in. It also creates a fun, DIY twist and makes for great conversation among those in attendance. 2. Get creative with your wedding decor and guest seating An outdoor wedding will allow you to be more creative with your setting than a traditional chapel or reception hall. "If you have a nice, big open space, the way you create your seating doesn't have to involve everyone sitting in one direction, staring at the bride and groom," says Chevolleau. "You could do a circle formation with your chairs if you're in a woodsy area, and use the trees as your backdrop, hanging some flowers from the branches themselves." Situating your guests in a more immersive formation, especially in the great outdoors, makes for a conversation-friendly atmosphere and takes some of the pressure off the bride and groom. Page 1 of 2 -- From local wedding favours to making your wedding more green, discover three more ways to plan a summer wedding on page 2.

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Rich Moore Interview, Wreck-It Ralph Disney's exciting new animated comedy, "Wreck-It Ralph," is directed by Emmy Award winner Rich Moore from a screenplay written by Phil Johnston and Jennifer Lee. Ralph (John C. Reilly) is tired of playing the bad guy in an old 1980s arcade game where he's been overshadowed for three decades by Fix-It Felix Jr. (Jack McBrayer), the good-guy star of their game. He takes matters into his own massive hands and embarks on a hilarious, heartfelt journey across the arcade, thinking that if he can becomes a hero in other video game worlds, he will finally get the love and respect he feels he deserves. At the "Wreck-It Ralph" press day, Moore talked to us about what it was like to helm the fun, arcade-game-hopping adventure about a world that's inspired by things he used to play as a kid. He told us what he loved about the characters, why it's impossible to pick a favorite, how he dealt with the challenges of animating the jerky, 8-bit Fix-It Felix characters, and what makes Sarah Silverman's character, Vannelope, so unique. He also discussed the overlap between Disney and Pixar sensibilities that we see in the film and revealed his favorite childhood animated movies and TV shows. Question: What was it about this that got its hooks into you? Rich Moore: Well, I think number one, being able to make a comedy at Disney was really appealing. Phil and I from the beginning, we said, you know what, let's try and make this the funniest animated comedy that we can make. But then, the flip side of that also is the fact that we were able to get tremendous heart into the movie, and I think that's the hallmark of a good comedy, that it can make you laugh but also take you to that point where you're in love with these characters and you want to see them be happy and see their relationship get kind of broken and feel that emotion for them speaks to the heart of the film. And the fact that it's about video games is just something that I love. That's a part of my childhood and my whole life actually. Something I've enjoyed and it's been close to me. To be able to depict this world of worlds or this universe of worlds that come from things that I used to play as a kid and continue today has been really fun. It's really great. Q: Is one of your hopes to bring arcades back? Moore: They're gone? Well, I think we still have them like Dave and Busters and Chuck E. Cheese, but not like the glory days of arcades. Q: Those aren't really arcades. They're bars with card systems that don't quite add up to the money you put on the card. Moore: (laughs) I think someone has a resentment for Dave and Busters. Did you used to work there? Q: The games are all racing and dancing. It's not the Fix-It Felix type games. Moore: Right. It'd be fun if they did come back. I know there's one here in L.A. called The Family Arcade. I think it's on Vermont in Koreatown that's really fun. And over in the valley on Sepulveda, Castle Park, the miniature golf course, is still there. I grew up in Ventura nearby here. We had Golf n' Stuff off the 101 that had a great arcade that I wasted a lot of time in, but it was worth it, I think. Did you play in arcades? Q: Yeah, on the east coast every mall had one. Moore: Yeah. Q: Who is your favorite character and why? Moore: Ooh, that's hard. I love them all so much. That's really, really hard because I'll be honest, they all feel like they're kind of reflections of myself or people that I know and love. Boy, as the main character, I love Ralph, and what I love about him is that he's so simple. He's an 8-bit character and he's carrying this very complex dilemma in his mind. There have been times when I have felt just what do I do, this is so overwhelming, and I can identify with that so much. I love Venelope (voiced by Sarah Silverman). I see myself a lot as a kid in Venelope and my daughter in Venelope,

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Is time real or an illusion? Adam Greene, Portsmouth Diverse thinkers, from the ancient Greek philosophers through contemporary quantum cosmology and eternal inflation theory, have called time an illusion. For them, the perception of time passing from present moment to present moment is an artefact of our psychology, so that anything real or true is real or true eternally and timelessly. The belief that reality lies in a timeless realm of truth, rather than in the flow of events our perceptions show us, might be supported by scientific argument but equally it reflects a metaphysical prejudice. Contemporary attempts to extend quantum theory to the cosmological, to encompass the whole Universe and not just a sub-system of it, are often couched in equations which suggest time is emergent from a timeless reality. But these attempts suffer from problems, both technical and conceptual, that are even more challenging than the usual conundrums of quantum theory. Several advances in the study of quantum gravity have shown that our four-dimensional space-time is only recovered in a version of the theory in which time is real and not emergent. I would hold that, contrary to the ancient metaphysical tradition, time is not only real, it is likely that it is the only aspect of reality we experience directly that is fundamental and not emergent from anything else. Physical time is run of clocks in a timeless space. "Past-present-future" is a mind frame through which we experience run of clocks and all other material change in timeless space. see more in my article here http://scitation.aip.org/getabs/servlet/\\... Time is made up. It is only perceived from three key aspects. Realization, Consciousness, and Motion. We only use time as a measurement. If you see it is seven o' clock and later see its nine o' clock, did two hours pass by? Or did you render the realization of consciousness and motion. For instance, if a man has a coma for two years and wakes up; you can tell him that he was in a coma for two days and he would probably believe you. This is because he did not render Realization, Consciousness and Motion because he was in a coma. Time exists for us because we understand that there is a imminent end to all things. Being conscious of this forces us to use, live and think around time, I feel. 8) (what was we on about?) lol ( YES. As i use a hammer to build the house, i use time to choose when best to do it.) Both tools of human consciousness. surely time is just a label so that we can communicate our interpretation of something that is, was, or is going to happen in the physical world. The label of time is just an expression so that we as a race can communicate effectively. things will happen in the physical universe regardless of whether the human race exists in it or not, the only difference is that humans will label these events and place them into the order in which they occurred and to make these events easier to catalogue and place the label of time was created as a point or points of reference so that people could say...."oh yes i have dentist next Wednesday" .....The word and by assocciation the concept of time is really just a label so that any person can relate a sequence of events or future events to another person in a logical way. Time exists because we use it...It was invented. But Does the Universe have an Awareness Of Time. To Suggest that Time is Real is to also suggest that there are larger things at work in Creation... Imagine this Paradox.. Your dreaming a dream of the future but you dont know its the future until you witness it coming true, but you realised that the dream you were having was of someones future and you were just remotely viewing it through the dream... You notice the Dream is happening for real, and you know its that person and not you.. If you stood infront of the person and send yourself a message so you could change something in the past, would you be able to allow the dream to come true... Time does not seem to have rules, What if traveling through time requires the understanding that time has no boundries and thus the past present and furture exist as one... Im confusing you i know, but if I told you staight out you would not be able to find the conlusion for these words by your own experince.... Time exists because someone invented it... But does the Universe Know

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All proper democrats should back Lords reform . A second elected chamber, with a clearly defined role, would improve democracy. A small number of specialist senators, appointed not elected, would be a useful tweak. By and large the coalition has done a good job of putting together a sensible plan for change. And now ... the reality check. Lords reform isn't going to happen this time either. It is a good idea but it has never really happened. This week, we will see a close vote, as Tory rebels combine with Labour to defeat an attempt to limit debate on the reform. If they win, Lords reform will gum up parliament for many months. Even if they fail, the legislation will fall into a deep swamp of filibuster in the current House of Lords. Why? If the arguments of such shrewd supporters of reform as the former Tory minister Stephen Dorrell (writing today) are so robust -- and his point about a stronger upper chamber taking on the executive is crucial -- how can it be that they are so easily shrugged off by MPs, who know very well the public is disillusioned with Westminster already? The answer is that Lords reform has become what the coalition talks about when it wants to scream with fury and demand divorce but can't quite manage to. It's a substitute. It's Freud's transference neurosis . It's an excuse. The Conservative party has only now fully woken up to the fact that Britain does not have a Conservative government. It may have a " Tory-led coalition " in Labour's phrase and it may be a government whose cuts to welfare and health budgets cause outrage to many people. But for the true-blue, red-clawed Tory, it's a coalition that has failed to deliver satisfaction on tax cuts, shrinking the state, boosting private enterprise, confronting Europe and implementing more punitive law and order measures, not to mention tighter controls on immigration. David Cameron is getting much of the blame because, according to several Tories, he too easily accommodates the impertinent demands of the minority Lib Dems, of which Lords reform is the cheekiest. Stop Lords reform and you remind both Cameron and the Lib Dems who's boss: the Conservative party. On the Lib Dem side, Nick Clegg and Vince Cable know they are perilously close to having to face the electorate next time as partners in a coalition that has delivered next to nothing for Lib Dem voters -- not a better relationship with Europe, not electoral reform, not a revived economy. Ministers such as Clegg and Danny Alexander have become completely associated with the political personalities of Cameron and Osborne, and the early tax changes and reforms to the banking system aren't enough to cheer the Lib Dem troops. So for them, Lords reform is essentially a political virility symbol: look what we've done. You may say we were the junior partner. We may have lost voting reform. Europe may be going belly-up. But we have finally responded to the old Liberal promise of an elected replacement for the Lords made before the first world war. Lloyd George, we have kept faith. Both Tory backbenchers and Lib Dems have to find the nearest washbasin and splash some ice-cold water over themselves. The likeliest outcome of a successful Tory revolt is that furious Lib Dems will retaliate by blocking the boundary changes that Conservative managers expect to deliver a net 20 seats in 2015. Lib Dems were already angry at the outcome of the boundary changes: this could be just the excuse they need to block them. Meanwhile the government will be so sunk in mind-numbing procedural battles it will do almost nothing useful over the next year. If they think the opinion polls are bad now, just wait. On the Lib Dem side, they must ask themselves what a worried electorate, staring at the financial news, scared of more job losses, will think of a coalition expending so much political energy on remodelling Westminster -- and almost certainly for no profit. This really, really, isn't the way to stave off political slaughter in the depths of a recession. The sensible thing for Tory rebels would be to swallow their anger, allow the legislation to pass through the Commons, secure in the knowledge it won't survive the Lords before the election; and pocket the advantage the b

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NDJ COMMENT: Payout for turbines is right WE report with interest that the people who will be living in the shadow of the Batsworthy Cross wind farm are angling for compensation. We wholeheartedly support these people and wish them the very best of luck. It is ludicrous that this doesn't come as a standard part of the application process for large developments such as this. It is commonplace for Section 106 money to be awarded to local councils when developments are built, so why on earth can't the people directly affected by these sorts of developments expect to be properly compensated? It is obvious that if a large company erects a giant wind turbine next to your home, the price of it is undoubtedly going to take a knock. We only have to look at the Fullabrook Estate to know this. If people knew they were going to be properly compensated during the planning process for these wind farms then perhaps there wouldn't be such ill-feeling towards them. It seems downright bizarre that the Government coughs up money to subsidise people who want to put up turbines in order to meet green targets, but doesn't cough up any cash for those who have to live with the consequences. We support the idea that it should be the energy companies who pay out compensate to people whose lives are affected by turbines, not the taxpayer. Although, of course, we will end up paying somewhere along the line on our utility bills.

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Daft The place for non-serious chat. If you fancy increasing your post count without annoying people this is the place to be! Suggested content: jokes, links, daft threads when you want to say something/anything Subforums: Games Forum Led by: Moderators , Admin Personal concerns If you need to talk about something away from your physical surroundings, a shoulder to cry on, a place to ask for advice about problems you're having, or about something that is happening to friends, then this is the place to post. It's for personal issues that are affecting your life. Forum Led by: Moderators , Admin About the animations Noticed something? Want to ask a question? Want to say what you think about the latest animation? Fancy arguing who would win in a fight between Mittens and Samurai Lapin? This is the place to do it. Forum Led by: Admin , Moderators

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Major Barton : What your telling me Sir and correct me if I'm wrong, is that the infantry attack on Lone Pine, and our Light Horse attack on the Nek are diversions. Col. Robinson : Oh, not just diversions Major, vital important diversions. Tonight, 25,000 British troops will land here at Suvla Bay. Our attacks are to draw the Turks down on us so the British can get ashore. Sorry I didn't tell you this before, secrecy is vital. Major Barton : But Sir, the Nek is a fortress. Protected by at least five machine guns at point-blank range. Col. Robinson : Yeah, we've considered that Barton. We're gonna hit their trenches with the heaviest barrage of the campaign just before your men go over the top. Artillery Officer : By the time we've finished here, there won't be a Turk within miles. Col. Robinson : The Turks can keep us pinned down at ANZAC forever. This new British landing is our only hope. We must do what we can to make it succeed. Because of it does succeed, we'll have Constantinople with a week, and knock Turkey out of the war. Share this quote Sgt. Sayers : As you all know, this morning's exercise involves a frontal assault on an enemy trench, the enemy being some "gentlemen" from the Light Horse. These "gentlemen," presumably because their asses are higher from the ground that ours, tend to assume airs of superiority. But, they won't have their horses with them today, so I want you to go out there this morning, and short of actually killing them, show them the stuff the infantry is MADE OF! [ soldiers cheer ] Share this quote Major Barton : [ to the soldiers ] All right men... we're going. But I want you to remember who you are. You are the 10th Light Horse! Men from Western Australia. Don't forget it. Good luck. Share this quote Col. Robinson : Tell Major Barton that the attack must proceed. Frank Dunne : Sir, I don't think you've got the picture. They are being cut down before they can get five yards. [ hits the phone ] Col. Robinson : Bloody line! I don't care! Our marker flags were seen in the Turkish trenches. The attack must continue at all costs. Frank Dunne : But... Col. Robinson : I repeat, the attack must proceed! Share this quote Major Barton : [ into a telephone ] Barton, sir. Col. Robinson : [ into a telephone ] Barton, why haven't your men gone? [ pause ] Col. Robinson : What? [ another pause ] Col. Robinson : Barton, I don't care what your watch says. Mine says the men should have gone three minutes ago, so send them. Major Barton : [ into the phone ] Sir, do you know that the Turks are back in the trenches? Col. Robinson : [ into the phone ] I know that, Barton. I still say you must go! Major Barton : [ gulps with fear ] Yes, sir. Share this quote Col. Robinson : [ into the telephone ] Those men of the third wave should have gone, Barton. Marker flags were seen. Major Barton : [ into the telephone ] Not by me, sir. I've asked for confirmation to call off the attack from General Gardner. Col. Robinson : [ into the telephone ] Your orders are to attack and you'll do so immediately! The British at Suvla must be allowed to get ashore! Is that clear? You are to push on at all costs! Major Barton : [ into the telephone ] It's cold blooded murder! Col. Robinson : [ into the telephone ] I said push on! Major Barton : [ into the telephone; grim tone ] I understand. Goodbye, sir. Share this quote Related Links You may report errors and omissions on this page to the IMDb database managers. They will be examined and if approved will be included in a future update. Clicking the 'Edit page' button will take you through a step-by-step process. To share this quote, copy and paste the following link into an email, instant message or webpage. Hide link

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Other Answers (19) I will wait out December 2012, just because I want to be amused when nothing happens and the end of the world doesn't come (or does..?) and then I will kill myself, there is no justice in this world, no love. I don't want to live here anymore, there is no one who will care for me and understand my disabilities, no one who will take me in and guide me into becoming independent and functional. This world is full of liars, decievers, hate and selfishness, fake faced people who claim to care, claim to want to help but never do a thing to really help. So, I will end it. I'm not sure how yet, possibly helium induced asphyxiation or decapitation. Hope that the "needs of the few,( or one, yourself )" don't get in the way of "the needs of the many", America. IMO, I think that free health insurance and other expenditures that cost waaay too much money should take second tier, for now, at least. Yes, it is VASTLY important that people who don't have too much money have a better chance of going to college and having a better career, and that those who have piles and piles of medical bills can finally get that weight off their shoulders. But, it all boils down to one thing: money. At our current rate spending, we will be at about $21.665 trillion in debt by 2022( http://cnsnews.com/news/article/cbo-obam\\... Who do you think's going to pay for that? No one at the moment. Yes, we could ask those who have a ton of cash sitting around to pay for it, but that's what got the Soviet Union into such a mess. If you tax the rich consistently and spread their money around, eventually, no one will have money, and we'll all end up in a hole. In the end, please think before you vote in a policy or leader that wants to amass even more debt, because, eventually, SOMEONE'S going to have to pay....... http://www.youtube.com/watch?v=OTSQozWP-\\... ( I don't support this party or candidate in any way, but the message gets the idea across pretty clearly ) -look forward for the 8 months coming cause my dads coming back in 8 months and after getting send back to mexico plus is mitt won he would be coimng so go obama! -be thankful my mom still has food stamps cause thats the only reason why were not starving to death anyways mitt would have took that too -be thankful we still have welfare cause if mitt won we would be homeless in a matter of 3 weeks -be happy that all the women can still do what they want with their babys and birth control pills cause mitt would have taked the womens right back to step 2 -be happy were still gonna receive taxes cause we like need that money for stuff and rent and bills and clothes and school/house supplies -be happy that obama will find a way to get rid of nuclear booms GO OBAMA!

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Mirror's Edge goes gold Considering it's out next week, you'd bloody hope so. EA's confirmed that Mirror's Edge is gold and has been sent to manufacturing. As you can see in the press release after the break. Don't forget, UK people, that you can get yourself a limited edition t-shirt by pre-ordering from Game . MIRROR'S EDGETM HAS GONE GOLD New launch trailer unveiled Guildford, UK -- November 6, 2008 -- EA and DICE announced today that highly acclaimed and award-winning first-person action adventure title Mirror's EdgeT has gone gold. An exhilarating launch trailer has also been released. Mirror's Edge has been praised by top industry media saying it is 'the most exciting first-person adventure of the year' (EGM) and 'poetry in motion' (Official Xbox Magazine). The game also won this year's Game Critics Award for Best Original Game at E3. Gamers can experience first-hand what life is like as a runner with the recently released Mirror's Edge demo that is available via PlayStationr Store and Xbox LIVET Marketplace. Players in the UK who pre-order the game from Play.com will also receive an unlock code for exclusive access to the Time Trial mode, an addictive way of playing the game that challenges players to use their speed and best moves to find the fastest routes throughout the city. Gamers can upload their best time to the Mirror's Edge online leaderboards for their friends to download and compete against. Players can see their friend's 'ghost' run as they race to the top of the leaderboards. Anyone pre-ordering from GAME will get an exclusive limited-edition Fenchurch Mirror's Edge T-shirt. Mirror's Edge is a unique first-person action adventure where players are introduced to Faith, a 'Runner' in a world where communication channels are highly monitored and the movement of information is closely watched. When Faith's sister gets framed for murder, Faith finds herself on the edge of the city, on the wrong side of the law. In stores on November 14 for the PLAYSTATIONr3 and the Xbox 360r, Mirror's Edge was developed at EA Digital Illusions CE AB (DICE) in Stockholm, Sweden. The game is rated "T" by the ESRB and "16+" by PEGI. For more information on Mirror's Edge please visit www.mirrorsedge.com.

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Know the Rules All masters must be aware of the International Regulations for Preventing Collisions at Sea. A summary of these rules is given in this section. Safe speed All vessels must travel at a safe speed at all times. A safe speed cannot be expressed as a maximum or minimum number of knots because it varies with circumstances and conditions. The master (skipper) must continually assess the safety of the vessel's speed. A safe speed is one at which the vessel can be stopped in time to avoid any danger which arises suddenly. In judging a safe speed the master must consider a number of issues including: Visibility -- drive slowly in rain, fog, mist, smoke or glare. Special caution is required at night because many potential hazards may not be lit or may not be easily seen. Background shore lighting may confuse you. Other vessels -- slow down on busy waterways and when near moored or anchored vessels, working vessels showing special signals and large vessels which have difficulties in manoeuvring. Navigation hazards -- slow down in shallow areas or in unfamiliar waterways. Water depth can vary and change frequently. Not all hazards may be marked or lit and signs, buoys, marks or lights may have shifted or been vandalised. Wind, waves and currents -- may adversely affect the manoeuvrability of a vessel. Manoeuvrability of the vessel -- stopping and turning ability depends on the speed travelled, wind and current and the boat's design (such as hull shape, engine and propeller type and number). If your vessel does not have a speedometer, you must be able to determine if you are exceeding a local speed limit. For example, if your boat is planing in a restricted speed zone it is likely that you are exceeding the speed limit, so slow down. Proper lookout The master must be fully aware of the boating environment, especially in bad weather, restricted visibility or darkness. Don't forget to look all around -- even behind you. Special care should be taken when operating your boat in areas where high speed vessels operate, such as Sydney Harbour. The situation can become dangerous very quickly due to rapid closing speeds, even if your vessel is travelling slowly. For example a vessel going at 20 knots will cover more than 100 metres in less than 10 seconds and the speed of your boat may further decrease your time to react to avoid a collision. Don't confuse the lookout duties of the master with those of the observer when the boat is towing a person on skis, tubes, etc. The master is responsible at all times for keeping a lookout for dangers. A vessel drifting is deemed to be underway and has no special right of way. It is required to comply with the International Regulations for Preventing Collisions at Sea. Do not create a dangerous situation by forcing your right of way. Always keep a safe distance off other vessels so the vessel can be stopped or manoeuvred to avoid any sudden danger. The faster the speed, the greater the safe distance must be. When altering course make your intentions clear to others as early as possible. NOTE: In a collision, all masters involved can be held responsible even if the give-way vessel does not give way, because all masters are required to exercise caution and take avoiding action if the other vessel does not. Sound signals Special sound signals exist for vessels to indicate their manoeuvring intentions when they are in sight of one another. 1 short blast I am altering course to starboard (the right). 2 short blasts I am altering course to port (the left). 3 short blasts I am operating engines astern (stopping/slowing). 5 short blasts I am unsure of your intentions and I doubt whether you are taking sufficient action to avoid collision. Power gives way to sail A power driven vessel must give way to a sailing vessel unless the sailing vessel is in the process of overtaking it. Power driven vessels meeting head on When two power driven vessels meet head on, each must alter course to starboard (to the right) and pass at a safe distance. Power driven vessels crossing In crossing situations, give way to the right. Action to avoid collision The give-way vessel must avoid a collision by changing course substantially, by slowing down, or stopping and allowing the vessel which has right of way to pass clear ahead. This must be done as early as possible. NOTE: The master

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Your home insurance policy is worthless if it won?t pay out when you need to claim. Here?s how to make sure that you?re not caught out. Your home insurance should be like a vital financial safety net, protecting you against minor issues like damaged floors and broken windows, as well as domestic disasters like a fire, flood or burglary. Any policy that promises the earth but fails to deliver simply isn't worth the paper it's written on. So you need to make sure that the policy you pay for is up to the challenge. Here's how to make sure your home insurance will cover everything you need it to and pay out if you need to make a claim: The smart way to search for home insurance: 1. Beware fussy insurers Home insurance providers are fussy about the type of properties they'll cover and rather than assuming that your home will meet their criteria you need to be certain. Here's what to check; Number of bedrooms: Most home insurance companies cap the number of bedrooms they'll cover on their standard policies. Anything over 5 bedrooms can be classed as requiring specialist cover so if your home falls into this category make sure you double check each policy before you apply. Property age: If you home is over a certain age it may not be accepted by standard home insurance policies, worse still if you get your dates wrong you could accidentally invalidate your insurance poilcy! So make sure you find out the exact year your home was built - don't just guess when you're getting quotes. Roof type: This may sound a strange, but the type of roof on your property can have a big impact on the number of home insurance providers you'll have to choose from. If you have a standard slate or tile roof then you should have little trouble finding cover, but if you have a thatch or flat roof you will need to search a little harderfor providers that will insure you. Construction type: As with rooves, insurers can also be a bit fussy about the way your property is built so find out what your home is made of (brick or concrete block for example) so you can make sure you find a policy that suits. Specialist cover? Most home insurance policies are designed to insure the "average" property so if your home is out of the ordinary - perhaps it's a listed building, situated on a floodplain or made from uncommon materials - you may need to look for a specialist home insurance policy. 2. Be realistic about how much your home is worth It's tempting to underestimate the amount you're insured for so as to reduce the cost of your home insurance. However, if you scrimp on cover - whether for your property or possessions - you could be left out of pocket if you need to make a claim. You need to set a realistic cover limit that would be sufficient to replace all of your belongings and/or the cost of repairing or re-building your home in a worst case scenario. You need to insure the rebuild cost of your home rather than its market value. If you're not sure what it would cost to rebuild your home from scratch you can either use the calculator on the ABI website or enlist a surveyor. Don't just go for market value as it's actually likely to be less than this. If you are looking to insure a property over 1,000,000 you may need to look for a specialised high net worth policy -- you can compare these policies side by side in our High Net Worth Home Insurance table . 3. Find a policy that will protect your valuables Most contents insurance policies specify a 'single item claim limit' - this caps the amount you can claim for any one item. It's essential you get any valuables that exceed this limit listed individually on your home insurance policy - fail to do so and your home insurance won't pay out to replace them if they get lost, damaged or stolen. Think about all the valuables you own that are worth a comparatively significant amount (over 1,000 for instance) - jewellery, paintings, antiques, computer equipment etc - find out what they would cost to replace and make sure they're isted individually on your home insurance. 5. Don't get caught out by hidden ts and cs It can be surprisingly easy to invalidate your home insurance so you need to make sure the policy you choose not only covers your home but also fits with your lifestyle before you buy. Carefully check through the terms and conditions before you accept a quote so you know exactly where you stand. The smart way to get a claim paid: If you already have your home insurance policy in place and want to ensure that it pays

