

NIKKI

# MINKSHEEN



Sunrise  
Enterprises

the leaf

PEACHBAR

BLEND  
BISTRO

toasty  
bites

LAKEWORKS  
RECORD STORE



THE  
GOOD  
GOURD

Fig

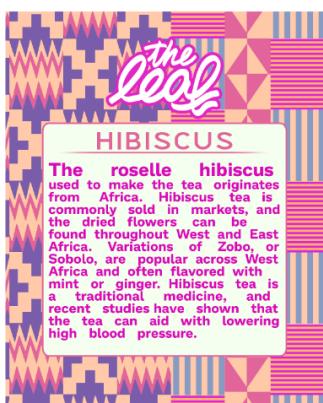
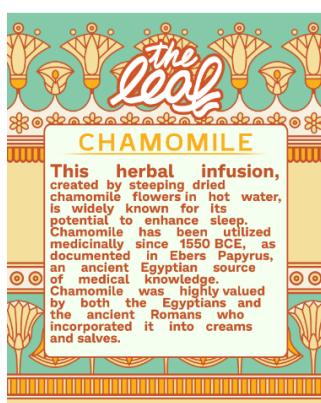
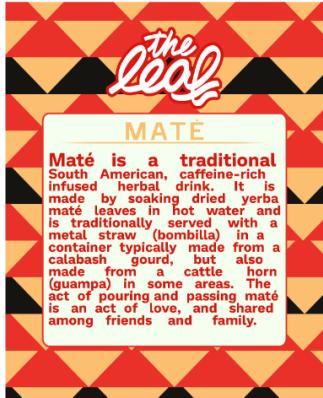
cocoon

MODERN  
CAULDRON

ETHEREAL  
ESSENCE

Black Tarantula







DISC DESIGNS FOR SWIFT DISCS (LEFT)  
DISC GOLF COURSE MAP (ABOVE)



# coffee makes everything possible.

There's nothing quite like waking up to the intoxicating aroma of freshly brewed coffee. The rich, warm scent envelops the air, creating an ambience that promises to awaken your senses and get your day off to a vibrant start. Hot delicious coffee is not just a drink; it's a ritual, a moment of indulgence that can transform any ordinary day into something extraordinary.

**Check out our Breakfast Blend, with Mild and Mellow flavors →**

First and foremost, let's talk about the taste. Coffee, when brewed to perfection, possesses a complex and nuanced flavor profile that is both comforting and invigorating. The natural bitterness of the coffee beans blends seamlessly with subtle notes of cocoa, nuts, or even floral undertones, depending on the origin and roast. This symphony of flavors comes together in a harmonious balance, creating a beverage that is both robust and smooth, capable of satisfying even the most discerning palate.




[Learn how to make the perfect Americano](#)

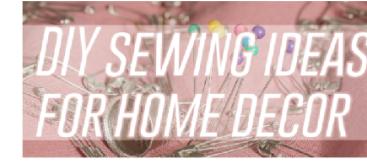
[How to make a PERFECT cup of iced coffee at home](#)

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## DIY SEWING IDEAS FOR HOME DECOR

Grab your crafting supplies! Get ready to embark on a journey!

**Homemade crafts** are a great way to bring a touch of creativity and charm to our homes! Whether you've just moved into a new house or you want to spruce up your apartment, these cute and simple crafts can instantly add a **personal touch** and a **sense of warmth** to your living space.

Engaging in DIY crafts can be a great stress-reliever and a form of **creative self-love**. The process of crafting can be immensely therapeutic, allowing you to focus on a specific task and channel your energy into creating something beautiful. It can also provide a sense of accomplishment and pride when you see your finished project enhancing the **aesthetic appeal** of your home.



Yarn Scraps? Recycle them into tassels, ribbons, and bookmarks.

[Continue reading to learn how!](#)



From floral patterns to portraits, this timeless art form adds elegance to any toddler.

[Madeline's Toybox High Shine Thread Available](#)



No sewing machine? Learn how to hand sew a fabulous Frida Kahlo cushion made from repurposed materials.

