

Death Race 2008

"1975 - In a boorish future, the government sponsors a popular, but bloody, cross-country race in which points are scored by mowing down pedestrians--with bonus points for the elderly! Five teams, each comprised of a male and female, compete using cars equipped with deadly weapons. Frankenstein, the mysterious returning champion, has become America's hero"

"1976 - Drive a car around the field chasing down as many zombies as possible and run them over, turning them into instant tombstones, before the timer expires. Play with a friend to see who can make more tombstones quicker. After you run someone over, the game designers were nice enough to include a reverse gear to finish the victim off."

2008 - Hwy 2 North and South, Edmonton to Calgary and back, has become a death race itself. The average speed, on this 2 - 3 lane highway, is 130 km, as reported by R.C.M.P. The situation of excess speed cannot be controlled as there are only 2 - 3 R.C.M.P. officers on a given stretch of the highway. To maintain some control on this death race highway, R.C.M.P. are clamping down on dangerous driving. Even this has proven a challenge, since most commuters do not report a dangerous driver unless it impacts them directly.

The major infraction is the cocky confidence of 35% of speeders to be able to control their vehicle in a bumper to bumper, 130 km rear end push aggression tactic. In other words, following so close, as to make the driver in front, move erratically and quickly into the right lane, as the bold bumper driver communes with some god and his divine right to speed.

R.C.M.P., have informed me that there are generally 2-3 major accidents on Highway 2 (North and South) every working shift. This does not surprise me in the least. Several days ago, I was followed for approx 45 km, by some youth who thought nothing of this hazardous practice, even to the point that when I moved over to the other lane, and slowed down, the following driver was still intimidating me by changing lanes with me. This became a matter of someone being an aggressive driver and that I felt would utilize their vehicle in a destructive manner upon me. I contacted the local R.C.M.P. detachment, and informed them of this driver. Fortunately, I was able to identify the offending vehicles license plate number (vanity plates hahaha),

after they decided, I was not going to abandon my vehicle and approach them, and so they sped off at approx 135km.

Well, the last laugh was on them, I saw the vehicle that was causing all this distress to me, pulled over by the roadside by the R.C.M.P.

HAHAHAHAHAHA

I stopped and inquired what I should do, and was informed that I could fill out a statement and proceed to court if the vehicle driver pleaded "not guilty" Most definitely I would appear and explain the situation as it occurred.

Too many people just ignore this highway abuse, they let it slip, and they do not want to get involved. But here is the rub, when your loved ones get into an accident because of these fools, and god forbid die, will you regret not getting the information to the police, or will you ignore that also.

Citizens we can clean up the highway deaths by taking action and reporting. Also, by driving the posted limits and following the 2 sec rule. My take on this and others laws is "ZERO TOLERANCE".

Support your police department.

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55 YEARS and nothing has changed

I recently had my 55th birthday. A time for reflection, a time to contemplate what the next 50 years will bring. 50 more years?? Hard to contemplate what that will be like, with all the craziness going on. People working through lunch hours, healthcare reforms that are going to be disastrous, not to mention Mother Earth fighting back, reclaiming herself.

Tidal waves, tsunamis, hurricanes, famine, and water contamination. We as a population are definitely helping the cause of worldwide betterment. HA HA, if that was only true. Greed and greed are nothing compared to the biggest divider of resources, the largest waste of manpower, the destroyer of civilizations.....WAR!! And development of weapons.

I made a small foray into how many wars have existed in my lifetime. Boy, was I surprised? I hope this information affects you as much as it did me.

Find your year and see what transpired. Yep, as a civilized world, we act like insane animals. Maybe the animals are the smart ones, looking day to day at what we do, and judging us accordingly. Surely, we cannot be smarter than the animals, who only hunt for food and the propagation of their species.

I gave up looking beyond the year 1999, because it was the same old armed conflict thing, played out the same old way. I DIS you, you DIS me, and we get it on. We may not even be fighting for territory, sometimes it's for resources. One report states that deaths are approximately 25 per square kilometer of earth. Take it to a lower level of conflict. What about the crimes and murders in our cities?? Same thing, smaller scale.

Yep, we really are learning. Sorry kids. I have not left a world for you that understands the meaning of "Love thy neighbor" or "Peace on Earth." Sure, there are bleeding hearts out there that say we have done good things for the population, for the world, i.e.: Greenpeace, Save The Whales, etc., but not enough to make a dent in the total human carnage in my lifetime.

All I can do is treat people with kindness, one day at a time. Maybe it just might catch on.

Like i said pick a year!!!

<http://www.onwar.com/aced/chrono/>

Information can be obtained from the following sources also:

<http://www.ndcf.org/> Armed Conflicts Events Timeline

MSN Encarta

Crimes of War

DAW Publications

ONWAR

Infoplease

& general searches through the library

Published Date: 01/02/2005

Auto accidents do more than cause an injury to the individual, they also cause grief, pain, suffering, anger, disbelief, insomnia, nightmares, migraines and more. I know, for I was involved in an auto accident Nov 2004. I was t-boned at an intersection (driver's side) and then ended up striking a light standard. I was unconscious as a result. After I became aware of what happened, and was taken to the hospital, I was informed that a person ran the red light, but there were witnesses, "Thank GOD".

Now the story becomes interesting. Yes, I have insurance, as did the person who struck me, but they decided to promote the fallacy that they had nothing to do with causing the accident. Yep, they proclaimed innocence, even after being charged and informed that witnesses were available. Must be that sick, scared logic a child feels, "if I don't tell the truth, I will not get punished".

Well, life has certainly taken a turn. My vehicle was a 2002 truck with less than 30,000 km, and I do say WAS. The vehicle was written off, no front end, no passenger side. My vehicle would have been paid off in 2 years. During my release from the hospital, I was not able to obtain a rental to drive, unless I paid for it myself. Ever find yourself wanting to go somewhere and you're at the mercy of who ever has transportation? Yes, it was my fault for not ordering the loss of use of vehicle insurance, MY BAD DECISION.

Not having a vehicle wasn't as bad as waking up every day with a new joint or muscle pain. Sleepless nights have plagued me since the accident. Walking has placed a degree of pain on my back and knees that it is not enjoyable. Dealing with insurance companies, since the new legislation, has become an area of consternation. Not only are we injured, in pain, and ill at ease, we have to endure the humiliation of dealing with them. Yes, we are here to assist, but really we're an insurance company. Now, we are probed and analyzed to verify that what we feel everyday is in fact the truth, according to who???

Economic loss is one area I am really peeved about. I received compensation for my vehicle. But by the time I paid off the debt owning, there was a pittance left. How do you purchase a comparable vehicle with a payment period of 2 years? You don't!! Either you purchase a new vehicle and start payments over again for 4-5 years, or you buy a used vehicle with a payout after 2 years. Well, I purchased a used vehicle, a 97 Dodge Caravan Sport, and fondly remember what I had, and would have had, compared to what I now own.

The good news, I guess, is the party who caused the accident admitted they were at fault. So I received my deductible back. WHOOPPEE!!!! Physiotherapy sessions are my lot in life now, and appear to address the whiplash. Since treatment can only be given for one problem at a time, my knees, back, etc. have to wait for approval from the insurance company.

Yes, people who cause accidents think only about their insurance rates going up, damage to their vehicle and whatever else crosses their pea sized brains. But in the end, parties suffer in pain, sleep painfully, wake with less vibrancy and wish they could have their life back as it was.

Hey ALBERTA GOVERNMENT, your new insurance legislation sucks; it favors the bad driver since payouts to the damaged party are reduced. Ah, the good old days I long for, a lawyer who can get compensation for you, justly earned through pain. I believe that having a product or service that is compulsory to buy, promotes bad business ethics. The consumer is held hostage knowing they must purchase the product or service or be lawfully charged. Now where is the government when you need them?

Ah Canada Day

Category: Editorials (Janina Endols)

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Ah! Canada Day... where patriotic citizens celebrate the birth of our nation and enjoy the camaraderie. Local citizens waving flags, vying for optimum positions to view the Silly Summer Parade, are enjoying the sights. Children are lined up on the sidewalks, some overflow onto the street, picking up the lollipops thrown at them. Silly floats make their way down the avenue, like the spoof of the Beverly Hillbillies, early cave man vegetarians, and the children's bicycle decorating contestants.

I would have to say I enjoyed the Black & White float of the Trinidad & Tobago group - lively music and wonderful costumes. The atmosphere was resplendent with great music, good vibrations from the crowd, and the children's response to the parade was excellent.

But there is a down side to this event that some of our local citizenry are not aware of. The conclusion of the parade was marked by a rapid exodus of individuals rushing to their vehicles to exit the area. That in itself is not an issue, but the careless and mindless disregard of local signs, lack of courtesy to pedestrians, and the general "driven to oblivion" attitude by some of the ELITE Edmontonians is a cause for concern. Some of our upstanding citizenry feel the need to ignore local traffic conditions and signs in order to exit the area quickly.

Let me try to explain what occurred in a small section of Strathcona. If you are driving west on 83 Avenue, you will be facing a 4 way stop sign at 105 Street, traffic signs saying wrong way ahead. You are entering a one-way section. You cannot continue west at this point.

Well, several of our ELITE citizens felt that they have a right to drive wherever they want to, in order to leave Strathcona area. I notified several drivers (over 12 within a 15-minute time frame) that they were going the wrong way, and was verbally

accosted by several colorful expletives. One of the most memorable was “F—K you, and F—K Canada.” Ohhhhhhhh boy, anger management, or emotional issues for this fellow. A senior citizen in a van gave a similar response.

Okay, you had a great Canada Day, you enjoyed the parade, basked in the sunshine, and now you feel the end justifies the means by being wrong then swearing...

Oh well, some people’s kids.

An Edmonton Nightmare

Category: Editorials (Janina Endols)

Published Date: 01/06/2006

Good Spirits - Good Times - Good Vandalism

I'm up for a good time as anyone else, BUT come on people. We had a terrible reputation during the CANADA Day riot, and now we have another slap in the face to the NORMAL residents of Edmonton.

People say that this is the result of a small group of rowdy people, party people, vandals or hooligans, but that is not the case. We had some people that were climbing the light standards, some hanging from overhead wires and others that started fires on the street, but who was there, taunting them on , goading them to jump or even assisting in keeping the fires burning? The so-called fans that just came down to socialize on the street were just as much to blame.

And then there were the curious people who wanted to watch the entire event. So then the streets became congested. This curiosity was compounded by the idiots driving closely together, giving HIGH FIVES. These events created a hazardous situation to the remaining NORMAL people, a nightmare for the police and a dangerous situation for the firefighters. Small groups of trouble makers created a big nightmare, but ask yourself if you were there to participate, to encourage or to stop the frescos.

I hope that the Edmonton police chief decides to crack down on this type of party going. Hand out fines, jail people or restrain the offenders until the situation is under control. Set up breathalyzers enabled police officers to hand out DUI's , and even shut down Whyte Ave completely. Maybe the business, which caters to these individuals, should be fined to assist in the extra manpower to control the crowds.

But I have a better idea. I 'm not sure if anyone remembers ELECTRIC AVE in Calgary, lots of bars, lots of street parties, rapes, muggings, theft and vandalism was the nature of the street area. It was ended by tough legislation, tough fines to the nightclubs and tougher fines to the vandals. Let's restrict the

licensing of new bars, fine heavy for violations of overcrowding, lack of parking, and enforce a curfew during heavy social events.