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Labor pains -- new arrival may not be far away November, 2010 The scene appears set for a change in the leadership team of the South Australian Government but as John Spoehr reports, it might not play out in the way that you expect. Casting about for possible new leaders for Labor, many favour the popular Jay Weatherill, but he doesn't have the numbers in the Labor Caucus to get the top job at the moment. This doesn't rule him out altogether. Circumstances can change dramatically as we all know. Who would have thought that Julia Gillard would become PM given her left credentials? The mining tax debacle and her personal popularity paved the way for that. Under threat of electoral annihilation, the Labor Right machine swung its support behind her. South Australian Labor Right powerbroker, Don Farrell played a major role in the Gillard ascendancy -- one of the most pragmatic political acts we have witnessed in recent times to resolve a leadership crisis. If he thought that Weatherill was Labor's best prospect to win the next State election, he might well shift his support to him. But the circumstances are very different in South Australia. We are a long way from the next State election so the stakes are not as high. The pressure of imminent defeat is not yet weighing heavily on the minds of the powerbrokers. The right faction remains angry that Weatherill challenged Kevin Foley so soon after the State election. The speculation surrounding Weatherill masks other possible outcomes. For example, Mike Rann could re-invent his leadership by declaring that Labor got some things wrong in the State Budget. He could assemble a new leadership team around him and start afresh. Imagine if Rann persuaded Kevin Foley to take up a trade post, paving the way for Weatherill or Paul Caica to become Treasurer. Imagine if he rejuvenated Cabinet, creating roles for a new generation of leaders. A revitalised government could emerge from the ashes of the State Budget. This sort of Beattiesque political act probably shouldn't be ruled out, but it does seems a bit fanciful. There are plenty of other possibilities, but if you use capability and credibility as your guide it is difficult to go past John Hill, Paul Caica and Jay Weatherill. John Hill is probably not interested in the top job at his age, so that leaves Caica and Weatherill as the most likely candidates outside of the Right. The left will be lucky to get the Premier's job but if they do, the Treasurer's role will be occupied by the Right. One likely candidate for this is John Rau or Jack Snelling. Tom Koutsantonis is carrying too much political baggage from his controversial stint as Police Minister. Patrick Conlon, formerly from the left, may have harboured ambitions for this, but he appears to be caught up in factional crossfire and has a fragile support base. Kevin Foley recently said that if he is toppled, he will bring the rest of the Cabinet down with him. He claims that the decision to cut back public servant entitlements was unanimous. It may well have been, but you have to ask why this might have been so? Were some of his colleagues too intimidated to oppose it, unaware until the last minute, or did some of them want Foley to feel the intense political heat that would be generated by the decision? Change at the top and in Cabinet will not be enough to put Labor on a path to rejuvenation. There will need to be policy substance to the change, starting with a reaffirmation of its commitments to public service entitlements. The State Government, like its predecessor has been shackled by its adherence to private financing of infrastructure and so-called Public Private Partnerships (PPPs). It shouldn't tie up recurrent expenditure on paying off expensive PPPs when it can borrow more cheaply than the private sector can. At the risk of boring regular readers, this is the only real benefit to flow from a AAA credit rating.

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We visited here each night of our recent stay in Faro. A nice relaxed vibe about the place with a tempting cocktail menu. Sport is on the TV but not too obtrusive.I don't know why this is in the restaurant section though.... This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC fussweh bradford Senior Contributor 43 reviews 9 restaurant reviews Reviews in 28 cities 20 helpful votes "great hangout" Reviewed 29 October 2012 lovely location close to the tourist office and main archway into ols city. set in old arches of a medieval palace, maybe pre-dating columbus voyage to the americas..? very comfortable inside and out, with effective terrace heaters. excellent staff and selection of drinks. football shown early evening. drinks a little expensive, but still value if you appreciate the setting and service. This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC Hans N Strommen, Norway Reviewer 4 reviews 3 restaurant reviews "Top drinks in top sorroundings" Reviewed 20 October 2012 We had no idea what this was when we fist went here. Faro was very quiet, almost no tourists in October. The newspaper with the histoy of the building and the barmenu was interesting reading. 3 visits in one week. This review is the subjective opinion of a TripAdvisor member and not of TripAdvisor LLC Global35 Oslo, Norway Senior Reviewer 8 reviews 7 restaurant reviews Reviews in 2 cities 1 helpful vote "Beauitful romantic bar to drink at" Reviewed 15 September 2012 Lovely place under the arches by the marina. Lovely lighting, staff and amazing selection of reasonably priced drinks. We had coffee one night for 1.50 euro each and the next night, 2 big glasses of fizzy green wine for 3 euro. Excellent! And very romantic.

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Give our Entire 8-week Program to 5 kids for Only $5/month Intern with us at EENG HQ! Interning with EENG is more than just a job. It's about being a part of a team of motivated young people who actively instill passion, motivate leadership, and create positive change in our world. EENG interns are entrusted with real responsibility and real projects that propel our organization forward. We are looking for passionate, creative, driven, [...] Give a Child Our Entire Program for $2/month! Our Beginnings: It was two "Thank You's" that started it all! Our mission is to promote sustainable action throughout communities, from the youngest members of society up. Join us. EENG Blog Interning with EENG is more than just a job. It's about being a part of a team of motivated young people who actively instill passion, motivate leadership, and create positive change in our world. EENG interns are entrusted with real responsibility and real projects that propel our organization forward. We are looking for passionate, creative, [...] Listen up everyone! EENG is stoked to announce we are the newest approved non-profit member of 1% for the Planet. What does this mean, you ask? This means even BIGGER steps for EENG in instilling environmental sustainability across California and beyond. 1% for the Planet is a global movement, creating a relationship between non-profits that are geared [...] We've said that when you empower a seven- or eight-year-old to speak, the whole community listens. The Premiere "Investing in Our Youth" Gala & Auction proved that from the first- and second- graders and the UCSB gauchos to the business owners and local politicians, the community isn't just listening, they're rallying! Looking around a sun-kissed Chase [...] Instilling a love for the environment in our youth is simple -- let them explore. If you start with the basics, an ethic of sustainability will cultivate itself. Anyone, adult or child, who has played in the sun, dug in the dirt, watched a bee bumble, or grown their own pea plant knows the magic [...] My favorite part of elementary school was all of the awesome extra curricular classes we took. From Monday Art, to Thursday Orchestra, to Wednesday Theater, my week was stock full of learning outside of the regular classroom. Now I'm not saying I didn't love school without them, because believe me I was a complete nerd, [...] Two "Thank you's" started it all. I was a junior in high school teaching at a local surf camp, where I developed a special connection with a developmentally disabled child. In our week-long journey together, he overcame a fear of the shoreline, conquering the surf and finding his passion. After signing out the last camper, [...]

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Has well as it could have been. Carl Michael Von Hausswolff . He certainly looks like his name. Craggy, pensive, resplendent in standard-issue white suit. Looking strained as he forces fluctuating sinewaves to cause sonic wobble. Bird chirps form the metronome and we're left mesmerised and under for the 30 minute duration. Stunning. The comfort zone that Mr. Hausswolff leaves us in is quickly shattered by Yasunao Tone and Hecker . Modem tone scrape / Reaction to metals / laptop boredom. Their performance was all this and more. Convinced the whole thing was just playback, with virtually little or no interaction from either. Slightly disappointed that Mark Stewart didn't do as many Pop Group songs as i'd have liked. His set list seemed to explore the more darker end of his output. Unfamiliar and alien to me, anyway. But after a slightly wobbly start, his set quickly settled into a followable groove. The tight backing of the old Sugarhill group provided a decent, if not exactly thrilling, musical backdrop. A quick shift in audience (average age drops by 10 years) for Aphex Twin 's set. Largely forgettable nonsense: tired acid, disjointed hip-hop and some slightly dodgy breakbeat. Only when he replayed moments off the brilliant Analord series did we all liven up. But those were too few and far between. Whitehouse . Eeeek! A recent Wire article stated that the more they try to 'shock', the funnier they become. And I'm inclined to agree. The black-svelted duo of Bennett and Best position their laptops at extreme ends of the stage, allowing centre space for vocal turns. The high-velocity, freefall scream that constitutes their 'power electronics' certainly knocks the wind out of you. Best's lyrical, high-pitched sneer that occasionally ascends into incoherent gutteral shrieks is perverse as it is arresting. But some members of the crowd take their cabaret posturing a tad too literally. And beercans and bottles start slowly making their way towards the stage via the air. After a few land too close for comfort, they both decide to jack it in, plug themselves out and leave. British Murder Boys do their best to follow. But even they know that the fiercest statement of the night has already been made. RSS / Podcast You can subscribe to this blog as an RSS feed by clicking on the RSS icon above. You can also listen to the latest edition of my podcast by clicking on the 'FailCast' icon. About this Entry This page contains a single entry by Sheikh published on June 4, 2005 11:17 PM . You can view most of the photo's I've taken at Flickr , hear what I'm listening to on my Last.fm profile. Listen to my irregular podcasts either at Soundcloud or Mixcloud . And you can watch the short movies I've made at either Vimeo or Youtube .

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There Is No Formula for Success: 3 Tips for Starting Up Advice I'm drawn to the fact that entrepreneurship isn't defined. Each person is free to make it into the job title, industry or revenue structure that they define as success. But this freedom also makes it easy to get swallowed up by ideas and opportunities without accomplishing much. I spend my time working on entrepreneurial ventures in the marketing industry because I'm passionate about the field and want to see things actually happen. And that takes hard work, an open mind, and some good advice from several people -- because making an idea into a reality isn't formulaic. Based on my experience, here are a few bits of perspective I can offer you: Data can be interpreted to mean anything you want it to mean. Quantified return on investment is sexy, but it's also dangerous. Whether considering entering a market or judging a launch's success, it's easy to convince ourselves (or be convinced by someone else) that a poor performance statistic or market gap is actually positive. Doing so can cause us to miss warning signs or make poor resource investment decisions. It's important to step back, admit what you can't track and what assumptions are being made with what is being tracked before making decisions based on the reported data. Advice is just one person's opinion -- and it isn't always worth adhering to. As I mentioned before, there's no perfect formula -- especially in marketing and publishing (where I focus). If it were as simple as listening to someone's advice and applying it to any situation, there would be far less failure in the marketplace. A friend told me a long time ago to solicit as many opinions as possible, but to remember that there are at least a few disparities between your situations. Keep others' "lessons learned" in the back of your head, but don't let them keep you from trying something. Time is money, but more time doesn't always equate to more money. Early on in my career, I would easily work 100-plus hour weeks. I was excited. I wanted to prove myself. I wanted to find the opportunity. Many people told me I'd "burn out," but I couldn't even comprehend that concept because I loved every minute of my work. However, when you're working too hard, you lose sight of the big picture and of your health. I ended up getting sick a few times; each time, I'd have at least a small epiphany about something we should have been doing differently. So I forced myself to take a step back and spend less time working -- not to conserve energy or establish a work-life balance, but to gain perspective and be more thoughtful in my approach. So far, it's paid off. So much of starting up is about how you approach the day-to-day activities and who helps you through them. No one is truly self-made, but it's up to you to be conscious of your own actions, inactions and needs to ensure that you're making the best possible contributions to your own venture(s). Emily Holdman is an entrepreneurial executive and adviser, specializing in strategic planning and market launches. Her portfolio includes advising Book'd , the clever online scheduling engine, being co-Founder of The Agency Post , and also leading other entrepreneurial endeavors in the strategic communications and technology industries. The Young Entrepreneur Council (YEC) is an invite-only nonprofit organization comprised of the world's most promising young entrepreneurs. In partnership with Citi, the YEC recently launched #StartupLab , a free virtual mentorship program that helps millions of entrepreneurs start and grow businesses via live video chats, an expert content library and email lessons.

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Chapter Five An Explanation of a Number of Benefits Gained From The Talbiyaah Indeed the words in the proclamation relate to a very important matter and have a profound explanation. We previously discussed the proof for the words of the Talbiyaah containing the implementation of Tawheed and the rejection of Shirk . There is no doubt that these are great words which comprise important meanings with distinguished aims and many benefits. The people of knowledge have pointed out the great significance of these words and the magnitude of what they comprise, of benefits and gains. The Imaam and great scholar Ibn al-Qayyim mentioned a complete section, giving an extended explanation and discussion of this, in his book 'Tahdeeb as-Sunnan'. [2] He said: 'And indeed the words in the Talbiyaah consist of great principles and magnificent benefits...' and he mentioned twenty one benefits. Here I will summarise a number of these magnificent benefits extracted from the Talbiyaah and from what Ibn al-Qayyim mentioned: So from these benefits is: Your saying: 'Labbayk' (here I am). This includes the response to your supplication by The One supplicated to and the response to your call by The One called upon. It is not correct linguistically or intellectually that you call someone who does not speak or that you supplicate to someone who cannot answer you, so in this is the affirmation of the attribute of Allaah's Speech. That the Talbiyaah includes love. 'Labbayk' (here I am) is not said except to The One who is loved and glorified. This is why it is said of its meaning: 'I am directing myself towards You with what You love', and it is said: a woman is beloved. i.e. beloved to her son. That the Talbiyaah comprises an adherence to a continuous ( al-Uboodiyah ) worship, so this is why it is said: the Talbiyaah is taken from the word al-Iqamah (establishment), i.e.: I am established on Your obedience. It includes humility and submissiveness, i.e. humility and more humility, in what they say: I am responding here in front of You, i.e. with humbleness and submissiveness. It comprises al-Ikhlaas (sincerity), that is, it is said: the Talbiyaah is taken from the word al-Lubb (the core) and it is something pure. From the benefits of the Talbiyaah are that: It comprises an affirmation that Allaah, The Lord, hears; since it is impossible that a man will say 'Labbayk' (here I am) to someone who will not hear his supplication. It includes coming closer to Allaah, since it is said: that the Talbiyaah is taken from the word al-ilbaab (establishing) and that is seeking nearness. The Talbiyaah is used as a distinction between moving from one state to another and from one rite to another in Ihraam , just as the Takbeer (saying Allaahu Ak bar ) in the prayer is a cause for moving from one pillar of the prayer to another. This is why it is the Sunnah to say the Talbiyaah up until the start of the Tawaaf at which point you break off from the Talbiyaah . Then (after that), the pilgrim again begins to say the Talbiyaah until he stands at 'Arafat, then he breaks off the Talbiyaah . The pilgrim then resumes the Talbiyaah until he stands at Muzdalifah then he breaks off from it. Then he makes the Talbiyaah until he stones the Jamaraatul-'Aqabah (the Large Pillar) then he stops making Talbiyaah . Therefore, the Talbiyaah is a sign of Hajj and a (sign of) change in the actions of its rites. So, when the pilgrim moves from one action to another action he says: 'Labbayk Allaahumma Labbayk', just as the one praying says ' Allaahu Ak bar ' when he moves from one act to another. So, when he completes his rites, he breaks off from the Talbiyaah , just as the one praying says the Tasleem (saying salaams at the end of the prayer) which cuts him off from his Takbeer . The Talbiyaah is a sign of Tawheed and the creed of Ibraheem -- alayhis Sallat

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Customer focus contributes to Public Trust result A concerted effort to meet the changing needs of New Zealanders, through improved customer service, has contributed to another positive result for the year to 30 June 2012. Chairman Trevor Janes said Public Trust had been transforming its business to match its customers' needs and to be relevant to a wider range of New Zealanders. "Building blocks are being put in place to ensure Public Trust will help New Zealanders grow and protect their assets in ways that best suit their circumstances." For example, our customers can choose from a range of Public Trust savings and investment products or those provided by third parties, he said. "This flexibility means we can retain the relationship with our customers and provide them with the risk and reward balance they are seeking. "While we operate in an environment buffeted by continuing global financial uncertainty, a subdued domestic economy and increasing regulatory and compliance pressures, we are committed to meeting the changing needs of New Zealanders. "We have ongoing initiatives underway to continue to improve customer service and strengthen our position as we work towards our goal of being the leader in the New Zealand trustee services market." For the year ended 30 June 2012 the business achieved a net profit of $7.1 million. "To have recorded a third successive year of profit reflects a number of factors including a $9.9 million reversal of unrealised investment losses and the ongoing endeavours of management and employees to adjust to our changed business paradigm. Notes to editors: Public Trust has been helping New Zealanders for over 140 years and is New Zealand's largest and most enduring trustee organisation. Public Trust has the experience and expertise to help New Zealanders grow and protect the important things in life, like family and property. For a full list of services visit www.publictrust.co.nz Contact: Brent Woodhead Phone: 04 978 4617 Certain products and services are only available to those customers for whom Public Trust is acting or named as an executor, attorney, trustee or agent. A Public Trust adviser's disclosure statement is available, on request and free of charge.

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I was raised thinking I was a Tory. I can clearly remember defending my Dad's choice to vote for John Major in 1997 aged 10 (cool, I know). I was told that the Tories would look out for the Hugginses in their right-to-buy council house. Families like ours believe in the "conservative values" of hard work and common sense, yada, yada. On Wednesday, Chris Grayling issued a prescription for how the Tories can get back in touch with core voters like my mum and dad, suggesting that big moments like David Cameron's EU veto are the way to do it. Now, I'm not sure where my own political allegiances lie these days, but I can tell you this: while he's right to acknowledge that the Conservatives need to do more to keep families like mine happy, he's wrong to think a few "EU veto moments" will be enough. Yes, my mum and dad care about EU issues and would like a referendum, but they're much more concerned about the cost of the electricity and petrol. They're not looking for handouts and they understand they might have to suffer for a few years while we're in recession. But U-turn after U-turn does not give them confidence in the Government. Neither does the fact that public spending has risen by 1.6 per cent this quarter. Likewise, my friend has just had her first baby (she's not as conservative as my Mum and Dad, but on the scale). She's struggling to get the midwife appointments she needs -- there aren't enough to go around in her area. She's furious that David Cameron has just spent 3.4 million on a website to tell her how to breastfeed. As she puts it: "I've already read the parenting advice on the internet. What I need is an appointment. If David Cameron is going to spend that money, can't he spend it well?" They worry that the Government doesn't know what it's doing. Particularly given that the core conservative issue they feel the Tories should be fighting for -- namely respect for taxpayers' money -- won't compromise the Coalition agreement at all. If Mr Cameron wants their confidence again, he needs to get a grip -- and it needs more than a few "moments".

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Im 19 and I too old to go to college will I not fit in with other freshman who will be younger (18)? Best Answer - Chosen by Voters You are a great age for college. My daughter is 18 & just starting her senior year in high school. She did not fail, it is just how her bday fell. My son is a freshman in college 16 credits and is 19. Lots of students are much older! Other Answers (12) No, definitely not. Now if you purposely think that, then you'll have problems fitting in all because it's all in your head. I will be turning 19 right before I go off to college. I know for a fact that age will not matter. Most freshman will be 17, 18, and 19. You won't be the only one and when meeting people, you just see if you get along, age is irrelevant. It's not impossible to befriend people who are a year or two older/younger than you. You are worrying too much. Just be yourself and don't separate from people just because you think you are so much "older". Source(s): maybe they have college for adults or something like that, they have it in my country, for example i applied for teacher assistant but the age is under 18 and i'm 19 i'm turning 20 at the end of the year so i applied for the adult version, it's even shorter, it's normally 3 years but the adult version is 2 years but that 2 years is full of internship, 4 times a week internship and 1 day school. maybe they have something like that to, ask the school College is not all young people. Many go back and there are classes you can take at all different years like Humanities has no pre-reqs but is needed for most degrees so there will be older and younger people there. Geez, you're going to college and your biggest worry is that you're a year older? Just wait till you get there. When those tests and due dates hit you, age will be the last thing on your mind. un you are fine i look like i'm 14 but i'm 22 and still fit in with the freshmen - don't worry in college it's not like high school freshmen are friends with every level sophmore, juniors and seniors it doesn't matter to us how old you are i have friends in college who are 28

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Our Team Our Team Andy Jarden - Regional Manager Andy has 'ink in his veins' working for the company in various roles since he joined the Napier Daily Telegraph in 1976 as an accountant before moving on to sales, print, and management roles, currently Regional Manager, based in Wanganui. Outside of work, Andy runs a 100 acre deer farm, and enjoys the outdoors in his leisure time, including hunting, fishing, and horse trekking Alison Hollard - Advertising Manager Alison (Ali) started with the Wanganui Chronicle in 2003. She progressed through various positions such as retail consultant, and Business Development and Promotions manager. Ali left in Nov 2006 and had two little girls. Isabella and Zoe. She then returned as Advertising manager in April 2010. She loves her role here is her home town of Wanganui, and loves the fantastic team of people she works with. Ali is known for her love of animals, "Wanganui is a fantastic place to live and work. We have a lifestyle block with kune kune piglets, lambs, baby fallow deer, and even wild goats" Julie is the Real Estate Consultant and Retail Promotions Manager for the Wanganui Chronicle. She enjoys the challenge of such a fast paced industry and with over 7 years experience she looks forward to helping to promote her clients products and services. Gen Toyne - Features Manager Gen has been part of the Wanganui Chronicle Advertising Department for 14 years, eight of these in her current role. Working in the Features Team she finds is always very exhilarating and challenging, but worth all the hard yards to see the finished product. Over the years they have produced some fantastic features and publications. Jo Hurst - Features Advertising Consultant Jo has been involved with community newspapers for a number of years and has enjoyed every moment of it. She has recently moved position from a Retail Sales Rep, to the exciting position of a Features Sales Consultant. She enjoys working with businesses to promote their products and services to our readers. Tony Ruggiero - Features Advertising Consultant Tony was born in Naples Italy (a proud Italian whom has strong roots in Italy), then moved with his family to England when he was two in 1966. He lived in London from 1989 and worked in retail management for the last 30yrs. He moved to NZ in 2004 and has an 8yr old daughter born here. He has made a career change recently to work in advertising sales for the Wanganui Chronicle. Pam Dyhrberg - Pre-Press Production Manager Pam has been with the Wanganui Chronicle for more years than she would care to remember and just loves the industry, especially the challenge of daily deadlines. Her interests include tennis and horse racing Gaye Downing - Graphic Designer Gaye has been a Graphic Designer with the Wanganui Chronicle twice! First for 16 years and currently 6 years and counting! "I love that each day is different and the pressure is always on to come up with exciting ads." Gaye also enjoys oil painting in her spare time Kylie Munn - Graphic Designer Kylie has worked for the Wanganui Chronicle for many years as a Graphic Designer. She is Wanganui born and raised and still loves living here after all these years with her husband and their 4 year old son Kevin Wild - Classified Supervisor Kevin has been employed at the Wanganui Chronicle, initially in administration, for about 18 years, currently Classified Supervisor. The photo was taken when he started! In his spare time he is a very successful tip star in Friday's racing lift out! Judy Crow - Classified Advertising Consultant Judy works on the front line as a Classified Consultant at the Wanganui Chronicle. She enjoys interacting with a cross section of people to create their notices, from family to Trades and Services and everything in between. On the weekends Judy enjoys discovering new roads on her motorbike. Sue Howe - Classified Advertising Consultant Sue has worked at the Chronicle for 4 years, starting in circulation as merchandiser, then moving on to the features department. Currently she can be found at the front counter doing what she loves, classified advertising and offering awesome customer service to our customers. In her spare time she runs a 'Saucy' business with her daughter, loves going out and also spending time with her family. Louisa Hewitt - Distribution & Marketing Manager Louisa manages the distribution of the Wanganui Chronicle and Wanganui Midweek papers. She also organises and manages events such as community events Round the Bridges Fun Run and Walk and the annual Light

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ive tried avout 4 times now to activate and top up with credit card. ive purchased a 10 pound goodie bag 4 times and each time after i press confirm purchase it takes to me to the page where i should be entering my credit card password or it should be confirmed. its just a white square with "YOUR CREDIT CARD" writedn in the top left. You can use a voucher instead of a credit card to top up the 10 needed to activate. That's what people are suggesting. Have you looked at the thread that dearoldgranny linked to? Could it be one of the problems listed in that thread? If not then contact an agent and they will be able to tell you exactly why your card is being declined. To contact an agent use the link on the left hand side of you My giffgaff page.