[The stitching is simple and quick](#)



Andie, a hard surse, and a great pair of scissors will make life a little bit easier for you.

[How to cut fabric perfectly straight](#)

# NEWSLETTERS

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# simple BIBERS



Nalene

She's a bushy, loyal and gentle woman, out of the ordinary with someone with her own special needs. She was born and grew up in a high class family in an average neighborhood. She lived comfortably until she was about 15 years old, but at that point things took a turn for the worst. She became a victim of child abuse and neglect, and became an outcast. With the help of a suspicious friend she had to survive in a ruined warehouse with other people who also managed to battle the elements and find a new home. This has turned her into the woman she is today.

With the lessons of the past, she now works on helping others. She has the desire to start life over on a good note and finally find joys and comforts of life she has never had.

**Eel as Food**

PseudoTimestamp / 11:56pm • February 18, 2018

Eels are elongated fish, ranging in length from 5 centimeters (2.0 in) to 4 metres (13 ft). Adults range in weight from 3 grams to over 25 kilograms. They possess no pelvic fins and many species also lack pectoral fins. The dorsal and anal fins are fused with the caudal or tail fin, forming a single ribbon running the length of the animal. Most eels live in the shallow waters of the ocean and burrow into sand, mud, or amongst rocks. A majority of eel species are nocturnal and thus are rarely seen. Sometimes, they are seen living together in holes or pits. Some species of eel live in deeper water on the continental shelves and over the slopes deep as 4,000 metres (13,000 ft). Only members of the Anguillidae family regularly inhabit fresh water, but they too return to the sea to breed.

The Jewish laws of Kashrut forbid the eating of eels. Similarly, according to the King James version of the Old Testament, it is acceptable to eat fish, but fish like eels, which were erroneously believed to lack fins or scales, are an abomination and should not be eaten. Eels contain more than 70 percent water and their eel calcium

Freshwater eels (unagi) and marine eels (conger, copper eel) are commonly used in Japanese cuisine; foods such as unadon and unagi are popular but expensive. Eels are also very popular in Chinese cuisine and are prepared in many different ways. Hong Kong eel prices have often reached 1000 HKD per kilogram and once exceeded 3000 HKD per kilogram. Eel is also popular in Korean cuisine and is seen as a source of stamina for men. In Italy, eel is a traditional dish in Sicily and Calabria, while in France, eel is a delicacy in Normandy and other places. Traditional east London foods are jellied eels and pie and mash, although their demand has significantly declined since World War II. In Italian cuisine eels from the Valli di Comacchio, a swampy zone along the Adriatic coast, are especially prized along with freshwater eels of Bolsena Lake.

In 2010, Greenpeace International added the American eel, *Muraena americana*, to its seafood red list. Greenpeace International says that it is a fish catch that is commonly sold in supermarkets around the world, and which have a very high risk of being sourced from unsustainable fisheries. The US government deems eels population and the commercial industry was worth \$12 million in Maine in 2017.

The eel was a cheap, nutritious and readily available food source for the people of London. European eels were once common in the Thames that nets were set at low upriver as London itself, and eels became a staple for London's poor. The first "Eel Pie & Mash House" opened in London in the 18th century, and the oldest surviving shop in Manze - has been open since 1922.

**Our Planet**

The planet Mondas, which is a name which is still disputed, is a carbon planet in a huge solar system with 100 planets. It has a diameter of about 6.7 times bigger than Earth and its gravity is about 1.15 times that of Earth. The day on Mondas is 10 hours long and a year lasts 150 days. The planet is made up of 4 continents and 1000 islands. The continents are called landmass 1, 2, 3, 4 and 5. Mondas has a thin atmosphere and a small moon that orbits the planet and Mondas itself off to the side.

The plant-like organisms on this planet are dominated by various types of grass, but they only reach short heights. There are no trees on this planet. There are no insects on this planet, as they absent at the planet. There are no birds on this planet, as they absent, as they can reach the deeper nutrients. They reach the deeper nutrients because the plants that consume them block out too much light for the lower layers.

