

## 1: 20 Healthy Tips to Make Drinking Water Taste Better | Shape Magazine

*On Making Low People Interesting Harper's September, Having lived of late in a part of Europe where there is very little doing in the way of English, I went for many months without reading a word in my own tongue.*

Contact Author From knitting and crocheting, through paper and clay craft, to soap and candle making, ideas for craft hobbies projects are endless. If you are good at drawing or painting, choose something that involves decorating, like making cards or charcoal drawings. If you find that working in three dimensions and modelling things in your hands is what makes you tick, then go for clay, candle, or soap projects. Finally, if you are patient, and find repetition soothing and relaxing, then there is nothing better than crochet or needlework. Some projects may take hours, others weeks, but all of them can be done for pennies if you engage your creativity. Crochet and Knitting I knitted my first jumper when I was ten. In fact, I made two of them as Christmas gifts for my parents. I have never been more proud of myself. I do not actually remember when I learned to knit and crochet, but I know all my knowledge comes from my grandma. She used to knit or crochet all the time so I had plenty of occasions to watch her working. And she was the one who gave me the old spare yarn for those jumpers. I spent a lot of time making them but did not spend any money at all. Nowadays the internet provides so many tutorials and videos for beginners that each of us can find a perfect teacher. There are also hundreds of free patterns for everything, from a simple doily, through ponchos and jumpers, to complex clothes or jewellery designs. If you want to make a big piece, the yarn might become expensive purely because of the amount involved, but for small projects the materials will not cost much. There are places when you can buy yarn in bulk quantities very cheaply, and obviously eBay offers a lot for almost nothing. Apart from the yarn, you will only need needles or crochet hooks, and a lot of time. Needlework Cross-stitched sunflowers, work in progress Source If you like detailed work and have plenty of time and patience, then embroidery projects are the way to go for you. The easiest and probably the cheapest way to start is by buying a cross-stitch or embroidery set. Choose something small for your first piece, to make sure you will finish it in a reasonable amount of time. I must confess that I have projects I started years ago and I do not know when I will finish them. Once you get more confident using a needle and working with patterns, you may create your own designs. Patterns are easy to find online or in printed magazines. Buying canvas and a big selection of coloured threads will be much more expensive. For doing it on a budget, try black-and-white patterns, like stitching your favourite pet. If you are looking for something more challenging, I would suggest looking at Richelieu patterns. They are usually done on a piece of white cotton fabric using white threads. Sewing Once you become tired with embroidery projects, or simply need a short break, you can put your new skills into sewing. There are endless things you may want to sew, so I give one example here that takes into account a limited budget. When I was at school, I made a handbag out of scraps of old denim trousers. I cut out square pieces and arranged them in a checker pattern, then sewed all together. I added an inner lining of a different fabric and a few denim pockets. I finished it all off with a double-stitched denim belt. I used that bag for years to come and was very fond of it. It was a simple design, and I am sure you can create something similar yourself or find ideas online. Look into your closet for old clothes; you may find great fabrics to re-use. Other places to check are car-boot sales and shops that sell clothes by weight. If you prefer brand-new fabric, go online or to fabric shops. Most shops sell their leftovers or remnants for a very low price. Tatting If you like crocheting but are looking for some variety, tatting is a way to achieve it. Instead of a hook, you use either a shuttle or a special long tatting needle. The latter was invented to speed up the process, as tatting is very time-consuming. Still the results are so magnificent that it is worth the effort. Tatting is a way to make a kind of lace. You construct a series of knots and loops over a core thread, creating rings and chains, which you combine to make beautiful designs. This technique can be used for making doilies, bookmarks, jewellery or any other decorations. You can usually use the same threads for this technique as for crocheting. AIDA brand, however, is one of the best thanks to the very silky, smooth texture of the thread. You only need a pair of hands and several yards of ordinary cotton cord to get yourself started. As for any patterned work, there are hundreds of free designs online. Weaving Pictures Weaving is an old technique. You usually need a

loom to do it, but there are other ways to use weaving technique to achieve amazing results. You can practise weaving with paper strips; it will allow you to create interesting designs that you may want to incorporate in your paper craftwork like cards making. Once you become familiar with the technique, I would like to challenge you to make pictures, but instead of using traditional threads, go for something more creative. Gather together ribbons and old clothes cut into strips of different thickness. Then prepare a wooden frame of a size big enough for your design and put nails evenly around it. Prepare the vertical line base, using strong cord or anything you find suitable. Then start weaving your ribbons, clothes strips, cords, etc. I have seen beautiful pictures of trees and fields created with this technique. You may like to dye your fabric strips to the create colours you need for your project. Do it and have fun. Painting by Numbers Sleeping dogâ€™ acrylic paint-by-numbers set Source If you have always wanted to paint, but like me you thought you lacked for that, then have a look at painting by numbers sets. You might think those are for children, but trust me, some are very demanding and working on them is rewarding. After all, you end up with a great picture you can happily hang on your wall. There are many sets available, so it is easy to find a bargain or something on a sale. Have a look around and try different mediums. Some sets include acrylic or watercolour paints; others offer pastels for drawing. Sets often include information about the difficulty level; you may want to start easy at first. Be careful, though, as painting by numbers is addictive. I started the dog painting above one afternoon and was not able to put it down until it was finished, at 6 AM the next morning! Art and Craft Suppliers.