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Stepping up to the Plate Some readers have been back in school for at least a week (hi, mom). But in Madison we start after Labor Day. Today also marks my first day TAing a new class and the first day to my last year of coursework. For many people, today represents possibility -- new teachers, new classes, new school supplies, new misadventures. There's a lot riding on it, which is actually why I prefer the second day of school. But I'm ready to get back to it. I chose my outfit, packed my lunch, and went to bed early. I also picked out some "plate" music. Next week, my graduate program is playing a kickball game to start off the new year. As an attendant of many ASL games, I understand the importance of selecting the right song for coming up to bat. The use of pre-recorded music at sporting events fascinate me wherever I'm watching, particularly when it heightens our collective response to people challenging themselves and others to win. Remember when Aly Raisman scored lower than expected on her balance beam final and the judges scurried to review the routine after the Krolyis challenged them? During their brief deliberation, Katy Perry's "Firework" blared in the background. That song was on a loop during the Olympics, but in that moment Perry's song called attention to the "liveness" of the moment. It played in real time as part of the diegesis and thus sounded radically different. When you participate in a sporting event, music is just as enveloping. It can also give you a window into the player. The sounds and lyrics people use to create or convey a certain attitude during competition says quite a bit about them (even when they pick Eminem ). For me, selecting "plate" music for a kickball game was soothing, as the sport is the root of a number of gym-related childhood traumas. But I bump "plate" music wherever I go. Here are some songs that make me feel invincible, especially on days heavy with expectation.

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Always Puke on the Leeward Side (and other thoughts about seasickness) As someone who has spent a good part of my life blowing chunks off the taff rail, I feel singularly qualified to talk about seasickness. There is a good deal of bogus advice out there with regard to seasickness. I have heard of such silliness as eating a raw jalapeo and stuffing newspaper into your underwear, neither of which do a damned bit of good, especially if you eat the chili pepper BEFORE touching your underwear, which could be a distinctly painful experience. My personal favorite piece of seasickness advice, however, occurred one blustery day on the San Francisco Bay. That was when some helpful soul put a bag over my niece's head. That's right, a bag. A brown paper bag. My niece struggled weakly, but it was no use. Already weakened by nausea, she was beginning to asphyxiate. "Just breathe through the bag, Chiara," this person insisted. "The bag is paper, which is tree energy. The tree energy will counter the water energy, and you'll feel better in no time." Lucky for her, Chiara managed to tear the bag off her head before projectile vomiting off the stern. The reason why there is so much errant nonsense out there about seasickness, by the way, is that this particular ailment has two causes. They are: 1. Physical, and 2. Psychological. The physical side of the seasickness malady is easily cured. This is how you do it: TAKE DRUGS. Personally, I am a big fan of Scopolamine patches, which last for 72 hours and don't make me sleepy. They have practically no side effects, apart from a mild cottonmouth, which in fact is a good thing as it encourages you to drink lots of water. Their only drawback is that they cost $10 a patch. The reason why they cost $10 a patch is that the beleaguered American drug companies need to be reimbursed for all their research and development costs, since this is a very new, high-tech drug that has been widely available SINCE WORLD WAR II. I have also heard good things about Stugeron, which I have never used. It is very popular in Europe, though it has never been approved for use in the US, probably because it costs fifty cents a pill, and therefore would put the scopolamine people out of business. I do not use other seasickness medications, such as Dramamine and Bonine, as they make me very sleepy. They do nicely as sleeping pills though, in a pinch. As to special acupressure wristbands, you may as well save your money and put a paper bag on your head. Now for the tricky part: the psychology of seasickness. The fact of the matter is, there is a large mental component to seasickness, and if you can master that, you can stop spending all your money on Scopolamine and start saving it for more worthwhile causes, like Buying a Bigger Boat That Isn't So Tippy. And the chief mental factor that we must consider is: The Controlling Personality If you pay close attention to an experienced sailor in a seaway, you will notice that he looks drunk. He is swaying on his feet like he is about to pass out. He may in fact be drunk and about to pass out, but he is also doing something very important: he is MOVING WITH THE BOAT. People who don't get seasick move with the boat. They move slowly, don't fight the motion, and allow the boat to gently sway them with the seas. Controlling personalities on the other hand (such as myself), have a tendency -- whether consciously or no -- to grasp something strong in a white-knuckled death grip and tense up . All the while, there is a mental voice in their heads saying, "OHMYGOD OHMYGOD OHMYGOD MY WORLD IS MOVING AND I'M TOTALLY GONNA DIE NOW ." This kind of poor mental attitude causes seasickness. You may think that's not you, that you're a natural-born sailor, perfectly FINE on a boat, doing just FINE apart from the fact that you just HAPPEN to feel a little sick right now, in fact it's probably not even the boat but almost certainly those oysters you ate last

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CRIMES ACT 1900 - SECT 23A (1) A person who would otherwise be guilty of murder is not to be convicted of murder if: (a) at the time of the acts or omissions causing the death concerned, the person 's capacity to understand events , or to judge whether the person 's actions were right or wrong, or to control himself or herself, was substantially impaired by an abnormality of mind arising from an underlying condition , and (b) the impairment was so substantial as to warrant liability for murder being reduced to manslaughter. (2) For the purposes of subsection (1) (b), evidence of an opinion that an impairment was so substantial as to warrant liability for murder being reduced to manslaughter is not admissible. (3) If a person was intoxicated at the time of the acts or omissions causing the death concerned, and the intoxication was self-induced intoxication (within the meaning of section 428A), the effects of that self-induced intoxication are to be disregarded for the purpose of determining whether the person is not liable to be convicted of murder by virtue of this section. (4) The onus is on the person accused to prove that he or she is not liable to be convicted of murder by virtue of this section. (5) A person who but for this section would be liable, whether as principal or accessory , to be convicted of murder is to be convicted of manslaughter instead. (6) The fact that a person is not liable to be convicted of murder in respect of a death by virtue of this section does not affect the question of whether any other person is liable to be convicted of murder in respect of that death.

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Is there anyone you'd like to write a song with, or collaborate with? Jenn: Alanis Morissette. Kylie: Missy Higgins and Hollie Smith and Adell Is there anything you feel strongly about, that you're trying to highlight in your songs? Jenn: Passion Kylie: For me it's passion getting the whole message across to them. Universal everyone is on the same page What advice would you give to aspiring young artists? Jenn: Do the hard work and don't cut corners and remind your self daily who you are. Kylie: Believe in your self Where are you hoping to go with music next? Jenn: Everywhere! Kylie: Milky Way and I hear Mars is pretty good. Will.i.am called me to help out with his concert on Mars, but I did have prior commitments Jenn Shelton is a powerhouse vocalist who has worked creatively as a singer, songwriter, actress and a dancer. She has toured nationally with various groups. No stranger to the stadium scene, Jenn has performed with Ozzie Ozbourne and KISS, plus opened for Nesian Mystic. Jenn now teaches vocal technique and performance, and has worked extensively in Theatre (Education). Some of her achievements include an album for Mental Health Awareness, composition for a Fringe Festival play and more recently, Jenn was crowned 'Best Female Vocal' in the country on TV ONE's Countdown to 2011. Kylie Price is a Dunedin singer/songwriter who has been singing since she was 11 and playing guitar since she was 7. Kylie was the 2010 NZ Gold Guitar Intermediate Overall Winner, winning a return ticket to Tamworth to represent NZ. In the Country Comps, she has been Intermediate Overall Winner of numerous singing awards. Her love of Musical Theatre saw her performing in 'Grease' at Kavanagh College where she played Rizzo. Kylie also took the role of Reno in the NZ Premiere of 'Dusty Springfield' in 2010. This year she has been awarded Class Act at Kavanagh College for her Cultural Contribution, she has also performed with the OXO Cubans in their latest concert 'Big Night Out'. by Luke Chandler on November 24, 2012 in Interviews with Comments Off Tweet Before Christmas in the Park. Luke Chandler got to do a Q&A Session with some of the talent that were about to preform on the show. Chandler talks to New Zealand singer and former Sticky TV Presenter, Drew Neemia Q: How's things after leaving the spotlight of TV? A: Good, just focusing on my music at the moment Q: Where do you hope to go next with music? A: Recording quite a bit in L.A at the moment. Q: Who are your main influences? A: Usher and lately a lot of Jeff Buckley. I also love a lot of R and B Q: Is there anyone you'd like to write a song with, or collaborate with? A: Awesome Question, yeah Justin Timberlake Q: Is there anything you feel strongly about, that you're trying to highlight in your songs? A: Most of the songs of mine are a true story. Hard to write a song about nothing. Q: And finally, do you have a celebrity crush? A: Yeah, saw the new bond movie and it would have to be the New Bond girl. Oh and, Freida Pinto by Luke Chandler on November 24, 2012 in Interviews with Comments Off Tweet Before Coca-Cola Christmas in the Park . Luke Chandler got to do a Q&A Session with some of the talent that were about to preform on the show. Chandler talks to New Zealand singer Ria Hall. Q: What was it like preforming at the World Cup? A: Oh it was completely mind blowing and special, and I wasn't nervous at all! Q: Where are you hoping to go with music next? A: Releasing an album next year in September, and hopefully touring NZ and AU! Q: Is there anyone you'd like to write a song with, or collaborate with? A: Yeah a few people, Aaradhna and Fat Freddie's drop Q: Is there anything you feel strongly about, that you're trying to highlight in your songs? A: Yeah, I write my music in both Maori and English and my EP is bilingual with some English only songs as well. Q: What advice would you give to aspiring young artists? A: Keep honing in on your craft if you are a musician and a

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Premiership Team of the season so far.... Right lads, it's pretty self explanatory really, I mean who needs an explanation as to what's going on in this thread! We're going to discuss what we feel is the Team of the season so far. Who has been the best of the best in the 11 positions throughout the entire Premiership in the 2012/13 season with 11 Games gone. That's almost one third of the way through (I said almost alright!) I was waiting until 12/13 games are played, but I'm eager beaver. My preference for formation will be 4-4-1-1 is going to be my own personal choices with a short reason as to why. It may take some time for you guys to post all your reasons and you may opt for a simple name, but if you have a spare 20 to 30 minutes, why not give it ago... Right here we go, the Goalkeeper. This season we haven't had any goalkeepers get off to a good start with a lot of goals conceeded by all the top guns. So surprisingly, my keeper of the season so far is going to go to Asmir Begovi? of Stoke. He's ousted Thomas Sorensen as the number 1 keeper at Stoke in the last 24 months and that isn't an easy task as Thomas is a well renound shot stopper and an all-round good keeper. Added to that he's been in between the sticks and has helped Stoke to 5 clean sheets out of 11 games. Stoke also have the least amount of goals conceeded with 10 - Joint with City. Had a great save against Yaya Toure in the dying minutes when City played host to Stoke in September. Also did well vs Van P, as the picture shows Now for the Right Back... I've picked a player who's have a flying start to the season, racking up 3 goals in 11 games already! That's good for a Full Back. Mr Serious, Mr Stiffneck, Mr I run but my back stays straight... Branislav Ivanovic. Not really much else to say, the guy is doing his job at Right Back, and also adding a few goals. No real contenders so far. So it goes to him. Left Back Mr Baines... Leighton Baines. English Left Back who just keeps on getting better. 27 Years old, plays for the scumbags, I mean Everton. In his Prime and every display is Solid. He plays with real tempo and intensity and always shows good momentum regards of who he faces or what the scoreline says. 30 chances created, 2 goals and 4 assists says it all. Good on him. Centreback. Ze Germans are Ere!!! The Arsenal War Machine. Ze Eloquent speaking one. The Big Friendly giant. Big Per. Mertesaker had a mixed first season, some people loved him some didn't quite gel with him, am I right? He's been exceptional in games vs City and against us...(grr), but he gets it because he deserves it. Well done Mertesaker (Also known as Mr I know where to be before anyone else) Centreback. Probably the least popular on this forum for obvious reasons. But this seasons displays have shown him to have maturity and discipline of a real Winner. You guessed it, it's the footballing goblin, Ryan Shawcross. It's surely a matter of time before a top top team come along and signs him due to the level he sets himself season after season. His contract is up in 2014 and with rumours of Ferguson being interested in re-signing him to the club he left in 2008, he'll feel the time is right to move on. He'll be 27 in 2 years and in his prime. Exceptional displays in a number of games already gives him the spot. ( and a combination of the other leading defenders having stinkers of a season, Kompany Rio Terry etc ) On to the midfield: Right Wing - It's Hazardous, It's Dangerous, It's Packed with Flair, Guile and Technique with a pinch of speed to mix it up.. and wham bang thank you mam, Eden Hazard of Chelsea. New signing and boy oh boy hasn't he started like a lightening bolt! He's only 21 but has been playing at the top for 5 years now. He's started life at chelsea mainly on the wings, but at times in the middle when need be and hasn't looked out of his depth. Already has 5 Assists in the

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If You Want A Fulfilling Job then become a Nurse by Nik on September 5, 2012 Nursing is the role that little girls often dream of doing when they grow up and it is one of the most rewarding career choices. Nursing itself is full of diversity and challenges and involves acting as a carer, leader and clinician. If you like working with people and relish the thought of making a difference to someone's life, then nursing has a lot to offer you. So what qualities do you need? You need to able to communicate well and be non judgemental. In addition you need to be a good listener, sympathetic and able to provide full support. Whether you are an extrovert or introvert, you'll find there are different areas of nursing to which you may be best suited. Qualifications needed Individual universities vary in their requirements but generally speaking you will need to have around 5 GCSE's with a minimum of a C pass in English language and a science subject to be eligible for a diploma programme and 5 GSCE's and 2 A levels to be eligible for a degree programme. You will also have to demonstrate that you have numeracy skills, literacy and a good character. The diploma is actually being phased out and from September 2013 new entrants will have to study a degree course. Applicants will need to check with their preferred universities to see whether they are currently operating both the diploma and degree course or solely the degree course. Health questionnaire When you apply for nurse training you will be required to fill in a health questionnaire and declare any special needs you may have relating to a disability. Acceptance to a course is dependent on a clean bill of health. If you have a disability you may find it helpful to get in touch with Skill -- the National Bureau For Students with Disabilities. You can visit their website or call them on 0800 328 5050. Previous Convictions If you have had any convictions you will have to be upfront with the university and tell them. They will also want you to sign a form to allow them to check if you hold a police record. This doesn't mean you will automatically be prevented from joining either the nursing or midwifery profession since the university will take into account all the circumstances relating to the issue. Confidentiality will be guaranteed. Cadet and apprenticeship schemes There are a handful of health care providers who offer cadet or apprenticeship schemes. This means you undergo some initial training which if completed successfully will give you an NVQ level 3. You will then be able to apply to a university to take a diploma or degree course in nursing. Where do nurses work Nursing isn't limited to working in hospitals. Doctors surgeries, residential and nursing homes, clinics, organisation such as hospices, occupational health services and the pharmaceutical industry all have opportunities for nurses. Nurses can also work in the military, on board a cruise ship and in university education. Midwifery is a specialist role offering key support guiding and caring for the mother, baby and family both during pregnancy, the birth and the post natal period. Education for nurses A nurse will learn her education within a university with 50% of the programme consisting of supervised placements in community settings and local hospitals. Students will need to choose a field to specialise in which could be mental health, learning disabilities, children or adult nursing. All nursing will only be offered by degree level by 2013. The switch to graduate level only has been introduced to recognise the changing role of nursing which demands clinical decision making skills and a higher level of technical competence. How much will I earn? A nurse's salary is determined by which 'band' they are on or how much experience they have. Working for the NHS a newly qualified nurse will earn barely more than 13,000 per year which is less than a shop assistant. The average nurse with a few years experience can expect to earn between 20,000 -- 30,000. A highly specialised nurse can earn up to 97,000 but these jobs are few and far between. A nurse can earn considerably more money if she looks to work privately but be prepared to face a lot of competition.

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The Way of Purity are an interesting beast ? no nationality, no effigies, no trend hopping, just a message. Their d?but album 'Crosscore' saw the band take the first step on a bizarre musical and ideological journey beyond good and evil. Sean M. Palfrey talks to Tiril Sk?rdal, the new vocalist and face of the "unconventional doom/grindcore" project on the eve of the band's new EP 'Biteback'. SMP: First of all could you give us some background on yourself? TS: I'm a 19 year old girl born and raised in Sandnes, a city on the west coast of Norway. I'm your average girl next door on the outside, but when I'm with TWOP I'm the girl who would scare you, meaning - if you'd met me in a dark ally ? you would run the other way. SMP: How did you come to know The Way Of Purity? TS: have been in the project since the beginning, I was not on stage but the band members asked me to cooperate on some ideas due to the lyrics. SMP: How did the band come to ask you to join? TS: I was asked to join as singer and on stage to fill the open spot after xBettyx left the band. SMP: What are your influences musically that you?re bringing to the band? TS: Within metal I prefer bands like Arch Enemy, Lamb of God, In This Moment, Malefice etc. but I also like band like Kaizers Orchestra (my favorite Norwegian band), Marilyn Manson and Prodigy. These are just some bands, my iPod contains so much more. SMP: How do you fit into the workings of the band considering that it is a somewhat complex set-up? TS: I do my share of the work like all the other members of the project. We all share our ideas and work together on making the new EP work. We have people in this project from all over the world that you don't see in the lineup. SMP: What led to the departure of the band?s previous female vocalist XBETTYX? TS: It was her personal choice to leave the band, and for personal reasons. I really don't know more than you. SMP: The Way Of Purity?s previous album ?Crosscore? predominantly featured quite aggressive vocals, is this something that you?re continuing or will you add some diversity? TS: I really love the vocals that the band used in the past but I will do a different work on the new songs. We are working on more dramatic vocal parts so it will not be "flat" like in the past. We will use screams and growls of course but also some 'crying', spoken parts enhanced by really dramatic lyrics. SMP: The other members of the band wear masks and keep their identities a secret yet you?re already a focal point visually. Why the change in direction? TS: The guys asked me if I wanted to wear a mask or not, they gave me the choice, I chose to not hide behind a mask. I'm wanted to be the FACE of The Way Of Purity, that's why. SMP: The band has used video to great effect in the past, is this something that the band is looking to continue? TS: At the moment we don't have a plan for another film or a project like that going on, but it might occur in the future. SMP: There is a new EP called ?Biteback? in production. What has the recording process been like for you? TS: I will not record until December, so I can't tell you what the process has been like. We did a quick demo and after listening to that I can't wait to go in the studio for the real. SMP: Where do you feel the band is going with the new material; is it a continuation from their previous release or will you be treading new ground? TS: What the guys are doing with the new songs is the evolution of the sound so we wouldn't do another version of "crosscore" Change or not we don't care, we just do what we feel. SMP: When is the new EP scheduled for release? TS: It will be online in January if everything goes as planned. That's the plan. SMP: Is there anything you?d like to add? TS: Thank you so much for supporting The Way of Purity and helping us to spread the message. All the best ? Tiril.

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The Ethical Art Shop Hiya, welcome to the Column Arts Agency, London, shop! We specialise on supporting artists. When we're not doing their bookkeeping, PR and finding them work, we are selling their products at ethically sound price. Our artists get 70% of sale profits and the prices of all the products have been calculated so they can make a decent living. Support art, shop at Column! Back Loading... Point Of View by Tom Berry (illustration print) 32.50 Tom Berry prefers to create his highly detailed intimate illustrations in monotone. His main influences include engravings, Japanese art, European decorative movements and children's literature.

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"I couldn't wait to do a pregnancy test as I was convinced this would work. I had a really good feeling that finally we'd be parents. So we were -devastated when the tests came back negative. "I was 30 when we agreed to give up trying for children. The stress was really taking its toll on us, and I felt like such a failure. "Bernard did everything he could to reassure me that it didn't matter, that he still loved me, but it got me down. Instead of the baby I so badly wanted, I doted on my pet cats." In 2004, the couple bought a villa in Murcia in Spain and moved there to enjoy a slower pace of life. Then two years later, at the age of 41, Louise went to see her doctor with what she thought were menopause symptoms. "I was getting hot flushes and had felt sick for weeks," she recalls. "I was nearly 42, which I thought was a little bit young for the -menopause, but my body was such a failure it didn't really surprise me. I explained my history to the doctor and he sent me for a scan to see what was going on inside." When the scan revealed she was pregnant, Louise was stunned. "We hadn't used -contraception for years as it didn't seem -necessary, but babies were the last thing on our mind," she says. "The doctor estimated I was nine to 10 weeks' pregnant. I couldn't believe we were having a baby, even if it was 17 years later than expected. I screamed with delight." Louise and Bernard, now 59, moved back to England and set up home near Dorchester, Dorset, for the birth of Leah in 2007. "I screamed with delight": Louise, then 42, with her first child, Leah "She was beautiful and we felt so lucky to have her," says Louise. "We were a happy little family and finally felt complete." The couple never discussed having more children as they knew Leah was a miracle. "I was 42, so it wasn't really realistic anyway," says Louise. But then in 2010, the familiar feelings of morning nausea returned again. Louise -immediately took a home pregnancy test. "Bernard came with me to buy the test, and I warned him it wouldn't be positive. I was 44 so surely I couldn't have gotten pregnant naturally again," she says. "I gasped when it was positive, and a second test confirmed it. "Bernard was 62 then and we knew -managing two little children between us wouldn't be easy. But having an abortion never even -entered our minds. "We'd wanted children for so long that there was no way we would turn down this opportunity." Ben was born in November 2010 and the Spicers settled into family life, having -relocated to Lymington on the Hampshire coast. Then in September 2011 another bombshell struck. Louise had experienced unusually heavy bleeding and went to see her GP. "I almost laughed when he insisted I take a pregnancy test before prescribing hormone tablets to help. I knew I was far too old to be a mum again," she says. But, for the third time in her 40s, Louise's test was positive. More shocking news was just around the corner when the 12-week scan showed she was expecting twins. "At first, the sonographer could see two sacs but only one embryo. I thought I'd been -carrying twins but lost one along the way. "But they told me to come back 10 days later for another scan, and that's when we saw the twins were both OK," Louise recalls. "Most women find their fertility decreases as they get older, but mine boomed. "One doctor suggested that maybe my body started releasing more eggs as I neared the menopause but there's no solid -explanation. "For the first time in my life I fell silent. I was worried, I just didn't know how we'd cope." But despite their concerns, they refused an abortion. "Both twins were healthy so there was no way I'd get rid of them," Louise says. "By not using contraception, Bernard and I had brought them into being, so I strongly believed it was our duty to look after them. "I was terrified though. Life was already hectic with Leah and Ben, so with another two babies we would be dead on

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Crowdfunding: What would be the best way to promote a Kickstarter, Indiegogo, RocketHub or appbackr fundraiser? If you look carefully, you'll notice that video is arguably the best way to promote Kickstarter projects. (It's also the best way to promote your Indiegogo campaign.) The data shows that Kickstarter's most successful fundraisers have all had a well-produced video that was effectively promoted on other sites. Why video? It's important to remember that getting people interested in your cause requires engaging them with whatever you are doing. The best way to do that is through video. The more professional the video you produce, the more engaged and more serious people will be about your cause. How do you reach people through video? The beauty of video is that it can be easily shared on social networks, sent out over e-mail, embedded into blogs, and viewed on any kind of media. An important step is to determine who will be most sympathetic to your cause and who might be willing to contribute financial resources to it. After identifying your audience, you will then need to promote your video to your desired demographic. An easy way to promote your video is to use Virool ( http://www.virool.com ). Virool is a video advertising network that allows video producers to reach a desired audience by having their video displayed on blogs, social games, and iPhone apps. Anyone can start a campaign for $10 and can see measurable results right away. Other ways of marketing your video are somewhat conventional: Twitter, Facebook, E-mail, etc. If you want to go beyond traditional methods, however, and you want to utilize the best way to promote a fundraiser, please contact me at: alex(at)virool.com