Does this sound to tough? To bad.. Try living in the neighborhood and witness events that would cause mothers in graves to roll over. People defecating on the lawns, urinating along the back alleys, needles left on the road ways, broken glass strewn along the sidewalks and more.

I had an opportunity to follow a group of people that vandalized a mail box to their home address, interesting to note they live in an area away from the action, in a nice quiet suburb.

So, get your shit together losers because you are a disgrace to the real fans of hockey and the more mature citizens of Edmonton. I sincerely do hope that the City is tough in its response to these kinds of events. Its not tough love, its "I live here and I have to pay for this crap so grow up"

Brandi

Category: Editorials (Janina Endols)

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BRANDY

Several weeks ago, I was asked to look at the condition of a small kitten that was under a person's Jacuzzi deck. Information given to me was, the cat was being fed for 5 years, lived under the patio the same length of time and was treated as an outdoor pet.

When I arrived, I noticed that they had a well-groomed dog, excellent food for it, and they were definitely showing affection towards it. Confident that the cat was looked after the same way, I went outside to retrieve the OUTDOOR cat. I found a contrary situation for her. They would only take her in if it was REALLY COLD. The owners also were allergic to this OUTDOOR pet.

I was in contempt towards these people, about the carelessness of their actions, or rather the lack of care for a small animal they claimed was their pet. The food was frozen when I arrived, the water was solid ice. And Brandy, as we call her now, was skin and bones, smelling like a skunk and covered with mud and dirt.

I had to restrain myself when I saw the deplorable condition of her paws. Brandy's claws had grown into a cutting circle around her paw pads, and actually cut a pad in two. I immediately said "She's going to the vet, right now." We left straight for the emergency veterinarian to see what could be done to save her health and her life.

All the way to the vet, Brandi was meowing loudly, but did not try to get away. Between her throaty meows, she was purring, and I believe she knew she was going to a better place. The veterinarian informed us about how relaxed Brandi was during her examination and surgery to repair her paws. Several hundred dollars later, we picked up Brandy and took her to an acreage, to be taken care of for 2 weeks. Absolute luxury, petting, grooming, and good food were definitely helping her recover.

We picked her up and bundled her for her return trip to our home. Brandy received a caring bath and some further TLC. So far, Brandy has been living in a surreal world of gentleness and caring, far removed from the fate that was decided for her by those people who once proclaimed with pride, "We take care of an OUTDOOR cat."

Shame on you, shame on your character, for you took 5 years out of the life of a gentle animal named Brandy, now a valued member of our household. Now we have to get our other pet cat Sabrina to curtail her ROYAL HIGHNESS status for a while. Adventures abound for our pets and our future.

Next time you see a stray cat, or other animal, and wish to feed it, remember several things. It may be someone's pet, so do your best to determine that by canvassing the local neighbourhood. But most of all, do not ignore the health of this animal because of your allergy. If you cannot take care of it, find someone who can.

Canadians in Movies

Category: Editorials (Janina Endols)

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From the beginning, the Canadian film industry has lived in the shadow of Hollywood. By 1930, feature films were the most successful form of popular entertainment. At that time, virtually all of the movies shown in Canadian theatres were movies from someplace else--some from France and Britain, most from the United States.

Gradually, over the course of the last 60 years, Canada has developed its own film industry. However, even today less than five percent of the movies seen by Canadians are made by Canadians. Why is this the case? Does it matter that Canadians mostly watch films from other countries, and especially from Hollywood?

Unfortunately, most Canadians have seen only a handful of the Canadian movies produced during the last 25 years. As Claude Jutra, one of Canada's most noted directors, once said: "Not making the films you want to make is awful, but making them and not having them shown is worse." In the 1970s, Canadian movie theatres effectively discriminated against Canadian-made films by continuing to align themselves with the major Hollywood studios.

Lets support the Canadian Movie Industry and our fellow Canadians. We have a proud heritage of professionalism and dedication to the industry. Hollywood North would not be a phrase any longer with our, government and loyalty support.

Christmas Cheer

Category: Editorials (Janina Endols)

Published Date: Jan 2004

Yes, I know you read all the articles in the paper... Christmas cheer is over... Kindness lasted till Dec 26, now we are back to the grind. Yes, Yes, I know people were driving drunk as usual, and they say they will take the ticket, because that's the price of living in Edmonton.

Okay, reality check people. There are some who complain there are too many robberies, some who whine about speeders, and others who say we have a gang problem. Fine. I buy that. So what about the crosswalk deaths, running red lights, not stopping at stop signs, not crossing at crosswalks, or how about the shootings???

Yes, we all have something to complain about, but does anyone, except for the ones who act on it, really support a solution to the problem?

Hey! Try this! Let's hire more police officers to enforce the law. What? You have a problem with that? Oh, I see. It would cost more money, my taxes would go up, we have enough police, let's get more social programs in place. HAHAHAHA, but that would cost money also.

My take on this is, people whine and complain about what personally affects their pocketbook or social status, but when it comes to solving the matter, the pocketbook gets secreted into an impenetrable vault. You all want the police to answer your call, but you do not want a ticket for jaywalking, drunk driving, no insurance, midnight parties, handicap zone parking violations, drinking in public, etc. No, in fact, you want to be free to do what you want when you want with no interference from anyone, unless someone feels the same way and uses you as the target.

Having your cake and eating it too does not work. If you are serious about putting a stop to the MADNESS, then get serious about the solution. We need to have a reason not to start thinking we can

get away with things. There has to be an anticipation of punishment adopted for everyone, no exceptions, no excuses, no whining.

If we ticket, tag, tow, or remove, and are committed to doing so for every infraction, then we as a society will recognize the reward or punishment for our behavior. Maybe we might even pass this legacy on to our children, where moral and social values actually mean something.

But don't get me started on the religious prattle that is currently festering in our world. My god is better than your god, therefore I will kill all that oppose my beliefs. Get real people, all religions have a common thread.... BE KIND... DO NOT KILL.

Well, that's the way I see it.

Have a good 2004!!

Collections

Category: Editorials (Janina Endols)

Published Date: June 2003

When talking to friends, we came up with a collection of observations and gripes...

Witnessing 4 motorcycle riders doing wheelies down 109 St. at 3:00am, I experienced an epiphany. If they had an accident, my payment to health care would cover their medical bills. I would end up, in part, paying for their stupidity. Let me rethink this. I figure if you want to act stupid by driving fast on one wheel, skateboarding down a 30-foot rail, kayaking down a 100-foot waterfall, getting towed behind a car while on a skateboard, jumping between buildings for the sheer exhilaration, or countless other dumb things, then pay for your own medical bills. Why cause the system to increase in costs because your brain looks like the commercial for drugs? You know the one...the eggs are frying in the pan.

And how about the idiots that decided to light a fire and toss it in the waste can at West Edmonton Mall. Yesterday I witnessed 3 punks (people having no clue...I know it's spelled wrong) testing out their lighters. Now, what were they thinking...?? Not much.

Another point of interest is the West Edmonton Mall's policy on handicap parking. I was with a friend going to a movie at the Mall, and noticed a vehicle in the handicap parking spot...without a placard. Typical everywhere I go. So, I approached this person and kindly asked them to leave. Well, the response was, What for? I am waiting for my children. ????? Okay. Please park in the open spaces a few feet away. No, I will not be long. At that point I parked horizontal to the person's vehicle and blocked them in. I called for security and asked them to resolve this situation by giving the violator a ticket. The WEM parking people came out, after the husband came out and threatened to back into my vehicle. The WEM people asked me to move, as I could be ticketed for blocking the road!! I was then asked for particulars of what happened. I explained, and noticed that the offender was let go. The next day I called WEM and spoke with the operations manager. His comment was, they do not like to give tickets out, and that they are concerned about the reactions of paying customers!!!! I guess handicapped people do not qualify as paying customers. All in all, I was displeased with this response, but not displeased by the reactions of the general public that day. While I was discussing the situation with the WEM parking people, several citizens were berating the offenders and asking them to understand the rules of conduct about Handicap Parking Stalls. Kudos to the forthright citizens. The

response from the offenders was “so what,” flipping of the bird, and general mouthiness towards the general public.

We also heard about the cutbacks in police funding, fire service funding and more. Let’s figure this out. We spend money for an archway across Calgary Trail North (I know that’s not the name, but I’ve been using it for years, and don’t get me started on why the name changed). Maybe the people from Calgary get lost looking for Old Strathcona? Let’s spend money on a slogan change (rename City of Champions), but no Canada Day Fireworks??? Let’s beautify Sir Winston Churchill Square, and more. What is going on? Money can be found for frivolous things (in many people’s opinion), but cut down the essentials. Smart. Really smart.

Going for a drive around Edmonton has become a real challenge. I’m familiar with this city and can find alternate routes, but the poor tourist...I feel sorry for them. We end up blocking main corridors, just so we can put new curbs on streets. For example, Argyll Road. The city has to block 4 lanes to put in new curbs? How about just blocking ½ of the street? How about the traffic tie-up at 109 St. and Whyte? There are many locations around town that are inconvenienced and are a nightmare for tourists. Edmonton has a wonderful road system of potholes, but we need those curbs!!!

Now, we all love this city, but you have to wonder sometimes what our council is thinking, or for that matter, what the city managers are doing. I love this city of festivals (but that’s another topic).

Enjoy the weather, the roads, and be courteous of others in your travels through Edmonton.

“June showers bring July flowers!!”

COMPUTER JARGON CONFUSES NEWBIES

Category: Editorials (Janina Endols)

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COMPUTER JARGON CONFUSES NEWBIES

On many occasions I have had the opportunity to describe a computer system to a newbie. As a result I have had more questions delivered as to "please explain what your talking about!" After several years I have come to the conclusion, that we as professionals must speak in the NATIVE Language of the newbie or be subjected to further questions.

Look for certain signs of "BLANKNESS" when you are talking above someone's head.

- Glasped over eyes probably mean "lights on but the brain cannot understand a thing you said"
- A repeat "uh Huh " every few seconds mean " What was that first word you said means?"
- Writing everything you say means " I'll go ask someone else what the heck you were talking about"
- Blinking rapidly during your conversation means " It does not compute ..overload ..overload"

So the next time someone asks you the explanation for "**STOP: C0000221 Unknown Hard Error**" or "**STOP: C0000221 STATUS_IMAGE_CHECKSUM_MISMATCH**" Error Message Occurs " be gentle, and explain in a non technical manner to the individual.

DO NOT say "This problem may occur if you install an inappropriate driver for your hardware" Just say " I will there to help you with this issue"

Check out some of the thousands of phrases that we geeks use:

1. **Administrator** A system administrator is a member of staff designated to look after and ensure the smooth running of a networked computer system.
2. **Backbone** The part of a network that acts as the primary path for traffic moving between, rather than within, networks.
3. **Bandwidth** The "data-carrying" capacity of a network connection, used as an indication of speed. For example, an Ethernet link is capable of moving 10 million bits of data per second. A Fast Ethernet link can move 100 million bits of data per second – 10 times more bandwidth.
4. **Bespoke Tailor made;** used by computer and software consultants to describe products written or designed specifically for a particular client and/or application.
5. **Bridge** A device that passes packets between multiple network segments using the same communications protocol. If a packet is destined for a user within the sender's own network segment, the bridge keeps the packet local. If the packet is bound for another segment, the passes the packet onto the network backbone.
6. **Client** A networked PC or terminal that shares "services" with other PCs. These services are stored on or administered by a server.
7. **Ethernet** A popular LAN technology that uses CSMA/CD (collision detection) to move packets between workstations and runs over a variety of cable types at 10 Mbps. Also called 10BaseT.