### 2: Social Media's Impact On Self-Esteem | HuffPost

*23 Super Satisfying Low-Carb Dinners Low-carb doesn't have to be boring. It's amazing what you can do with a food processor, a head of cauliflower, and some cheese.*

By working in a different set of sequences so long, my mind got a bit away from the familiar ones; it rather slacked off on the English-reading habit, as I suppose any mind that has any flexibility is bound to do. But not thinking about this, I was not conscious of the change while it was going on, and when at the end of a long period I fell heir to a dozen cast-off English novels I was surprised to find that I approached them a good deal like a stranger. On this account, I suppose, certain features of them seemed more odd and unusual than they would have seemed if I had not so completely broken with the English reading habit, and broken also so largely with the life which they represented. Some of these novels were British, some American, and all were recent, several being of the current crop, and none more than a couple of years old, I think. They were all good sellers, and had been much talked about. One feature common to them all was that they dealt with low people. I cannot recall a single character out of the whole lot whom one would not rate as pretty distinctly low. This was all to the good, for low people are a great asset to an artist. He can do more with them than with any other kind, because their lives give him a larger range, being lived in a freer fashion, less subject to external directions and restraints. But what impressed me most was that not one of these low people was interesting. Not one of them had anything which touched off the waiting fancy and imagination of the reader. I take it that an interesting person in literature is just what he is in life. He is the kind of person who powerfully stirs your fancy and imagination, so that you want to go back to him and see him again and again, and keep on seeing him as much as you can. None of these people was like that. Bring one of them to life, and you would not cross the street to meet him or give a button to get acquainted with him. They were all so colourless in fact, so unsubstantial for literary purposes, that the authors had to be continually helping them out, finding something lively for them to do, creating one striking situation after another, to keep them going. This threw over the story a general air of fictitiousness and unreality which was dissatisfying. One novel, for instance, which dealt with the progress of a hard fisted, bull-headed English farmer-girl on her way to prosperity, culminated in her acquisition of an illegitimate child. This episode had a touch of embarrassment about it, as of something which did not belong there but had been lugged in by the ears. If she had been an interesting character she need not have done it. The only interest that I could discover in these stories, therefore, was in virtue of various literary devices, some legitimate, ingenious, and workman-like, and others rather ramshackle. Still, as I said, I had been long away from my native life and letters, and did not feel sure of my judgment; so I rummaged around for something to true up by, and finally emerged with a copy of the *Pickwick Papers*. There are eighty two characters in that book, not counting those in the inserted stories, which come to sixteen more, I think; say about a hundred, all told. Regarded as folks, nearly all of them are low; and those whom one might not class precisely as low are middling ordinary. Even the virtues of *Pickwick* himself are prosaic. The great majority, I think, would be put down at once as the very riddlings of creation. It is conceded that Dickens did little with female character and did not seem interested in it, and this has led some critics to say that he was not able to do much with it. I suggest that this assumption runs hard aground on Mrs. The *Pickwick Papers*, however, are rather a special kind of literary product. The preface tells us that they are not meant to be the conventional type of novel, but a loosely organized aggregation of individual characters run together on a weak thread of commonplace adventure. *Nicholas Nickleby* has a formal plot, well worked out in plenty of dramatic action, for whatever these devices amount to; other authors have done as well with both, and some better. The plot of *Nicholas Nickleby* might be what it liked, the dramatic action might go this way or that way, and no one would give a penny for the difference. So long as these people are what they are, who cares what they do? Let them stand out and mark time, if they choose, like the characters in *Pickwick*, for all the odds it would make. Imagine some go-getting publisher telling Charles Dickens that to "sustain the human interest," and really to "put the book over with a bang," he ought to get Kate Nickleby in the family way by Sir Mulberry Hawk, and fork in all the biological details of the episode that the law allows! II But Dickens is Dickens, and one may not

expect the average run of authorship to match him, and certainly one would not wish it to imitate him. The samples I had been assaying did not show traces of any such effort, so I resolved to look farther into the matter. When I came back into the English-speaking world, therefore, I began to persecute my whole literary acquaintance for points on the status of character-portrayal. Was it by way of becoming a lost art, and if so, why? There seemed to be a complete consensus of opinion that it was. Cultivated amateurs and those whose connection with literature is professional told me that character in current English fiction was becoming standardized into a very few types, and that even those few were vague and vapid. As for my second question, I got various answers which I think may be susceptible of synthesis. To begin with a rather extreme view, a brisk young acquaintance of mine, who is fond of drawing distinctions in favour of "this generation" and "the modern spirit in art" probably noticing that I am getting on in years and my critical guns a little honeycombed tells me that no one cares any more for character portrayal. Like Artemus Ward, I skurcely kno what those air. It was rather literally the inside story of the development, if one may call it that, of a young girl of the period, a flapper. A trollop is a first rate literary property, plenty good enough for anybody as far as she goes; but qua trollop, she does not go very far, and a good artist knows it. His literary instinct warns him that in this capacity alone she is worth only about a stickful, nonpareil, on the eighth page, last column. If he wants her to be a real headliner, he must freight her up with something more substantial for literary purposes. But this young woman was a trollop all the time, twenty-four hours a day, being apparently devoid of any other faculty. She was good for nothing else. If the creator of this flapper had been anything of an artist, her annals would have amounted to a paragraph. I think I know what went on in Mr. This may be the logical place to comment on one general tendency common to the dozen novels that formed my corpus vile for dissection. They all dealt largely with sex-relations, usually irregular. Complaint of this tendency is common enough, but the ground of complaint never seemed to me well taken, and I always wondered why so much should be made of bad reasons for complaining of it when it is just as easy to propose a good one. Sexual irregularities are in themselves unobjectionable for literary purposes, as far as I can see, and I think it is simply silly to pretend a "moral issue" in their treatment. It will not go far in the construction of a noveli and his preoccupation keeps him trying to make it go farther than it will go. This was the total impression conveyed by the story, and it was most unpleasantly dull. A very good story can be made of the antecedents and consequences of any mode or form of concubinage, from marriage up and down, but the actual technique of concubinage itself is not diversified enough to permit a writer to do anything with it worth speaking of. It is too undifferentiated, except for subjective conditions which are not reproducible upon a reader. First Love, to begin with, is a story of low people; only one person in it, the narrator, is anything but a very poor affair. The heroine, Zinaida, is a flapper of seventeen or so. Here you have the real thing in flappers and the real thing in trollops. Qua flapper and qua trollop, Zinaida makes the candidates put forward by our contemporary literature look like Confederate money. The bare story is squalid and repulsive; a journalistic report of it would be unreadable. But as Tourgueniev unfolds it, the great goddess Lubricity gets not a single grain of incense. Not one detail is propounded for the satisfaction of prurience. The people, dreadful as they are, and the drama, weighted as it is with all that is unnatural and shocking in Zinaida and her paramour, are more than interesting; they are profoundly moving, they release a flow of sympathy that effaces all other emotions, and one lays down the book with a sense of being really humanized and bettered by having read it. Let the reader get it in Mrs. Then let him go even farther, and try Torrents of Spring. This is a story of the antecedents and consequences of adultery plus seduction, brought about under inconceivably loathsome circumstances. The three principal characters are detestably low. But the author has not the slightest preoccupation with her sluttishness, and hence he communicates none to the reader, and the great goddess Aselgeia goes begging again. III Some of my literary acquaintances whom I have questioned tell me that authors write too fast. Eager to satisfy the market, they do not take time to portray character. I doubt the force of this. Dickens wrote furiously against time all his life. Haste drove him into some pretty indifferent grammar sometimes, and often loosened his constructions. But it never switched him off from a straight drive at the essential features of character. Those seven are the essential strokes, and you can fill in the rest for yourself without any trouble. In this power of instant penetration to the essential he is like Old Breughel. Haste should not interfere with this power in the