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How to Get the Most From Your Medicine What do I need to know? Medicines can help you feel better. But if medicines are taken incorrectly, they can actually make you feel worse. To use prescription medicines and medicines you can buy over-the-counter (without a prescription) correctly, follow the guidelines below. What questions should I ask my doctor about my medicines? If there is something you don't understand about a medicine you're taking, ask your doctor. If you still don't understand, ask your doctor to explain things more clearly. If you are taking more than one medicine, be sure to ask how the medicines will work together in your body. Sometimes medicines cause problems when they are taken together (called a drug interaction). Below is a list of questions you can ask your doctor to learn how to use each medicine correctly and safely: What does the medicine do? When and how should I take the medicine? What side effects (reactions your body may have to the medicine) could I have? Will the medicine react to any other medicines, foods or drinks? Should I avoid any activities while I'm taking the medicine? What should I do if I forget to take the medicine? How will I know whether the medicine is working? Things to know about each medicine you take Name (generic name and brand name) Reason for taking it How much to take and how often to take it Possible side effects and what to do if you have them How long to continue taking it Special instructions (taking it at bedtime, with meals, on an empty stomach, etc.) How can I remind myself to take my medicine? Make your medicine part of your daily routine by taking it at the same time (or times) every day, such as when you wake up or with meals. Keep the medicine bottle(s) in a place you see often, such as on the kitchen counter. (Make sure that medicines are in childproof containers and kept out of the reach of children.) Should I avoid any foods, drinks or activities while I'm taking medicine? Talk to your doctor about things to avoid while you are taking a prescription medicine. Some foods can cause side effects (such as an upset stomach) if you are taking medicine. Drinking alcohol is generally not a good idea while you are taking medicine. Some medicines cause reactions such as sun sensitivity (which increases your risk of sunburn or sun rash), so you may have to limit your outdoor activities or protect your skin from the sun. If you are taking an over-the-counter medicine, read the label to see what to avoid while you are taking it. Follow the instructions just as you would with a prescription medicine. If you have questions, ask your doctor or pharmacist. Medicine do's and don'ts Do read the label carefully. Do take your medicine exactly as your doctor tells you to. Do make sure that each of your doctors (if you see more than one) has a list of all of the medicines you're taking Do ask your doctor to help you make a schedule (if you are taking more than one medicine) so you know what medicines to take at what times of the day. Do consider using one pharmacy for all your prescriptions. The pharmacist can help you keep track of what you're taking. Do make sure everyone you live with knows what medicine you're taking and when you're supposed to take it. What's the difference between generic and brand name medicines? Just like foods, some medicines come in both brand names and generics. Generic medicines are generally cheaper. Ask your doctor or pharmacist if a generic form of your prescription medicine will work for you. Over-the-counter (OTC) medicines also come in generics. Compare the lists of ingredients. If the generic has the same ingredients as the brand name, you may want to consider using it. But be careful: The generic may contain different amounts of certain medicines. Ask your doctor or pharmacist if you have questions about which medicine to choose. Tips for choosing OTC medicines If you have questions, ask your doctor or pharmacist. Although it can seem overwhelming, take the time to look at all the choices. Read the label carefully, and note what symptoms the medicine will treat. Look for a medicine that will treat only the symptoms you have. For example, if you have only a runny nose, don't pick a medicine that also treats coughs and headaches. Note how much medicine you should take and what side effects it may cause. Note what medicines or foods you should not take with the medicine. Check to see if

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Los Angeles and soon-to-be New York based American Royalty are bringing the rock back to electronic music. If The Black Keys and Vitalic had a love child, you would get American Royalty. Genre-wise they fit on the outliers of straight-up rock and roll, experimental and modern-day pop. They combine hard synths with drawn out psychedelic verses. American Royalty consists of singers Marc Gilfry and Billy Scher and drummer Mat Ungson. They're the band you want playing if you have a bunch of friends who are into different kinds of music. It is party music in its truest form. Hot off the release of "Matchstick" and an accompanying remix EP the band is back with a new single "Honey & Queen." The song has a huge psychedelic vibe to it combining wavy synths with a simple yet compelling beat. It is the first song off their new 5-song EP that will be coming out early February. I sat down with singers Marc Gilfry and Billy Shcer to talk about their recording process, their new EP, and what bands inspire them. We also talked about their move to the east coast and their plans for the foreseeable future. So how did you guys meet? Marc Gilfry:Just mutual friends. Billy and Mat were in a band called L'eau Life and I saw them play many times. I really liked their stage presence and thought they were talented and I had this electronic music idea that I was working on. Cool. What is your recording process like? MG: Well we kind of accepted the fact that when we bring in a demo it is going to come out pretty different than what we started with and so the process now is kind of like, start with an idea and see what happens. Billy Scher: A lot of the stuff we send to each other via the iPhone voice memo. It has been coming really handy lately. We have a lot of ideas on the go. Try to throw a few of them together. See what sticks. It is really nice because it is a mental voice pad. Will and I also pass back and forth Ableton sessions and iPhone notes and build upon each other's ideas. I don't know, every song is kind of different. Would you say the track comes first or the vocals? MG: I would say it really differs. Usually there is some kind of really basic track and then the vocals come. Sometimes it is literally just like me singing into my phone a lick and then building off of that. You have this kind of interesting rock and roll sound combined with electronic music. What are some of your influences? BS: Right know I am all about Tame Impala and Matthew Dear. Pretty much anything Matthew Dear touches I am all about. I just love Matthew Dear. MG: I agree with all of those. Also been listening to a lot of more experimental on-the-fringe dance music. I am really digging right now a label called Night Slugs out of the UK. I feel like that is where a lot of the sonic experimentation comes on. These guys are really progressive dance producers. You guys obviously do not fit into any kind of genre, but if you had to classify yourself where do you think you would fit? MG: I would say we lean more towards art-pop stuff like Matthew Dear and Tycho. Less ambient, though. We are very much rooted in our rock and roll and blues and that kind of brings us away from that kind of music. BS: I would agree with that as well. I feel like since our music is very song driven and not jam driven that we have more of an art-pop sound then experimental. I would like to say that we are psychedelic to a certain extent. Tell me a little bit about your new song. MG: "Honey & Queen" came together from Will and I sitting in our practice space and whacking on some drum pads and looping some precisions that we stole from another song that we won't name. I have this little toy that my parents gave me last Christmas. It is this little sound toy that when you sing through it pitches up your voice like a fifth. BS: It is a fourth. MG: Thanks Billy. Yeah we were just jamin on that and this song came out of this. This little red cheap megaphone. Tell me a little bit about your July residency at the Echo? BS: It was a lot of fun. We were able to have a different vibe each night. Our support network is amazing in Los Angeles. Everyone came out and partied. It was a fun kind of hang-out spot for the month

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HDL, the good cholesterol, may not be so good after all A new genetic study suggests that high-density lipoprotein, the so-called good cholesterol commonly known as HDL, may not actually be as good for us as physicians previously thought. A study of more than 100,000 people found that those with genes that promote production of higher-than-normal levels of HDL do not have a lower risk of having a heart attack, a finding that has surprised researchers immensely. The results could have major implications for pharmaceutical manufacturers, who have been attempting to develop drugs that will raise HDL in the hopes of preventing heart attacks in people at higher risk. Lipoproteins in the blood come in two forms, high- and low-density or LDL. Epidemiological studies have shown that elevated levels of LDL are strongly associated with an increased risk of heart attack, and drugs that lower LDL have been shown definitively to reduce that risk. The most commonly used drugs are the family of agents known as statins, which are now one of the most widely prescribed medications in the world. Similar epidemiological studies have shown that above-normal levels of HDL are associated with a decreased risk of heart attack. But because there are no drugs that raise HDL, researchers have been unable to prove that the high HDL levels are the cause of the reduced risk. A team headed by Dr. Sekar Kathiresan of Harvard Medical School thus turned to genetics to seek a better understanding of the role of HDL, using a technique called Mendelian randomization, in which they compared people carrying a specific gene with those who do not carry it. They first looked at subjects with a mutant form of a gene for a protein called endothelial lipase; people with the variant have HDL levels that are about 10% above normal, a level that -- according to conventional wisdom -- should reduce the risk of heart attack by about 13%. The team reported in the journal Lancet, however, that individuals with the variant had the same risk of heart attack as people without it. They then looked at a suite of 14 genes, each of which is thought to increase levels of HDL. Again, those with any of the genes had no reduced level of risk. Significantly, when the team performed a similar analysis of genes that increase levels of LDL, they found an increased risk of heart attacks. Based on the studies, the authors concluded that "Interventions (lifestyle or pharmacological) that raise plasma HDL levels cannot be assumed ipso facto to lead to a corresponding benefit with respect to risk of myocardial infarction [heart attack]." Researchers speculate that the epidemiological link between higher HDL and lower heart attack risk may be caused by some other, as-yet-unknown factor that both lowers heart attack risk and increases HDL levels.

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Main menu The Innovation Process The process of innovation is often compared to the process of evolution as it is fundamentally a dynamic process of improvement and adaptation which strengthens an organisations' ability to survive and thrive. Despite its complexity and unpredictability, a successful innovation process is usually seen as proactive rather than reactive, and can be said to include some or all of five key elements: Recognition of a problem, a challenge, or an obstacle to be overcome; with a corresponding opportunity for innovation. Invention of a solution, or an idea, which helps to address the problem or seize the opportunity. Development of the innovation by creating practical, actionable plans and guidelines. Implementation of the innovation to produce real instances of changed practice, often initially using pilots and then scaling up promising innovations. Diffusion of the innovation leading to its wider adoption, outside the original setting. This might include various formal and informal communications channels, and may involve the original innovation being continually developed and refined. The different grants types awarded by the HIF focus on different stages in this process. This five stage process is useful for tracing the progress of innovations, but it should not be taken to suggest that all innovations are linear processes. Rather than clearly defined stages, these are broad and overlapping phases through which many innovations pass. In reality, progress is iterative and frequently non-linear -- some innovations might never get past the early phases, and others might be discarded and later revived only after a fortuitous event or different application. There is no set path for innovation, and most innovation processes feature moments of serendipity, randomness and good or bad fortune. For a more detailed exploration of any of the issues discussed in these pages, please read ALNAP's 2009 study on Innovations in International Humanitarian Action, or contact Kim Scriven, ALNAP's Research and Innovations Officer.

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Romney Campaign: The Entire Rest Of The World Is A 'Shiny Object' For the first time since FDR used his polio-ridden legs to kick the Germans and Japanese in their fascist asses (the Italians, too, but nobody really cares about them when we talk World War II), Democrats have an advantage on foreign policy. This is problematic for the Romney campaign, because a Democrat is in office, and they are Republicans, and they would like to not talk about foreign policy at all. How better to deal with this issue of two wars, various bombings, global economic uncertainty and all the rest than to just dismiss it out of hand? (Protip: there is no better way, try it the next time you cheat on your spouse. Totes effective.) Hahahaha, the entire country of Afghanistan is a shiny object! I'm sure that is comforting to all the people who live there and still deal with random roadside bombs. Shiny roadside bombs. Of course, the Romney campaign cannot leave foreign policy as a stupid thing people talk about to distract from Romney's winning message, no! Romney himself is a foreign policy guru. And, he cautioned not to underestimate Romney's foreign policy credentials. "The Governor is an extraordinarily well-traveled businessman, he lived overseas as a young man, he speaks French, he understands the world and he's written extensively about foreign policy and national security," he continued. "The idea that he's this naive guy at 65 years old, given his experience heading the Olympic Winter Games and everything else, I just don't think that's going to play." Mitt Romney speaks French! He lived overseas over four decades ago! He headed a competition of expensive winter sports in a picturesque spot for rich people! (DID YOU KNOW: Mitt Romney did not kill a single foreigner during the 2002 Olympic Games? That is infinitely fewer foreigners than NOBAMA.) Mitt Romney will be the president the Bush campaign said John Kerry would be. Except better, because he enjoys his cheesesteak with gruyere. Yes, there are times when the DailyKos folks get a wee bit overexcited & wet themselves but they definitely have their hearts in the right places when it comes to stuff like this. They had a diary up yesterday with all the info on how to donate to this guy's charity. How does Evil War Dwarf Henry K get along w/Romney's tribe of neocon refugees? Not so well, one thinks. The neocons wrote elaborate bullshit op-eds before bombing, whereas Hank just kept it secret. These are profound policy differences. The facts surrounding WIllard Romney's driving negligence on a French highway leading to the death of his passenger Leola Anderson in 1968 have been covered up, first to protect the presidential campaign of George Romney and now to protect the campaign of his son. Romney's not some naive executive who would go to a foreign country and publicly offer condescending and insulting management consulting style critiques of their government or give away the names of their secret intelligence agencies. Mitt's laundry list of things not to talk about is so long. The only real thing that government is responsible for is saying untrue snide things that make no difference. We need roads and schools and to deal with other people on the planet and stuff? Please with your hopey changey bullshit. How IS that working out for you? Sometimes when I am listening to Tom Morello I think it really could happen, even a small group could succeed. The number of the really powerful oilgarchs isn't all that huge. Targeting just a few would have a gigantic ripple effect in the fear it would produce in the others. Tipping points are a real thing. Particularly in a country with the desperation levels we have now realized. Achieving a sense of actually doing something to help yourself is a REALPOWERFUL thing. I wish there was gonna be more to do when I start following Tom from UnionTown to UnionTown besides just sing real loud and read what his next guitar says. I feel all fighty again. Again with the Olympics. Let's get one thing straight (or a couple if I have enough commas); he 'saved' an event no-one in authority was trying to cancel, faced with addressing massive bribery charges against Utah government officials he hid his investigations and destroyed his paper

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Sustainable food group looking at ways to incorporate local food in businesses 0 For the Huron Perth Farm to Table network, a sustainable food system isn't about changing the world just yet. "I couldn't imagine a world where Huron County didn't sell its soy beans to Japan or its corn to the States. But I do see a Huron County with a farmers' market in every town, so that local choices are as easy as going to the grocery store," said Paul Nichol, economic development manager of Huron Business Development Centre. For now, creating a sustainable food system is about providing access to local foods and educating producers about safe food handling. Next year the group will be taking a larger approach by talking to people and purchasing agents about how to bring local food into local businesses how to build a food plan for Huron and Perth counties. "We'll need to find local food champions, coaches and cheerleaders," he said, adding it is the network's job to create awareness and buzz around local food. "It would be wonderful to have a local food section in the grocery store," he said. But creating a sustainable food system has its challenges. "There are large hurdles because there are regulations and rules that are set up for people's safety and they serve a purpose, so we need to find out what we can do with our local food to abide by those regulations," he said. The idea would be to for local restaurants, hospitals and group homes to have 10 per cent of their menus contain local food. Nichols said he would shoot for 25 per cent, but wasn't sure that there is enough capacity or food producers to take up that challenge. However, he added, the network's pilot project, the farm to table website, has steadily grown and now has more than 100 producers listed from Huron and Perth Counties. Following a massive beef recall from a processing plant in Alberta recalling, the importance of buying locally and knowing where your food comes from has been highlighted. But the loss of 80 per cent of the processing industry in Ontario also makes the shift to local food difficult for retailers and distributors. "Even if the nursing homes wanted to use local potatoes, say, they would need them peeled and diced and that is beyond our capabilities," he said. "We need to rebuild that sector. We need that ability." Any changes to the food system in Huron County would need to be monitored and studied, said Tom Schell co-author and researcher of a study on sustainable food systems. "Take for instance the lady bugs that we brought over to eat the aphids. They took over," he said. Research is exactly what Schell has been doing for the last 18 months. He's been looking under every rock to see what communities and what Ontario can do to create a more sustainable food chain. "We had an Ah Ha moment when we held interactive conversations and organized meetings. We talked about the trends and challenges...We realized as a group we have the knowledge to figure out what we need and how to do it," he said. Though Schell said the research was at times depressing because he was finding soil wasn't used for the best crops or livestock drink more water than we receive in certain areas, he said anyone he talked to still envisioned a way of making a more sustainable system. One of the solutions, as outlined in the culmination of his 18 months of research are food clusters. "You try to grow and consume within your own cluster," Schell explained, adding that for vegetables we should trade beef and cheese to Elgin county producers. By creating food clusters, Schell hopes to cut into the $18 billion worth of food that is imported into the country each year and by doing that, Shell said 150,000 to 300,000 jobs could be created. "We are trying to reduce the amount of energy it takes to deliver a calorie of food," he said. "We love to buy local, but the logistics are a nightmare...We can't count on consistency of quality or quantity, so we have to go somewhere else."

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Jeudi novembre 15, 2012 JST Fashion winter boots online china wholesale for men and women Fashion winter boots online china wholesale for men and women For this end of the October comes, tradetang has done a fashion winter boots online discount promotion for mens and women. Please pay attention for this time big discount. As tradetang consider all custom of tradetang site will share such a discount. To take one piece of boots in cold winter, that will be a fashion trend to people, so so many people want to get one piece of fashion boots , also different in each winter, sometimes online shopping boots that will be a better way to save your own money, so tradetang can do this service for you, and think that you will get the satisfied boots. No matter for which styles, you may get from tradetang.com. Sometimes as the classical styles women boots will be have, although it just sample, no any special, but we will love its sample, so we also will get it. The boots will as the blow picture show. But we also want to have some special boots, that will be make we feel its fashion and charming. You can consider to have one high heel boots , maybe more better than the common boots. As high heel boots for women, all in tradetang will be as same as others, you will share all discounts. Would like to have a try for them? Do you like all these? If there has your love, to have a try. You can believe all that boots, they will be in an available price, a grantee quality. All they designed with leather boots for women . So don't worry, tradetang.com will do the best for all boots. If you want to have several winter boots for one time, you can make a china wholesale fashion boots from here, you must will satisfied with tradetang shopping plan.

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A teacher can utilize modes that are usually used interdependently (like gesture and spoken language) as two distinct meaning making systems, when such distinction is beneficial for teaching/learning... (Norris, 2004:129) Digital technology does not exist without social actors interacting with or through it. Thus, the use of digital technology always involves interaction - and with or without digital technology - interaction is always multimodal. Therefore, to understand digital literacies, we must understand multimodal interaction. Course Description Multimodal Discourse Analysis This course is a theoretical and methodological introduction to Multimodal Discourse Analysis. How do people actually perform day-to-day interactions and discourse? This course introduces students to the complexity of human communication by studying multiple modes like spoken language, gesture, posture, gaze, layout, and music. The student learns the theoretical background of many different modes; discovers cultural differences in modal performance through ethnographic observation exercises; and learns to use as well as analyze technology in use. The student actively uses video cameras and video editing tools to analyze the complex interconnections of multiple modes of communication. teaching and learning theory New technologies are beginning to show effects on our uses of language...their specific effects are shaped and directed by the structures and practices of the cultures and societies in which they are produced, or in which they are taken up in particular ways... Kress (1993:3 ) Some thoughts I am currently playing with relate to Vygotsky's learning theory, dynamic assessment, and multimodality. I find Vygotsky's thoughts compelling as far as the Zone of Proximal Development (ZPD) is concerned. Bruner's ideas on scaffolding are also very useful in teaching and learning. Also, Lantolf's thoughts on dynamic assessment, which result from these directions of thought, are of great value. In reality, however, dynamic assessment usually results in a teacher assessing the student, giving comments and re-assessing the student. Student assessment is accomplished through traditional classroom and or laboratory test methods based on pen and paper, possibly transferred to new technologies. As Lemke points out, theories are only tools and tools become old and have to eventually be repaired or discarded. Our learning theories are old and in need of repair. While it would be silly to discard the many good aspects in learning theories, we do have to re-consider their use. When looking at Vygotsky's learning theory, for example, I find the notions of a ZPD or ideas on scaffolding and on dynamic assessment still compelling. However, the question of how to accomplish these notions in today's world of teaching and learning remains. When thinking in multimodal and real-world terms regarding teaching and learning, I find much value in semiotics and systemic functional linguistics coupled with my own framework of multimodal interaction. Using technology in teaching and learning settings brings about the questions of which tools afford what kind of teaching and learning? All too often, an online program (like Blackboard, which is widely used in the US education system) is based on linear notions of pen and paper and limits new directions of teaching and learning more than it affords them. While such a program extends teaching beyond the classroom, it forces teachers as well as the students into old notions of what teaching and learning are and how they are to be accomplished. This is the place where social semiotics comes in: we need to discover new ways of existing resources and develop new semiotic resources that lend themselves to better our ways of teaching and learning. informal teaching and learning ...in our experience, learning is an integral part of our everyday lives. It is part of our participation in our communities and organizations. (Wenger, 1998: 8) Learning is accomplished by social actors in many different ways. Usually, we think of classrooms when speaking of learning . However, learning is involoved in many informal environments as well: social actors learn when taking on a new job or position in a company (institutinalized mission statements, for example, invove changes in attitudes and behaviors); social actors learn due to changes in their own ways of life (a mother going back to work after having stayed home with her young children, for example, is learning to become a working mother); social actors learn when being socialized into a different community of practice, society, or culture (any movement -- physical or mental -- across group boundaries involves changes in thought and behavior). Such learning needs to be view

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Helping your toddler to talk The more you chat to your toddler , the more opportunities she is likely to have to learn how to talk (NHS nd, RCSLT 2003, Sheridan 2008: 74) . But bear in mind that all children are different and learn to talk at different rates (DE 2010: 7, RCSLT 2003) . How can I help my toddler learn to talk? The more fun your toddler has learning new words, the more likely she is to carry on using them. There are lots of ways you can help your toddler with learning to talk: Talk as much and as often as you can to your toddler. Watch her face carefully and look interested whenever she tries to talk to you (DE 2010: 11) . Focus on what your toddler is trying to say, rather than on how clearly she pronounces her words (DE 2010: 11) . Try to help your toddler feel confident about talking to you. When she does communicate successfully, give her clear feedback. For example, you may tell her "Yes, that's right, it is a spoon." (DE 2010: 12, NHS 2011) Let your toddler see what you mean, by matching what you do to what you say. "Shoes off" you could say, removing her shoes. Then "socks off", removing her socks. When you give your toddler her lunch, put the plates on the table and then hold out your hand to her saying, "It's lunchtime now". She will understand that her lunch is ready and will come to the table, because she has smelt the food and seen you setting the table. She may not have understood the words "lunchtime now" without those other cues to go with them. Get your toddler's attention by saying her name before you talk to her and making eye contact with her (DE 2010: 11, NHS 2011) . This will help her understand when you are talking to her. Give your toddler plenty of opportunities to talk during everyday activities. If you ask her a question, leave a 10-second pause, so that she has time to answer you (NHS 2011, Sheridan 2008: 74) . Expose your toddler to new situations where you can introduce more words. Take her on the bus or for a walk. Point out things you see when you're out and about (GOSH 2008, NHS 2011) . Repeat back what you hear your toddler trying to say to you, even if she doesn't say it clearly. Expand on what she says. So if your toddler says "nana" when she wants a banana, you could say "Yes, here's a banana." (DE 2010: 11, NHS 2011) Simplify your speech. Use short sentences and emphasise key words when you are talking to your toddler. This will help her to focus on the important information (DE 2010: 13, Sheridan 2008: 74) . Switch off unnecessary background noise such as the TV or radio. This will help your toddler to focus her attention on you when you are talking to her (DE 2010: 11, NHS 2011, Sheridan 2008: 74) . Children can find it harder than adults to filter out background noise. How can I make learning to talk fun? It's easy to be motivated to do something you enjoy. So it follows that if you make talking fun for your toddler, it will encourage her to use words to express herself (DE 2010: 14) . Get down on the floor and play with your toddler. Let her choose the toy or activity and talk about what she's doing (DE 2010: 11) . By joining in with your toddler's play , you'll give her lots of opportunities to hear clear examples of the words she's using (DE 2010: 14) . Have fun pretending your toddler's favourite teddy or action figure is real. Include the toy in everyday activities. Sit your toddler's teddy at the table for tea , for example, and put a bib on her. Talk about what teddy is doing while she does it. Look at books with your toddler often. Even if you don't read the story as it happens, she will learn by listening to you talking about the pictures (NHS 2011, Sheridan 2008: 74) . Have fun with nursery rhymes , especially those with actions such as "Row, row, row your boat". The more you do this the more likely your toddler is to join in (DE 2010: 12, NHS 2011, RCSLT 2003

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30 May How should I manage the risk of fire in my workplace? Unfortunately there was a tragic fire in a Qatar shopping centre this week which claimed 19 lives . It appears that best practice fire safety precautions\* had not been adhered to which leads us to the important question, how should you reduce the risk of fire in your workplace? Follow the simple to implement steps below and you will significantly reduce the risk of fire in your workplace. Conduct a Fire Risk Assessment It must be suitable and sufficient Must be held on site, readily accessible at all times Must be kept up to date and reviewed -- regularly or when changes have been made such as the introduction of new equipment, upgrade to the fire alarm or sprinkler system Auditor must be competent It is a good idea to accompany your auditor throughout the audit. This is an excellent learning experience, plus you'll understand the list of actions that result from the audit as you saw the issues yourself Alternatively, we would be happy to assist you with any queries. Please feel free to send us an email via sarah@sarahpiddington.com, hit the Contact Us button below or give us a call on +44 (0) 7791 97 82 44

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Eurogamer Network Ltd. uses cookies on its websites in order to provide enhanced functionality to users, such as user accounts and saved preferences. We also use cookies to limit the number of times we show you the same advertisements. If you continue to use this site, we'll assume you are happy to accept these cookies. Otherwise you may change your privacy settings at any time. "Microsoft has to try to make Xbox live the real crossover service for all gamers. Nobody's done a game network as well as Xbox...in fact, iTunes and Xbox are two of the biggest successes in the consumer Internet," he said. "Xbox needs to be a platform like Office or Windows." "Google owns eyeballs. Apple owns ears and fingertips. With Xbox, Microsoft has a shot at owning the living room," Gordon added. Mattrick mentioned that Xbox SmartGlass was integral to the platform's continued growth. He also confirmed to VentureBeat that Halo 4 would connect to the Microsoft Surface tablet using SmartGlass. "In the past five years, Xbox went from number three to number one [in the home video-game console race], and we took Xbox Live from nothing to north of 40 million users," Mattrick said. "With Smart Glass we'll add a very simple idea: context and intelligence and sharing between different devices." About the author Mike Williams M.H. Williams has been writing in some form or another for ten years and has been a hardcore gamer since the NES first graced American shores. You can catch him on Twitter as @AutomaticZen.