8. **Extranet** A network that provides access to company documents such as price lists, inventory reports, shipping schedules and more to external users -- such as your suppliers, independent sales agents and dealers.
9. **Fast Ethernet** Uses the same transmission method as 10-Mbps Ethernet (collision detection) but operates at 100 Mbps -- 10 times faster. Fast Ethernet provides a smooth upgrade path for increasing performance in congested Ethernet networks, because it uses the same cabling, applications and network management tools. Variations include 100Base-FX, 100Base-T4 and 100Base-TX.
10. **FTP** File Transfer Protocol. A part of the chief Internet protocol "stack" or group (TCP/IP), used for transferring files from Internet servers to your computer.
11. **Hotlink** An item of text or a graphic on a web page which acts as a link to another document by automatically making your browser move to it, simplifying your navigation around a site. Text hotlinks are generally differentiated by their text colour and by being underlined.
12. **HTML** Hyper Text Markup Language; the universal computer 'programming' language used by web site designers to produce the pages you read on the internet, like this one for example. If you really want to know more and be in with a chance to earn a limited edition anorak, just click on 'source' in the view menu of your browser and groan... fun eh?
13. **HTTP** Hypertext transmission protocol. Protocol that governs transmission of formatted documents over the Internet.
14. **Hub** A device that interconnects clients and servers, repeating (or amplifying) the signals between them. Hubs act as wiring "concentrators" in networks based on star topologies (rather than bus topologies, in which computers are daisy-chained together).
15. **Ingenious** noun, mentality; talent or genius. Ingenious; adjective skilful in invention; of good natural abilities, especially having great intelligence. In other words: 8 letters which, albeit modestly, perfectly describe why we can help you...
16. **Internet** A massive global network, interconnecting tens of thousands of computers and networks worldwide and accessible from any computer with a modem or router connection and the appropriate software.
17. **Intranet** An information resource available to users on a networked computer system, much like the Internet and using the same method of accessing it, but unlike the Internet, only accessible to users on the local network.
18. **ISP** Internet Service Provider / ISP If you have email and/or browse the Internet, you are using an ISP to access it; these companies provide you with a means of accessing it, by your computer 'dialing them up', much like you would a friend or colleague. Examples range from UUNet/Pipex and Demon, through to AOL and CompuServe.
19. **ISDN** Integrated Services Digital Network. Communication protocol offered by telephone companies that permits high-speed connections between computers and network in dispersed locations.
20. **LAN** Local Area Network. Typically, a network or group of network segments confined to one building or a campus. Compare to WAN.
21. **Modem** Device that enables a computer to connect to other computers and networks using ordinary phone lines. Modems "modulate" the computer's digital signals into analog signals for transmission, then "demodulate" those analog signals back into digital language that the computer on the other end can understand.
22. **Network Server** A computer designated as the 'hub' or communication centre of a computer network; there are three main types: file and printer servers, application servers and web servers. For example, on a network using a file and print server, users run their applications from their local machines, but their data files are stored on the server. In addition, the server acts a centralized conduit for one or more shared devices, such as printers.
23. **OS** Operating System; the software required by a computer system to communicate with the applications it runs and devices (such as printers etc) connected to it. Examples are Windows, Unix, MacOS etc.
24. **Packet** A block of data with a "header" attached that can indicate what the packet contains and where it is headed. Think of a packet as a "data envelope," with the header acting as an address.
25. **Peripheral** Describes devices such as printers and modems, which form part of a computer or network system, but which are not necessarily central to its operation.
26. **RASD** Remote Access Server Device that handles multiple incoming calls from remote users who need access to central network resources. A remote access server can allow users to dial into a network using a single phone number. The server then finds an open channel and makes a connection without returning a busy signal.
27. **Router** Device that moves data between different network segments and can look into a packet header to determine the best path for the packet to travel. Routers can connect network segments that use different protocols. They also allow all users in a network to share a single connection to the Internet or a WAN.
28. **Server** A computer or even a software program that provides services to clients -- such as file storage (file server), programs (application server), printer sharing (print server), fax (fax server) or modem sharing (modem server). See also client.
29. **Stuffit** One of many technologies used to compress computer data files for ease of 'transportation', which are then uncompressed when required; this particular technology being used predominantly by Macintosh systems. Two

obvious uses of data compression technology are compressing a file to fit it on to a floppy disc or to reduce the time it takes to transmit over the Internet.

30. **Switch** A device that improves network performance by segmenting the network and reducing competition for bandwidth. When a switch port receives data packets, it forwards those packets only to the appropriate port for the intended recipient. This further reduces competition for bandwidth between the clients, servers or workgroups connected to each switch port.
31. **Terminal** Used to describe a device linked to or operating as a computer.
32. **WAN** Wide Area Network; a number of computer networks, physically distanced but interconnected to share data and information.
33. **Workstation** A computer connected to a network, designated for use by users (as opposed to running as a network server), running applications such as word processors and databases etc.
34. **Zip** One of many technologies used to compress computer data files for ease of 'transportation', which are then uncompressed when required; this particular technology being used predominantly by PC systems. Two obvious uses of data compression technology are compressing a file to fit it on to a floppy disc or to reduce the time it takes to transmit over the Internet.
35. **applet** a program that can be downloaded over a network and launched on a user's computer.
36. **ASCII** American Standard Code for Information Interchange. ASCII files are also called plain text files.
37. **ASP** a specification for a webpage that is dynamically created by the web server and contains both HTML and scripting code. With ASP, programs can be run on a web server in a similar way to cgi scripts, but ASP uses the ActiveX scripting engine to support either VBScript or Jscript.
38. **Application** a program that helps the user accomplish a specific task; for example, a word processing program, a spreadsheet program or an FTP client. Application programs are distinguished from system programs, which control the computer and run the application programs; and utilities, which are small helper programs.
39. **ASP** a company that deploys, hosts, manages and rents access to an application.
40. **AU** common format for UNIX audio files.
41. **Auto responder** a program that instantly and automatically sends a prewritten response to all emails received.
42. **Bandwidth** a measurement of the amount of information that can be transmitted over a network at a given time.
43. **Bookmark** a pointer to a given website. Customers might bookmark your site so they may easily return.
44. **Browser** a program that allows users to view WebPages. Examples are Internet Explorer and Netscape.
45. **Cache** where computer memory is stored.
46. **CGI** common gateway interface. Allows programs to run on a web server. Cgi scripts are used to put the content of a form into an email message, to perform a database query, or to generate HTML pages.
47. **CLEC** competitive local exchange converter.
48. **Cold Fusion** web application server. Cold Fusion is a server-side scripting language web development tool. It uses HTML-like tags called CFML to enable back-end ODBC database connectivity as well as data manipulation and validation within WebPages.
49. **Control Center** web-based management interface for your Affinity account and a portal for centralizing your personal and business information. You can manage your email settings, access and modify account and billing information, order services, and access website development tools. You can also manage your personal and business email lists, calendars, address books, and bookmarks.
50. **Cookie** a file that is written to your hard drive when you access a webpage. Often used to glean information about visitors to the site.
51. **Cyber Cash** electronic cash; a way of transferring funds in online transactions.
52. **Daemon** a UNIX program that runs continuously in the background, until it is activated by a particular event. This word is often used to refer to programs that handle email.
53. **DTR** data transfer rate, The speed at which data can be transferred. Measured in kilobytes per second for a CD-ROM drive, in bits per second for a modem, and in megabytes per second for a hard drive.
54. **Dedicated** belonging to only one user. For example, a dedicated IP address is a type of account from an ISP where your computer(s) are assigned the same IP address at all times. A dedicated line is a phone line used only to connect to the Internet, rather than one shared by a modem and a phone.
55. **DNS** Domain Name System. A database system that translates an IP address into a Domain Name. For example, a numeric address like 232.452.120.54 can become something like mycompany.com.
56. **Domain** the name of a company, organization or person's Internet connection, which then becomes part of their web address. For instance, in johndoe@abc.com, "abc" is the domain

57. **FTP** file transfer protocol. The main method for transferring files over the Internet.
58. **GB** giga byte; 1,024 megabytes or 1 billion characters of information.
59. **IMAP** Internet Mail (or Message) Access Protocol. Through IMAP the user can create, delete, or rename mailboxes; get new messages; delete messages; and perform search functions on mail. A separate protocol is required for sending mail.
60. **InterNIC** Internet Network Information Center. A group of three organizations which together provide services for NSFNet. General Atomics handles information services, AT&T handles directory and database services, and Network Solutions, Inc. (NSI) handles registration services.
61. **PGP** Pretty Good Privacy. An encryption program that allows users to exchange files and messages, with both privacy and authentication, over all kinds of networks. The messages are
62. **SQL** Structured Query Language (pronounced SQL or Sequel). A language used to create, maintain and query relational databases. It is an ISO and ANSI standard. SQL uses regular English words for many of its commands, which makes it easy to use. It is often embedded within other programming languages.
63. **SSL** Secure Sockets Layer. A protocol from Netscape Communications Corp. designed to provide secure communications on the Internet.

Dentistry Painless ?

Category: Editorials (Janina Endols)

Published Date: 01/02/2007

Dentistry Painless?

Who has never heard the stories of the butcher dentist that rips out teeth with pliers, shoving needles through people's cheeks, and even pulling out all the teeth to make room for a set of dentures? I heard of these stories and even experienced the pain, bleeding, and fear first hand. I was 12 years old when I went to the dentist for the first time. I will not mention the person's name, but let me tell you, what I saw made me weak in the knees. I was in the dental chair and a young person was running down the hall; nothing too unusual until I saw the blood flying from his mouth. The screaming came next, from me. I was covered in sweat and my mother had to calm me down. Yep, I remember the dentist quite well, and the fear was still staying with me until....

I was recommended to visit the dental students' clinic at the University of Alberta. OH OH! Students!!! Let it be known, it was with extreme trepidation that I set up the initial appointment. As I rode the elevator to the third floor where the dental clinic was, I was starting to get a rising uneasiness. The elevator was very old (maybe 500 years) and made a lot of noise. The whole area had a hint of the recognizable odor of medication and sterility. Sweat was starting to bead on my forehead. My, oh my! What was I doing?

With the elevator doors opening up, I was ready to call it quits. Enough is enough. Dentists scare me. Then off to my left side I heard, "Hello...over here... we can help," in the most pleasant tone. As I approached the counter I was greeted by a bevy of wonderful people, all going about their duties, but still saying "hello." Now this is nice. After filling out some forms, I was told that a young student would be coming over to collect me for my initial examination. STUDENT!!!! Good God, no! RUN man, RUN! My entire being was telling me to leave, and fast. But we all know the adage "God hates a Coward." Staying true to that saying, I held my emotional ground, and with pent up courage, waited until my meeting with the STUDENT DENTIST.