modern artist, if he has it. It might make him a little slovenly in his technical expression of the essentials after he has caught them, but it should not impair his ability to catch them. It seems to me, therefore, that this explanation will not wash. Another said that authorship nowadays did not compose with its eye on the object. He knows at once where the trouble is. If he did not he would be no artist, and should be advised to give up literature and take to something else. This criticism, therefore, amounts to saying that we have no artists, or the chance of any, which I doubt. I doubt it on the strength of collateral evidence presented by some of the novels that I am discussing. An other said that current authorship did not know enough about human beings; its experience was superficial and journalistic, not going deep enough to provide a mature, objective, but kindly insight. There is no doubt something in this, but if so, I suggest that it only moves the problem one step backward. Granted that the author has not enough depth of experience, why does not the instinct of an artist make him bestir himself and get it? My notion is that the author is not altogether at fault. It takes more than the man to make an artist; it takes the combination of the man and the moment, the man and the milieu. An artist must have models, and for him to have them, the civilization around him must produce them. By all accounts, London of was swarming with models for Dickens. No doubt the modern author might do better than he does, since we all might well do that, but I suggest that he cannot be expected to do inordinately better than the civilization around him provides him the technical means of doing. A physician once told me that smallpox had been so far subdued that a whole generation of physicians had come on who had never seen a case; and if one of them by chance did encounter a stray case, he had nothing but booklearning to meet it with. If an author does not reproduce a character of interesting distinction, it is fair to ask how many such characters he ever saw.

### 3: Making Food Interestingâ€”Recipes - Caregiver StressCaregiver Stress

*Selected Bibliographic Material Books and Collections The Myth of a Guilty www.enganchecubano.com York: www.enganchecubano.comh, Inc., "On Making Low People Interesting" September.*

Walljasper is a Minneapolis-based speaker and consultant about how to strengthen communities. PPS is a New York-based group that for 35 years has helped people around the world improve their communities. The Columbia City district was founded in the s as a new suburb around a rail station and was later absorbed into fast-growing Seattle. Although rundown, the neighborhood had a distinctive historic character which boosted community-led efforts in the s to revitalize the area. But one half-block stretch of its downtown proved stubbornly resistant to change. Even while substantial improvements were being made throughout this working-class and ethnic community, merchants could not be persuaded to open up businesses in these particular buildings. The shop windows remained boarded up, giving the neighborhood a blighted look despite all the progress. Within a year, everyone of the murals had to be removed because real businesses wanted to locate there. Think twice about signing up for another class across town. You could learn quite a bit more exploring around your home each evening. Trade the treadmill and stationary bicycle for a sidewalk and bike ride. Associated with the burgeoning slow food movement, more than cities in Brazil, Norway, Sweden, Japan, Greece, Switzerland, Great Britain and Canada as well as Italy joined the network united in the belief that the good life is an unhurried experience. Proudly displaying the Slow Cities logo around town, they pledged to: The goal then must be to crack through that sense of hopelessness, showing that change is possible. North Philadelphia, among all the struggling communities across the U. Vacant lots strewn with rubble dominated the landscape just as you see in photographs of bombed-out Berlin at the end of World War IIâ€”a testament to the economic, social and psychological devastation of local residents. She was an art professor at the Philadelphia School of Fine Arts, whom a friend consulted about what to do with a particularly grim stretch of abandoned lots near his dance studio. Soon their parents were watching too, and Yeh realized she had some collaborators for what was to be the most important art project of her life. Twenty years later, this predominantly African-American neighborhood is still poor, with 30 percent unemployment but hope is returning thanks to the Village of Arts and Humanities. Six buildings have been rehabbed into workspaces for Village projects with local residents getting on-the-job training in the construction trades. A daycare center has been established, along with a new initiative, Shared Prosperity, to tackle economic conditions in North Philadelphia. The neighborhood now gathers every summer for an annual theater festival, with plays written by young people drawing on their own experiences in North Philly. Several have been performed as far away as Mexico and Iceland. The Village of Art and Humanities has changed how residents of North Philadelphia think about their homeâ€”and how everyone else does too. Streets are shared public space also belonging to people on foot and bicycles, in baby strollers and wheelchairs. One evening they decided to do something about it by dragging old couches, planters and other objects out into the roadway and positioning them in such a way that cars could pass but would have to slow down. Police soon arrived on the scene and had to admit that this project, although clearly illegal, was a really good idea. One can only imagine the response of city officials if these neighbors had meekly come to city hall to propose the idea of partially blocking the streets; they would have been hooted right out of the building. But by taking direct action, they saved their neighborhood and changed the face of cities around the world. In fact, as Dave Marcucci discovered, a simple bench can do the trick. After attending a PPS training course in , Marcucci came away inspired by the idea that every neighborhood should have ten great places. He returned home to Mississauga, Ontario determined to make his house, which occupies a prime corner lot, one of the great places within his neighborhood. Marcucci started by tearing out the fencing at the corner of his front yard. As he got to work landscaping the area and constructing a bench, he received a lot of quizzical comments. The bench soon became a place where everyone in the neighborhood came to sit. Older people stop to rest on it during their evening strolls. Kids sit there as they wait for the school bus in the morning. Families out for a walk use it to take a breather. The complications that Marcucci first anticipated have not come to pass. The bench has not