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Pages Saturday, 10 November 2012 Converse x Oscar Niemeyer Sneakers Collection Converse has launched a limited edition collection of sneakers interpreted through the artwork of world-renowned Brazilian architect Oscar Niemeyer . The range was launched in a selected number of retailers in Brazil on 23 October 2012 as part of a collaborative effort between Converse and the Oscar Niemeyer Foundation . The Style Examiner had the opportunity to view the collection on a recent visit to Sao Paulo and considered it a highly successful range that deserved further world exposure. Born in 1907, Niemeyer has had a career spanning over eight decades, having established himself as one of Modernism's greatest pioneers. Through his contemporary use of concrete and bold approach to design, Niemeyer introduced a new way to build 'curved' architecture, which has since become his signature, recognised throughout the world. Niemeyer's bold design approach and outspoken voice revolutionized the way the world looks at architecture and design. The Converse x Oscar Niemeyer collection features five new iterations of Converse silhouettes, each with a nod to Niemeyer's legendary curve and his creative, rebellious point of view. The collection includes a Chuck Taylor All Star Hi sneaker with an all-over canvas print featuring the architect's famous handwritten poem about curves. Featured in a bold red, the tongue creates a reference to the entrance of Sao Paulo's Ibirapuera Auditorium . The Chuck Taylor All Star Oxford model ( The Style Examiner 's favourite) continues the use of the red curve, this time outlining the edge of the upper, creating a contrast to the sneaker's white canvas. Natural leather accents on the toe bumper, tongue and midsole complete the look of this model. The collection also includes a Chuck Taylor All Star Chukka Boot rendered in rich, natural suede that was inspired by the monument 'Torture Never More', designed by Niemeyer in 1986. The lining in leather features the architectural illustration referencing the social movement 'Landless', further reinforcing Niemeyer's beliefs. A Converse Skid Grip Oxford slip-on features the signature curve as a red outline of the upper and an additional reference to the poem of Curves on the right shoe's toe. Red stitching and natural coloured leather patches on the heel give the overall design a textured look and feel. Rounding out the collection, a Jack Purcell sneaker features a red and white lace option and the signature Jack 'smile' detail as a playful representation of Niemeyer's curve.

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Self posts will be removed on sight unless they are discussions based on this subreddit and this one only. Do not link to your own comments please. ProTip: If the comment you're linking to requires some context, just add "?context=x" to the URL, where "x" is the number of previous comments you want displayed. For a detailed explanation on why this is important, please see this thread. Please don't include the subreddit name in your submission title. Our moderation bot includes that information automatically, and doing so only makes the tag show up twice. Bad novelty accounts will be banned. You're bad, and you should feel bad. This is a curated space. The moderators reserve the right to remove posts and comments at their own discretion. If you're having trouble finding your submission, please feel free to message the moderators. Make sure to provide us with a link to the post in question and as long it meets all of the criteria, it will be set free! First, find something mundane to explain. Something that really isn't that hard to figure out, but fuck it if people are going to figure it out. That's where you come in turbo. Make several line breaks, that makes it easy to read. Bam, cleanliness is next to godliness. Format that shit, make sweet love to that text. You know who people love? Maddox, you're goddamn right. Do an impression of him, cause you know, it's the flatteriest form of sincerity or something like that, fuck you. Drag this shit out as long as you can. What could be 2 steps should now be like 8. Why? Cause I say so. Now get ready to post this shit, straight into the intertubes. Maybe if you're feeling spicy reference some meme so that everyone knows you're part of this secret internet website club with 35 million+ users. That'll rustle their jimmies like no other. Here's a conclusionary paragraph. Don't like it? Fuck you. I do what I want. Look how edgy this whole post was. I'll be back in 45 minutes for my Edit: r/bestof Acceptance Speech. Exactly. First of all, the guy's telling us to make a roux like it's a brilliant new idea he came up with all by himself, when the OP's recipe also starts with a roux. Wow, congratulations, you know the word "roux"! Second, if you have specific cheese suggestions, just fucking make a list and write regular directions so I don't have to spend 3x as long scanning through your worthless demonstration of unnecessary attitude while I'm cooking. Well, I can't tell you exactly where you went wrong as I wasn't in your kitchen, but I assure you, it's the classic way to make a bchamel that's taught in every cooking school. I'd suggest hopping on youtube and watching a video or two on how to make it, but essentially, all you need to know is: Equal parts by weight flour and butter. Add butter to a hot pan and melt. Once bubbling subsides, add flour and whisk vigorously. The roux will start chunky and gloopy. Keep heating over medium high heat and whisking very regularly, if not constantly. After a minute or three of whisking, check for how the roux flows . You should notice it becoming more liquid-like, as it'll flow more like a liquid and with less clumping like a solid. You now have a roux. You can take it a bit further, whisking constantly to take the roux to a deeper tan and impart more flavor, or you can keep it blonde where it has the most thickening power. SLOWLY add warmed (not hot) MILK (not cream). As you drizzle in the milk, whisk vigorously to incorporate the milk as you add it. Simmer for 5-10 minutes to thicken as needed, add a pinch or two of nutmeg, and you now have a bechamel. Slowly whisk in your grated cheese, a quarter cup or so at a time. You now have a mornay. Btw, in terms of ratios, they can vary quite a bit, but typically, you'll see 1 cup milk for every two tbls butter in your roux. As for the mornay, it's usually 1 part cheese to 3 parts bechemel, with the cheese being split half and half parmesan and gruyere. But hell, it

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I'm guilty of this one myself. Often times when we show up at an event, we have a tendancy to walk straight up to the first person we recognize in the room. Before we know it we're surrounded by 5 of our closest colleagues and may spend the entire event talking to the folks we already know. While there is a ton of value in maintaining your current relationships and getting some face time with past clients, your ultimate goal at a networking event should be to make NEW contacts. Networking Tip: Branch Out! The good news is, having a few folks you already know in the room can actually benefit you in a number of ways. First off, it helps to make you more comfortable and ease any nerves about being in a room full of strangers. Second, you now have a few networking partners you can team up with to really take over the room and maximize your number of new connections. Here's what I do... After catching up with a few existing connections, make an agreement that you're going to split up and work the room together. As you meet new people, make it a point to introduce them to some of your colleagues you already know. " Hey Jan (new connection) have you met Pablo (existing connection)? He's one of the best musicians in town! " Pablo now has a warm introduction to Jan and doesnt have to sell himself (remember, you've just given him a rave review). Rather than spending all your time selling yourself, sell your colleagues and make as many introductions as possible. They'll be sure to return the favor. When you're lucky enough to show up at an event where you already know a few people, capitalize on the situation by networking together and recommending one another; rather than spending the entire event standing in a circle talking to the folks you already know. You'll leave the event feeling good about helping your fellow eventprof's plus you'll have a pocket full of business cards. The only question is... What to do with all those cards.... We'll cover that next month! So now Im curious... Have you ever fallen into the same trap? Have you tried this team approach to networking before? Any twists on the idea? -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- -- Josh Norris is a professional magician living in Washington, DC. He provides entertainment for corporate functions and special events throughout the region and at trade shows across the country. He is also the founder of Metro Event Specialists , the largest trade organization for event professionals in the DC Metro area. Josh Norris Website Josh Norris on Twitter Liz King is a social media-integrated event planner and award winning blogger. As the owner of Liz King Events, she runs an innovative firm that creates dynamic branding events integrating the use of social media. Planning events from soup to nuts, she works with her team to create and sustain your event brand and enhance attendee engagement. Liz is also a co-founder of the Event Technology Showcase PlannerTech. As the owner of Liz King Events, she has been featured as a speaker at the International Association of Exhibitions and Events, National Association of Colleges and Employers, ExpoWest/Supply Expo and several other events as an expert on the topic of social media and events. She has also been featured in Connect Meetings Intelligence and Convene Magazine, among others. I fall into this trap all the time. However -- I have some friends in the industry who are so very good about introducing me to new people. I do the same thing when I attend an event w/ a friend who may not anyone either. It can be a little intimidating to walk up to a stranger who may be engaged in a conversation with his/her peers too. I observe the event, identify anyone in the room I don't know and who isn't talking with anyone at the moment and make my move!!! That's my method. Josh I like to go to events with people who don't do a lot of networking so I can introduce them around. I find it makes me do a better job of networking. Great post my friend ttp://twitter.com/thehubtalks The Hub This post made us think. We have some friends who know the local scene so well that they actually use the events as Girls' Nights Out. OF COURSE we told them we thought this was weird. OF COURSE we still think it's awesome that they have networked so much that their friends are now the people they used to network to/at. But we'd take your advice one step further -- if you start to find the scene just a place where you

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Mondial spent a day with Classified Moto in Richmond, Virginia as they made, from start to finish, one of their recycled motorcycle parts lamps. Their main business is creating retro-cool custom bikes out of ugly duckling Japanese bikes from the '70s and '80s. But their killer lamp design was a surprise hit around the world. Continue reading ? Furygan will debut its extensive range of new products in the UK at Motorcycle Live, which takes places at The NEC, Birmingham from 24 November to 2 December. The new collection includes leather and textile jackets, trousers and gloves, as well as an updated range of thermal undergarments and casual wear. Continue reading ? Honda staged a presentation in front of the world's press on November 12th at EICMA, showcasing some of its important new models for 2013. One of those was the CBR500R, which was ridden into the venue last night by Honda World Superbike rider Jonathan Rea. Check out the video. Continue reading ? Big fan of Valentino Rossi? The cartoon of Valentino Rossi is available on Dainese.com in which he presents the innovative D-air Street Gore-Tex; the road-going version of the air bag for bikers. In the animation, Rossi is faced with both rain and city traffic but, thanks to his D-air Street GORE-TEX, makes it all look easy. Watch the video here . Continue reading ? Following the tradition of presenting its new motorcycles at the EICMA International Motorcycle Show in Milan, Ducati has now officially unveiled its complete 2013 range. The new and innovative models are a product of the genius and creativity of Ducati's talented designers and engineers, and are set to capture the public's attention at the EICMA 2012 event. Continue reading ? The essence of modern elegance, the new BAXI CUIR line in supple black calfskin offers a range of stylish options for the man about town. A trendy cross-body bag, a roomy reporter and three sizes of briefcase, each with a removable canvas shoulder strap, make up this business-oriented range, which is finished with polished nickel hardware and a discreet leather label embossed with the Longchamp signature and racehorse logo. Continue reading ? With the WW1 ARGENTIUM, master watch maker Bell & Ross preserves the magic of vintage timepieces and sublimates them using the most innovative watch-making techniques: by using a new oxidation-resistant alloy, Argentium, the pioneering watchmaker is reviving a forgotten metal. Continue reading ?

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Lifschultz: "Hedge funds, through their derivatives, operate as if they are in a casino" Article | 2 June, 2008 11:48 AM David Lifschultz, president of Lifschultz Investments, took part in our roundtable discussion on climate change ( click here to read in full ). Here, he gives his own view on the global economy and how he thinks carbon emissions can be reduced I think the key to successfully running a world economy is creating productivity. Bank credit is supposed to finance new industries and new technologies in order to advance civilisation, but if banks are financing zero sum games as derivatives and hedge funds, they're not really advancing production -- the bank's credit is being channeled into unproductive investments and that's a big problem. Hedge funds, through their derivatives, operate as if they are in a casino. They're gamblers who play with very large amounts of money, can move markets and make their investment strategies self-fulfilling. The banks participate in this by creating credit through banking systems. And now they are all losing billions of dollars because they bet incorrectly in this zero sum game. I think governments should be directing incentives towards longer term investments by taxing the shorter term trading gains at a higher level and forcing banks to return to their traditional role as aids of production. My family has been in business since 1899 and we've been highly successful by choosing productive investments over the long term. We do not invest in hedge funds that are long and short, but look for hedge funds that have ideas like ours and make us think about other productivity advances -- this is how we get a return on our investments by productivity advances gained through technology. Where are solutions to global problems going to come from? Business or government? I think it will be both. Governments are trying to solve the world's energy problems, but they have to lead the way if they want to create the necessary incentives for business. For example, the German government has backed the solar movement. The theory behind it is that the technology gets into mass production so they can make continuous advances until it becomes as efficient as petrol and diesel. That's where governments may come in and, in turn, investors will follow. If you believe that global warming is based on carbon emissions and you look at the rise of the Chinese economy, which according to Goldman Sachs is going to have 600 million cars by 2050, then you're going to have a lot more carbon emissions. At our family office we invest in the technology that can try to help the situation by providing an economic solution. One of the biggest issues as far as we see it is heavy oil versus "light" oil. If the heavy oil [that these cars in China are going to have to use] cannot be converted into light oil, then there is no point worrying about world trade, because transportation costs will rise to such an extent that the comparative advantage between nations will cease forcing national autarchy. The transportation costs will just be too high based on very high oil costs. That is why our Genoil GHU upgrade is so important to convert the 900 billion barrels of heavy oil reserves into light oil as that yields three times as much gasoline as unconverted heavy oil. Another so-called solution is fuel cells, which will probably never efficiently power a car. But I don't think these are going to solve the carbon emission problem either, because to run fuel cells, hydrogen has to be taken from energy sources such as natural gas. However, this process is also a heavy producer of carbon emissions. Electric power has the same problem -- your electric car may take away city smog but you need to use coal or natural gas in order to produce it at a distance from the city and there you will still end up with carbon emissions. We have another company, Romlight, that will reduce carbons emissions by reducing your existing use of electricity -- by up to 60% for every streetlight. This is a much more likely solution, because it is easier to make energy more efficient than it is to hamper people's usage levels. Otherwise, I don't know how you can get around the carbon emissions unless you start to ration your allocation of natural resources.

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I Think You Get What I Mean Lyrics Nat King Cole My grammar ain't so good And I've got no Ph.D But there's more important things Than a college degree I think you get what I mean I think you get what I mean Your chick is all that matters I think you get what I mean There are ways to keep her happy Ways to lose a tune I don't take advice of no one I know just what to do I think you get what I mean I think you get what I mean Your chick is all that matters I think you get what I mean You give her lots of kisses And dine her with good food Work to keep her cheerful And in a loving mood I think you get what I mean I think you get what I mean Your chick is all that matters I think you get what I mean There're times when she'll stay out late And you'll be feeling blue Go on out and have a ball, son She'll come running back to you I think you get what I mean I think you get what I mean Have yourself a ball I think you get what I mean

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As expected, all the headlines surrounding this clash are centered on former Arsenal captain Robin van Persie. We all know the threat he poses and alongside Wayne Rooney Manchester United have an extremely lethal attacking force. The Gunners will definitely have their hands full at the back if they do not manage to dominate possession, particularly with Santos having to deal with Valencia on the left flank. Cazorla has stated that in order to win this match Arsenal will need to control the match through possession. On paper the Gunners have the stronger midfield consisting of first-team regulars Mikel Arteta and Santi Cazorla combining with the returning Jack Wilshere. Wilshere should be able to ease some offensive pressure on Cazorla and also help out on defensive duties, while Arteta is sure to retain possession through his high passing accuracy. Injuries of note however are to Gibbs, Gervinho and reportedly to Oxlade- Chamberlain. All three have been preferred options in the starting line-up as of late. With Gibbs still out for this clash, Santos is likely to reprise his role at left-back and although the Brazilian is good with the ball, his defensive ability leaves a little to be desired with his 'all or nothing' approach. His offensive tendencies also somewhat stifle Podolski's game with the German having to track back far too much to cover. Personally I would like to see Jenks at right-back and Sagna on the left to sure-up the entire defensive line, but whether this is employed is a whole other matter. Giroud is likely to spearhead the attack with Wenger's usual option Gervinho out for this clash. With Vidic currently injured, Giroud has the potential to cause some real damage up front using his aerial prowess, physicality and ability to hold-up play. However this is assuming he gets the correct service from his team-mates. He makes intelligent runs and we all know as a result he is able to create chances for himself, it is just a matter of now finishing them off. In terms of the right-flank, it would be fair to say that Ramsey will again get the nod with both Gervinho and Chamberlain injured and also Walcott playing the full 120 minutes in midweek against Reading. While the Welshman is no real attacking threat on the flank, he is likely to drift infield to further reinforce midfield and Arsenal's possession based style. Walcott will no doubt get a chance to take on tiring defenders off the bench after his heroics against Reading. This match looks to be an exciting prospect. If Arsenal are able to control the match through possession you feel they are in with a chance to win the match. While some have been saying that Arsenal should wait to attack United on the counter, I feel it will be very difficult to constantly keep out such a potent attacking force. Being possession based does not mean we will not get chances on the counter, we certainly will and hopefully do so to good effect when Theo is introduced from the bench. Recent Form: Arsenal: Manchester United: Wenger's Word: on Gervinho... Gervinho is out for three weeks, we think. on other team news... We have no comebacks, no Wojciech, no Gibbs, no Diaby of course as well. Basically the squad should be approximately the squad we had last week. We have no injuries as well from Tuesday night. allArsenal's Formation Pick: Mannone Jenkinson Mertesacker Vermaelen (c) Sagna Wilshere Arteta Ramsey Cazorla Podolski Giroud Fantasy Picks: Arsenal -- Santi C azorla -- After arriving in the summer, the little Spaniard has created numerous chances for his team-mates as well as scoring two goals, the latest of which was an unstoppable screamer against West-Ham. The most likely player to unlock United's average looking defence. Manchester United -- Robin van Persie -- The former Arsenal captain has maintained his impressive goal-scoring form since moving to old trafford. With Rooney supporting him you wouldn't put it passed the Dutchman to continue his great form. Sign up to the Fantasy League Classic to test their skills as a virtual manager and compete for over 50,000 in prizes! Theres still time to sign up and all you need is 10 for a Classic account, while the option is also available to upgrade to a Silver account for 15 and a Gold account for 20 for the chance to get your hands on more prizes -- check out here for more details Sites That Link to this Post

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My resume is no longer relevant. It can no longer contain an adequate description of my technical abilities. One can get a much better sense of what I am capable of by looking at my GitHub repositories, my Stack Exchange profiles, and the various courses that I am taking at Udacity and Coursera. The problem is that I have no idea how to tell employers that those are the places to look if they want an accurate description of what I can do. Every time a recruiter contacts me I gently nudge them towards all the resources I just mentioned and I also provide a link to a publicly visible Google doc that contains my resume along with links to all those resources. Yet, they keep coming back asking for a more descriptive resume. How can I make it even more blatantly obvious that if somebody wants to hire me then they can save themselves a whole bunch of trouble by just clicking on a few links and browsing around? The 3-second rule (73 votes) Look at a resume as a distilled brochure that advertises highlights from your skills and experience. A combination of your GitHub and SO profiles and a bunch of other online resources may be complete and accurate, but it isn't sorted or otherwise prepared for easy reading in any way. People who hire want you to tell them what you think distinguishes you from the rest, so your resume should be written so that you pass the first three seconds of eyeballing; if it doesn't, three seconds is all you get. Nobody can form any useful opinion about your skills in three seconds of looking at your GitHub account page. If you have too much to fit on your resume, great -- pick the absolute highlights, and refer to online resources for more. Aim for 'impressive', not 'exhaustive'. Know the process (15 votes) Most HR screening these days done by recruiters and corporate HR departments is automated resume reading. A human never sees your resume/application. A computer program that searches out keywords in a plain text, HTML, or Word document determines if your resume matches the specified job criteria. If it's a match, a HR person, who knows nothing about GitHub or StackExchange, looks at your resume and double checks the computer results. They may call you on the phone to make sure that you aren't a total loser or liar. Then, they'll submit your resume to the department or client along with a stack of other qualifying resumes. (Smaller companies who don't use a recruiter usually start at this point.) Then, the hiring manager will begin to sort through a stack of resumes, scanning them for certain keywords/buzzwords and making some subjective judgments. For example, you may have graduated from the same school so you end up on the callback pile. They then ask the recruiter or HR to setup a face-to-face or phone interview for those selected. In the interview, that's the time you can bring up things that you do online. They'll probably Google you and check out what you've given them after that if they like you in person. However, this can work against you in some organizations. They may think you're too dedicated to outside projects, like a blog or open source projects. They may see a Facebook entry where you're out partying or being openly religious and be offended by it. They may not like your code style or be intimidated by it. Then again, some hiring managers won't even bother to do even a Google search and base their decision on the interview alone. So, a resume still remains an advertising brochure for you because it's easily automated and quick to read/scan. Online qualifications are generally something that can be a deal maker or breaker after an initial interview with a hiring manager.

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The Clerk of the House is an officer of the General Assembly and is elected on opening day of the odd-year Regular Session for a two-year term. The House Clerk's Office is charged with the publication of the Journals, Calendars, Bulletins, Bill Indices, and other documents of the General Assembly. The Connecticut General Statutes provide that the House of Representatives shall have a full-time Permanent Assistant Clerk. The Permanent Assistant Clerk is responsible for the daily operation of the Clerk's Office. In addition to the Permanent Assistant Clerk, the staff in the House Clerk's Office includes a Journal Clerk, Calendar Clerk, Bill Clerk and an Office Assistant. During sessions, additional personnel are added as necessary. A bill is not officially filed until it is presented in proper form to the Clerk in the introducer's Chamber and signed by the introducer. The Journals, which are published in accordance with the Constitution and the Rules, contain all of the legislative actions taken on each session day including the text of all House amendments acted upon. The roll call vote on each action in the House appears in the Journal immediately following the description of actions on the bill or amendment. House Rules require that the Journal must be on the desk of each member the next session day for purposes of reconsideration. During regular sessions, the Clerk's Office is responsible for the operation of the Information and Bulletin rooms. During the interim, legislative information is provided by the Clerk's Office.

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Christmas Gift Ideas for Women Date: 22/11/12 Rating: Advantages: it doesn't need to be expensive Disadvantages: some ladies are too picky! Christmas is my favourite time of the year and I absolutely love shopping for presents for the ladies/girls in my family. Sometimes it can be difficult to come up with new ideas for presents and I admit that year after year, some family members receive the same thing from me. I am happy to keep buying as long as I know for certain that it is something that they will like. ~Perfume~ Perfume, in my opinion, is tricky to buy for someone else. It is all good and well knowing that your sister or niece likes sweet or floral perfumes but actually choosing one is difficult and if they don't like it then it may be a total waste. I personally love receiving perfume as a gift and have been rarely disappointed by any purchases I have been given. At this time of year, Boots have lots of lovely gift sets on offer and these normally include a shower gel or body lotion as an additional extra item at no extra cost. This year I had to source a nice perfume for my Mum as a gift from Dad and swayed away from her usual Boss Femme and Miss Dior in favour of the new YSL perfume called Manifesto. I have bought my MIL Eternity Moment and my best friend Britney Midnight Fantasy, Perfume can be a lovely gift if chosen will and I recommend looking for Boots advantage card offers to earn something back too. Samples are often on offer as well as tester bottles. ~Essentials~ Personally I feel you can never go wrong with pyjamas, festive or cosy socks, slippers and housecoats. I was quite disappointed last year that no one had bought me new pyjamas for Christmas (its a little tradition really). The George department in Asda, Matalan and New Look offer a lovely range of pyjamas at affordable prices. I've recently bought some lovely festive socks and slippers from Matalan at really cheap prices and they make lovely 'extra' gifts in my opinion. I have bought my Mum a new cosy housecoat and some pyjamas for my sister. ~Candles~ If a girl you know is in to Yankee Candles then selecting some wax tarts or votives and popping them in a tissue filled box would make a lovely treat. I know I would appreciate something like this. It is relatively inexpensive if you buy a small bulk lot of tarts. ~A Beauty Box or Basket~ I normally make up a box of my Mums favourite beauty products at Christmas time. I usually buy when stores such as Boots and Wilkos have their reductions on. This year my Mum is being treated to Ialongside her other presents) Radox bubble bath, a face mask, a Sanctuary body lotion, No7 wipes and a few other treats. It is a little more personal than a standard gift set from Boots (though they are great pressies too IMO). ~Hamper~ What do you buy the 93year old Granny who has everything? Well for the past two years I have sourced a big Christmas box and filled it with her favourite things. My Gran loves her food so the usual selections include oat cakes, fancy marmalade, shortbread, tablet and also non foody items including Dove handwash. I place shredded paper in the box and put a bow on top - looks lovely and lots of thought. My Gran loves it and I feel this is a nice gift for older ladies. ~Conclusion~ Above are just a few of my ideas. If I think of anymore I will add them as I go along. Buying for ladies doesn't have to be ovely expensive.One year when we were more skint than normal, I bulk bought some Body Shop mini shower gels, some organza and ordered Scottish tablet. I made up little sets for some of the ladies in my family (step MIL, aunties etc) and they went down a treat. Most are happy with something which is nicely presented and there are often great offers on in the shops in the run of to Christmas.

