

1: Birding at Mohican-Memorial State Forest | Ohio Ornithological Society

, *The road to Summering / Maureen Pople University of Queensland Press St. Lucia, Qld Wikipedia Citation Please see Wikipedia's template documentation for further citation fields that may be required.*

Geplaatst door Karina op 5: They were in fact so beautiful that it was absolutely impossible to do them justice with my camera. But you know me, I tried anyway. What did I ever do to this ghost?! I know, it seems like a lot for one day. It feels like it too, trust me. We decided to drive this time around and leave a little bit early so we could spend a night in Reno and check out Tahoe and Yosemite on the way. Ever heard of Thunder Mountain Monument? So when we drove past this on the highway after miles and miles and miles of barren wasteland I shrieked and ordered Sander to take the next exit because I HAD TO check it out. This place is an Indian monument built by one man over the course of 30 years, using nothing but whatever trash he found in the vicinity. This structure you see in the picture above? He actually lived in that with his family for a good number of years. Let me show you some details of this place and you can tell me how excited you would be to live here An underground sweat lodge? Is that where you were sent if you had been naughty? I mean, you saw the baby in the skull nailed to the tree, right? Geplaatst door Karina op 3: For those who are and have been curious as to why, here is a handy list of all the reasons I have not blogged for more than a year: I started a photography business I suffer from major depression and had a nasty bout of it for a big chunk of and I had some other health issues including, but not limited to: I have debated over and over whether or not to open up about this part of me. Unfortunately depression is really good at making you believe that nobody cares, nobody wants to listen to you whine, and that you are generally not an important human being on this planet, thus making talking about it extra difficult. But I believe that it is better to open up and allow people to gain more understanding and sympathy for what this disease can do. I believe it is better to lower the bar and try and make this a subject that is not so hard to broach, and one that comes with a little bit less stigma attached. When I become depressed the following things tend to happen not necessarily in this order: I lose interest in things I normally love music, reading, photography, friends, cooking, etc I become incredibly tired and often suffer from terrible insomnia. It becomes nearly impossible to get out of bed, sometimes for days in a row. They become deafening and unrelenting. I lose what little ability I normally have to keep my house tidy, or apply any kind of structure to my days. The thought of going outside and being among groups of people paralyzes me. Depression tends to come and go in episodes. For me those episodes tend to last anywhere from a few weeks to almost a year. I can remember having these episodes every since I was a child of about 8 or 9 years old. Up to this year I have been blaming them on various external factors. I told myself it was either my fault, or due to some circumstance I had no control over and that I would get better as soon as that circumstance changed. Then finally last year, in early spring, I became so depressed I could hardly function at all. But the depression was too strong for me and it was too strong for him. I regularly became convinced I was doing more bad than good for my family and that the best thing for everyone would be if I just disappeared. I attribute my faith with never allowing myself to entertain thoughts of suicide. I was simply too aware that it would solve nothing because I would take my sadness into the next life and would then also have to deal with the consequences of having given up. Sometimes the sadness would be replaced by total apathy. I welcomed those moments of emptiness. They worried me more than the sadness, but were much easier to undergo. They were a pitiful relief. I was feeling worse than I ever had. I tried hard to find one too! I googled and researched and read and asked. I saw doctors and tried diets. I sought out a therapist. I talked to my bishop. I started whole regimes of vitamins and forced myself to go hiking regularly hoping that what I was feeling could be blamed on a simple lack of exercise or fresh air. In the process we found out about some of the health issues listed in item 3 of the above list, but even after gaining knowledge of these ailments and dealing with them appropriately, I was still sad. Then finally early this year, with as little fanfare as when they rolled in, the storm clouds seemed to slowly start parting and I started having more good days than bad days. By the time spring rolled around I finally felt like myself again. I sought out therapy immediately this time and alerted Sander. You have major depression. You have all the coping skills I could hope for a patient with MD

to have. At the start of what I understand to probably be a long and windy road to finding the right medication and dosage. It makes it feel kind of like I am two entirely different people fighting to have control of this body. Luckily my lighthearted nature has helped me develop many essential coping skills. On the flip-side, it can be difficult for those outside my very small inner circle to even see that I struggle. You may notice that sometimes I go quiet and withdraw. You may think I sometimes turn weirdly aloof or start ignoring you personally. I can assure you that I do and that I have often thought about you and wished I had the strength to reach out to you and tell you that I miss you so much. But there you have it. If I were a jigsaw puzzle, this blog entry would be the pieces of seemingly endless black night sky. But there are also beautiful stars and a bright moon shining its silver light onto a garden filled with beautiful flowers of every color, size, and shape. And these flowers have no doubt that in the morning the sun will rise. Geplaatst door Karina op I figured this would make it easier to share quick photo updates of the week.