been vandalized, nor has it attracted negative uses. It was installed without approval from the city, but no one has demanded to see a permit. You sit on the bench, and as people walk by, they stop and talk to you! It suffered from all the usual problems of inner-city neighborhoods—poverty, crime, drugs, unemployment, racial discrimination, inadequate public services, rundown houses, poor schools and redlining. On top of that it had its own unique and daunting problems. More than 20 percent of land in the neighborhood was vacant, thanks to widespread arson—a lot of it committed by landlords seeking to collect insurance money. Many of those lots became dumping grounds for truckloads of trash from garbage haulers who used the neighborhood as an illegal transfer station. With many African-American residents and immigrants from the Caribbean and Cape Verde Islands, ethnic and language divisions hindered efforts to organize the community to stand up for its interests. But, against all these odds, Dudley Street now stands as a shining success story of how a neighborhood can turn itself around. Even though this is inner city Boston, you get a feel of one of the old-fashioned villages New England is famous for. In the place of a corner soda fountain stands the Ideal Sub Shop featuring a taste of the Cape Verde islands, a former Portuguese colony off the coast of Africa. Conversations may be in Spanish, Cape Verdean Creole, or the melodious rhythms of the Caribbean, rather than a gruff Yankee accent. The Dudley Street business district is the heart of this revived community. They want to know their neighbors. They understood all by themselves that they wanted to get back to the village. Saying Hello to Everyone We Meet. It sheds calories, tones muscles, and clears our minds. But taking a regular walk is also beneficial for your neighborhood. The classic example are the Latin lands where an after-dinner stroll—the passeggiata in Italy, the paseo in Spain and Latin America, the volta in Greece—is as much a part of the culture as sunshine or siestas. In towns and even large cities, people amble around the same set of streets each evening. The shops are usually closed so the purpose is not shopping and errands but to connect with their neighbors and enjoy their surroundings. Here came a blond woman pushing a stroller. Next lap, she was arm in arm with a younger woman and the stroller was nowhere to be seen. The words passeggiata and paseo translate into English as promenade—and the idea translates too, according to Christopher Alexander, a former Berkeley Architecture professor who has devoted his life to scientifically studying what makes places work. Our experiments suggest that it is not? While the primary purpose of these strolls is social, people also like to have some destination: Think about what blocks in your neighborhood show promise for strolling and what improvements could be made to get people out to meet their neighbors. Walking up and down Main Street or any lively commercial district is probably the most common North American version of the promenade, although a route along a waterfront or interesting residential blocks could work just as well. Public art, welcoming businesses, benches, flowerbeds, even a vending cart could all help solidify this area as the place where people go to after dinner to see and be seen in your community.

### 4: The Best Way to Make a Movie - wikiHow

*You can practise weaving with paper strips; it will allow you to create interesting designs that you may want to incorporate in your paper craftwork like cards making. Once you become familiar with the technique, I would like to challenge you to make pictures, but instead of using traditional threads, go for something more creative.*

Therefore there are no rules and it can be very subjective. What one person finds funny another might cringe at. One thing worth noting is that when analysing comedy and what is funny, it is almost like it is only visible out of the corner of your eye. As soon as you try and look directly at it and analyse it too much Why do we find things funny? Why does this reaction force us to convulse and make that noise? I have no idea. There is no simple answer to why something is funny Something is funny because it captures a moment, it contains an element of simple truth, it is something that we have always known for eternity and yet are hearing it now out loud for the first time. I think that our need to feel intelligent comes into play a lot in finding things funny Somebody tries to put on their shoes standing up and falls over in the process. They look foolish, we therefore feel intelligent as we are not the one falling over trying to put on shoes. Someone makes a clever joke and only a few people get it. If we get the joke we recognise the person as being clever and feel clever ourselves as we understood the concept. So is humour partly to do with self congratulation at being intelligent? Comedy is full of opposites and contradictions. Something is funny because It is expected A woman buys white coat she has been saving up for for ages. She tells the shop keeper she has dreamed of wearing it for months and been saving up. The shop keeper says that this is the last one in stock. We cut to a scene of a park keeper painting a bench black The comedy is in the anticipation and expectation as we build up to the inevitable moment where she sits on the wet black bench in her new white coat and ends up with black stripes across her back. He finds a rabbit hole and sends his dog down. After five minutes of nothing he sticks his head down the hole to find the rabbit and dog playing cards. That same woman buys her white coat and approaches the wet black bench. While she is not looking, her trolley rolls away sideways. We laugh a knowing laugh as we recognise the age old problem of shopping trolleys rolling sideways. While she is not looking, her trolley floats up into the air out of sight. The original meaning of the word comedy was merely a dramatic play that was the opposite of tragedy. Tragedy involved big important characters usually falling from grace. It would often end badly and would explore high themes of power and betrayal etc. Comedy, on the other hand, usually revolved around normal people moving up in the world and would feature a happier ending. This was the origin of the word comedy. In literary circles, people often talk of high comedy and low comedy. High comedy is seen as intellectual wit, often set among high society and using clever characterisations and complex situations. Monty Python, Little Britain There are various types of comedy, including: Fred behind him says "Hey Joe, careful with that plank! Is it not necessarily intended to ridicule or make fun of the thing being spoofed but the comedy happens in the recognition of the piece being spoofed. For instance, a woman in glasses with tied up hair who is obviously beautiful anyway takes off her glasses and then unties her hair and shakes it loose. As she does, her wig falls off. We all recognise the Hollywpood moment and so this is funny not just because her wig falls off but we are fully aware of the reference and know that usually this is not supposed to happen. Catch is a satire of war. The lack of harmony between something that is expected and the reality so if you moved jobs from being a dustman to being in a bank but were being paid less then some would point out a certain irony. It is often used in repsonse to an initial statement or comment in order to pour scorn on the stated idea or statement. Sarcasm often features irony for instance, someone drops a tray and someone else shouts "Ooh, that was SO clever. Surrealism Throwing together completely disjointed concepts and random ideas to weave together something bizarre. I once heard a very funny stand up comedian come out with: In any performance comedy a rhythm is destablished and people often talk about beats. A beat is a small pause put in place to enhance a joke It can also be used to throw in a double punchline. Joe is holding a large girder in the round. Fred is holding a large hammer. Fred hits Joe over the head with the hammer. How does he smell? Mock epic is basically where something very trivial is treated as if it were high and lofty and important on a grand scale. Travesty is the oposite - high and important issues treated very lightly as if they were trivial. A