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Recorded it.I was watching Peter Kay on channel 4 at the time. Just watched the last episode of Borgen,excellent.Thank you for the recommendation. What did you think of Dead Man Shoe's? Just watched the film Headhunters,which was pretty good. (2012-08-17 22:39) Blackmass Wrote: Just watched the last episode of Borgen,excellent.Thank you for the recommendation. What did you think of Dead Man Shoe's? Just watched the film Headhunters,which was pretty good. Glad you enjoyed Borgen. I never thought a polical drama could be so engaging. We still haven't seen Dead Man's Shoes, but thanks for the reminder - we do need to watch it. Blimey, that was pretty intense. My wife often falls asleep in the evening, but not much chance with all that going on. Very unnerving, but absorbing at the same time. Certainly a refreshing change to our normal viewing, but not the sort of thing I'd want to watch too often. Thanks though :O) Blimey, that was pretty intense. My wife often falls asleep in the evening, but not much chance with all that going on. Very unnerving, but absorbing at the same time. Certainly a refreshing change to our normal viewing, but not the sort of thing I'd want to watch too often. Thanks though :O) Ha!Ha! Well I did warn you Glad you enjoyed(?)it. Another film you should watch is 'Tyrannosaur' directed by Paddy Considine.Starring Peter Mullan,Olivia Colman and Eddie Marsan. It's brutal,hard hitting and very moving.Amazing performances by all the cast.

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During some of the livelier late-night sessions down at Smokey Joe's Small Business Bar , the conversation and banter often ends up getting steered towards the consideration of perhaps the ultimate defining question in business; What exactly does it take to be a great entrepreneur? Some would argue that it's just in the blood. You've either got the knack or you haven't, simple as that. A few of the regulars suggested that it's all about the combination of intuitive talent and a desire to succeed, whilst several of the others seemed to be of the opinion that it was simply personality and character that brewed a true entrepreneur. Over at the noisier end of the bar, one of the slightly more intoxicated customers grumpily declared that all you really needed to make it in business was the willingness to accept that you're going to have to work twice as hard as everybody else on the planet and you're never going to get another day off for the rest of your life. He was soon shouted down by another rowdy regular who noisily expressed his own view that entrepreneurs are just people who would find it impossible to work for a boss and have somebody else tell them what to do all day, so they're left with no choice but to go it alone! Hmm. I think that some of those suggestions may be quite wide of the mark. But they certainly got me thinking. What if we all lived in some weird parallel world where you actually had to pass an exam or undergo an interview before being allowed to run your own business? What kind of probing questions would you get asked to determine whether you've genuinely got what it takes to join the entrepreneurial club? And would you pass the test? The questions would obviously be very different to the kind of stuff that people get asked every day in standard job interviews. There would certainly be no need to ask the usual batch of questions such as "Where do you see yourself in ten years time?" or "Why do you feel that you would be an asset to our company?" or "What would you do if you were approached by a customer wearing a giant bear costume, and they challenged you to a duel?" Instead, the process would be designed to really scratch beneath the surface, and prove conclusively whether or not you were blessed with true entrepreneurial spirit. Completely impossible and ridiculous of course, and we should thank our lucky stars that we don't live in such a strange world. But as the night drew on down at Smokey Joe's Small Business Bar , we still thought that it might be fun to have a go at coming up with this definite Entrepreneurial Test between ourselves. Naturally, we waited a while until the rowdier elements of the crowd had dispersed into the night. It was only then that the finest and sharpest minds in the bar gathered around a table to thrash out the brief document which would detect the DNA of the real entrepreneur destined for big success. Well, that was the plan. We ended up getting a bit carried away and composing a 500 page exam which is much too long to present here in the Blog , and probably contained far too many references to coffee beans and pickled onion sandwiches anyway. But I think I've just about managed to narrow it down to the absolute bare essentials. So how would you have answered the probing questions in our Entrepreneur Test? Are You A Passionate Person? If there's just one characteristic that sums up a winning entrepreneur, then it's surely got to be passion . But you don't just necessarily have to be passionate about business and work and generating profits. It's generally a good sign if you have a natural zest for life in general, and pursue all manner of interests and hobbies with the same sort of drive and commitment that you would instinctively bring to your business. Do You Really Not Like The Idea of Working For Others? Ah, this could be considered a bit of a trick question! There are so many obvious advantages and pleasures in being your own boss, and I personally wouldn't change it for the world. But does everybody choose self-employment for the right reasons? Some people do have a real issue with the thought of somebody else trying to tell them what to do, or having to please other people all the time in a humdrum 9-5 job. But if you're choosing to go it alone purely because you want to escape from the actions of other people, then it might not always be the ideal solution! Running your own business is still likely to involve attending to the needs of your client base

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Hybrid Electric Vehicles Content on this page requires a newer version of Adobe Flash Player. Animation of a vehicle with a battery, electric motor, and internal combustion engine inside and an icon depicting conventional or alternative fuel outside. Fuel-Efficient Vehicle Most hybrid electric vehicles have an internal combustion engine and electric motor. These vehicles are powered by an alternative fuel or a conventional fuel, such as gasoline, and a battery, which is charged by regenerative braking. Hybrid electric vehicles (HEVs) are powered by an internal combustion engine or other propulsion source that can be run on conventional or alternative fuel and an electric motor that uses energy stored in a battery. HEVs combine the benefits of high fuel economy and low emissions with the power and range of conventional vehicles. Help from an Electric Motor Hybrid electric vehicles are powered by an internal combustion engine and an electric motor, which uses energy stored in batteries . The extra power provided by the electric motor allows for a smaller engine. Additionally, the battery can power auxiliary loads like sound systems and headlights and reduce engine idling when stopped. Together, these features result in better fuel economy without sacrificing performance. Regenerative Braking A hybrid electric vehicle cannot plug into off-board sources of electricity to charge the battery. Instead, the vehicle uses regenerative braking and the internal combustion engine to charge. The vehicle captures energy normally lost during braking by using the electric motor as a generator and storing the captured energy in the battery. The energy from the battery provides extra power during acceleration. Fuel-Efficient System Design HEVs can be either mild or full hybrids, and full hybrids can be designed in series or parallel configurations. Mild hybrids -- also called micro hybrids -- use a battery and electric motor to help power the vehicle and can allow the engine to shut off when the vehicle stops (such as at traffic lights or in stop-and-go traffic), further improving fuel economy. Mild hybrid systems cannot power the vehicle using electricity alone. These vehicles generally cost less than full hybrids but provide less substantial fuel economy benefits than full hybrids. Full hybrids have more powerful electric motors and larger batteries, which can drive the vehicle on just electric power for short distances and at low speeds. These systems cost more than mild hybrids but provide better fuel economy benefits. There are different ways to combine the power from the electric motor and the engine. Parallel hybrids -- the most common HEV design -- connect the engine and the electric motor to the wheels through mechanical coupling. Both the electric motor and the internal combustion engine drive the wheels directly. Series hybrids , use only the electric motor to drive the wheels, are sometimes found in plug-in hybrid electric vehicles .

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Get Involved It' s easy, just devote at least one day a week to eating meat-free. The benefits will be greatest if you also avoid, or keep to a minimum, your use of dairy as well. We have materials you can use to promote MFM and run your own meat-free Mondays, along with ideas and recipes for you to enjoy. If you're vegetarian or vegan already, please use the campaign as an opportunity to get others involved by sharing your delicious dishes with them. And you can tell them how much cheaper it is to be vegetarian! Sign up Send me regular email updates How to... DIY - Just remember not to eat meat on a Monday and for inspiration and ideas see our Meat Free Monday recipes SHARE - The more people that take part the greater the impact, so get your family, friends, workplace, school, restaurant, shop involved.

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Exploring the Domestic Intelligence Mandate: The Case of South Africa What did the Ministerial Review Commission's investigations of 2006-2008 reveal concerning South Africa's domestic intelligence mandate? What lessons can be learned relevant to other democratising states? This chapter finds that the domestic intelligence mandate in South Africa is much too broad and ill-defined, and involves a political intelligence function that is inappropriate in a democracy. Ironically, these problems are partly due to the mandate's basis in progressive concepts of holistic and human security. South Africa's intelligence mandate should be narrowed to focus on the prevention of serious crime. In 2005, South Africa's Inspector-General of Intelligence found that the National Intelligence Agency (NIA) had conducted illegal surveillance of a senior member of the African National Congress (ANC) and had unlawfully intercepted the communications of ruling party and opposition politicians. This precipitated a political crisis resulting in the dismissal of some senior officials and the establishment of a Ministerial Review Commission to undertake reforms. The release of the Commission's report in late 2008 entailed an unprecedented disclosure of secret information, enabling an informed public discussion on intelligence policies and practices. The Commission's findings noted broad, ill-defined concepts in the relevant legislation and an even broader interpretation of NIA functions in an operational directive. The NIA's overly broad mandate has caused difficulties in determining priorities, maintaining a consistent focus and ensuring effective use of resources. It has resulted in duplication of work among government departments. This may be at the expense of adequate focus on potential outbreaks of violence and the commission of serious crimes. The absence of regulations and gaps in the law risk the political misuse of intelligence. The National Strategic Intelligence Act of 1994 requires the NIA to provide intelligence on threats and potential threats to the security of the Republic and its people, and internal activities, factors and developments that are detrimental to national stability. Further, key concepts are undefined, the Act does not contain guidelines, and ministerial directives are lacking. The White Paper on Intelligence (1994) emphasises the rule of law and a holistic, human security approach. However, meaningful policies and concrete measures are not provided. From 1994-1999, the NIA interpreted its mandate narrowly, focusing on terrorism, sabotage, subversion and organised crime. With the appointment of a new Minister of Intelligence in 1999, its focus was expanded to reflect the broad scope of the White Paper and the NSI Act. A new (classified) operational directive stated that the NIA must 'inform decision-makers about every aspect of human endeavour upon which good order and the prospects for a prosperous future depend'. At the instruction of Cabinet and the President, the NIA directive included an explicit focus on political and economic intelligence. However, a focus on political intelligence has led to NIA interference in legitimate politics, infringements of constitutional rights, politicisation and damaged credibility. There are three main problems with the Agency's political intelligence mandate: The intelligence community should not provide general policy advice to the Executive The focus on political parties and organisations undermines members' constitutional rights Political intelligence can be abused by intelligence officers and members of the Executive, subverting the democratic process. The intelligence mandate is significant in shaping an agency's priorities, planning, targeting, operations and allocation of resources. It affects whether it will interfere in the political process and infringe constitutional rights. Further lessons are that: The choice of wording of the legal mandate is crucial. Abstract and elastic notions of security give too little direction and too much discretion. The mandate must state precisely what it is that intelligence officers are expected to focus on, predict and do. The intelligence mandate should be subject to extensive parliamentary and public discussion.

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International science ranking puts U of T at 7th in the world TORONTO, ON -- The University of Toronto's academic and research performance ranks 7th in the world -- and the best in Canada -- in a prestigious international ranking released this week that measures strength in science disciplines. The National Taiwan University (NTU) ranking (formerly the Higher Education Evaluation and Accreditation Council of Taiwan -- HEEACT ranking) assesses the research productivity, impact and excellence of published scientific papers of 500 universities around the world. NTU included four other Canadian universities among the top 100 using a methodology that includes eight indicators and represents three different criteria of scientific performance: research productivity; research impact; and research excellence. The University of Toronto also earned the highest possible marks from Research Infosource Inc. -- for the 6th year in a row -- in its annual rankings of the best Canadian research universities of 2012. U of T placed first overall in the Medical/Doctoral category once again in this year's results. The ranking is determined by several criteria, including the amount of research a university published in a given year as well as the level of funding generated for that research.

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Remarks on becoming Prime Minister (St Francis's prayer) 1608; source of transcript unknown. MT was returning from Buckingham Palace. She had jotted down the headings of what she intended to say on a 10x5cm card, which survives in the Thatcher Archive. Importance ranking: Key Word count: 491 Themes: Leadership, Famous statements by MT, Autobiography (childhood), Women ... . Well, it's been a wonderful campaign. Congratulations! Mrs. Thatcher Thank you very much. Question How do you feel at this moment? Mrs. Thatcher Very excited, very aware of the responsibilities. Her Majesty The Queen has asked me to form a new administration and I have accepted. It is, of course, the greatest honour that can come to any citizen in a democracy. (Cheering) I know full well the responsibilities that await me as I enter the door of No. 10 and I'll strive unceasingly to try to fulfil the trust and confidence that the British people have placed in me and the things in which I believe. And I would just like to remember some words of St. Francis of Assisi which I think are really just particularly apt at the moment. 'Where there is discord, may we bring harmony. Where there is error, may we bring truth. Where there is doubt, may we bring faith. And where there is despair, may we bring hope' ... . [fo 1] ... . and to all the British people -- howsoever they voted -- may I say this. Now that the Election is over, may we get together and strive to serve and strengthen the country of which we're so proud to be a part. [Interruption "Prime Minister ... ."] And finally, one last thing: in the words of Airey Neave whom we had hoped to bring here with us, 'There is now work to be done'. Question Prime Minister, could I ask you if you would tell us what sort of administration you would like to have over the next five years? Mrs. Thatcher Well, we shall be going inside and we shall be getting on with that as fast as we can ... . but I think the first job is to try to form a Cabinet. We must get that done. We can't really just ... Question How soon do you think you'll be able to name your Cabinet? Mrs. Thatcher Well, certainly not today. I hope to have some news by tomorrow evening. It's a very important thing. It's not a thing that should be suddenly rushed through. It's very important. Question And what will you be doing for the rest of today? [fo 2] Mrs. Thatcher I shall be here working. Question Have you got any thoughts, Mrs. Thatcher, at this moment about Mrs. Pankhurst and your own mentor in political life -- your own father? Mrs. Thatcher Well, of course, I just owe almost everything to my own father. I really do. He brought me up to believe all the things that I do believe and they're just the values on which I've fought the Election. And it's passionately interesting for me that the things that I learned in a small town, in very modest home, are just the things that I believe have won the Election. Gentlemen, you're very kind. May I just go ... .

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Robert King visits Teen Spirit We all walk along in life, moving swiftly, often untouched by the worlds of others. But every now and again there comes along something or someone that touches your world. Last Thursday this is exactly what happened. Last Thursday Teen Spirit had the honour of welcoming Robert King who came in to give a little talk. A little talk and one of the biggest inspirations I have ever witnessed. Robert King was one of three young black men now known as the Angola 3 who was kept in solitary confinement, in a 6x9x12 ft cell sentenced to never see the outside world again for a crime that he evidently didn't commit. The appalling prison conditions, such as segregation and sexual violence inside Louisiana State Penitentiary (otherwise known as "Angola") sparked the activist in these young men and they managed to initiate the Black Panther Party within the same concrete walls and prison bars that had stolen their freedom. They attempted to change the culture of the prison and encourage de-segregation and an end to many of the other crimes going on inside Angola. However these actions gained the punishment of solitary confinement after the three men were convicted and sentenced for the death of a prison warden, despite unchallengable evidence that they were not responsible. King was not even at Angola at the time of the death but was kept in solitary confinement "under investiagtion". Robert King ultimately spent TWENTY-NINE years in solitary confinement for a crime he didn't commit and for standing up for his -- and others' -- human rights. In 2001 he was finally released however his fellow comrades are still held in solitary confinement for now more than three decades and their freedom is Robert's mission, backed by big international campaigns such as Amnesty International's . For me the inspiration wasn't just in his story but how Robert has reacted to these events in his life. I was looking at a man who had lost everything many times over. He had lost his freedom, his son, the ability to be share his time and space with his family and friends had all been robbed of him. He literally had a grave with a tombstone already written for him. The only emotions that I could imagine were anger, bitterness, grief, misery. But looking at the man in front of me, this is not what I saw. I saw positivity, gentleness wrinkled in an abyss of wisdom. The man that stood in front of us spoke of hope and belief in all the possibilities in this world. The same world that was so cruel to him, that ignored him and left him along for half a lifetime, he spoke of changing. He spoke of the power of humanity and the changes that we can make when we stand together. He had robbed of all his human rights and all he loved by the lack of any kind of humanity so it's understandable that he values it so highly. Robert explained that indeed he felt these difficult emotions but his human spirit couldn't allow this to be the end and wasn't willing to settle for this life, he was not going allow someone to write his life off like this and he most definitely was going to fight back; not with knives or guns but with something stronger. With his mind and spirit. And he wasn't just going to fight for himself or just his comrades, he was going to fight for justice, humanity and a better world and he wouldn't stop until he saw a change in this world. Although I myself have never been to prison, sometimes being HIV positive feels like a life sentence that society grants you and you can't escape from. It robs you of the freedom to honestly be yourself and be open amongst your friends and sadly, even relatives. This by itself can leave you lonely in a world that you don't feel welcomed in. If mixed in with a cocktail of unfortunate life events, you can find yourself drunk in anger, grief and bitterness. And as time passes by, hope becomes bleak and faith can be difficult. Looking at this man from whom society took everything away, he was clearly someone who had every reason to be bitter, angry and hateful but here he was trying to change the world and reminding everyone that we can all change the world even if we all do a little. Mostly it reminded me our wounds can be our wisdom. And for me I shall try to live by this for the rest of my days. 'S' thank you for sharing your thoughts about my visit

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Speech at the Oxford Union, October 2012, Opposing The Legalisation of Euthanasia and Assisted Killing of Patients Anyone who has followed the cases of Tony Nicklinson, Diane Pretty and Debbie Purdy -- whose personal tragedies can leave no sane man or woman untouched -- will inevitably ask the question is it possible to frame a better law? And there is a danger that those who defend British law and medical practice can be caricatured as uncaring or somehow in favour of suffering and pain. Repeatedly, Parliamentarians have asked the question whether is it possible to allow euthanasia for a determined few without putting much larger numbers of others at risk -- and they have concluded that it is not. After extensive debates in Parliament and detailed examination of what has occurred in jurisdictions where the law has changed, Parliament, the British Medical Association, the Royal Colleges of Physicians, Surgeons , the General Practitioners the Royal College of Anaesthetists and the British Geriatrics Society remain strongly opposed to any legal change. So do the Disability Rights Organisations, and the Hospice and Palliative Care movement, who have come out firmly against changing what has been described as "a hard law with a kind face;" a law which provides protection and safety for vulnerable people; a law which affirms dignity in living as well as dignity in dying. The 1994 select Committee on medical Ethics concluded that: "Individual cases cannot reasonably establish the foundation of a policy which would have such serious and widespread repercussions... Dying is not only a personal or individual affair. The death of a person affects the lives of others, often in ways and to an extent which cannot be foreseen. We believe that the issue of euthanasia is one in which the interest of the individual cannot be separated from the interest of society as a whole". 1 Parliament's Response To Calls for Change In 2004 Parliament established a second full parliamentary committee of inquiry. That Select Committee, chaired by the former Lord Chancellor, covered some 246 Hansard columns and three volumes covering around 1,000 pages of evidence and commentary. It took expert evidence from over 140 witnesses in 45 sessions in the UK, the US State of Oregon, The Netherlands and Switzerland, And it considered around 14,000 letters and emails from members of the public. When an 'assisted dying' bill was introduced into Parliament a year later, it was defeated by 148 votes to 100. Three years later when Lord falconer tried to amend another parliamentary bill to legalise assisted suicide, his amendments was defeated by 194 votes to 141.. A similar campaign to change the law in Scotland was defeated in 2010 by 85 votes to 16. Does this make parliamentarians heartless, insensitive bigots; does it make doctors or nurses unfeeling and uncaring automatons; does it mean disabled people organisations lack compassion or understanding of suffering or pain? 95% of Palliative Medicine Specialists -- these are the people who care for dying patients day in and day out -- are opposed to a change in the law. Are they all uncaring? The Association of British Neurologists warn that severe depression will lead to cases of assisted dying and that a law which says two doctors can determine such cases will offer few safeguards. Do they have no understanding of either patients or law? And what of disabled people? Jane Campbell, who has spinal muscular atrophy, who is a Commissioner of the Equality and Human Rights Commission, and now Baroness Campbell of Surbiton, says: "I and many other severely disabled people will not perceive your support for euthanasia as an act of compassion but one founded in fear and prejudice." Do we have a better understanding of how disabled people view euthanasia than the organisations which represent them? Having listened to voices like Jane Campbell's Parliament declined to change laws which have served this nation well for two principal reasons: Firstly, having weighed the evidence, it remained unconvinced that any change would provide sufficient safeguards for the elderly, disabled people and the terminally ill, and thus they rejected attempts to change our rigorous laws; and as one member of the most recent select committee, the distinguished lawyer and judge, Lord Carlile QC, said, in the end he resolutely came down against a change of law because of his fears for public safety. He said "The so-called safeguards... were paper thin." Secondly, Parliamentarians went to

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Spread the Word Post navigation Wait, I Thought the Government Would Take Care of Me! In absolutely no surprise to us at FSR, we are hearing reports out of New York of chronic food shortages, no gasoline, and a prediction that the power won't be turned on for another 10 days. Of course, these things are expected when a once-in-100-year storm hits a major metropolitan area. What is a bit shocking is people's utter lack of preparation for these types of events. The prevailing belief is that government will always be there to protect us so we don't have to go through the inconvenience of protecting ourselves. Naivete at its best. The picture below comes to us courtesy of NBC New York and shows starved New New Yorkers "dumpster dive" at a Key Food Supermarket looking for something to eat. Yorkers literally dumpster diving to find something to eat. Yeah that's right, dumpster diving in New York City. The reporter goes on to say kids were on top of the garbage trying to find anything -- food or water -- because they had nothing back home. Imagine what a simple two-week supply of food storage and a water filter would mean to these people right now. It's not hard, and it's not expensive. Just click on your food storage profile above and get started today. You never know when you might be forced to dumpster dive.

