Nick Sutterer is proud to be a member of the Ruby open source community. His Cells andApotomo projects have been bringing increased view modularity and event-driven programming to Rails for years. He has enjoyed attending, and speaking at, Ruby conferences around the world. Buy him a beer sometime, and with very little prompting, he will tell you why there should be no such thing as a double-render error, why you should not confuse your models with your resources, and how to play a mean bass in a punk rock band.

Ralph and Jan are web developers at Railslove, Georg is working hard to revolutionise invoicing with SalesKing. All three have known each other for years and have worked in all kinds of projects. Along the way, they've gained extensive experience on all levels of web application development and how to found and maintain profitable web businesses. Among their fields of expertise are API design, Ruby and Rails, project management, payment solutions and much more.

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Who *(Your email address. If you don't have it (~_^) you can create a new one on gmail. Don't worry, we won't sell it.):* Georg Leciejewski (gl@salesking.eu), Ralph von der Heyden (ralph@railslove.com), Jan Kus (jan@railslove.com)

Bio *(Tell us everything we need to know about you to accept your proposal. Nothing more, nothing less.):*
Ralph (German) and Jan (Polish) are web developers at Railslove, Georg (Polish surname) is working hard to revolutionise invoicing with SalesKing. All three have known each other for years and have worked in all kinds of projects. Along the way, they've gained extensive experience on all levels of web application development and how to found and maintain profitable web businesses. Among their fields of expertise are API design, Ruby and Rails, project management, payment solutions and much more.

Topic/Description:
(Tell us as much as you can about the talk. If you already know the title that's great! Otherwise, no problem! We would appreciate a link to any of your previous video but it is not mandatory. If you want to be a participant in one of our fight, do not hesitate to mention it. If you know a villain that would be a good opponent for you, share his/her name with us.):
Title: Are you in a Pit .. Brad Pit Get out of the trap!
Content: In our talk we share some of the most interesting, absurd, or funny insights and moments we experienced in our past couple of years. As developers and business founders, we present the best of our own mistakes and show you how we got out of the pits we fell into. Believe us, we've been there as well and, hopefully, attending our talk will help you not making the mistakes we already made for you ;) It will be serious fun! The talk will cover both technical and other subjects.

Each will get a 2-3 min coverage and we might skip/add some points

Content: We are working long enough in the industry to be wearing the "experienced ruby developer" badge. We've make mistakes, we've fallen into traps, but each time we have figured out how to save us. We've tried many things to find out which one works best for us and our customers, and we're still looking to improve. And most certainly, we have already done many of your mistakes or the ones you are about to make. So come and listen to our talk to hear

about our screw-ups in the past, or potential traps you may want to avoid in the future. It will be serious fun!

========> nur bis hier korrigieren und schmackes hinzufügen.
========> der rest ist egal

—

1. Factories vs. Fixtures
2. Use the debugger
3. An apple a day keeps the doctor away
4. Sleep a lot
5. Delete other people's repositories, your own code…
6. Not automating your server setup
7. Code-life balance
8. Not having your company in the cloud (e.g. Google Apps, other webapps…)
9. Travel right
10. Sports
11. Lack of code modularization (separation of concerns)
12. Use Rails configurator (also in gems etc.)
13. Test isolation (order dependency), test frameworks
14. Calling object.to_json to generate your api (decouple your objects from your api)
15. Don't drink and drive
16. HTML5. WHY?!
17. Photographing as a programmer
18. premature optimization
19. off by one
20. not optimizing your sql
21. storing secrets in plain text
22. writing for the interpreter, not for people
23. writing big routines
24. not using poros (plain old ruby objects)
25. supressing exeptions
26. Not monitoring enough/right
27. Using the wrong tool for the job (cucumber bashing)
28. Not pairing enough/all the time
29. nesting too much (use a whiteboard to get your workflow right)
30. being a windows user
31. Being sloppy with code conventions (e.g. whitespace)
32. not rtfm, not rtfc (code)
33. bloat your testsuite (-> not running your tests, fucking up)
34. not having a bulletproof deployment process (e.g. migrations, not pushing your branch)
35. Not knowing your shell (completion, process backgrounding, etc.)
36. over engineering stuff (designing for unclear/vague requirements)
37. Not going to your local user group

38. http://leanpub.com/shippingsoftware
39. Nap!

FOR YEARS, NAPS have gotten a bad rap, derided as a sign of laziness, weakness, or senility. We are "caught" napping or "found asleep at the switch."

But lately napping has garnered new respect, thanks to solid scientific evidence that midday dozing benefits both mental acuity and overall health. A slew of new studies have shown that naps boost alertness, creativity, mood, and productivity in the later hours of the day.

A nap of 60 minutes improves alertness for up to 10 hours. Research on pilots shows that a 26-minute "NASA" nap in flight (while the plane is manned by a copilot) enhanced performance by 34 percent and overall alertness by 54 percent. One Harvard study published this year showed that a 45-minute nap improves learning and memory.