vicar with an umbrella is having trouble with opening it and so he says to some woman in a tennis skirt "Can you help me get it up? The problem is that they very quickly become old and repetitive and so you have to try and spot new stereotypes or add a twist to an old one to avoid the joke looking tired. A few other techniques and structures that are often used: Out of context Everyday objects used for other purposes or people assuming roles they should not occupy. Banana used as a gun in a bank raid. Hospital cleaner called in to help with brain surgery. Man arguing with a toaster and accusing it of deliberately burning his bread. A man gives directions and says "go over the hill and past the sleeping tramp Often a wise person will say something and a fool will hear it and misinterpret it loudly. A second fool hears it and agrees and so the wise person then has to race about corecting it to prevent the foolishness from spreading. An example of this from a photoshoot sketch: The flawed plan A character is discussing a plan but it is obvious to the audience that one glaring aspect of it is doomed to fail. This can either be due to information the audience has been told elsewhere or it can simply be that the character is overlooking something blatantly obvious. Paralleling reality Taking a familiar framework but replacing all the elements. The situation is familiar but the details are bizarre. The hotel sketch is a good example of this

### 5: Albert Jay Nock Bibliography

*It's all about making light bulb moments for people, and being relevant and interesting enough that they want to listen to what you say and clue in to your advice.*

Keep abreast of news and current affairs: The world is bigger than your city or country. A great way to make some money on the side if you can make attractive websites or have the patience to learn how this hobby can make you decent pocket money. Play free games online: Like the idea of buying cheap items on eBay and selling them for profit? Learn about how to here. You can play for free at most of the big sites. Become a Wikipedia editor: Help one of the most amazing internet resources stay awesome. Sign up to Freecycle: Another great online community based around swapping things in your local area. Learn how to program: Learning how to program efficiently can be fun but also a valuable and marketable skill. SproutRobot will tell you what and when to plant based on your zipcode, and even send you the seeds. The idea is to plant vegetables in public spaces in your community so that people can see how easy and fun it is to become less reliant on the supermarket. Get a group of like-minded people together and set off to a beautiful beach, an isolated lake or a native forest. Fun will be had, guaranteed. See here for more. Find free food in the country side: Learn what to look for, how to find mushrooms that are good to eat and source all sorts of berries you can turn into beer. This is a good place to start. Hosting board game nights: Charting your family history: Get to know someone: Make a friend who is lonely or isolated. It could be a neighbour, or a relative who is in a home. This could be in the intellectual category too. Music is great and thanks to the internet and services like Spotify, it costs next to nothing. Play with your children: There are thousands of games to play with the humble deck of cards. They are cheap and last for a long time. Host a regular dinner party: If your friends like cooking try to arrange a regular dinner party once a month where each group shares the cooking. The ultimate game that will improve your mental dexterity. You could spend your whole life getting better at this game. Fairly important for the survival of the human race, free and enjoyable! Play a low entry cost sport: Athletics, soccer, swimming, orienteering, touch rugby, disk golf or gymnastics. The list goes on. Good exercise and fun. Host a quiz night: This could be combined with another board games night or a way to raise some money for a charity. Everyone likes a quiz! Learn how to cook the basics like bread and pasta and then branch out into simple, frugal meals like curries, soups and chili. Click for huge Run a side business: Turn a hobby into an income stream. Run an online shop, build websites, run a blog, do freelance writing or sell your photographs. Play hackey sack, juggle or learn to stand on your hands. Sewing, knitting, dress making. Then sell it on Etsy. Rebuild old cars, old furniture or anything you can find at thrift-shops that needs a bit of TLC. Make it as good as new to use in your house in place of buying more expensive items, or sell them on for a profit. You can brew beer, wine or cider very easily at home. Learn how to live as self-sufficiently as possible. Learn to cut your hair: If you have a short haircut you really should cut your own hair. It will save you thousands of dollars over the years and is really easy. The solution is to make preserves, chutneys and relishes and to can your produce to make it last. This is guaranteed to keep you busy. They are good companions and give you eggs and meat for your troubles. This is an awesome hobby to have. Learning how to fix and restore your possessions is a huge bonus. To a lot of charities, this is more valuable than your money. Follow a sports team: Getting involved in local sport by watching, helping, coaching, volunteering and playing can be very rewarding. Mentor an at risk child: Many children today grow up without good role models. There are a number of charity groups that facilitate mentoring sessions. Sitting around whinging about the state of politics is great, but doing something about it is even better. Make a difference by getting involved. Start a community garden: There are local equivalents all over the world. Found a charity group: Join the board of a community group: This can have the selfish benefit of being great for your CV. One of the best ways you can spend your time. Try picking up a piece of rubbish every day. Go to free community events: Check local government websites and community boards for cheap events in your area. Find free places to stay overseas. Find cheap places to stay overseas and in your area. Travel the world by house sitting: Live in a van! Frugal, free and fun. Similar to house sitting although normally in remote areas and involves working for a salary. Making