A young lady approached and called out my name. I arose, like a man going to the gallows, but I held the running temptation within. She directed me to the DENTAL CHAIR and asked me to sit down and relax. I inquired as to her marks, her year of schooling and how she felt about being a promising dentist. You know, I have to check out the credentials. After all, I will be opening my mouth to a perfect stranger.

Putting all my fears aside was accomplished with all the tactfulness of a priest, the tone of a friend, and the confidence of an expert. I was starting to feel calmer.

We went through a thorough examination of my dental condition, after which we went for the preliminary x-rays. Throughout this time, I was feeling more and more relaxed, as this student displayed a professional demeanor towards me and her colleagues. The instructors verified her examination and agreed to the proposed dental plan. We arranged the next appointment to start the treatment of cavity repair, tooth recovery, and bridge work. Oh boy! What am I getting into?

My next visit was sooner than I expected, but I showed up. I was greeted once again with a unified “hello” and my student came to get me. Let me inform you of what transpired. Not once did I feel the needle, nor experience any pain. The instructors even commented that my STUDENT DENTIST created another “Masterpiece,” high praise for a competent professional. The costs of the procedure in total would not cause me any hardship, the care given to me was WONDERFUL, and I would recommend this facility to anyone.

So, open up your mouths to a STUDENT DENTIST and relax in the knowledge that they are well trained and supervised. The respect they give to the patients, the gentleness with which they perform, all made me feel that my past would never haunt me again.

In summary: Best Dental Care Ever

Do You Remember

Category: Editorials (Janina Endols)

Published Date: February 2004

DO YOU REMEMBER WHEN...?

All the girls had ugly gym uniforms?

It took five minutes for the TV warm up?

Nearly everyone's Mom was at home when the kids got home from school?

Nobody owned a purebred dog?

When a quarter was a decent allowance?

You'd reach into a muddy gutter for a penny?

Your Mom wore nylons that came in two pieces?

All your male teachers wore neckties and female teachers had
their hair done every day and wore high heels?

You got your windshield cleaned, oil checked, and gas pumped,
without asking, all for free, every time?

And you didn't pay for air? And, you got trading stamps to boot?

Laundry detergent had free glasses, dishes or towels hidden inside the box?

It was considered a great privilege to be taken out to dinner
at a real restaurant with your parents?

They threatened to keep kids back a grade if they failed. . .and they did?

When a 57 Chevy was everyone's dream car...to cruise,
peel out, lay rubber or watch submarine races, and people went steady?

No one ever asked where the car keys were
because they were always in the car,
in the ignition, and the doors were never locked?

Lying on your back in the grass with your friends
and saying things like, "That cloud looks like a"

and playing baseball with no adults to help kids with the rules of the game?

Stuff from the store came without safety caps and hermetic seals
because no one had yet tried to poison a perfect stranger?

And with all our progress, don't you just wish, just once,

you could slip back in time and savor the slower pace,
and share it with the children of today?

When being sent to the principal's office was nothing
compared to the fate that awaited the student at home?
Basically, we were in fear for our lives,
but it wasn't because of drive-by shootings, drugs, gangs, etc.

Our parents and grandparents were a much bigger threat!
But we survived because their love was greater than the threat.

Nancy Drew, the Hardy Boys, Laurel and Hardy,
Howdy Dowdy and the Peanut Gallery,
the Lone Ranger, The Shadow Knows,
Nellie Bell, Roy and Dale, Trigger and Buttermilk.

As well as summers filled with bike rides, baseball games,
Hula Hoops, bowling and visits to the pool,
and eating Kool-Aid powder with sugar.
Didn't that feel good, just to go back and say, "Yeah, I remember that"?

double dog dare

Candy cigarettes

Wax Coke-shaped bottles with colored sugar water inside

Soda pop machines that dispensed glass bottles

Coffee shops with tableside jukeboxes

Blackjack, Clove and Teaberry chewing gum

Home milk delivery in glass bottles with cardboard stoppers

Newsreels before the movie

P.F. Fliers

Telephone numbers with a word prefix....(Raymond 4-601).

Party lines

Peashooters

Howdy Dowdy

45 RPM records

Green Stamps

Hi-Fi's

Metal ice cubes trays with levers

Mimeograph paper

Beanie and Cecil

Roller-skate keys

Cork pop guns

Drive ins

Studebakers

Washtub wringers

The Fuller Brush Man

Reel-To-Reel tape recorders

Tinker toys

Erector Sets

The Fort Apache Play Set

Lincoln Logs

15 cent McDonald hamburgers

5 cent packs of baseball cards -

with that awful pink slab of bubble gum

Penny candy

35 cent a gallon gasoline

Jiffy Pop popcorn

Do you remember a time when...

Decisions were made by going "eeny-meeny-miney-moe"?

Mistakes were corrected by simply exclaiming, "Do Over!"?

"Race issue" meant arguing about who ran the fastest?

Catching the fireflies could happily occupy an entire evening?

It wasn't odd to have two or three "Best Friends"?

The worst thing you could catch from the opposite sex was "cooties"?

Having a weapon in school meant being caught with a slingshot?

A foot of snow was a dream come true?

Saturday morning cartoons weren't 30-minute commercials for action figures?

"Oly-oly-oxen-free" made perfect sense?

Spinning around, getting dizzy, and falling down was cause for giggles?

The worst embarrassment was being picked last for a team?

War was a card game?

Baseball cards in the spokes transformed any bike into a motorcycle?

Taking drugs meant orange-flavored chewable aspirin?

Water balloons were the ultimate weapon?

If you can remember most or all of these, then you have lived!!!!!!

Drivers Knowledge

Category: Editorials (Janina Endols)

Published Date: June 2004

I know your all GOOD DRIVERS, I know you believe you KNOW all the rules of the road. But I wonder if you really know what you think you know. Therefore, I challenge you to figure out this simple puzzle.

Before you start the puzzle, I wish to introduce you to some hard facts.

1. More fatal accidents occur on Saturday (party night)
2. 69.9% of fatal collisions occurred on roads with no traffic control present
3. Fatal Collisions, 22% on roads with posted speed of 50km
4. Highest Contributing factor to fatal collisions, DRINKING (you dumb sob's)
5. 61.3% Of pedestrians killed were MALES (ease up the testosterone)
6. 61.2% passengers killed were SERIOUSLY INJURED
7. 83.2% people not restrained via seatbelt in the front seats, DIED

I could go on and on but why belabor the point. Some drivers think they know everything, can handle everything, jeopardize anyone just for the PRIVILEGE of driving when ever and however. Pitiful fools!!! My advice, and be sure you ignore it as I'm sure you will, is get a grip on your SPEED, HORMONES, ALCOHOL, PEER PRESSURE, BAD VIBES, whatever, and let the rest of the world live.

But if you still think you know everything, try the crossword. If you cannot complete the whole puzzle, then re-evaluate your knowledge, brush up your skill sets, because buddy you FAILED.

Dust on the Windshield

Category: Editorials (Janina Endols)

Published Date: 01/02/2006

Dust On the Windshield

Remember your parents telling you that they walked to school in 5 feet of snow, 40 below, with no mittens, both ways up hill. Then, when they got home they had to shovel 20 feet of snow from the driveway, clean the walks and take out the garbage. I also was told that it was so cold in Alberta, that the windows were frozen shut, cars would not start and buses stopped.

Well, I remember back in 1969 when the thermometer dipped below -40 Fahrenheit, not Celsius, and that did not include the wind chill factor. People could not get to work, taxis could not start and the buses stopped moving. In fact, Edmonton was frozen solid with ice, snow and more ice. It was in January, right after Christmas, and people had to go to work to pay for the presents they bought. It was cold.

Then, one month later, after the deep freeze, the Edmonton Journal published a certificate in the newspaper. It started out by stating " I survived" Now that was cold, and I have proof that I had to walk in that weather and it was that cold.

But today, I heard some people wishing for snow, ice and more snow so they could go snowmobiling, skiing, etc. Do you not understand the responsibility of shoveling your walks, clearing your driveway? Listen up, young ones. Start a fable of your own, one that goes something like this. Do you remember in January 2006, when you had to sweep your driveway and walks to remove the dirt that blew up on it? And remember the dust that settled on your car and you HAD to take it to a carwash? Man, the weather was just too hot and dry here in Alberta, +3 degrees here and -20 down east. It was tough on the tires driving in the dust.

I like this fable better than -40 for a month!

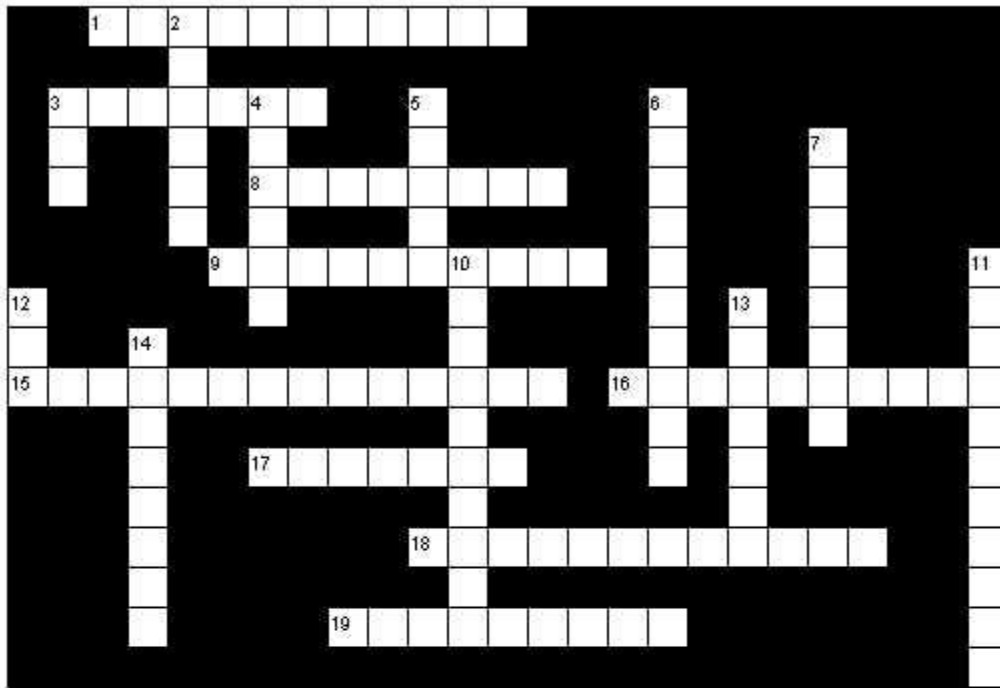
Edmonton Landmarks

Category: Editorials (Janina Endols)

Published Date: March 2004



Edmonton Landmarks



Across

- 1. gas production
- 3. football
- 8. bridge
- 9. festival
- 15. downtown lodging
- 16. nature centre
- 17. pyramid
- 18. history
- 19. highlevel rain

Down

- 2. on the outskirts
- 3. economic development
- 4. hockey
- 5. riverboat
- 6. 1st mayors residence
- 7. performing arts centre
- 10. yellow brick
- 11. old house
- 12. wave pool
- 13. sport centre
- 14. city of champs

Energy Conservation

Category: Editorials (Janina Endols)

Published Date: August 2003

I thought I would write about matters concerning Energy production, consumption and general statistics referencing Canada's role.:

BURNING OFF THE ENERGY

- Canada produces 6,621,813 terajoules² of natural gas and consumes 3,178,675
- We produce 561,805 gigawatt hours and consume 534,439
- Coal production is 78,510 kilo tonnes and use 62,926 kilo tonnes
- Fossil fuels result in 83% of Canada's energy production
- We rank 3rd in production of natural gas
- Crude oil is produced at a rate of 6,300 oil tanker trucks per day
- Wood is used in approx 5% of homes as the primary fuel
- Homes using natural gas as the primary fuel source is approx 64%

DISTRIBUTION OF THE ENERGY SOURCE

- Pipeline length in Canada is over 580,000 kilometers
- Imported fuel being transported by the pipeline is just over 33%
- Canada's total fuel (energy) supply carried by the pipeline system is 67%
- The amount of crude oil and natural gas produced in Canada transported by the pipeline is over 95%
- Our natural gas travels at over 20 kilometers per hour through the pipeline
- Electrical transmission grids are approx 165,000 kilometers in Canada

- Canada produces over 5% electricity as compared to the world production
- We as Canadians consume, per capita globally, 3rd in electrical energy

RECYCLE

- We can save approx 1/3 the cost of producing new steel from scrap product
- Fossil fuel energy used to run a television for 3 hours can be the recycling of one aluminum can
- Energy equivalent saved for every tonne of recycled paper is equal too 1,500 litres of fuel
- We can reduce air pollution by 75% if we use recycled fiber than new wood fiber
- The carbon dioxide emissions from a land fill will be reduced by over 2 tonnes if we recycle

Just the facts.....just the facts laid out in a larger scale. So if everybody does their part in recycling, the planet will say THANK YOU and Canadian's will also be better off.