2: Watch Out Autumn Here Comes Summering - Thoroughbred Insider

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Crime is a major problem in South Africa and, according to police statistics, 9, carjackings were reported in the first nine months of the year. In the province of Gauteng, centered on Johannesburg, 22 cars or motorcycles were hijacked daily. So it offers this advice: Be particularly alert near house gates, driveways and garages. When entering or leaving your property, look out for suspicious vehicles or persons. Be wary of suspicious activity at traffic lights, stop signs, or at city road junctions, particularly at night. When stopped, be ready to accelerate quickly if approached by strangers. Keep car doors and windows locked and valuables out of sight. Ignore anyone indicating that there is something wrong with your vehicle and drive to the nearest garage or police station for a check. When a vehicle breaks down, use a cellular phone to call for assistance, or get to a place of safety. Do not wait for other motorists to help. Beware of people seeking directions, particularly in a parking lot. Check whether you are being followed. If you are, head for a police station or a crowded place. Avoid going down quiet streets. If you become a hijack victim, try to remember as many details as possible to help police identify the criminals. Do not try to resist the hijackers. In another Christmas-and-crime initiative, the leader of the major white opposition party appealed to all Christians to pray over the holidays for the victims of violence. Calculating that every week there were murders, 7, thefts, 1, armed robberies and rapes in South Africa, Marthinus van Schalkwyk, head of the National Party, said: Dismissing as exaggerated suggestions that the country was on the brink of criminal anarchy, Mufamadi said, "Certainly there are problems. But one should not only focus on the problems, one should also see the bright spots. Epainette Mbeki was held up in her store in the Eastern Cape recently. The police have a major challenge ahead of them. South Africa ranks worst of 70 countries in an annual international comparison of crime, according to Meyer Kahn, chief executive of the South African Police Service. Kahn said the country should strive to be among the top 20 crime-fighting countries within five years. Critics of the government lay the blame for the crime wave on a lack of police funding and inadequate investigative experience, a flood of illegal, armed immigrants, a weak judicial system with inexperienced prosecutors and lenient judges, and sieve-like prisons that foster frequent escapes. The government acknowledges many of the problems, but also points to the legacy of more than four decades of apartheid, during which the police were used mainly for political persecution, and crime in black townships was routinely ignored. Apartheid also created deep economic and social divisions, which, the government says, have contributed to crime.

3: Guyâ€™s Weekend Itinerary

Keep on Summering. Couples Escape Itinerary Guys Weekend Itinerary. You're only a walk across the road to the legendary roadhouse, Flora-Bama Lounge and.

4: The road to Summering / Maureen Pople | National Library of Australia

Summering Car sickness, breweries and the grand Southern tradition of road trips written and photographed by Melanie Warner Spencer.

5: Summering Close, Okehampton - Westcountry Homes Online

Watch Moda Center transform from basketball court to hockey rink (time-lapse video) - Duration: The Oregonian , views.

6: NY Daily News - We are currently unavailable in your region

Christine Summering, M.A. Therapist Chrissy began her journey into counseling in the Winter of when she moved to South Dakota to pursue her Graduate Degree in Human Development and Educational Psychology from the University of South Dakota.

7: Christine Summering, M.A. | Innercept

The road can be clogged for a mile with visitors stopping to snap a picture of a bear or a bull elk. And, sometimes the bison (buffalo) decide that they are going to use the Grand Loop Road instead of us, and the motorists follow along behind the herd till they decide to go into a pull-out on the side of the road.

8: Summering - Louisiana Life - May-June - New Orleans, LA

Summering - enjoying the sun, beach, and the free time to do what ever the fuck you want. Video about my Work and Travel experience - 4 months of summer in USA. New York - Lewes - Rehoboth Beach.

9: Summering in Sheepshead Bay | The Gravesend Gazette

I walked to the rear of my house. There, within an area marked by a rope, shining golden rice plants had sprung up. I planted it to try but it seems like they grow alright. Yes, there's a lot of water and it seems like the rice is growing well.

The lady, her lover, and the Lord Overview of nickel-hydrogen cell technology The Experimental study of human sleep: Methodological problems The politics of politics in the classroom Nelles Guide to Thailand Location planning and analysis stevenson An iterated nested least-squares algorithm for fitting multiple data sets Antitrust paradox Java reflection in action Snowboarding tricks Destinies canadian history since confederation Guide to boundary water routes Repair Manual for General Electric (Repair Master for General Electric Automatic Washers) Hitlers defeat on the Eastern Front, 1943-1945 From kitchen-maid to actress The Los Angeles riots Looking out, looking in. The picture plane Should Aslan save Emeth? The Yahuda Factor Solution Cultural identity versus political identity in the French West Indies Jacky Dahomay Contemporary Classic/Loving God (Contemporary Classic) Ecumenical experiences Armstrong the thermometer model of knowledge Colossians (Thanksgiving and prayer (1:3-14) Fodors Exploring Boston and New England A narrative of the Indian wars in New England You cant still be hungry Sohan singh seetal books Our interprovincial trade Green building materials and civil engineering Meta analysis research design Basic electric and magnetic circuits Trickster tales revisited Volkswagen Passat A Winter Landscape in Summer. Business Explorer 3 Students Book Russian Verbs of Motion Playing the Mind Game Exercises with Her Making sense of a primary care-led health service The Case of the Teenage Terminator (The Nicki Holland Series)