investing a hobby will go a long way in setting yourself up financially. I might be a huge nerd, but I love budgeting. Worth a look to see if it can save you some money. Extremely time consuming, but the financial rewards are obvious. Being a landlord is a time-consuming and an active form of investment, but if done properly it should return a tidy profit. Run a stall at a local market: Not a bad way to spend a day on the weekend. However, you should treat it like running a business. Get a part time job: Getting a second job that is more in line with you interests is a good stepping stone to early retirement or financial independence. Go here and be amazed. It has 24, pieces and is over 14 feet by 5 feet big. Not just for kids!

### 6: What is comedy and what makes something funny? :: Language Foundry

*Our analysis also found that million people making near-minimum wages (about 18% of the total) worked in that industry. Among near-minimum workers aged 30 and younger, about million (or nearly a quarter of all near-minimum workers in that age bracket) work in restaurants or other food-service industries.*

All sorts of myths and misconceptions are being spread around, even by so-called experts. Trans fats are nasty. Producing them involves high pressure, heat and hydrogen gas in the presence of a metal catalyst. This process turns liquid vegetable oils into a thick, toxic sludge that is solid at room temperature. You have to wonder what was going through the head of the person who actually thought of putting this stuff in food and selling it to humans. It is baffling, really. Of course, trans fats are more than just unappetising. Studies have shown that they are incredibly harmful as well, linked to a drastic increase in heart disease risk 1, 2. Studies have actually looked at this and found that smaller, more frequent meals have no effect on fat burning or body weight 3, 4. Eating every hours is inconvenient and completely unnecessary for the majority of people. It seems like every week there is a new study making headlines, often contradicting another study that came out just a few months earlier. These stories often get a lot of attention, but when you look past the headlines and read the actual studies, you find that they are taken way out of context. In many cases, there are other higher quality studies that directly contradict the media frenzy which rarely get mentioned. It is completely false that meat rots in the colon. The human body is well equipped to digest and absorb all the important nutrients found in meat. The protein gets broken down in the stomach by stomach acids, then the rest of it gets broken down in the small intestine by powerful digestive enzymes. All the fats, proteins and nutrients are then moved past the digestive wall and into the body. There is simply nothing left to "rot" in the colon. Eggs were unfairly demonized because the yolks are high in cholesterol. New studies that include hundreds of thousands of people show that eggs have no effect on heart disease in otherwise healthy individuals 6. The truth is, eggs are among the healthiest and most nutritious foods you can eat. Almost all the nutrients are found in the yolk, and telling people to avoid the yolks or eggs altogether is one of the biggest mistakes in the history of nutrition. Of all the junk foods, sugar-sweetened beverages are the most fattening of all, and that is saying something. Low-Fat Does Not Equal Healthy The "low-fat" diet promoted by the mainstream nutrition guidelines is a miserable failure. Because foods taste bad without the fat, the food manufacturers added a whole bunch of sugar to them instead. Foods that are naturally low-fat like fruits and vegetables are great, but processed foods with "low-fat" on the label are usually loaded with unhealthy ingredients. A lot of people believe that fruit juices are healthy. It seems to make sense, because they come from fruit. However, fruit juices contain just as much sugar as sugary soft drinks like coca cola 12! There is no fiber in them and no chewing resistance, making it very easy to consume massive amounts of sugar. A single cup of orange juice contains just as much sugar as 2 whole oranges 13, It is just as bad, and the small amounts of antioxidants do not make up for the large amounts of sugar. The bacteria in the intestine, known as the gut flora, actually outnumber human cells 10 to 1! In recent years, research has shown that the types and number of these bacteria can have profound implications for human health, affecting everything from body weight to brain function 15, This may be the most important reason to include plenty of fiber in your diet, to feed the little guys in the intestine. The truth is, cholesterol is not the enemy. The main determinant of heart disease risk is the type of lipoproteins that carry cholesterol around, not cholesterol itself. The problem is that they almost never work. They are claimed to lead to magical results, but fail when put to the test in actual studies. Even the ones who do work, the effect is too small to really make a noticeable difference. People who promote magic solutions like weight loss supplements are actually causing harm, because this distracts people from the things that actually matter. The truth is that the only way to lose weight and keep it off, is to adopt a lifestyle change. The truth is that health goes way beyond that. Many obese people are metabolically healthy, while many normal weight people have the same metabolic problems associated with obesity 19, Focusing just on body weight is counterproductive. It is possible to improve health without causing weight loss, and vice versa. It appears that the area where fat builds up is important. The fat in the abdominal cavity belly fat is associated with metabolic problems, while the fat under