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"I love you, and I choose to be here. ...Of course, if this doesn't work out, I get deported." I could use your perspectives on choosing to be in a relationship despite sometimes feeling trapped in it? For the record, I'm carefully asking this question while the relationship is good, I'm happy to be in it, and there is as little emotional immediacy to my question as possible. I'm interested in things that I can add to my skillset for the future, if or when they're needed. So, with that in mind: It's important to me to have my relationships be things my partners and I actively choose to be in. I don't want to fall into inertia in them, or to find that we're staying together because of the sunk cost fallacy or similar. I don't believe relationships are necessarily failures just because they come to an end, or that they should last forever, and I'd rather end something that couldn't be fixed than let it drag out and make the participants miserable. I think both my partners and myself deserve better than that. However, my relationship with SomePartner is an imbalanced one in many ways. For one, I'm financially dependent on him because I've been disabled and too sick to work a steady job for years. He is my carer when things are really bad, and has literally had to help me get to the toilet and back at times. So if I didn't have him, I'd be struggling to survive on Disability payments and having to rely on strangers as carers for my personal hygiene needs. Furthermore, we're currently expats, living in a country where we don't have citizenship. We're here on the strength of his qualifications; he's on a working visa with a partner provision. There's no way I'd be able to secure a visa to live here as a disabled dependent without him. I wasn't joking above the fold; if I break up with him, I do get deported when the visa expires, or sooner if someone decides to report the split to the Immigration Bureau. I'd be leaving behind a lot here that I'd miss - awesome friends, mentors, a good therapist and a great healthcare team who seem to be making progress on untangling my health issues after years of getting nowhere. Also, I'd either end up back in the city where this is my social circle, or moving to a place where I didn't know anyone - which is a daunting prospect when I'm partially housebound. I was a very independent person before my health deteriorated; I'd been living on my own since I was 16, and being able to support myself was important to me. I still feel that loss. This ties into my feelings about freely choosing an interdependent relationship - I valued knowing that I would be okay if I wasn't in a relationship, and therefore knowing that I wasn't rushing into or choosing to stay in one because I was scared to be alone - for any reason, financial, practical or emotional. So while I'm on the whole happy in this relationship, there are times when I do start to feel trapped in it. In moments of conflict or dissonance, if I find myself questioning the relationship, I'm acutely aware that choosing to leave would mean huge changes in my life. Which leads me to wondering just how freely I get to make this choice to be here. This is not about a lack of commitment. We're committed enough to each other to have been together for over ten years, and to have moved across the world together. We have been through series of stresses that would stretch credibility in a work of fiction, and when our backs were to the wall we were both there for each other. However, my history in friendships and relationships is one of holding on too long rather than jumping ship too soon. I'm working on that in therapy, but as I consider how to recognise the point at which a relationship can't be fixed and should be ended, it occurs to me that my level of dependence on my partner complicates things. So I'm curious about how others approach such situations. Commitment and interdependence make it hard enough - how do you weigh up these additional factors in making such a decision? SomePartner did actually leave me some years ago. He was dealing with untreated dysthymia and the weight of the aforementioned stressors; when I tried to bring up issues with him, he ended things between us. He reconsidered, sought treatment for the depressive issues, and

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Posts tagged On the other hand Sometimes people accidentally fall, trip, or break things. In fact, there are so many incidents like these that we've got a bunch of expressions to talk about them. In some cases, a person might just have a clumsy moment, but other people are clumsy all the time! In this episode, Harp and Maura give examples of what clumsy people do and explain the expressions we can use to talk about them! Maura: Now, a person who is a klutz is a clumsy person, is the kind of person that we just described, who might often break things or walks into things or falls down. Harp: Exactly. When someone does something like this, you can call them a klutz , or when someone's doing it all the time, they're a klutz . Maura: Right. So you might be starting to think of someone that you know who is a klutz , because we all know people who are really clumsy . Harp: Yup. I'm thinking about someone at my work. He is always running into things and dropping things. I would never give him a nice glass. I'm sure he would break it. He's such a klutz Maura: Yeah. Sometimes there are just people who often have accidents and break things. Sometimes it's funny, but sometimes if they break something or hurt themselves, it's not so funny. Blog Categories Testimonials Of all the podcasts with 'real world' English examples, I like yours the best. Maybe it's the fun you put into the lessons. The students can hear that in your voices. And they also feel your dedication to what you are doing - it's just not a job you do, but a gift you give to everyone who listens. And while the students like the Lipservice PDFs for all the information it contains, as a teacher I am impressed by the professional effort put into making them. I give the Culips podcast and the Culips crew my highest recommendation, both as a teacher, and a listener. -- Jim Damico, ESL Teacher , Ulaanbaatar Mongolia. Culips is one of the web sites I usually listen to improve my English speaking skill.. I like the topics with Idioms or slang, because we can't find them in no one book. Maura and Harp are easy to understand (and we have the text if we need it). It's very fun to work in such a way. Thank you ! -- Patrick , France Hello! My name is Julio, I'm from Mexico and I've been studying english for about 3 years....I want you to know that this is a great site.. and Culips podcasts are so fun... you are doing an amazing job for people who don't speak English as native language... thanks to you I've improved my listening comprehension and learnt new phrases...I always download the podcast and carry them along in my cellphone.... Thanks again and continue doing well.... Take care :) P.D. I'm excited about upcoming new podcasts....I really want to listen to it now jaja..... -- Julio , Mexico Hi there! How are you? I just wanted to thank you all for your efforts and energies you spend on this great website and sharing your magnificent knowledge with us. I know how hard and time-taking such this activities would be and it won't happen without having strong motivation to the work. And the best part is that i can feel that in each individual podcast. -- M.K\_Soft , Iran One day around three month ago, I visited culips.com for the first time, then downloaded a few podcasts and listened to them and I found this podcast so useful and full of fun. After that day I decided to listen to the podcasts everyday. So I downloaded all of the podcasts and continued to listen to them until now and it really helped me improve my English and now I'm so absorbed in following this great podcast. I want to thank this amazing team for their great job in teaching us English with their warm voices and their honest works. Thank you so much Maura, Harp, Robin and Jessie. -- Esmaeil , Iran Hi, dear Culips! Definitely Culips is one of the best websites that provide ESL podcasts for second languages. Everyone who tries Culips podcast even once would love your job! I really want to thank you for your effort and nice work! In fact I'm learning English here and also get a lot of info about all around the world. Love you guys and please keep going! Best regard

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Remember the Casio calculator watches of the 1980s? They weren't very practical but they marked a big change in how we view wristwatches. Subsequent attempts to sync watches with your PC haven't been all that successful and, over the last 30 years, progress has been slow. But now that looks set to change with smart watches. Here we look at 5 of the best out there. Billed as "the world's first real smart watch", the Italian-made i'm watch is one of the most expensive on the market, with prices starting from $469 and going beyond $2,000. It connects to your phone via Bluetooth and allows you to check email, get social updates and play music. You can even be very James Bond-like and make calls direct from your wrist using the watch's built-in microphone and speaker. The Sony SmartWatch is one of the most competitively priced smart watches on the market, at just $149. It is optimized for Sony Xperia smartphones, but will run with pretty much any Android handset. All you need is Sony?s LiveWare app along with the SmartWatch plug-in. With this watch, you can check your messages, play your favourite music, check Facebook and Twitter, and even perform some camera functions as well. If you're a keen runner like me, then maybe this is the watch for you. It will use the GPS to track your running routes, tell you how many calories you've burned and play your chosen music to help keep you motivated -- all for just $249. WIMM One Watch This Android-based module can be incorporated into a watch strap, belt clip or a pendant. Unlike many other smart watches, it doesn't have to be tethered to a phone but can instead get its updates via WiFi. With a custom version of Android and its own micro app store, you can use this watch to keep up to date with news, weather and the various social media channels. The Pebble raised over $10,000,000 in backing on Google Kickstarter. It is fully customisable with different watch faces available and a range of fitness apps. This might just be the one that makes smart watches more mainstream -- and you can pre-order one for just $150.

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If we ever had to give up sharing our Achilles 24, trail'n'sail may be an option. if we replaced the Achilles with a lifting keel boat with a similar sized (ie pretty small) accomodation, say in the 22' region, what would we need to tow it with? Are we talking Range Rover? Volvo? I hope this is not hijacking the thread. If you keep it down to 20' you may be able to get away with a car rated to tow 2000Kg, Ford Galaxy ish, there are others. For 22'-24' you will probably need a bigger 4x4. They do have different towing capacities, so it's best to check. I tried to rent a van from a local place and they wouldn't rent one with a tow ball. Another place was more commercial and didn't do insurance so I stopped looking. For a twice a year to bring a boat home for the winter renting a van is a sensible way to go, if you can find a van to rent. Just for info, we lifted out using a HiAb this year, the Vega is 27ft and the design weight is about 2.5t. Loaded onto a road trailer which can be towed by any of the very big 4x4s- Range Rover, Disco, Defender, possibly a few others. At some point in the future we may grow a pair, and start slipping the boat on and off the trailer. However a HiAb isn't too expensive and it seems a shame to dunk the trailer. It is also much easier to get the mast on and off with a crane (although we have done it from a harbour wall once). A tabernacle would be nice... Can raise and lower 30 foot mast complete with roller reefed genoa single handed whilst on the water or in a cross wind in complete control. No bridges or cranes just an old cutdown windsurfer mast and a few extra bits of string utilizing Jib haliard, Spinny haliard as a safety line. Mainsheet, jammer and block.and a mast crutch on the stern. It would be very easy to break our obsolete ally mast foot casting without it. I can leave all my shrouds connected with no need to undo finely tuned bottle screws. Only have to take tension off bolt holding forestay and roller gear to bow plate. Saves loads of time at relaunch. Can pm info of our set up if interested. Really useful as we were hoisted out in terrible weather this year. Having the mast down and all the boat ready for trailing meant we just had to be dropped on the trailer , straps on extend the lighting board and away we went. keep thinking about the trailing option as a way of avoiding the delivery trips from here to the south coast. problem is, that anything small enough to trail is too small to live on board in any real comfort for weeks at a time. Ok for a weekend but I want to go for 3 weeks min. keep thinking about the trailing option as a way of avoiding the delivery trips from here to the south coast. problem is, that anything small enough to trail is too small to live on board in any real comfort for weeks at a time. Ok for a weekend but I want to go for 3 weeks min. Why ok only for a weekend. I have found If I am really comfortable for a weekend then 3 weeks is only the same as 8 weekends one after another with the benefit of no work in between. Do you need 3 weeks of clothes, books, booze, fuel, water? Only if you are planning one very long arduous non stop trip. If anyone is looking for a great trailerable yacht (rather than a true trailer sailer), we recently bought a swing keel First 235 and can recommend it as being a little more luxurious (it's all relative obviously) than some other boats around the same size. She weighs about 1500kg all up (plus the trailer). We imported her from Ireland and hired a Discovery for the task, but any 2.0L diesel car could tow her. The accommodation is pretty generous for a boat this size - two doubles, a separate heads with sea toilet (which also converts into a chart table area with a bit of sliding of panels) and a decent L-shaped galley. We've only had her in the water a couple of months, but sailing performance seems very sprightly, particularly off the wind. She's been retrofitted with a retractable bowsprit / asymmetric kite, and we had 7.5 kts with that up in around 12-15 kts of wind

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Concession fares Concession fares under MyZone Under MyZone, concession entitlements remain the same or similar to previous arrangements, although some ticket products or prices may have changed. From 1 July 2011, the MyMulti tickets, the Pensioner Excursion Ticket and family Funday Sunday have been available for use on light rail. These tickets are not sold on light rail and must be purchased before boarding. See the Buying Tickets page . Entitlements and ticket products remain the same on services not covered by the MyZone structure, such as private ferries, monorail and CountryLink services. For holders of a NSW Blinded Soldier Ex-Members of the Defence Force Pass (and an attendant where entitled) free travel arrangements on public transport remain the same under MyZone Carers and Attendants - Where Pass is marked "Plus attendant", an attendant can also travel for free. Similarly, Companion Card holders are entitled to free transport for an attendant. General - Concession entitlements are not available on special or premium services, charter services, special event services or tourism services. The fast ferry services operating between Manly and Circular Quay, light rail and monorail services are privately owned and operated services. Any concession benefits or discounted tickets are provided by the operators of these services at their discretion. Check with the operator before travelling. However, as indicated, From 1 July 2011, MyMulti, Family Funday Sunday and the Pensioner Excursion Ticket have been available for use on light rail. Most contracted private ferry services recognise the standard concession entitlements but may have different arrangements, based on their existing contractual obligations. Check with the operator before travelling. Proof of eligibility Blinded soldiers must hold a NSW Blinded Soldier Pass and must present it on entry to/exit from a service or at the request of a Transport Officer, to verify their entitlement. Note: The Blinded Soldier Medallion is no longer being issued. The Medallion has been replaced by the Blinded Soldier Pass, which is now the standard form of proof of entitlement.

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Sunday, October 14, 2012 I'm PM but I'm still a victim of sexism Australian politics hit yet another low point this week. The Prime Minister, Julia Gillard, struggling in the polls, decided to play the sex card in a big way. She made a speech in Parliament, reported around the world, accusing the leader of the Liberal Party, Tony Abbott, of sexism and misogyny. It's a bit difficult to take seriously the claim of the most powerful person in the country to be a victim of discrimination, particularly on the basis of her sex given that the other most powerful person in the country, the Governor-General, is also a woman. If you are given such great power and responsibility then it's time to give up the luxury of imagining yourself to have victim status. It's also unfortunate that politics is becoming ever more polarised on the basis of sex. The men and women of a nation are supposed to identify with each other not against each other. But we seem to be drifting ever more into a politics of men versus women. Just consider this morning's Herald Sun column by Susie O'Brien. Her argument is that Gillard, as a woman, should be ruling on behalf of women, otherwise she is useless: Women like the fact that a female is in power, but until now they haven't seen just what this can mean for them at a personal level. Until now, Gillard's had the key to the sports car, but she hasn't taken it for a spin. As I wrote earlier this week, unless a woman is standing up for other women and doing things that help women, there's not much point her being in a position of power. Take a moment to digest what Susie O'Brien has written here. First, there's an assumption that Gillard has only done things for women "at a personal level" when she's launched into an attack on men. Second, there's an assumption that the only point of Gillard being in power is if she governs for women rather than for the nation as a whole. The irony is that the aim of a liberal society is to make our sex not matter and yet we end up with a society polarised on the basis of sex. That's not a coincidence. The progression of liberal thought goes something like this: a) Our sex shouldn't matter in what we do, therefore men and women should be doing the same things b) But men and women don't do the same things c) This must be because men have discriminated against women for their own advantage d) So women are an oppressed class and must fight together against men to end discrimination, sexism etc It ends up with the idea of a great moral cause in which the women of a country are set permanently against the men of a country. And when men cotton on to the fact that women are identifying against them, it becomes that much harder to make the sacrifices that men have traditionally made for women, for family and for nation. So the pattern of liberal thought has to be broken. And it's best to do this at the very start of the train of liberal thought. If we can accept that our sex does at times matter in what we do, then we can accept differences in social roles and focus more on making differentiated roles work together for the good of the whole community. "when men cotton on to the fact that women are identifying against them, it becomes that much harder to make the sacrifices that men have traditionally made for women, for family and for nation." I know you've said this before, but that is the essence of it. The more militant and public feminists are the less men can be persuaded to care, to aim higher, to live virtuously. We see this in the MRA. I have been reading about the exodus of men from Catholicism in the last 50 years. What's notable about it is, for the most part, men do not debate, organise and persist when the environment is feminised - they just get the vibe and leave, never to return. I look it from a different light, just as Obama bought peak Negro victim card to fall, Gillard is now fermenting peak victim feminism card in Australia to fall. Notice overseas on blogs and twitter the feminista went off about this matter, in Australia on the MSM TV, I found the media hacks didn't tow Labor's line all the way, even the ABC Sales made Roxon et al look silly. So I believe it will back fire on Labor, and only the feminists who've already bought the poison, will take

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a little gift of helpfulness Five weeks ago one of my loveliest friends had her second baby, and of course I wanted to give her a congratulations present. But rather than give clothes or toys for the new baby, which inevitably they have tons of already, I like to give something a little helpful to new mums. Sometimes a package of nappies and wipes, or breastfeeding supplies, or in this case a "keep your toddler occupied whilst your trying to feed/change/snooze with the baby" kit. I know first hand how tricky having a newborn and a two year old can be, so I thought that a goodie bag full of activities that her toddler could do whilst mummy is busy with the baby would be just the thing. Matilda and Theo helped me choose stickers, drawing pads, colouring sheets, stampers, crayons, threading games, straws, a magazine, and all kinds of creative things that a two year old can \*hopefully\* manage by herself. The same with a reel of washi tape. All the fun of sticking everything but without the worry of permanent damage to anything. Stampers are always fun, and also not a worry when combined with washable ink. Crayons are always fun, and for some reason so are straws!! Plenty of stickers because I've never met a little one who doesn't love them. And here's a great tip to make stickers easier for small fingers - peel all of the backing sticker away so that you're left with only the actual sticker on the paper before giving the sheet to your toddler. It makes the stickers much easier to get off. And of course a whole bunch of Clara colouring pages. So there you have it... my keep a toddler busy for twenty minutes pack! Hopefully a good new mum gift!! I'd love to know what kind of presents you like giving to new mums and babies so please do share. Comments a little gift of helpfulness Five weeks ago one of my loveliest friends had her second baby, and of course I wanted to give her a congratulations present. But rather than give clothes or toys for the new baby, which inevitably they have tons of already, I like to give something a little helpful to new mums. Sometimes a package of nappies and wipes, or breastfeeding supplies, or in this case a "keep your toddler occupied whilst your trying to feed/change/snooze with the baby" kit. I know first hand how tricky having a newborn and a two year old can be, so I thought that a goodie bag full of activities that her toddler could do whilst mummy is busy with the baby would be just the thing. Matilda and Theo helped me choose stickers, drawing pads, colouring sheets, stampers, crayons, threading games, straws, a magazine, and all kinds of creative things that a two year old can \*hopefully\* manage by herself. The same with a reel of washi tape. All the fun of sticking everything but without the worry of permanent damage to anything. Stampers are always fun, and also not a worry when combined with washable ink. Crayons are always fun, and for some reason so are straws!! Plenty of stickers because I've never met a little one who doesn't love them. And here's a great tip to make stickers easier for small fingers - peel all of the backing sticker away so that you're left with only the actual sticker on the paper before giving the sheet to your toddler. It makes the stickers much easier to get off. And of course a whole bunch of Clara colouring pages. So there you have it... my keep a toddler busy for twenty minutes pack! Hopefully a good new mum gift!! I'd love to know what kind of presents you like giving to new mums and babies so please do share. share the button sweet treats my books Press Copyright All content of Cupcakes for Clara is copyright of Laura Clempson. Designs must not be reproduced or copied. If you wish to use images from this website please always link back and give full credit. Thank you!

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Bargain of the day from Expansys -- The Huawei E586 3G HSPA+ Discount time if you are looking for an unlocked Huawei E586 3G HSPA+ MiFi 21Mbps Mobile Broadband. For today only Expansys have the device available for only 79.99 including free shipping. The Huawei E586 is a mobile Wi-Fi hotspot (Mi-Fi). It's the solution to having high speed internet on the move for all of your Wi-Fi enabled devices, saving you money by not needing to buy internet access in a Wi-Fi hotspot (e.g. on a train) and by not needing multiple SIMS for each individual device (e.g. smartphone & iPad). Also it's perfect for locations that are unable to receive conventional broadband. Encased in a stylish silver and white design, the E586 is small and light enough to forget about when carrying it in your bag. It's roughly the size of a small mobile phone and weighs 90g. Fully charged expect a decent five hours of work time with the Wi-Fi on and a rather ridiculous 100 standby hours when it's switched off. Plus unlike a dongle, the E586 doesn't need to be plugged into your USB port for power so it won't drain your devices battery.

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Pos Player Today Thru Total Latest News Masters Tickets 2013 Masters Tickets - SOLD OUT The ticket application process for the 2013 Masters Tournament has concluded. All tickets were sold in advance by random selection and no additional tickets are available. If you have previously created an account for the random selection process you may access, review and/or change your personal account information at any time. Daily Tournament Tickets 2013 Masters Series Badges Masters Series Badges for the 2013 Tournament are available to current Patrons only; those who are currently on our Patrons' List to receive annual badges. Applications will be available for Patrons in January 2013. At this time our patron badges (all Tournament rounds) are fully subscribed and no additional names are being taken. 2014 Masters Tickets The 2014 Masters Tournament ticket application is not available at this time. If you have not previously created an account for the Practice Rounds and Daily Tournament tickets random selection process you may register/create an account at this time in preparation for the 2014 application process by clicking below. All previous applicants and new registrants will be notified, via email, when the 2014 ticket application is available online.

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DROP THE NEEDLE Interview with founder, Amrit Singh The Maestro Fresh Wes song "Drop the Needle" should be familiar to hip-hop heads, but what about alternative medicine, like acupuncture? While the two might not seem to have too much in common, our conversation with Amrit Singh proved differently. Singh is the founder of the community acupuncture program, Drop the Needle, which started up three years ago. This is the first year Singh will be offering a workshop alongside the Manifesto festival on Sunday, September 23 at Yonge and Dundas Square. Q: What is Drop the Needle? A: Drop the Needle is a reduced rate acupuncture program -- it was originally designed to bring acupuncture to a community that wasn't exposed to it before. So, [it's for] people working in community development and creative arts who give a lot. I wanted to provide a service that would help them continue to do their work while they helped others. Q: What does acupuncture treat? A: It can treat a number of different types of conditions: anxiety, insomnia, digestive disturbances, headaches, migraines, skin problems. It works for acute problems as well, for example, you could come in if you had a cold and flu. The best thing to do is to come in when you feel as though you might be feeling unwell, rather than waiting four to five years on symptoms that don't go away. Q: Who's the right candidate for acupuncture? A: It's great for anyone -- it's so incredibly inclusive. It is different when we treat children but, that's the only difference when taking age, gender or race into account. Q: Alright, in terms of dispelling some myths, I have heard that acupuncture is painful. Is it true? A : It's not. The difference is that often people will think we use syringes, which is actually what doctors use. We use extremely thin needles. I personally train with Japanese style acupuncture, which is even gentler. So patients should feel virtually no pain. Q: Why do you think Toronto needs this? A: I think people need to know that there's an alternative to pharmaceutical drugs. There is a natural way to be on the planet, and it changes the way you feel and act. I really believe it can make that kind of change. I definitely think that there's a class dimension to this as well. Drop the Needle is for people that can't afford acupuncture, because it is costly. So it's important to promote accessible programs that do exist in the city. Since there a lot of people don't know about it, I feel education around alternative medicine is important. That's another reason I always offer that type of learning during my treatment, so that people understand the theories behind what I'm doing. One Comment Fantastic, I love the concept! So many of us are passionate about what we do, and don't stop doing it until we collapse and become ill. In my experience, acupuncture can keep you on your feet and doing what you love without feeling drained. Have fun at the festival\*

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Paolo Di Canio - Love him or hate him Being a West Ham fan, I have witnessed many great and not so great players over the years. By far the most iconic to have graced the Upton Park turf in recent years has to be the flamboyant Italian, Paolo Di Canio. His famous goals against Manchester United in the FA Cup and Wimbledon in the league are testament to the skills he possessed as a player. Also, voiced by the majority of West Ham fans, his loyalty to the club in times of struggle and his decision to stay with us when bigger clubs were calling will never be forgotten. His love for the game and the club itself shone through in his 118 appearances for the Irons and it was inevitable that he was to become the highly rated young club manager he is today. Di Canio may divide opinion amongst football professionals and enthusiasts alike, however, in my opinion; he is a breath of fresh air to the managerial scene, a new breed of manager, for the ever evolving game. Di Canio was appointed manager of Swindon Town, following the club's relegation to League Two in the summer of 2011. Seen by many as not a glamorous post for the popular Italian, it should be admired that Di Canio has decided to begin his career as manager with Swindon Town and prove himself in the lower leagues. This was proven in his first season at the club, achieving automatic promotion to League one as champions. It is clear that to this day, Di Canio still revels in the limelight and he can often be found in altercations with his own players or the media. This shouldn't be frowned upon as he wouldn't be the same without them. His playing career was dogged by incidents such as the 'Alcock affair' which resulted in an eleven match ban for the Sheffield Wednesday player. Also the West Ham Vs. Bradford City game, which is further evidence of how his passion could sometimes boil over which resulted in Di Canio snatching the ball from ex Hammer Frank Lampard, who had already set it on the spot, and demanded to take it himself (thankfully it went in). These moments of madness are missed on the terraces of Upton Park and it isn't rare for many supporters either at the game, the pub, or on the trains to speak of the Italian's magic on the pitch. I for one would be delighted to see him in the hot seat in the near future at my beloved club, an opinion voiced by many at the club. So what next for the fury Italian? Many have compared his style of management to the legend 'Brian Clough' and Jose Mourinho and there is some truth in these claims. Like Clough and Mourinho, Di Canio is hugely egotistical and I strongly believe that Di Canio thinks he can take Swindon Town to the big time. Whether this is possible only time will tell, however, what cannot be denied is Di Canio's love for the game and his will to win. He may not be everyone's cup of tea. But this is what the game needs, another strong, young manager. I wish Di Canio well, a true character of the game that undoubtedly will have future success as a manager (hopefully with West Ham) and if not in a manager's capacity, he still would get into our starting eleven even at the age of 44! A rare talent and an individual who will continue to divide opinion, is Di Canio to be loved or hated?

