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Latest news

Flash Floods in Spain

At least 62 people have died in southeastern Spain due to flash floods, with Valencia experiencing its worst rainfall in 28 years. The floods, which occurred on October 29, 2024, have caused significant damage, sweeping away cars and tearing down walls. Spanish Prime Minister Pedro Sanchez has pledged full support for the victims, while the regional government has urged residents to avoid travel. The floods are attributed to a "cold drop," a weather phenomenon causing intense rainfall.

Russia Claims Control of Selydove

The Russian Defense Ministry announced on October 29, 2024, that it had taken control of the Ukrainian town of Selydove, located southeast of Pokrovsk in the Donetsk region. This development is part of Russia's ongoing assault and incremental territorial gains in eastern Ukraine. Ukrainian authorities have not yet commented on Russia's claims. The capture of Selydove is significant as it was an important staging area for Ukraine's defenses and a key foothold to prevent Russia's advance toward Pokrovsk.

Intel Faces Security Review in China

The Cybersecurity Association of China (CSAC) has called for a security review of Intel products sold in China, alleging that the US chipmaker has "constantly harmed" China's national security and interests. The CSAC's accusations include vulnerabilities in Intel's Xeon processors and claims of backdoors created by the US National Security Agency (NSA). Intel has responded by emphasizing its commitment to product safety and quality, and is maintaining communication with Chinese authorities to address these concerns.

Scrambled eggs

1. Crack the Eggs: Crack 2-3 eggs into a bowl. Add a pinch of salt and pepper to taste.
2. Whisk: Beat the eggs until the whites and yolks are fully combined, creating a smooth, slightly bubbly mix.
3. Preheat the Pan: Place a non-stick skillet over medium-low heat and add a small knob of butter or a splash of oil. Let it melt, coating the pan.
4. Cook: Pour the eggs into the pan. Stir gently with a spatula, scraping the bottom to fold the eggs as they cook.
5. Remove Early: When the eggs look just set but still a bit soft, take the pan off the heat. The residual heat will finish cooking them.
6. Serve: Enjoy immediately, adding extra salt, pepper, or herbs if you like!

Habits

Creating good habits

- Make it obvious: Design your environment to trigger your habit. For example, place a water bottle on your desk if you want to drink more water.
- Make it attractive: Pair your habit with something enjoyable (e.g., listen to a podcast while exercising). This helps create a craving for the habit.
- Make it easy: Reduce friction and simplify the habit to its easiest form. Start small, like doing one push-up or reading one page.
- Make it satisfying: Reinforce the habit with an immediate reward, like tracking your progress. Celebrating small wins helps build consistency.

Getting Rid of Bad Habits

- Make it invisible: Remove triggers from your environment. If you want to cut back on social media, keep your phone in a different room.
- Make it unattractive: Reframe the habit to focus on the negative aspects. For instance, think about how unhealthy snacks affect your energy and health.
- Make it difficult: Increase friction by adding steps. For example, if you want to cut back on TV, unplug it after each use.
- Make it unsatisfying: Add an immediate consequence or accountability partner. Telling someone your goal or creating a cost for failure can discourage the habit.

Beautiful landscape

Croatia boasts breathtaking landscapes, from the crystal-clear Adriatic coast with its stunning beaches and islands to the lush forests, waterfalls, and lakes of Plitvice and Krka National Parks. The rugged mountains of Velebit offer panoramic views, while charming coastal towns like Dubrovnik and Split blend natural beauty with historical allure. Each region showcases Croatia's

diverse and captivating scenery, making it a paradise for nature lovers.