the skin is mostly a cosmetic problem. Calories are important, that is a fact. Obesity is a matter of excess stored energy calories accumulating in the form of body fat. However, this does not mean that people need to track or count calories, or monitor everything that enters their bodies. Although calorie counting works for a lot of people, there are many things that people can do to lose weight, without ever having to count a single calorie. For example, eating more protein has been shown to lead to automatic calorie restriction and significant weight loss. Without restricting calories 22, Surprisingly, this advice was extended to include people with type 2 diabetes, which can not tolerate a lot of carbs. People with type 2 diabetes are resistant to insulin and any carbs they eat will cause a big rise in blood sugar levels. For this reason, they need to take blood sugar lowering drugs to bring their levels down. If anyone benefits from a low-carb diet, it is diabetic patients. In one study, a low-carb diet for only 6 months allowed. Although the advice is changing slowly, many "mainstream" organizations around the world are still telling diabetics to eat a high-carb diet. Fat has often been blamed for obesity, because fat contains more calories per gram than protein and carbs. People who eat a diet that is high in fat but low in carbs actually end up eating fewer calories than people on low-fat, high-carb diets 25. This has conversely led many people to blame carbs for obesity, but this is a mistake as well. Plenty of populations have eaten high-carb diets but remained healthy. As with everything in nutrition, this depends on the context. Fat can be fattening, carbs can be fattening. It all depends on the rest of the stuff you are eating and your overall lifestyle.

**Junk Food Can be Addictive** In the past years or so, food has changed. People are eating more processed food than ever, and the technologies used to engineer foods have become more elaborate. These days, food engineers have found ways to make food so "rewarding" that the brain gets flooded with dopamine. This is the same mechanism employed by drugs of abuse. For this reason, some but definitely not all people can become addicted and completely lose control over their consumption. Many studies have looked at this and found similarities between processed junk foods and drugs of abuse. The food manufacturers are well aware of this, and have found ways to market the same old junk to the health conscious people as well. They do this by adding misleading labels like "whole grain" or "low fat" on their foods. You will now find all sorts of seriously unhealthy junk food with health claims on the label, such as "whole grain" fruit loops and cocoa puffs.

**Refined Vegetable Oils Should be Avoided** Vegetable oils, like soybean, corn and canola oils, are extracted from seeds using harsh processing methods. These oils contain large amounts of Omega-6 fatty acids, which are biologically active and humans never consumed in large amounts during evolution. Studies show that these oils can cause oxidative stress and make the LDL lipoproteins in the body become oxidized, potentially contributing to heart disease 32, 33. There are many health trends in the world these days. Organic food is popular, and going gluten-free is trendy. For example, you can make all sorts of junk foods out of organic ingredients. Foods that are naturally gluten-free are fine, but gluten-free processed foods are often made with seriously harmful ingredients that are even worse than their gluten-containing counterparts. The truth is, organic sugar is still sugar and gluten-free junk food is still junk food. The obesity epidemic started around and the type 2 diabetes epidemic followed soon after. These are the biggest health problems in the world, and it seems pretty clear that diet has a lot to do with them. For some very strange reason, the health authorities started blaming them on foods like red meat, eggs and butter. Such as all the processed foods, added sugar, refined grains and vegetable oils?

### 7: 10 Weird Things that Make You Smart - Listverse

*Variety is truly the spice of life. www.enganchecubano.com keep their daily menus interesting, and healthy, seniors will want to mix up their food choices—particularly within each food group—every day. www.enganchecubano.com out these delectable and nutritious recipes from the Duke Diet and Fitness Center made with the 12 Staples that Seniors Shouldn't Live Without.*

It started out with some salient details--setting the scene, making it come alive. The person had obviously read a lot of books, because she was throwing out interesting facts right and left. The population of a country, the size in geographic terms, the most common career. I felt like I was sitting at the feet of an emotionally intelligent person who knew how to hold people in the palm of her hands. And it all came down to one simple principle. For starters, I was really clued in, because the point of the story was about how Australian cattle farmers tend to use two radically different strategies to maintain their ranch. She said you can either build a fence or a water hole. And a lot more effective. She had a storytellers instinct, which helped. But what really made her special is that there was a much wider, deeper, and more relevant point to her story. She held our attention because we wanted to apply what she was saying. We all either build fences or water holes. In marketing, for example, we attract or we box in. In our relationships, we use honey or we use vinegar. There are a lot of implications for people starting companies. In the end, we listened because, in the core of our being, we need something, a little meat--a lesson to take home with us. We are often drawn to someone because they are funny, or charismatic, or weird. But we are held in their aura because they are helping us with some fundamental, raw, and rudimentary need. We want to grow as humans. We want to adapt. We want to grow. Do you want to be the most interesting person in the room? Think of what makes people uninteresting. The truly memorable people have something fresh to offer, and you want a piece of it. To become that person, it takes hard work. You have to read books, you have to learn how to have a higher emotional intelligence, you have to pay attention to details. If you ever see a politician in person, you might notice they tend to walk on stage and start reading the room first. President Bill Clinton was a master at this. They pause, they shake hands. Why are they doing that? Because they know by reading the room they can become more interesting and relevant. Try starting with just one person. Figure out how to be more interesting by relaying information and empathy in a way that make that person feel like the time spent with you is worth it. Become keenly aware of how relevant you are to just one person. In a group, ask questions, read body language--become intentional. The more you can read the room, become helpful, show empathy, and spark creativity in others, the better. Be the spark that ignites excitement in others. That makes you interesting. Oct 31, More from Inc.