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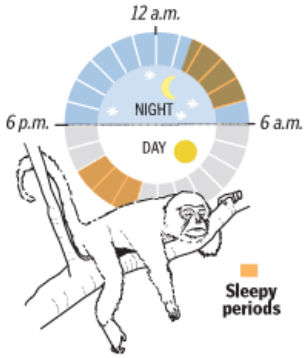
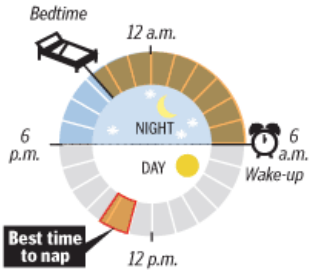
BORN TO NAP

Most mammals sleep for short periods throughout the day. We have consolidated sleep into one long period, but the biological vestige remains. Our bodies are programmed for two periods of intense sleepiness: in the early morning, from about 2 to 4 a.m., and in the afternoon, between 1 and 3 p.m. This midday wave of drowsiness is not due to heat or too many fries at lunch (it occurs even if we skip eating). Rather, it arises from an afternoon quiescent phase in our physiology, which diminishes our reaction time, memory, coordination, mood, and alertness.



ARE YOU A LARK OR AN OWL?

To determine the best time to nap, it helps to know your "chronotype." What time you would get up and go to sleep if you were entirely free to plan your day? If you're a lark, apt to wake as early as 6 a.m. and go to sleep around 9 or 10 p.m., you're going to feel your nap need around 1 or 1:30 p.m. If you're an owl, preferring to go to bed after midnight or 1 a.m., and to wake around 8 or 9 a.m., your afternoon "sleep gate" will open later, closer to 2:30 or 3 p.m.



WHAT'S IN A NAP?

In designing the optimal nap you need to grasp its potential components. During sleep, your brain's electrical activity goes through a five-phase cycle:

STAGE 1: *Falling asleep* **STAGE 2:** *Light sleep.* **STAGES 3 AND 4:** *Deep, slow-wave sleep.* **REM:** *Dreaming stage.*

A short afternoon catnap of 20 minutes yields mostly Stage 2 sleep, which enhances alertness and concentration, elevates mood, and sharpens motor skills. To boost alertness on waking, you can drink a cup of coffee before you nap. Caffeine requires 20 or 30 minutes to take effect, so it will kick in just as you're waking. Naps of up to 45 minutes may also include rapid eye movement (REM) sleep, which enhances creative thinking and boosts sensory processing.

Limit your nap to 45 minutes or less, if you need to spring into action after dozing. Otherwise, you may drift into slow-wave sleep. Waking from this stage results in serious sleep inertia, that feeling of grogginess and disorientation that can last for a half hour or more.

But you might want to take a long nap, **at least 90 minutes**. Many of us get about an hour to an hour and a half less sleep per night than we need. A new study shows that the sleep-deprived brain toggles between normal activity and complete lapses, or failures, a dangerous state of slowed responses and foggy inattention. Sound familiar?

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THE PERFECT SIESTA

Once nap time and length are settled, you need some preparations for the rest:

Find a safe, quiet, comfortable place, preferably one where you can lie down. (It takes about 50 percent longer to fall asleep sitting upright.)

Have a light blanket handy in case you get chilly, but nothing too heavy (excess warmth can make you oversleep).

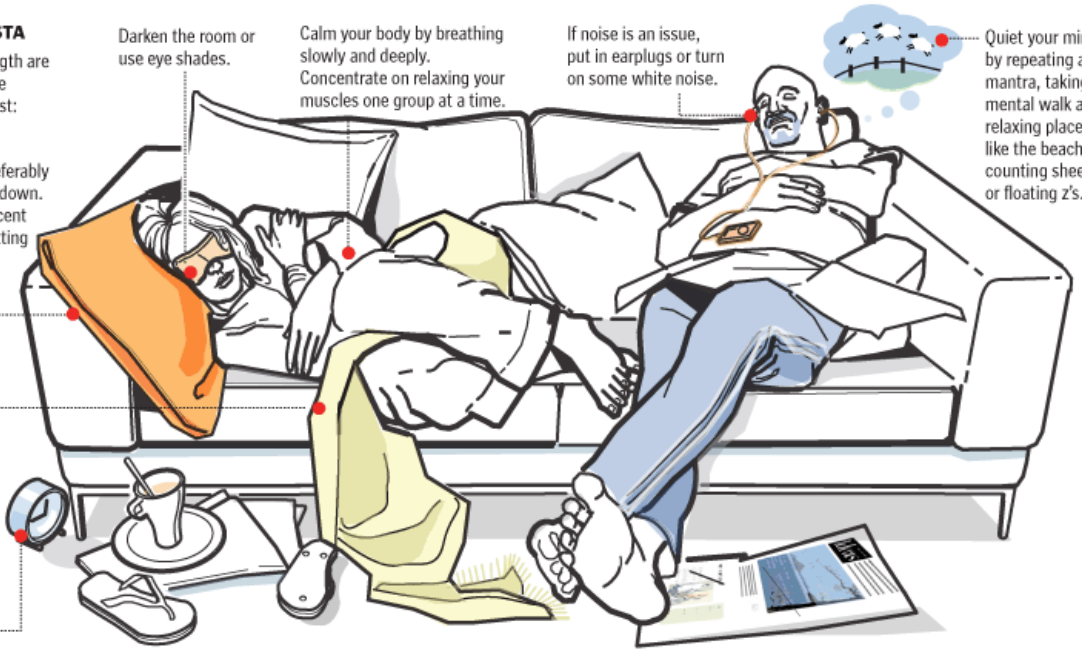
Set an alarm.

Darken the room or use eye shades.

Calm your body by breathing slowly and deeply. Concentrate on relaxing your muscles one group at a time.

If noise is an issue, put in earplugs or turn on some white noise.

Quiet your mind by repeating a mantra, taking a mental walk at a relaxing place like the beach, or counting sheep or floating z's.



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