Many of these organisms have developed unique ways to defend themselves. Some have a taste that taste bad and a few are even poisonous, some have gone extinct and some have become hard to find. Any part of the plant that gets cut off will grow back. An animal's digestion will often end up regurgitating from that point. Some of the plants like the ones that consume them block out too much light for the lower layers.

The world's oceans on the surface are also teaming with life. A huge variety of sea life and aquatic plants have made their home in the waters of this planet, both living on the surface and burrowing into the depths. Some species have developed into more aggressive forms of life, such as sharks and killer whales. These sharks are even known to hunt other sharks. These beings are already capable of basic flight through the means of wings and fins, but they are also capable of explosives and crude engines, though they're quite different from anything we've created on Earth.

The higher sentients on this planet can be considered as the most advanced life forms in the universe. They are very intelligent and curious, but they are also very unpredictable and fairly ignorant towards the mysteries of the universe. However, their technology has advanced beyond what we could ever imagine. These beings are already capable of basic flight through the means of wings and fins, but they are also capable of explosives and crude engines, though they're quite different from anything we've created on Earth.

**Anguilliformes**

PseudoTimestamp / 11:13pm • February 27, 2018

Eels are elongated fish, ranging in length from 5 cm (2.0 in) to 4 metres (13 ft) in the one-jawed eel (*Monognathus albirostris*). Adults range in weight from 30 g (1.1 oz) to well over 25 kg (55 lb). They possess no pelvic fins, and many species also lack pectoral fins. The dorsal and anal fins are fused with the caudal or tail fin, forming a single ribbon running the length of the animal. Eels are ectoparasitic, feeding on the mucus and skin of other fish, and sometimes on the blood of their host. They can swim backwards by reversing the direction of their body waves which travel the length of their bodies. They can swim backwards by reversing the direction of their body waves which travel the length of their bodies.

Most eels live in the shallow waters of the ocean and burrow into sand, mud, or amongst rocks. A majority of eel species are nocturnal, though they are seen living together in holes, or "eel pits". Some species of eels also live in deeper water on the continental shelves and over the slopes deep as 4,000 m (13,000 ft). Only members of the Anguillidae family regularly inhabit fresh water, but they too return to the sea to breed.

The slender true eel is the European conger. The maximum size of this species has been reported as reaching a length of 3 m (10 ft) and a weight of 110 kg (240 lb). Other eels are longer, but do not weigh as much, such as the slender giant moray which reaches 4 m (13 ft).

Eels begin life as flat and transparent larvae, called leptocephali. Eel larvae drift in the surface waters of the sea, feeding on marine snow, small particles that float in the water. Eel larvae then metamorphose into glass eels and then become elvers before finally seeking out their juvenile and adult habitat. Many eels remain in the sea throughout their lives, but some species, such as the American anguillid eels, travel upstream and are forced to climb up obstructions, such as weirs, dam walls, and natural waterfalls.

Freshwater eels (unagi) and marine eels (conger eel, anago) are commonly used in Japanese cuisine; foods such as unadon and unagi are popular, but expensive. Eels are also very popular in Chinese cuisine, and are prepared in many different ways. Hong Kong eel prices have often reached 1000 HKD (128.86 US Dollars) per kg, and once exceeded 3000 HKD per kilogram. Eel is also popular in Korean cuisine and is seen as a source of stamina for men. In Italy, eel is a traditional dish in Sicily and Calabria, while in France, eel is a delicacy in Normandy and other places. A traditional east London food is jellied eels, although the demand has significantly declined since World War II. The Northern Spanish delicacy anguilas consists of elver (young eel) sautéed in olive oil and garlic; elvers are reared to a length of 10 cm (4 in). Another traditional eel dish is a type of eel pie, a popular food in the United Kingdom. In Italian cuisine, eels from the Valli di Comacchio, a swampy zone along the Adriatic coast, are especially prized, along with freshwater eels of Bolsena Lake and pond eels from Cabras, Sardinia. In northern Germany, the Netherlands, the Czech Republic, Poland, Denmark, and Sweden, smoked eel is considered a delicacy.