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Heidi Cox with a photo of her son David, who was autistic and was killed three years ago. Photograph: Ben Riley-Smith It was karaoke night at the Weaver's Arms when Chantelle Richardson was attacked by a stranger because of her disability . The 23-year-old, whose face has been disfigured since she was 14, had already left one pub that night after comments about her condition. Now drinking with mates at her local in Oldham, it happened again. "Is your friend wearing a mask?" said the woman who'd just stopped singing as one of Richardson's pals approached the mike. "Your friend's face is disgusting." The woman repeatedly told Richardson: "Take off your mask," before punching her in the face. The blow was so strong it could have been fatal and left Richardson hospitalised for weeks. For months, she was depressed and afraid to go out in public. Her attacker, brought to court in March last year, was sentenced to eight months in prison. Richardson's story is shocking, but it is not unique. Disability hate crimes are under-reported by the media, and under-investigated by the police. But it's a problem that is getting worse not just behind closed doors, as happened at the private care home Winterbourne View , near Bristol, but on streets and in public spaces across Britain. In a fortnight London hosts the Paralympics where the sporting achievements of more than a thousand disabled athletes will be rightly celebrated. But beyond the Olympic Park a more unpalatable view of how Britain treats people with disabilities exists, where disability hate crime is at its highest level ever recorded. In 2011, there were close on 2,000 recorded disability hate crimes in England and Wales, double the number in 2008 when records began. Deteriorating situation In March, the Home Office estimated that 65,000 disability hate crimes occur each year. And disability charities say it could be as high as 100,000. They have little doubt that the deteriorating situation is being driven by "benefit scrounger" abuse. The Department for Work and Pensions has been accused of irresponsible rhetoric, in particular for its suggestion that three in four people claiming incapacity benefit are faking disabilities. It now estimates that only 0.3% of the incapacity benefit budget is overspent due to fraud. A DWP spokesman says it is "absolutely committed to supporting disabled people", but he acknowledges that "we need to work together and do more to change negative attitudes". Yet Katharine Quarmby, author of Scapegoat : Why We Are Failing Disabled People, warns: "Unless the government decouples reducing benefits from hinting strongly that most disabled people are scroungers, then we're going to see more attacks." That is what happened to Emma Round, 28. In 2009, nerves in Round's abdominal cavity became badly damaged, making walking extremely painful. Unable to leave the house without help, she became effectively trapped for nine months until a doctor decided to give her a wheelchair. The change revolutionised her independence, but also made her a target of abuse. Sitting outside a local shop not long after getting her wheelchair, she was approached by a well-dressed stranger. "He lent over, looked me in the eye and said, 'It's a good scam. Someone your age shouldn't be in a wheelchair ... You're just doing it for the benefits, aren't you? Scum.' Then he walked off. I just sat there crying," Round says. That incident was not a one off. "Since then I've been called lazy frequently and had people grab my wheelchair and tell me to get out and walk. I've been called a scrounger, a sponger, a faker and other words you wouldn't be able to put in print." Round's story is replicated every day across the UK. Disability charities receive a constant flow of reports -- accident victims spat on and punched, wheelchair users pushed into oncoming traffic, injured army veterans told they are exaggerating their injuries. A closer look at last year's crime figures, obtained, under freedom of information requests, for every police force in England and Wales, and published by the Guardian today in full for the first time online, reveals the gap between reality and how many incidents are being recorded and lead to convictions. Only 1,9

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Get Cosmetic Dentistry Updates I got a PFM bridge for teeth # 2, 3, 4 done. After 3 times, it still came back from the lab with the cusps too tall, causing interferences when chewing (bridge was temporarily cemented). The bridge was adjusted quite a bit during fitting and at a later visit. The last time it caused me pain from excessive pressure on the surface along the outer tips. I wanted it sent back to the lab to redo but the dentist refused. He adjusted it more but the bridge now had had cusps, just slope. Your opinion? Adjusted bridge being sent back to the lab In my office if I have to adjust a crown or a bridge excessively it will automatically go back to the lab to be redone, and then returned corrected. I would speak to your dentist and see why he refuses to send it back. Don't always have to send the bridge back to the lab I don't really have that problem since I have an in-house lab that can resolve those issues. However, if a bridge had to be adjusted so much that it exposed metal or opaque porcelain, then I would send it back. If the metal framework is fitting well, they can reaply porcelain and re-glaze it. Sometimes it is possible to get a very high polish at the office and this is OK as well. If you are not satisfied with the looks and feel, then it should be sent back or re-done. Hope this... more

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HEY! BALE! The Fiver has been impressed with Gareth Bale's ability to not bother going to the Olympics yet still grab more attention than any of the GB players who have done. It has also been impressed with the once humble Spurs winger's ability to grow an ego the size of Saturn in the same time it would take most people to sneeze. You see, after having his left ankle stamped on by Liverpool's Charlie Adam in Saturday's friendly match in Baltimore, the Spurs winger adopted the kind of patter usually only heard on the west side of that city by kids pretending to be Omar from The Wire. "He's come for me twice now -- and he's got me twice," drawled Bale, as Kyle Walker shouted Five-O behind him and the Fiver buried its head in its hands. "He's a bit of a coward. What he did was over the top. Some people are like that and it's just wrong. It's flattering when players try to take you out in a game but, when it threatens your career, it becomes more serious than that." While the pair's history would not even scratch the surface of a DVD cover, never mind go close to the narrative behind Omar and Marlo Stanfield's rivalry, Bale can be forgiven for being a little pr!ckly having been on the receiving end of an ill-timed and hefty lunge by Adam in May 2011 that caused him to suffer ankle-snap. "There are pictures on the internet of what he did before when he snapped all my ankle ligaments. I was out for three months that time," sobbed Bale. "When someone makes a very bad tackle on you, you expect an apology. And I'm not going to accept his apology," he added, saving Adam the cost of a text. There's probably only one surefire way to prevent Bale from getting knacked and the tiresome bluster that follows. Stop football (in the summer). Please. QUOTE OF THE DAY "On the morning of Tuesday 24 July, officers on Olympic police operations at Wembley Stadium reported that internal security keys, being used by them as part of searches, were missing. Detectives also attended to ascertain if there was any evidence of criminal offences. There is absolutely no security concern" -- the Met police does its best to make the news that they lost the blummin' keys to Wembley sound like a security triumph instead of the shambling balls-up that it was. "You lot at the Fiver seem to pride yourselves on using unusual past-tense verbs, such as 'ibrahed' or 'kerchinged'. Does that mean whenever a player's form has gone downhill and they have become a shadow of their former selves, we can say they have 'fivered'?" -- Matthew Sharpe. "May I recommend being about two weeks behind on the Fiver? I've just read the one from 14 July where the Bits and Bobs section told me that Zlatan Ibrahimovic is not moving to PSG and Alberto Aquilani is staying in Liverpool. The amusement from this almost compensated for the 'Chuckles the Clown' bits in the previous 'amusing' reports" -- Nick Livesey. GET A FREE 25 BET WITH BLUE SQUARE JOIN GUARDIAN SOULMATES We keep trying to point out the utter futility of advertising an online dating service "for interesting people" in the Fiver to the naive folk who run Guardian Soulmates, but they weren't having any of it. So here you go -- sign up here to view profiles of the kind of erudite, sociable and friendly romantics who would never dream of going out with you. BITS AND BOBS Manchester United defender Rio Ferdinand has been charged with improper conduct over comments he posted on Twitter, the FA has announced. United, meanwhile, have signed a seven-year shirt deal with Chevrolet, makers of the Chevy [Insert your own Don McLean gag here]. Mark McCammon was unfairly sacked by Gillingham after being racially victimised, an employment tribunal has ruled. McCammon was "relieved" at the judgment and said he hopes it will lead other players to raise "legitimate complaints" of discrimination. "We are hugely disappointed, in fact staggered, by this decision," said the club. Bad news for Arsenal fans: Arsene Wenger has left the door open for Andrey Arshavin. "He could still have a future at

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Up Next: Highlight (Or Something) To Crush Craigslist Twas just a week ago that the NY Times argued that Craigslist was virtually bulletproof. Not because it's anything special, but because they cultivate a false image of doing good while simultaneously bullying competitors with their lawyers: So why hasn't anyone managed to unseat Craigslist, a site that has barely changed in close to two decades? It has dug an effective moat by cultivating an exaggerated image of "doing good" that keeps its customers loyal, while behind the scenes, it bullies any rivals that come near and it stifles innovation. So Craigslist is now somewhat appealing to users, and may have some attraction beyond legal bullying and image propaganda. But it's not gonna last. Because in a meandering argument the NY Times says that social stuff, and mobile stuff, and/or a "distributed network" of such stuff, may "soon...be giving Craigslist a run for its money." Ok. So first off they talk about Highlight as a threat to Craigslist. Highlight is a wonderful mobile social network and we're investors. But it's not what's going to bring down Craigslist. The writer, and I'm not kidding, saw someone trying to sell something on Highlight, and decided it's a threat. "A few days ago an incoming alert caught my eye," she says. And that was that. Because oh my gosh, for the first time ever there's something competing with Craigslist. Nevermind doing a web search, to the presses! Facebook has tried. Microsoft has tried. Ebay has tried (when's the last time you rushed on over to Kijiji?). Dozens of startups have tried. They've all failed. Or are in the process of trying to figure out a way to survive in a Craigslist world. It's not that Craigslist can't be beaten. But they've put up a pretty good barrier to entry -- a simple service that charges way less than they could for what they offer. All the demand is there, and no one wants to bother listing stuff on services that have no eyeballs. Craigslist can eventually be disrupted, and perhaps it will. But almost certainly not by any of the services listed in the NY Times article. But what I'm most annoyed with: I don't understand why the NY Times wants so badly for Craigslist to be beaten. Do they really have no sense of history or the other attempts that have been made to take market share from Craigslist? Do they really think that for the first time ever someone's trying to take them down? It's sloppy, naive reporting built on a foundation of questionable motive, and I don't like it. At some point shame needs to overcome arrogance and condescension. I thought we hit that point last week, but obviously not. craigslist is garbage especially the personals. So many fake ads and pic collectors and when you try expose on Craigslist themeselve they block you. Craigslist is trash for trashy people the personals.. It's pretty easy to understand why the NY Times has it in for Craigslist: because Craigslist was the chief mover in killing the traditional newspaper classifieds business -- and, in turn, the traditional newspaper business, since classifeds, pre-Craigslist, accounted for the bulk of newspaper revenue and profit. That easy money is mostly gone now, and newspaper people are just a tad bitter about it. It's hard to compete with free, and the Times and other papers waited way too long to try. Result: newspaper armageddon. It's Clayton Christensen Innovators' Dilemma 101. And Craigslist is a handier villain than admitting newspaper management incompetence. The longevity of craigslist is solely the only reason it will be hard to disrupt. Craigslist has survived Web 1.0 and looks like it's going to survive Web 2.0. It was the first successful site of it's kind and thus throughout the years we have been conditioned to use it, all the while accepting it's shortcomings. For example, when people think of selling something online, two names pop into their minds: Craigslist or eBay. That's an advantage that cannot be taken away and can only be cultivated in the minds of internet users throughout time. AirBnB has tried too. They picked a sub sub category of Craigslist and turned

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Win One of A Kind Show Tickets! 17 days until Toronto's One of a Kind Show ! I have two pairs of tickets to give away in the coming week! First pair of tickets: Easy-peasy -- just comment on this blog post to be entered (tell us which is your favourite Fancy Pants Kids design if you like)! I will award one pair of tickets on Wednesday, November 14th to one of those who commented below. Second Pair of tickets: I will be awarding a second pair of tickets on Twitter -- simply follow us and re-tweet one of our contest tweets between now and November 14th at noon for a chance to win those! Today I'm showing you some behind-the-scenes shots from the recent/ongoing development of a knight's helmet to complement our Armour design. I wanted something that was light and adjustable like all my headwear, and that does not obscure the child's face. What I worked on was to make it a wrap-around, Velcro style -- like our Classic Crowns and Creature Headbands . The first couple of attempts were a little too boxy in shape and big -- probably because I was forced to model them myself in the mirror (no kids around during the days). The prototype I'm modeling here has since been changed significantly -- the brow ridge and ear flaps have been shortened and rounded more. Since these are new, I'm just making a small batch of them to try out for Xmas season and One of a Kind Show -- I'll be making them out of the same fabric as the new knights that will be available for Christmas shopping. Lots of tracing and cutting to do... I love, love, LOVE your booth. "Santa" brought my kids their armor last year and they wear it all. the. time. Can't wait to see what's new this year! Gretel Fancy Pants Thanks, Elizabeth! I look forward to seeing you again at the castle! This time located at Z-5! ttp://www.facebook.com/Cheriebeadle Cherie Lunau Jokisch All your creations are amazing. But I love the dragon tails the most. MirandaEF Love your creations but Missy is my most favourite! Happy Chinadoll I have never been to the Christmas One of the Kind show. I have heard it is bigger than the Spring show Gretel Fancy Pants The Christmas show has over 800 vendors -- almost twice the size of Spring! Sandra Ann creature headbands are great! Jenn You rock, sister, and I lubba oo! Sarah My kids and I LOVE your new Power Cuffs! The Sword Belt with the wooden sword would probably blow their minds though, but they haven't seen it yet. Bill Thinking of getting my great nephews some capes. When does the OOAK show start? Is it at the Ex? Gretel Fancy Pants The One of a Kind Show is at the Direct Energy Centre (at the EX) from November 22 until December 2 -- from at least 10am to 9pm every day! I'm in booth Z-5 and I'm sure we can find something awesome for the great nephews, Bill! ttp://twitter.com/sbearbergman Bear My son would go crazy for the sword belt with a sword in it. Then he'd put it on over his peacock tutu, probably with underpants for a hat. ::grin, sigh:: Gretel Fancy Pants Fabulous! I love a kid that accessorizes with creativity and without reservation! ttp://www.facebook.com/mrs.denboer Matthea Den Boer My daughter needs a dragon tail!! Now to decide on a colour... ttp://www.facebook.com/gillian.jazzar Gillian Jazzar My daughter has two capes/crown in different colors -- it depends on her mood! She loves "flying" around the house in them! Rebecca We love our crown and dino tail Ilona Just bought my niece the fleece crown and cape, will be returning for two more for my boys. They are absolutely fabulous. I'm sending it to Europe so she's the most spectacular 4yr old dancer in her class, thanks for the super craftsmanship!!!!! Lisa N Our boys love their cape. Heather The princess coronet is so sweet! Jeff Cape is the best Charmaine the helmet could use a 'grill' design, but other than that, the knight costume looks awesome! Gretel Fancy

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David Attenborough's latest 3D documentary series will launch on New Years Day at 7pm on Sky 3D The latest high end 3D series has been produced by Colossus Productions, the joint venture between Sky 3D and Atlantic Productions, and uses pioneering 3D-techniques and technology to explore the unique environments and species of the Galapagos, GALAPAGOS 3D WITH DAVID ATTENBOROUGH takes viewers on a voyage to understand the stunning archipelago which changed the way we see the world and has long-remained a place of true interest with the nation's favourite naturalist. Each of the 3 x 60' episodes will cover different chapters in the history of the Galapagos Islands. Origin (1st January) looks at how the islands rose explosively from the ocean four million years ago, with episode two, Adaptation (5th January),investigating the evolutionary innovations which helped life develop into unique and spectacular form. Evolution (12th January),the concluding episode, explores the fact that no two islands in the Galapagos are the same and we see the final footage of the islands' world-famous giant tortoise Lonesome George, the last survivor of his species, who sadly died earlier this year. David Attenborough was the last person ever to have filmed with him. David Attenborough comments: "It's only now that the latest developments in camera technology have given us the possibility of filming the full range of wildlife in 3D, and the first place I wanted to put that to the test was the Galapagos. "I mean, lizards that swim, swim down to the bottom of the seabed and graze seaweed, has to be really an extraordinary thing. Galapagos is full of dramas, and it is also full of very, very charismatic animals which, because they're uniquely unafraid of humans, you can get up close to and film: it's a natural for 3D." Anthony Geffen, Producer and CEO of Atlantic Productions adds: "This was one of the most challenging 3D documentaries ever undertaken; it involved working in extremely difficult locations on land, in the air and under the sea using custom built kit. But the resulting 3D allows you to step into the Galapagos as if you are actually there with David Attenborough, experiencing the extraordinary wildlife and discovering the history of these magical islands." John Cassy, Director, Sky 3D, comments: "In Galapagos 3D, we're offering Sky customers the unique opportunity to explore one of the world's most fascinating environments in incredible detail with David Attenborough. Marking his fourth visit to the islands and the start of his 61st year in broadcasting, this three part series combines Attenborough's natural history knowledge with his curiosity and passion for re-discovering the world in a new dimension -- with stunning results." Colossus Productions recently announced a fifth collaboration with David Attenborough -- MICRO MONSTERS 3D which will be a 3 x 60' series scheduled to be broadcast on the Sky 3D channel in the spring of 2013, and promises ground-breaking 3D filming techniques.

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It's hard describin' a heartache, oh cuz it's a one of a kind a thing. Serious injury and a whole lot of endless pain. If it was a storm, I'd compare it to a hurricane. Oh it's even got a name. Chorus If it was a drink, It would be a strong one. If it was a sad song, it would be a long one. If it was a colour, It would be deep deep blue. But if we're talkin' about a heartache, It would be you. If there was a full moon, It would a total eclipse. If it was a tidle wave, It would sink a thousand ships. If it was a blizzard, It would record breaking cold. If it was a lie, It would be the biggest story you've ever told. Chorus If it was a colour, It would deep deep blue. But if we're talkin' 'bout a heartache, It would be you. Gary Allen - It Would Be You song words/lyrics from Other Songs H - T album cd are property & copyright of their owners & provided for educational purposes for free. Visit Gary Allen Lyrics page to find new songs, or use search.

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"Thanks for helping us with our most recent water damage problem. Your extensive knowledge and experience with water damage and restoration was very evident, as was your commitment to excellence. The work you have done for us over the years has always been outstanding and we really appreciate it. You are a professional in every sense of the word." Don D., Red Deer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "Thanks so much for another job well done. We appreciate your dedication, professionalism and thoroughness." Deb W., Red Deer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "Thank you so very much for always going the extra mile for your customers. We really appreciate it!" Robin M., Red Deer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "Thank you very much for doing such a wonderful hand cleaning on our area rugs. We are very pleased with the results (and they seem much softer to the touch now -- a surprise bonus). It was very important to us to find someone that we trusted with our rugs. We are grateful for your experience and the TLC you showed our rugs. We will recommend Mancuso whenever and wherever we can." Joy D., Blackfalds \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "Thank you very much for your proficient and collaborative assistance. It is a pleasure working with you." Veena, Red Deer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "Just a note of thanks for all your efforts and skill this Friday past... we are, all of us, pleased with the results and very much appreciate your time." Dawn M., Red Deer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ "Just a short note to say THANK YOU for cleaning our rug. A great job and it looks better than it has in years." Linda M., Lacombe " We would like to express our thanks for the wonderful carpet cleaning job that you did.... Your contribution to our non-profit organization and to the community is very much appreciated." Susan T., Red Deer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Copyright Mancuso Cleaning - All Rights Reserved designed and developed by Creative 4 Site

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Opening Friday, October 19th, from 6PM - 9PM On view through Friday, November 30th Kirk Faber: So, Mike. What have you been working on lately, roughly, without giving too much away? Mike Paro: I've been thinking a lot about design. I'm interested in what drives aesthetic choices -- use, efficiency, function. My recent work combines the differences I observe in how art is formed and how design is formed -- where we approach the two fields. Simplified, I see design as informing things from the world and art informing things from the self. KF: I like that. I was thinking earlier today about the pieces we were talking about and the work's relationship to furniture or home decor. Then there's the fact that these things are going to be set up in front of the window or over the couch, etc. The work's not being designed specifically for my apartment but it seems like materials like naugahyde or Ikea fixtures might fit the situation, or they might very well not. How do you feel about these things existing in my apartment instead of a normal, white-walled gallery? MP: I would hope the work feelsright at home. I've selected the work to reflect a domestic setting, and the setting does allow for a slight tinge of humor to enter the conversation, but that I am OK with. The line is blurred on where art is and where an interior designer stepped in. That line between art and life really reflects your work, and I'm really glad it worked out this way -- an unintended collaboration of sorts. KF: Well that's an interesting comparison. I hadn't thought about that but it totally makes sense. In that case maybe I should paint a wall to match one of your pieces or reupholster a chair in naugahyde. Or at least wear a matching tie or something. Maybe not. MP: I'm into it. As long as it looks good and fits the budget: Mike Paro at Kirk's Apartment opens Friday, October 19th at our new location (2251 N Cornelia, Apt 2) with an opening reception between 6 and 9pm. The exhibition will be on view by appointment until November 30th, 2012. To make an appointment please email Kirk at kirksapartment@gmail.com.

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The oceanic multivalence ... Neptunian swirlarama ... that is pulling all surface currency into nebulous liquidity is also doing a number on personal channels. There are continuity gaps everywhere, without fill-in, and level-blending at strangely timed moments of standard determination. Yep, it looks like the game is playing the players and has changed well ahead of any tactical resonance showing up on the level of performance. Strange days indeed, though they also seem anciently familiar. There is no note to self, with any reasonable context of adjustment-value, to be written anymore. Even in the futuristic codes of probability theory. And it's a clean break with the whole of psycho- navigational history to date. Really welcome, too. Even as plotted thickenings are drawn into dreamy-drowning mode and ultra slow motion wraps around autobiographical speed. For sure the breathing is different. And vision, unclouded by promise, abstracts naturally into kind beholding. It's been a day of vastly steady upheavel ... media merely blinking ... and of subliminal power-play deepening beyond the range of anxious accountancy. It's also been a day of quietly magical rest in the local version of game-change on pause. And as for the night ... well, may it permeate tomorrow with todayness in blackly rendered real currency.

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Ceri Radford is Assistant Comment Editor of the Telegraph. It has to be Hamlet Writing about Shakespeare in the past couple of posts has made me realise that his appearance on Poetry Monday is perhaps a bit overdue. The beautyA of Hamlet But which excerpt to choose? As Shakespeare's sonnets have always struck me as beautiful but inevitably subdued compared to his dramatic verse, it's going to have to be a soliloquy. And this is where it gets difficult. Among my favourites, all varying radically in tone, are the following: Lady Macbeth's "The raven itself is hoarse..." for blood-curdling psychological drama; Mark Antony's "Friends, Romans, CountrymenA..." for mind control that would make Alastair Campbell weep; Jacques' "All the world's a stage" in As You Like It for echoing universalism and, in the same vein, Hamlet's "To Be or not To Be." What would you put on your list? For the moment, I've opted for one of the other great Hamlet speeches, from an earlier point in the play when the protagonist first reveals the depth of his anguish over his widowed mother's hasty remarriage. I've always admired the delicate balance of tenderness and outrage that sets the tone for so much else that is to come.

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MORE IN THIS BLOG What Might Have Been Similarly, had John McCain lost with Tim Pawlenty as his running mate in 2008 (and he would have), Pawlenty would have had at least as good a shot as Mitt Romney of taking the nomination this time around, his uninspiring persona notwithstanding. ~ Noah Millman It's an intriguing suggestion, but I doubt it. Losing VP nominees rarely return later to become their party's nominee, and when it has happened it has sometimes been many elections after the VP nomination. Yes, it happened in 1984 and 1996, but Mondale had been the Vice President when the Democrats lost in 1980, and Dole had to wait twenty years for "his turn" to arrive. Except for Mondale and Dole, no postwar losing VP nominee has prevailed or even been all that competitive in later contests. Quayle expressed interest in running during the 2000 cycle, but he couldn't raise any money, and some conservatives talked up a Kemp candidacy at the same time to no avail. This is why a VP nomination for Pawlenty in 2008 wouldn't have done him much good, and it is why Palin is not considered "next in line." Had Pawlenty been chosen in 2008, he would have been saddled with all of the baggage of the association with McCain without any of the benefits of the independent cult of personality that grew up around Palin. People wouldn't have been asking, "Why can't we have Pawlenty/McCain?" as some of Palin's fans said about her. They would have been complaining that there was hardly any difference between the two of them, and the muttering and dissatisfaction with McCain would have bled over onto Pawlenty. Pawlenty would not have had the opportunity to distance himself from all of the positions that he had taken before then, and he would have had to endorse some positions as McCain's running mate that conservatives disliked. McCain supported a cap-and-trade position during the campaign, and Pawlenty would have had no difficulty agreeing with that. He would have been introduced to the country as a proud supporter of cap-and-trade instead of an embarrassed former supporter. Instead of being able to dodge the bailout issue by claiming to be a merely "reluctant" supporter, he would have been forced to defend McCain's support of it. Reinventing himself as the enemy of bailouts is already not very credible, but it would be even less so if he had been McCain's VP choice. Unlike Palin, he would not have legions of die-hard fans who couldn't care less about policy. One mixed blessing for Pawlenty is that he would already be nationally known, but everyone would have already formed an opinion about him, and it would have made it harder for him to run later as a "fresh face." While Pawlenty may have resented being passed over in 2008, he ought to appreciate now that McCain unwittingly did him a favor by allowing him to remain in relative obscurity.