Fathers Happiness

Category: Editorials (Janina Endols)

Published Date: Oct 2004

My daughter was just married last week to a great upstanding individual. He has taken responsibility of marriage to heart, along with the love of family. Richard is currently serving in the armed forces, naval, out in Victoria British Columbia. It was a tough road for Richard, deciding what to do with his life, new family and commitment to the Armed Forces in Canada. From his many occupations, car salesman to teacher, Richard had a knack for surviving what was thrown at him.

My daughter was as enthralled by Richard, as was Richard of Tina. During a short time of courtship, a serious relationship blossomed. This in turn resulted in a beautiful daughter and an equally proud Grandfather.

Thea is a joy to behold, a grand daughter who makes the room come alive with love waves. A bundle of energy that seems to know where the camera is at any given time proving she is not camera shy. During the wedding pictures, out at the park, Thea was on form. She captivated the camera, the grand parents, parents and passersby with her delightful poses.

Yes i am a proud dad, but more so a proud grandfather. May the blessings of the world be fruitful, and may God be kind to my daughter and son in law.



Evolution of Man

Category: Editorials (Janina Endols)

Published Date: Sept 2003

Evolution of Man

I have witnessed the following evolutionary growth element in the human course of development.

A four eyed, telepathy capable, all knowledgeable, thick skinned and no arms human on the Edmonton roadways. What do they attribute this development too? You may ask. My reply is based on the observance of the personal protective field around the new species. I believe this may have something to do with the unique evolutionary changes. Let me cover the traits/development brought on by this personal , non mechanical aura.

1) ***Four Eyes***

They developed this evolutionary characteristic out of necessity. How else can you drive through a FOUR WAY stop sign without observing the traffic on all four corners simultaneously and from a block away.

2) ***Telepathy***

This is the most interesting and most unusual development. Only a select few of this new species have this peculiarity, to read the minds of pedestrians and other drivers. Hmmm this might be useful in the stock market arena.

3) ***All Knowledgeable***

What an evolutionary shift. The ability to argue over and over and repeat volumes of the Highway safety rules, word by word, even the act of driving down a ONE WAY the WRONG way, still making claims that they are in the right. Works in those extreme cases when this creature occupies a handicap stall (NO STICKER) to get groceries. The claims spouted by them are, in this case, "We are not Parking, we are just Stopped". I need to get hold of the BOOK of INTERPRETATIONS from these creatures.

4) ***Thick Skinned***

An improvement throwback feature that has come to the forefront. Seems to affect young and old vehicle operators. All seems right with the world, straddling over two lanes of traffic, no lights on, reckless driving, stunting, OBLIVIOUS to the sounds of curses and horns blowing. After all , you do not need to pay attention at 100km in a 50km zone...DO YOU???

5) ***No Arms***

What can I say, this new genus of human cannot have appendages, if they did, I am sure the signal lights would come on to indicate the direction of their travel? This is useful for the undeveloped species of regular human.

Oh my , I forgot.....EVOLUTION attribute (2)

In summary, if you see this creature, genus, species or evolutionary advanced schnook, capture it. I am sure it would be comfortable sharing a 6x8 cell with the following known creatures.

a) "**Cigarettiss flickus**" a fire causing sub human who populates rural and urban environments.

b) "**Alcohol dick consumas**" causes maiming or death on our roads

And my favorite sub human (below) is an extraordinary diversion of the homo sapiens evolutionary tree.

c) " **Coma oblivious**" a no brain, no eyes, no arms, drug induced idiot driver that is responsible for many roadway deaths.

----- "Be affwad , be wary wary affwad"-----



Further Evolutions of Man

Category: Editorials (Janina Endols)

Published Date: 01/06/2005

Further Evolutions of Man

When the following article was printed in September 2003, I felt that man's evolution was well defined. How sadly mistaken I was. New evolutionary species have been discovered.

6) ***Progressive***

This is the most unique of the species. A variety in all shapes and sizes living in Edmonton. It combines all the following traits, 1-5, and devolves further. Progressive people feel they have come to a full stop at Stop Signs while never taking foot of the gas pedal. Why stop when the intersection is clear.

This same creature is able to judge traffic speed and distance with such an amazing ability, that they can slide into traffic lanes with inches to spare. The ability to speed up, pass and then cross over 3 lanes in order to accomplish a 10 km turn.

I believe this species is also afraid of the sun, for all the vehicle windows are tinted out. It is not hard to make that assumption when they are observed exiting with sunglasses.

To announce their presence, an assortment of vile noise emanates from within , complemented by a tuneful exhaust. A relatively large protuberance of chrome beneath the bumper, to augment the tune and direct your eyes.

So i will name this new species as

"Progressive idiotus" a person fully aware of surroundings but pushes the envelope of social norm

Which category do you fit into???

If you are aware of other evolutionary oddities, please submit them to this writer.

GOALS

Category: Editorials (Janina Endols)

Published Date: Nov 2004

GOALS

There is a great phrase to goes something like this. "If you do not know where you are going, How do you know you arrived"

Great eh! Sometimes the simplest of concepts is the most elusive to you. In my course of interacting with people I have noticed several things.

1. people are in debt up to their eyeballs
2. people pretend they can handle this situation
3. people are mad at each other
4. people are mad because they are stressed
5. people drift through their jobs stressed
6. people are stressed because the JOB is not what they wanted
7. people want to change jobs or quit
8. people have fear
9. people depressed
10. people are overweight, poor, have low self esteem

JOB= Just Over Broke

FEAR=False Evidence Appearing Real

Goal=Must be specific, measurable, action, realistic and time specific

SMART EXAMPLE

Specific - Means not wishy washy "Attain weight level of xxx lbs"

Measurable – This is reality “lose 6-7 lbs per month

Action – exercise 3 times per week / 20 minutes (READ up on it)

Realistic – Not fantasy “ be a size 3 and I have size 50 bones”

Time Specific – Not in 3 weeks (get real)

Problems/Obstacles

Temptation of sweets, Time Frame, Tasty Food

Plans to Counter

Reduce sugar intake, 20 minute exercise/day, increase fiber

No I am not an expert in this arena; if I was I would be living in a tropical paradise. But I have learned to set a goal. Goals are your road maps to your end destination. For example, a business needs a business plan so that it can gauge, review any progress or shortfall in its projections. People require a life plan to gauge the accomplishments, possessions, and retirement aspirations.

Ah but here is the rub, the problem, the shortfall, the “I’m pretty sure about what I am doing, I think” So without a GOAL people are mad, peeved, pissed, annoyed, crazy driving, stressed, depressed, upset

Well, you get the picture!!

No, GOALS are not the cure to the problems in this world, but they are a step in the right direction. Think about recycling, conservation, patience, pride, reward in a career well done (note I did not say JOB)

Well that was my **2 cents** on this matter. If you want to help yourself , help others, help this planet, then here are a few books to peruse.

How to Develop a Winning Personality – Martin Panzer

The Seven Habits of Highly Effective People – Stephan R. Covey

Choices with Clout – Wilber Cross

Success is Never Ending Failure is Never Final – Robert H Schuller

The Power to Dream – Wintley Phipps

Advanced Rhinocerology – Scott Alexander

Wake Up and Dream – Pat Mesiti

The Lighted Path – Risha Henrigue

What You Say is What You Get – Don Gossett

If you do not want to improve or think you have accomplished everything, then I would say you are in a RUT!!

LOLOLOLOL

Identity Theft

Category: Editorials (Janina Endols)

Published Date: 01/07/2005

After receiving this information Via Email, I thought it would make a great submission article. With all the hubbub of lost VISA card numbers, lost wallets and the 9-11 aftermath, this small article makes great sense. But a word of caution, please verify the following information with your bank, credit lender or local police agency.

Just a note also.

If you are trying to get your Canadian Citizenship, be prepared for a wait of over 2 years. If you want the Permanent residence card, you better have your passport with you and a WHOLE bunch of documentation. It also takes a long time. Your drivers licence renewal does not go without a hitch.

Subject: Good advice about identity theft

Here is some fantastic advice, including phone numbers, we can all easily follow that will aid in fraud protection.

- The next time you order cheques have only your initials (instead of first name) and last name put on them.
- If someone takes your chequebook they will not know if you sign your cheques with just your initials or your first name but your bank will know how you sign your cheques.
- When you are writing cheques to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number and anyone who might be handling your cheque as it passes through all the cheque processing channels won't have access to it.
- Put your work phone # on your cheques instead of your home phone. If you have a P.O. Box, use that instead of your home address. Never have your Social Insurance Number printed on your cheques - you can add it if it is necessary. But if you have it printed, anyone can get it.
- Place the contents of your wallet on a photocopy machine, do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad.

We have all heard horror stories about fraud that's committed on us in stealing a name, address, Social Insurance Number, credit cards, etc.

Unfortunately, I, have firsthand knowledge because my wallet was stolen last month. Within a week, the thieves ordered an expensive monthly cell phone package, applied for a VISA credit card, had credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more.

But here's some critical information to limit the damage in case this happens to you or someone you know:

- We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily.
- File a police report immediately in the jurisdiction where it was stolen, this proves to credit providers you were diligent, and is a first step toward an investigation (if there ever is one).

But here is what is perhaps most important: (I never even thought to do this).

- Call the three-national credit-reporting organizations immediately to place a fraud alert on your name and Social Insurance Number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name.
- The alert means any company that checks your credit knows your information was stolen and they to contact you by phone to authorize new credit.

« By the time I was advised to do this, almost two weeks after the theft, all the damage had been done.

- There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them in their tracks.