Eels, often fried, used to be a cheap dish in the United Kingdom; but, during the 1990s, their numbers collapsed across Europe. They are now not just a delicacy, but the UK's most expensive species. Eels, particularly the moray eel, are popular among marine aquarists. Ocellated Spiny Eel is a very attractive little fish but is shy when acquired at first.

Eel blood is toxic to humans and other mammals, but both cooking and the digestive process destroy the toxic protein. This is derived from eel blood serum was used by Charles Robert Richet in his Nobel Prize-winning research, which derived antitoxins (by injecting it into mice and then extracting the antibodies needed). The poison used by Richet was actually obtained from sea anemones. Eel toxin is highly prized. It is very smooth and exceptionally strong. However, it does not come from eels. It comes from the Pacific halibut, a jawless fish which is also known as the slime eel.

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## Navigation



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# BLOG TEMPLATES

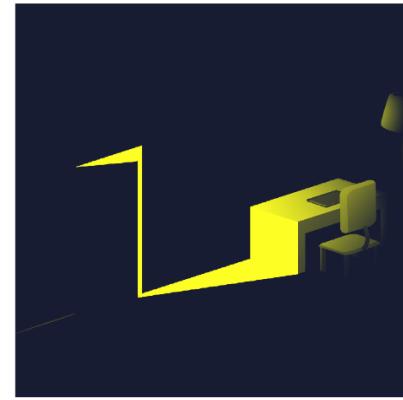
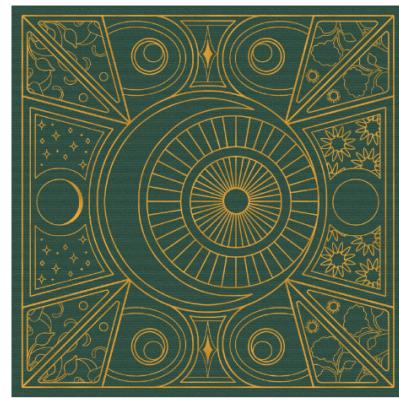
## EYES EYES EYES

EYES ARE ORGANS OF THE VISUAL SYSTEM. THEY PROVIDE ORGANISMS WITH VISION, THE ABILITY TO RECEIVE AND PROCESS VISUAL DETAIL, AS WELL AS ENABLING SEVERAL PHOTO RESPONSE FUNCTIONS THAT ARE INDEPENDENT OF VISION. EYES DETECT LIGHT AND CONVERT IT INTO ELECTRO-CHEMICAL IMPULSES IN NEURONS. IN HIGHER ORGANISMS, THE EYE IS A COMPLEX OPTICAL SYSTEM WHICH COLLECTS LIGHT FROM THE SURROUNDING ENVIRONMENT, REGULATES ITS INTENSITY THROUGH A DIAPHRAGM, FOCUSES IT THROUGH AN ADJUSTABLE ASSEMBLY OF LENSES TO FORM AN IMAGE, CONVERTS THIS IMAGE INTO A SET OF ELECTRICAL SIGNALS, AND TRANSMITS THESE SIGNALS TO THE BRAIN THROUGH COMPLEX NEURAL PATHWAYS THAT CONNECT THE EYE VIA THE OPTIC NERVE TO THE VISUAL CORTEX AND OTHER AREAS OF THE BRAIN. EYES WITH RESOLVING POWER HAVE COME IN TEN FUNDAMENTALLY DIFFERENT FORMS, AND 96% OF ANIMAL SPECIES POSSESS A COMPLEX OPTICAL SYSTEM.<sup>[1]</sup> IMAGE-RESOLVING EYES ARE PRESENT IN MOLLUSCS, CHORDATES AND ARTHROPODS.