### 8: 16 Ways to Make Your Neighborhood Safer, Greener & Fun | On the Commons

*About Elliot Grove. Elliot Grove is the founder of Raindance Film Festival and the British Independent Film Awards. He has produced over hundred short films and also five feature films, including the multi-award-winning The Living and the Dead in , Deadly Virtues in and AMBER in*

Here I will explain some of the surprising characteristics which have been found to exist more commonly in intelligent people. Since co-occurrence does not imply causation, the exact relationship between these things can be hard to judge. While each half of the brain does broadly the same thing as the other, there are some differences. In humans, and lots of other mammals, one side of the brain is slightly dominant – this is why you favor one hand over another. Some studies have shown that left-handedness is linked to intelligence; left-handed people tend to score higher on IQ tests, and can also often finish these tests faster than right-handed people. Other studies, however, have shown that left-handed people have a wider range of IQs – making them over-represented in both the highly intelligent and the rather dim-witted sections of the population. Those who scored highest on intelligence tests, tended to have had the greatest number of homosexual partners. Kanazawa suggests that homosexuality may be a reflection of inquisitiveness – a sure precursor, or companion, to intelligence. Children bullied for perceived homosexuality may turn to intellectual pursuits, and may feel a greater urge to strive for achievement in areas where they will be accepted. Firstborn children were found to be generally more intelligent than their siblings; the further down each child sat on the pecking order, the worse they generally scored in IQ tests. It was unknown whether this effect was due to some change in pre-birth conditions as a mother continued to bear children, or whether it was a post-birth social effect. Recent studies have revealed that the main determinant for IQ is how children are treated within their family – as opposed to birth order in itself. In families where the first child dies, the surviving second child, on average, has the same boost in IQ as is usual for a first child. Average IQ scores tend to vary between countries. Those countries with the highest rates of atheism were found to be in the highest range of IQ scores. Since societal links can be easily skewed by other factors, studies on individuals have also been carried out. A study examined the relationship between intelligence and religious belief. When ranked in terms of intelligence, atheists generally came out on top, followed in order by agnostics, liberal believers, and last – and in this case least – religious fundamentalists. Rather than looking at IQ, he looked the relationship between body hair and levels of education. Perhaps contrary to popular belief, he found that men who were students or graduates had more body hair than those who work menial jobs. He also found that students who excelled in their degree were often hairier than students who performed poorly. While his work focused particularly on chest hair, he also correlated the presence of back hair to intelligence in men. The hairiness of intelligent women has yet to be studied systematically. In the past it was thought that high IQ was linked to depression and low moods. This year, however, a study in the UK showed that those with lower IQ were more likely to be unhappy than their more intelligent colleagues. Once again, it could be the characteristics associated with intelligence – rather than intelligence itself – which have tended to induce despair. It is usually seen as odd behaviour with regard to social norms, but behaviour which at the same time – unlike insanity – is not necessarily harmful to the individual. Some evidence mostly anecdotal points to creative intellectuals being prone to eccentricity, but eccentricity is also prevalent among academics. This has allowed a range of traits to be correlated to intelligence. One study looked at the link between alcohol consumption and intelligence. Surprisingly, intelligent children were more likely to be heavy drinkers when they grew up. Similar results have been observed in the United States. Today, politically incorrect terms like madness are unacceptable for descriptive use, but the relation of mental illness and intelligence remains a fruitful area of study for neuroscientists and psychologists. A Swedish study compared the relationship between student performance and their mental health in later life. It found that amongst those students in the highest performing group, bipolar disorder was four times more likely to develop later in life. When a surprising link is made between two seemingly unrelated factors, you have to consider what may be the real link between the two. The resulting graph shows a very strong and statistically significant positive correlation.

### 9: 3 Ways to Make Your Life Interesting - wikiHow

*The people I find interesting are the ones I can learn something new from. It doesn't have to be a only a fact, but some experiences can also be very rewarding to hear about.*

As a Behavioral Scientist, I wonder what causes this paradox? The narratives we share and portray on social media are all positive and celebratory. Meaning for some, sometimes it appears everyone you know are in great relationships, taking 5-star vacations and living your dream life. However, what is shared across our social networks only broadcasts the positive aspects of our lives-the highlight reels. How does this impact relationships, dating and our love lives? I conducted in-depth interviews with men and women, ranging from ages , that are active social media users and found that: Can it be that our highly connected world has now become disconnected? This lack of security and communication skills most definitely increases anxiety and depression. Posting dinners, selfies and vacay photos over human interaction for some is interaction. That IS their interaction. The one you portray on your networks and the true you, for some creates a double consciousness. Your lauded self on social media is constantly seeking more validation through electronic likes, not life. Suzana Flores , author of Facehooked: However, a large portion of our population has emotional insecurities and these folks are the ones that would benefit from a dating consultation to provide them with the tools and support to learn how to more effectively communicate their needs and desires. For us to accept these behaviors with disregard for how it impacts us emotionally is what the core of what I call, The Millennial Virus, is. What is it doing to our sense of self? Are we becoming more narcissistic? Are we becoming more insecure? Is technology driving dating, sex and emotion? Are dating patterns just an extension of how we behave on social networks? This post was published on the now-closed HuffPost Contributor platform. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email.

Gloucestershire County Council 1889-1974 Shell and rural land crisis in Isoko oil areas 7. An immigration country? The limits of culture ASTRONOMY AND CALENDAR. 120 A. The Character of Charles VII. 357 Pt. 4. A concise exposition of the tenets of the Catholic Church concerning the invocation of the Saints Wild Beasts and Idle Humors The poetics of belief Becoming a gymnast Inevitable illusions From notarial archives to credit India and South-East Asia socio-econo-cultural contacts The Santa Claus Easter Bunny Switch Dakshana sample paper class 10 Structured instruction What can literacy leaders do to close the literacy achievement gap among groups of students within a scho Trial of Charles I World-builders all Silencer: History and Performance, Volume 1 Dissertation on international business Parents guide to mnri Lord of High Cliff Manor American Indian Identity Todays Changing Perspectives Mel Bays Guitar Hymnal Nursery Decor for Beginners To Central Asia and beyond : from Mongol khan to world conqueror, 1218-1223 Chinas Hainan Province Easy to cross stitch Books nook Light Sound and Electricity (Library of Science) Immigration, ethnicity, and the ugly law Phase-Locked Loops for Wireless Communications The cartoonists workbook Jimmy Carter : the engineer president Asus wl 520gc manual Lets Pattern Block It Risk crisis and disaster management Sophist translated by F.M. Cornford Oxford english to urdu dictionary file Guide to American historical manuscripts in the Huntington Library.