The numbers for the three-national credit-reporting organizations are:

- Equifax Canada: (your credit file): 1-800-465-7166
- Experian: (formerly TRW): 1-888-397-3742
- Contact Trans Canada Credit: 416-465-7166

In Canada, contact: Human Resources Development Canada (1-800-206-7218)

We pass along jokes on the Internet; we pass along just about everything. Pass this information along. It could really help someone you care about.

indulge

Category: Editorials (Janina Endols)

Published Date: 01/12/2007

We all want to escape into a world of relaxation, to be enveloped by that blanket of peace with oneself and other, one with nature, with a loved one or just be among friends of similar passions. I indulge myself in the world of remote-control sailing. A fulfilling hobby, like no other, that encourages peace with the elements of nature, patience, relaxation and friendship. Companions who teach the fine art of pleasure, along with the purposeful design of the vessel, combined in a formalized teaching leisure association.

Of course, all this ebb and flow, subtle speed would be moot if we did not have the modern techno, multi gizmo, insane number of levers, buttons and knobs radio to assist in the steerage of our vessel. We invoke an action, or a reaction to unseen changes, by manipulation of a lever, button or combination of both. Subtle motions on the controls, enable even more subtle responses on our "Stewart Little" yacht. We have to understand the current, wind conditions, jib and sail positions even the temperature plays its roll. No sudden manipulations, just a balanced condition between man and sailboat.

If our remote-control boats have propellers, there would be no need for an elegant sailing vessel, carried along by the wind. We could all hear the roar of the beast, the powerful churn of propellers cutting an agitated swath through the pond. All manner of waterfowl, human and creature would notice and take flight. There is no designed thought in power boating, hit the throttle, split the water, chase the bow and call it a resounding success after 10 to 15 minutes. Yachting allows a refreshing glimpse into bygone yesteryear, and allows us to sail for approximately two days with a full battery charge. No hurry worry with us "Wind Whisperers", to reach the other shore in 2.5 seconds.

Yachting is a graceful hobby that inspires you to learn the subtle nature of breeze and invokes a peace within the biosphere around you. Combine this with the language of sailors, throughout the know world, port , starboard, weather helm, reach, camber, leech line, crane head, boom vang and more, for without this knowledge, our slippery sailing vessel would become a fat bellied, bottom heavy cargo hauler needing a tug to transport it. There is the rub, to enjoy the yachts understated and transient actions for movement, the Wind Gods penchant to change the course of the wind and the cohesiveness of the liquid mire, all require the understanding of this nautical lingo.

Irritations

Category: Editorials (Janina Endols)

Published Date: 01/11/2006

Holding Back on Showing “YOUR TRUE FEELINGS”

Some of the things that truly irritate me and I’m sure that irritate others.

1. Turn signal showing “LEFT TURN” and the car turns right?
2. Tell people , by pulling up to them and politely saying “ your lights are not on” and receiving “THE FINGER” . so at 11:00 at night they see perfectly well?
3. People not stopping at STOP signs, just slow and go
4. Lawyers who are ambulance chasers who make life difficult for the injured party who did no wrong. Lawyers place statement of claims in behalf of the party that caused the accident. Hummm nice abuse of the legal system. And the lawyers get richer.
5. Service people who are rude when you state “ This product does not work, may I have my money back”
6. Pedestrians who think they own the WHOLE ROAD
7. Bicyclers who race down sidewalks
8. Idiots who drag race down the road
9. Party goers who think its fun to create fires on Whyte Ave after a party
10. Computer Technicians who think you are a NOOB, and treat you as such
11. People who empty ash trays on the street
12. Smokers who condemn you because they have to smoke outside
13. People begging for money when there are 100’s of jobs available
14. People who give money to the beggars
15. Employers who discriminate against the handicapped.
16. Handicap placard abusers. People who park in handicap zones, with proper placard, and run at full pace to the store.
17. People who park in handicap areas “for a few moments”, while they run in and do their shopping
18. If you ask people to move from the Handicap Zone, if they have NO placard, they flip you the bird.
19. Grocery stores that cater to United States Produce when our Canadian Produce is better.
20. The reality shows on TV. What is that trash?
21. People coughing towards your face without a handkerchief or covering their mouths
22. TV weather men who can predict whatever they want and still get paid
23. Walmart. Enough said
24. The incorrect usage of the English language. An example would be “ He fell out of the boat and drowned” or “ the slush machine is all tore up”
25. Politicians who only represent their own self interests. Joining the political area to enjoy that big fat pension when you retire.

26. When tin foil touches your teeth when you forget to remove all of it
27. People in supermarkets behind you make the mad dash for on open check out beside you.
28. Elevators stopping at every floor
29. Not being able to open up a bandage with the red string
30. Opening up plastic sealed display boxes
31. The waste of marketing people in placing a TINY item inside a GIANT box
32. Government information handouts delivered in your mail
33. Unsolicited mail filling your mailbox
34. Dogs that bark all the time at night, in your neighborhood
35. When your looking for a salesman, they are all gone
36. The automatic or self checkout tills at certain hardware and grocery stores
37. You find cigarette butts in your yet un finished pop container
38. People who wear so much cologne that flies start dying
39. People who talk so loud in restaurants, that you understand every word but cannot hear your own conversation
40. People who take cell phones into theatres
41. People who are glued to their cell phones and start a conversation with you and the caller at the same time..
42. When you set an appointment and the people are always late
43. Teenagers who think its cool to walk around with open jackets, no gloves , no snow boots in the middle of winter and smoke at the same time
44. Parents who bring screaming children into the movie theatre and sit behind you
45. People who put their DIRTY Shoes on the seat in front of them in a movie theatre
46. People who communicate via their IPOD
47. Printing every email they receive.
48. People who believe the TRASH MAGAZINES
49. People who think wrestling is REAL
50. Paris Hilton
51. Braggers
52. Name Droppers
53. People who decide what your good at, that work for WCB
54. WCB
55. Dog owners that let their dog CRAP everywhere, and don't bother to pick up the remains
56. People who throw dirty diapers into the city lakes because the trash can was to far away
57. People who throw their trash anywhere
58. People who go to nightclubs and drink prior to getting there, leaving bottles around the neighborhood
59. DRUCK ASS STUPID DRIVERS
60. DUMB JUDGES who let multiple conviction drunk drivers still have their license
61. DUMB LAWYERS who get drunk drivers a reduced sentence
62. AHOLE LAWYERS who defend a serial Pedophile
63. Catholic Priests who rape small boys
64. People who say that the persecution of the Jewish population during the war with Hitler never happened
65. People who cannot read road signs
66. Woman who still say "I have baby fat left" 12 years after the baby was born
67. Woman with ridiculously long fingernails
68. Old woman with black hair and makeup
69. The expiration date on a food item you just bought and expired right away
70. Our Prime Minister
71. SPAM SPAM SPAM shoot the spam suppliers
72. Trojans and virus makers
73. Website POPUPS
74. TV ads that reduce the 1 hour show to 35 minutes
75. People who say " I'm the perfect weight for my height"
76. FAT FAT FAT people who drink diet pop with their 34 course meal
77. SMOKERS

78. Hookers walking up and down streets
79. Johns who pick up hookers... Take their vehicles away and post the persons pictures
80. Dog Eared pages in books
81. People with bad BO
82. People who talk with their mouths full
83. People who talk to you and their breathe reminds you of a camel crossing
84. SLOBS
85. Hamburger places that advertise this SUPER HUGE & Delicious burger only to get crap wrapped with paper that's TINY
86. 1-800 numbers asking you to buy stuff. Always happens around supper time
87. People asking you to fax them the information...hummm anybody ever hear of E-MAIL
88. Copy Protection on DVD's.. come on LAME A Manufacturers. It's a waste of time and you already make \$. Be happy we at least view or listen to the stuff.
89. CD Cases that are so shrink wrapped that a sandwich would last 1000 years if it was done this way. And try to get the wrapper off.
90. People using a cell phone with a camera attachment, talking via ear fob, using their blackberry and trying to get service from you. MORONS
91. People who play video games 24/7 and say they are improving their response time. Duhhhhhh
92. People who wear their pants around their ass showing their crack.
93. People who point to their wrists to ask you for the time.. GET A WATCH IDIOT
94. People who drive cars with a dog in their lap..
95. People who let their children stand up in a moving vehicle.. Pity your life when the children are hurt FOOL.
96. SNOBS
97. Salespeople that think you cannot afford what you want to buy. Funny how they are behind the counter serving you, so salesperson.. Stuff that attitude.

There are many more things that irritate people but I have neither the time or space to write them all. But you may e-mail me others tidbits of frustration.

Jargon Part 2

Category: Editorials (Janina Endols)

Published Date: 01/08/2006

Part 2 Of Computer Jargon

We need the AES, along with our BCU to present to our CIO. What are our CPU's rated at? Are they in-line with the CPU released?. I know our GPL will be okay if we use the IA with out CPU. Have you looked at your LCD lately to get the latest IRC. You know that our WYSIWYG , on out HTML page is not working!

Well our SAAS proposal to our CIO is okay , but what about the NAS?. Are we also going to use the PMR? I hope so because our MGP is set up to utilize that and our MTA.

SAAS? I thought we were going to discuss SOA and include the SDL with SFA!

Your kidding right? We are not a SOHO business. We have VPN systems along with VOIP. I have also instituted RDM for us.

Oh okay, but I think we should go with TMR instead of PMR, I heard via IRC it was better.

Since our system of IA is growing beyond the SOHO , maybe a WPSIE should be included for our SOHO associates?

OKAY ENOUGH IS ENOUGH... Get the picture.. Jargon will confuse anybody so lets keep it to a minimum and within the office service area. We could go on and on but what is the point?

test	
Nickname	Hobbies
AES	Advanced Encryption Standard
BCU	Balanced Configuration Unit
CIO	Chief Information Officer
CLR	Common Language Runtime
CPU	Central Processing Unit
CPU	Critical Patch Update
CRM	Customer Relationship Management
ESB	Enterprise Service Bus
GPL	General Public Licence
IA	Intel Architecture
IP	Internet Protocol
IRC	Internet Relay Chats
JSF	Java Server Faces
LCD	Liquid Crystal Display
MGP	Microsoft Group Policy
MPLS	Multi Protocol Label Switching
MTA	Message Transfer Agents
NAS	Network Attached Storage
PMR	Perpendicular Magnetic Recording
RDM	Requirements Definition and Management
SAAS	Software As A Service

test	
Nickname	Hobbies
SAN	Storage Area Network
SATA	Serial ATA
SDL	Security Development Cycle
SFA	Sales Force Automation
SIP/SIMPLE	Session Initiation Protocol / SIP for Instant Messaging and Presence Leveraging Extensions
SOA	Service Orientated Architecture
SOHO	Small Office Home Office
TMR	Tunnel Magneto-resistive Recording
UAC	User Account Control
UML	Unified Modeling Language
VOIP	Voice Over Internet Protocol
VPN	Virtual Private Networks
WPSIE	Wireless Provisioning Services Information Element
WYSIWYG	What You See Is What You Get

Just an Estimate

Category: Editorials (Janina Endols)

Published Date: Oct 2003

REMEMBER IT'S ONLY AN ESTIMATE

My frustration with the electrical utility company

Well rub you socked feet, back and forth, on the carpet real fast.... Then touch the metal door handle... **ZAP!!** Remember that sensation when you get your electrical bill.

Who has ever had this problem...? You apply for a equalization plan for electrical utilities.. they smile... they state your monthly payments... you agree and away you go..

..... THEN THE SURPRISE.....