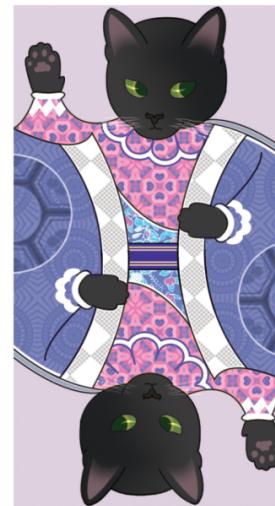
THE SIMPLEST "EYES", SUCH AS THOSE IN MICROORGANISMS, DO NOTHING BUT DETECT WHETHER THE SURROUNDINGS ARE LIGHT OR DARK, WHICH IS SUFFICIENT FOR THE ENTRAINMENT OF CIRCADIAN RHYTHMS.<sup>[3]</sup> FROM MORE COMPLEX EYES, RETINAL PHOTOSENSITIVE GANGLION CELLS SEND SIGNALS ALONG THE RETINOHYPOTHALAMIC TRACT TO THE SUPRACHIASMATIC NUCLEI TO EFFECT CIRCADIAN ADJUSTMENT AND TO THE PRETECTAL AREA TO CONTROL THE PUPILLARY LIGHT REFLEX.

COMPLEX EYES CAN DISTINGUISH SHAPES AND COLOURS. THE VISUAL FIELDS OF MANY ORGANISMS, ESPECIALLY PREDATORS, INVOLVE LARGE AREAS OF BINOCULAR VISION TO IMPROVE DEPTH PERCEPTION. IN OTHER ORGANISMS, EYES ARE LOCATED SO AS TO MAXIMISE THE FIELD OF VIEW, SUCH AS IN RABBITS AND HORSES, WHICH HAVE MONOCULAR VISION.

THE FIRST PROTO-EYES EVOLVED AMONG ANIMALS 600 MILLION YEARS AGO ABOUT THE TIME OF THE CAMBRIAN EXPLOSION.<sup>[4]</sup> THE LAST COMMON ANCESTOR OF ANIMALS POSSESSED THE BIOCHEMICAL TOOLKIT NECESSARY FOR VISION, AND MORE ADVANCED EYES HAVE EVOLVED IN 96% OF ANIMAL SPECIES IN SIX OF THE ~35[A] MAIN PHYLA.<sup>[1]</sup> IN MOST VERTEBRATES AND SOME MOLLUSCS, THE EYE WORKS BY ALLOWING LIGHT TO ENTER AND PROJECT ONTO A LIGHT-SENSITIVE PANEL OF CELLS, KNOWN AS THE RETINA, AT THE REAR OF THE EYE. THE CONE CELLS (FOR COLOUR) AND THE ROD CELLS (FOR LOW-LIGHT CONTRASTS) IN THE RETINA DETECT AND CONVERT LIGHT INTO NEURAL SIGNALS FOR VISION. THE VISUAL SIGNALS ARE THEN TRANSMITTED TO THE BRAIN VIA THE OPTIC NERVE. SUCH EYES ARE TYPICALLY ROUGHLY SPHERICAL, FILLED WITH A TRANSPARENT GEL-LIKE SUBSTANCE CALLED THE VITREOUS HUMOUR, WITH A FOCUSING LENS AND OFTEN AN IRIS; THE RELAXING OR TIGHTENING OF THE MUSCLES AROUND THE IRIS CHANGE THE SIZE OF THE PUPIL, THEREBY REGULATING THE AMOUNT OF LIGHT THAT ENTERS THE EYE,<sup>[5]</sup> AND REDUCING ABERRATIONS WHEN THERE IS ENOUGH LIGHT.<sup>[6]</sup> THE EYES OF MOST CEPHALOPODS, FISH, AMPHIBIANS AND SNAKES HAVE FIXED LENS SHAPES, AND FOCUSING VISION IS ACHIEVED BY TELESCOPING THE LENS-SIMILAR TO HOW A CAMERA FOCUSES



## PERSONAL ART



**CARDS FOR A CUSTOM  
PLAYING CARD DECK**