Six Months later you get a bill saying you have underpaid and Epcor wants the money now or you are subject to disconnection.

Well it matters not to you or me as to what the logic is to EPCOR. You owe them money, they underestimated? How that is possible is beyond belief. Now you must pay or get disconnected.

Does it matter that I will pay 126.66 per month (not including current consumption) for four (4) months because they underestimated my \$117.00 / month bill for 8 months?

I guess not.

TIPS:

1. Before you move into a place GET THE ACTUAL READING!!!!
2. Before you get the equalization plan working GET THE ACTUAL READING!!!!
3. GET THE ACTUAL READING!!!!!!

By saying estimate, the electric company can GRAB any shortage under the guise of estimate. Does this estimate reflect increases in costs of power, wages, upgrades or service? Hmmm apparently not. This is just a cash grab for the shortfall you occurred under the underestimated equalization plan.

Do not argue, do not pass go, you are at fault in this as explained by the utility company and must pay up or get cut off. Oh, by the way sir we can equalize you underestimated shortfall payment for 4 months.

So in conclusion I will be paying more for 4 months of electrical utilities then I did in 8 months. EXPENSIVE utility costs!!!

BUT REMEMBER THIS IS ONLY AN ESTIMATE maybe the price will be more.

Check your utility bills; there are more stinky fish here in Edmonton than in all of Vancouver together

I wish I owned a non regulated utility company.. this is better than the insurance scam. You can state estimate and get away with what ever you desire for a cost. If you cannot pay, and you are one of the unfortunate consumers at a certain fixed income, the Government will pay you bill.

Nice, the utility company gets its money no matter what.

At least you can drive around without insurance (which I do not condone) but you freeze in winter in your house.

HAPPY HALLOWEEN



Kill Your Hobby

Category: Editorials (Janina Endols)

Published Date: Sept 2004

Comments

Welcome to Edmonton! "Where we kill your fun hobby!"

August 31, 2004, I went sailing with my Remote Control Sailboat at Hawrelak Park. Just a day, like any other day, in my 4 year history of sailing at the park. Well, ignorance of the law is no excuse, I found out. You cannot sail a REMOTE CONTROL TOY SAILBOAT on any body of water in the city of Edmonton without a permit.

This was made perfectly clear to me by a park employee. I chose to ignore his comments. After all, I have a four year history of sailing in that very same park. Concession people know me, rangers saw me, park personnel paid no attention to me. I was just a toy boat sailor enjoying the day. Two weeks previously, I and several other sailors had our boats out on the lake, with media coverage. No complaints.

Well, this disgruntled employee called a park ranger, who proceeded to tell me I need a permit to sail my TOY SAILBOAT on the city waterways. Confused, bewildered, upset by this, I proceeded to obtain information as to what I should or could do. The ranger gave me the names of several individuals who would process a permit for me. I contacted those individuals and was informed that I required a "confirmation of use permit" before I could sail my TOY SAILBOAT in city water. They would issue it via email.

Sept 1, 2004, I went for a sail at the same park, and I was approached by a parks service person, who asked me if I had a permit. I replied no, but the appropriate people were contacted and were issuing me the confirmation. He said okay and left. Thinking "that's that," I continued to sail. Well, guess what! A

different park ranger appeared and asked me to remove my sailboat from the water, or he would issue a \$100.00 fine. Fine me then, I thought, but let's play this smarter. I asked who called him, and was told it was a park service person.

This is the section of the bylaw being referred to:

CITY OF EDMONTON

BYLAW 2202

PARKLAND BYLAW

(CONSOLIDATED ON NOVEMBER 25, 2003)

**sporting
activities**

1. While on Parkland no person shall:

swim, wade or bathe in
any lake, pond or
other similar body
of water;

operate a boat, wind-
surfer or other
water-borne craft
on any lake, pond
or other similar
body of water
except in an area
designated by the
City for this
activity...

I think the City employees should have better things to do than harass people

for sailing a TOY BOAT on city ponds. They have obviously taken the term "boat" (as in REAL) and are making parks an area of non-enjoyment.

Anyway here is the crossword from July.

Late Article

Category: Editorials (Janina Endols)

Published Date: 09/10/2005

Comments

Went to Starbucks, to relax and have a good cup of coffee. Anything is better than the slop they serve at Tim Hortons . A strong cup of coffee is needed, one that wakes up every pore in your body and gives your head a shake. Second Cup offers a great supply of this wonderful nectar also. No! I am not promoting these 2 places; I just want strong coffee and very few places offer it.

Today was a great day for relaxing here, the sun was out, the wind was calm and the people here were not noisy. I needed a quiet moment to write my Oct article. But I must confess, the topic was escaping me.

My remote-control sailing season has come to a close, and the weather has become unpredictable. Well, that should not be a surprise, look at the weather situations around the world. So, what does a person do to relax? I decided to look into the matter of relaxation or how to relax.

Chapters offers information by the multitude, like magazines, books and videos. Some magazine tout, that you can relax by exercising. Well, if that worked, then our population would be relaxed and fit. So far, you have to really convince me. We are one of the most overweight populations in the world. Maybe we relax as couch potatoes!

Another form of relaxation is to travel. Okay I buy that, but our political climate dictates That travel to unsecured areas of the world will and could be hazardous to our health. Okay I spend money to travel, get stressed crossing the borders, worry about my money, worry about the water and wonder if my healthcare will cover me. Sure, after having your relaxing vacation, you come home to your same rut and add up your expenditures. No I am not a doom gloom seer, I just observe what happens after this relaxing vacation.

Okay let's relax, another way, try reading a good book or magazine over a nice cup of strong coffee. Fiction allows us to explore new places, people, creatures and moods. This form of relaxation is utilized by my girlfriend every night. I prefer reading computer magazines. Am I relaxed reading no, I am just more informed? So, I will explore another form of relaxation, computer games.

Yes, good old, basic, twitch games. The pseudo adrenalin rush, the pounding of your heart when you are under attack by rebel forces, is my current form of relaxation. My game of choice is Joint Operations. By the number of people on-line, in the 1000's, means other like to relax in this manner. But do not become obsessed, your life will suffer.

I know that there many many wonderful ways to relax, choose several to keep your life interesting. And along the way, invite others to share a relaxing moment with you. As an old saying goes "Hurry Worry"

Enjoy the moment!

Memories

Category: Editorials (Janina Endols)

Published Date: May 2003

Ahhh Memories.....

1955: Actual Headlines or Ads

A gentle act, a gentle help, a gentle thing, can say so much. That's why gentleness is what modern taste demands in cigarettes. And why today's Philip Morris, born gentle, refined to special gentleness in the making, makes so many friends among our young smokers.

(wow do I feel the need now)

Announcing Crosley's new SUPER-POWERED 7-League Chassis with Zoom-a-tenna. Here is a built in antenna that zooms up for a BETTER Picture... Zooms down for Neatness.

(technology was never this good)

Columbia Record Club.. Enroll me as a member and send me my FREE Gift for joining..

(some things never change)

We took the freezer chest out..so that you can put an extra bushel of food in.. New Crosley SHELVDOR "100" 100% Refrigerator..... with automatic defrost..

(let's see ..you take out the freezer, no ice cream, no frozen treats?)

Chevrolet's RED-HOT hill-flatteners! 162 H.P. V8-180 H.P. V8.. See that fine fat mountain yonder? You can iron it out, flat as a flounder...and easy as whistling!

(Okay I feel the need for speed now)

New Greaseless way to keep your hair neat all day. Hunting for a new greaseless hair tonic? New Vitalis tames hair with V-7, the unique grooming discovery that's not a mineral, vegetable or animal oil. You can use it every day-yet never have an over-slick, plastered down look.

(hmmm I see the picture. Read the ad, look at the picture and you know what ! Call off the war in the east! We found oil!)

Most powerful cold medicine you can buy without a doctor's prescription! Sold only in drug stores by registered Pharmacists \$1.00. Coldene is unlike any other medicine, for it does not rely on the limited power of one or two ingredients but unites the powers of several potent DRUGS..

(Lights, many lights, they move on my body.. You are moving slowly.. Hey why are you flying like that...)

US Races for a SUPER Missile.. In remote stretches of the U.S. last week, strangely clad men at secret research bases were rushing tests for a weapon which could well decide the outcome of any future war.. An ICBM warhead does not need to hit its target with bull's-eye accuracy, for its thermonuclear blast can do lethal damage within a radius of 10 miles.

(I feel so much more secure)

New! No milk to heat. Just add water for luscious hot chocolate drink! Mixes instantly! Saves your regular milk supply. Carnation brings you the first COMPLETE instant chocolate flavored drink. MAGIC CRYSTALS.

(ok, I am sold no milk, phony chocolate ..mm mm good)

What a difference a new sink makes!! Same room..same space.. but look what a new Youngstown Kitchens Cabinet Sink did for this kitchen.. You can do it, too... for just pennies a day.

(okay, a sink with a counter , might work out)

Here's a way to go after INFECTIOUS DANDRUFF!!!!.. Listerine Antiseptic kills "Bottle Bacillus" germs by the millions!!!! Brings relief where others fail.

(okay, now we use it to get rid of bad breath)

A remarkable TRUE SPY STORY... Now A GREAT MOTION picture.. Roaring across the CinemaScope Screen comes Walt Disney's newest action-filled motion Picture. The GREAT LOCOMOTIVE CHASE.

(ok, I did a double take... no mouse, no musketeers, no animation, but the copy makes me want to go see this movie...a TRUE SPY STORY Disney style)

ARAB vs JEW Is Egypt afraid to fight? Does Israel want a war? What's behind the daily headlines from the middle east? Who is right? What can be done to prevent a conflagration and yet do justice? Here is the situation as seen by LOOK reporters sent to get the story from each side. Their dispatches give a vivid picture of the hottest spot in the world today!

(same old same old)

Just 1.69 to 3.69 buys Blue Bell shirts! Smart, comfortable, washable- made to a man's taste. A shirt that's cool and handsome as can be, to wear tucked in or out!

(I guess we wore skins before the advent of shirts eh)

What we know of cancer! New chemical to depress the number of white cells in the blood. One of the best is Nitrogen mustard (is the same poison gas developed for use in World War II.) Surgery and radiation are still the treatments of choice. Is there a relationship between allergy and cancer?? There may be! It is likely that there is more than a single cause for cancer!

(It seems after 50+ years we would have a better understanding of prevention or cure)

School battle Turns to Law.. Kentucky Towns halt integration. Where mob threats and then mass boycott had failed to halt the attempt at integration at two Kentucky schools, legal maneuvering last week succeeded, at least temporary.

(I'm glad I live in Canada)

PROTEIN!! Kellogg's new food discovery. Concentrated protein in a new ready to eat cereal form.

(ok weight lifters eat the stuff)

We have come a long way from the hype, the pizzazz, the incredible discoveries era? I find that the more things change, the more they stay the same... Our attitudes to personal respect of others has changed, our world wars have changed in structure, but not attitude and people still want to make a difference in the world. Maybe if we keep looking at our past, our failures. We might discover a future of respect, of honesty, of understanding to everybody.

Misrepresentation, Misdirection & Mangling

Category: Editorials (Janina Endols)

Published Date: 07/01/2007

Misrepresentation, Misdirection & Mangling

Follow the HP Canada road to inferior Customer Care Service. Before I start to describe what happens to normal every day people, I wish to quote "CUSTOMER LOYALTY", from the HP info site, <http://www.hp.com/hpinfo/abouthp/corpobj.html>.

To provide products, services and solutions of the highest quality and deliver more value to our customers that earns their respect and loyalty.

Underlying beliefs supporting this objective:

Our continued success is dependent on increasing the loyalty of our customers.

Listening attentively to customers to truly understand their needs, then delivering solutions that translate into customer success is essential to earn customer loyalty.

Competitive total cost of ownership, quality, inventiveness, and the way we do business drives customer loyalty.

Now my story:

It began on June 08, 2007, when my HP w22 monitor was having pixel problems. I followed the instructions to ship the defective product to the Hewlett Packard Repair Centre in Vaughn, Ontario, Canada. UPS (great company), delivered my monitor to HP on June 25, 2007, after I dropped it off for shipping on June 22, 2007. With me so far?

I called the HP Technical Service Line, 1-800-474-6836, on July 03, 2007 at 12:15 p.m. MST. From this point on, the ride to resolution is a bumpy one. After several unsuccessful attempts to discover the plight of my monitor, I starting asking for an individual with more authority to resolve this matter.

My first contact was "Mohindi", a support person in Canada, who transferred my call to "Kiana", another Canadian contact support person. After a ten minute discussion (same information discussed and given as before), I was told my problem was in "ESCALATION". At that point, I was rerouted to a Canadian supervisor, "Sidney", who after several minutes of discussion stated "I know someone who can

help you". I was then transferred to Canadian Tech 2nd Level, "Edward". After another repeat of exchanging the same information, I was informed that "I cannot find any information on your product".

You would think a computer service-oriented company such as HP would keep records. After all, UPS confirmed delivery and a provided tracking number.

Bear with me. This rocky road of pseudo customer service gets better.

I was transferred to United States Tech Support, "Danny". Same YADA YADA exchange of information, and I then I was told I was talking to the wrong country and service department. "Danny" transferred me to Canadian Monitor Support Rep, "Janis". Are you getting the picture of this nightmare road to service & support? Another exchange of info, YADA YADA YADA. "Janis" then transferred my call to "Chris", a Canadian Professional Support Team person. Now the fun starts!!!

The time now is a little after 2:20 p.m. MST, and I am dealing with the Premiere Tech Support Person as described personally by "Chris". I repeated my story, YADA YADA, and was told he had difficulty in getting information about my monitor. I requested a Supervisor, or a person with authority, to rectify this mess. "Chris" refused, denied, misdirected, and deflected every attempt I made to talk to a Supervisor. This exchange went on for 63 minutes. "Chris" stonewalled every logical attempt to help me reach a resolution.

Finally, "Chris" stated he was able to contact a supervisor and I was transferred to Canadian supervisor "Jim". He told me that he overheard several minutes of my conversation with "Chris", and he intervened. He told me that "Linda & Dianne" would also look into the matter. "Jim" found my monitor, apologized for the rocky road to service and stated "Let me show you what HP service is all about". I said thank-you but you do not have to convince me. You have a general public of consumers that have and are going through this HP Road to Service Hell. My rocky road was over 4 hours on the telephone.

Side note: During my conversation with "Jim", I was told that "Chris" was being escorted from the building. And I still have no idea when my monitor will arrive.

So the moral of the story is: Do not hang up, hang in there, and stand by your guns. Oh, and be VERY, VERY careful if you are buying any product. For myself, after having 2 HP computers fail, hard drive failure, media vault failure, and monitor failure, I will build my own from now on.

Non Living Things Have Gender

Category: Editorials (Janina Endols)

Published Date: 01/12/2004

I take no credit for this article except to enjoy it. It was forwarded to me without a author but I found it quite humorous.

You may not know that many non-living things have a gender.

For example...

1. Ziploc Bags -- They are Male, because they hold everything in, but you can see right through them.
2. Copiers -- They are Female, because once turned off, it takes a while to warm them up again. It's an effective reproductive device if the right buttons are pushed, but can wreak havoc if the wrong buttons are pushed.
3. Tire -- Male, because it goes bald and it's often over-inflated.
4. Hot Air Balloon -- Male, because, to get it to go anywhere, you have to light a fire under it, and of course, there's the hot air part.
5. Sponges -- Female, because they're soft, squeezable, and retain water.
6. Web Page -- Female, because it's always getting hit on.
7. Subway -- Male, because it uses the same old lines to pick people up.
8. Hourglass -- Female, because over time, the weight shifts to the bottom.
9. Hammer -- Male, because it hasn't changed much over the last 5,000 years, but it's handy to have around.
10. Remote Control -- Female..... Ha! You thought it'd be male. But consider this -- it gives a man pleasure, he'd be lost without it, and while he doesn't always know the right buttons to push, he keeps trying

One of those days

Category: Editorials (Janina Endols)

Published Date: 01/22/2006

One of those days... one of those....

You have all had one of those days. A day like no other day, a week like no other week, etc etc. Well , yours truly has had one, not unlike your own, but with its own quirks. For starters, being sick and tired of being sick and tired with this COLD. Imagine a month of chills, running nose, drinking Buckley's and sneezing. I can deal with everything but the cold remedy. Works, but tastes awful!!! They were not kidding.

Along with "one of those days", there is the lack of a restful sleep, one in which you desire absolute solace in the arms of the blissful sand man. My mind rallies, with forceful contempt, the rude physical awakening of the body. "I don't want to get up, leave me alone, you will be sorry." Sure enough, my mind emits "trains of thought" as an exacting revenge several hours later. It takes a long time for the equilibrium of mind and body to settle in. Alas, it's not there yet.

Maybe on of this day, my mind will accept that my physical self is not getting any younger, accept the fact that I cannot get back to my youthful prowess and compete on that level..

Merge "one of those days" with "I promise I will do that," and you have the makings of one of those days. Expecting certain promises to be completed, in order to assemble a good website of articles, is not much of an expectation. Maybe the "promise" people are having a bad day also.

Hobby enjoyment wanes in the meantime, because the desire to involve oneself, is an effort worthy of Hannibal crossing the Alps. With the mild winter here in Alberta, a veritable Florida paradise, I would be thrilled to enjoy my hobby fest. But an "Ice Yacht" will have to wait for my spring thaw.

Maybe I am despondent about my lot in life. After all, I am in the high 50's. A little introspection and I deduce that all is right with my lot in life. So what is the problematic situation that causes the "rainy day

blues" to subjugate my life? Aha!! Epiphany!!! I'm just tired of hearing all the excuses people resonate to me, like a droning mass of headless elephants. Professionally employed individuals, who barter the safety of their family for a good deal, the whiney person who wants attention, parents who are in debt and state "when I go I'm leaving nothing." Well, good on you mate, you have plagued me with your mindless drivel long enough. Today I take back my "one of those days" attitudes and resolve to enjoy what life bequeaths me.

One of these days I will just accept "one of those days". A cold will tear you down but your will to survive the onslaught will make you stronger. So people, just grin and bear it, it goes away sometime. But one of these days I will enjoy the laziness of the day.

opinion

Category: Editorials (Janina Endols)

Published Date: 01/04/2005

OPINIONS

Someone asked for my opinion the other day, Hummm that is a great deal of responsibility to place on ones shoulders. Bad enough if you gave your opinion and it disagreed with their present train of thought.

Opinion as defined by the dictionary is:

That which is opined; a notion or conviction founded on probable evidence; belief stronger than impression, less strong than positive knowledge; settled judgment in regard to any point of knowledge or action.

The judgment or sentiment which the mind forms of persons or things; estimation.

Favorable estimation; hence, consideration; reputation; fame; public sentiment or esteem.

Obstinacy in holding to one's belief or impression; opiniativeness; conceitedness.

The formal decision, or expression of views, of a judge, an umpire, a counselor, or other party officially called upon to consider and decide upon a matter or point submitted.

Wow , that is a lot of responsibility! Then you have to consider the opinions of professionals that are asked to assess and provide medical opinions to an organization on a client. Or the expert opinion on

security measures to protect the human population on MAD COW SYNDROME. Or maybe our opinions on the war waged by the United States.

You have a responsibility, no , a fiduciary responsibility to whoever you give an opinion to. And to top that all of you have to make sure you are not in personal or legal conflict with your stated opinion.

I have met people who toss about opinions as though they are experts, know it alls etc, without a care for any consequence. Now I gauge my response when someone asks for my opinion on matters. And I hope my opinion on the matter requested is one that I have researched or am an expert in.

Yes it is a big deal!!!! Stop tossing out comments as though they are meaningless drivel. They can have an undesirable end result .

Well if you have an opinion on this or any other editorial I have written, you may make your comments know at mark@ifindinfo.com

Perfection

Category: Editorials (Janina Endols)

Published Date: 02/05/2005

Comments

PERFECTION

You're standing by the shore, the sun pushing aside the cloud to reveal with clarity, the image in front of you. What a morning, gentle clouds nudged by an ever-so-slight breeze, colors exploding throughout the landscape. Vibrant * ROYGBIV * colors of the rainbow pierce the sky's veil, to enhance the morning further.

The shifting breeze, as it launches itself across the lake, feels like great sailing. Yep, a perfect day, blooming in shape, for the launch of our spirited boats. What more could a man want who really enjoys sailing.

Sure, they're models, but they are great stout beasts that conquer the water. Well, at least they are in this sailor's mind's eye. The ability to take away personal pain, stress, and get a tan is available to anybody. Just sail a boat.



People are fascinated by our models, asking every conceivable question, including, "Does it have a propeller?" Well, it has no propeller. "What happens if the breeze goes away?" You wait patiently for one, and enjoy the rest of the view.

My world drifts away, dissolves really, when I pretend that I'm on the boat. Starboard course correction, let the jib loose, fill the sail, and move the belly of my yacht along. The day drifts away, melting my stress, clearing my head, and allowing nature to fill my heart.

Costs for these experiences are relative to what you can afford. A model yacht, such as mine, is around \$1800.00 US, but for \$200.00 CAN, the pleasure is still there. It's the sailing and drifting with the tides, that gives you an innate joy.

Start with a small craft, whatever you feel is comfortable financially, and the fever will hook you. A sailor you will be, drifting with the tides and enjoying nature. Stress does not exist.

PLASTIC FOOD & SUCH

Category: Editorials (Janina Endols)

Published Date: 01/10.2007

PLASTIC FOOD and such

When did food start to go wrong? Was it when the noble small, luscious, juicy, and tasty strawberry became the giant dried lifeless husk of today? I'm not sure when this planet started producing foods that were littered with chemical, additive and weird stuff, but I do not want it.

I was craving a juicy peach the other day, so I tried this new White Peach variety. The shape and colour was wonderful, the aroma the peach presented was "peachy," so I purchased six. After returning home with my new-found treasure, I waited patiently until the right moment. You know, when the fruit is just ripe to perfection, and your palette is craving the goodness. Well I was "gob stopped", it tasted like dry, plain cardboard, "spit spit yech".

I live in Alberta, next door to a province that produces great fruit, which is British Columbia. Having recently been on vacation there, sampling the home-grown product, I ask myself, "Why are we buying bland and flavourless fruit from south of the border?"

This plastic food syndrome has impregnated our entire lives for over 30 years, if not more. Remember the kerfuffle of GMF "genetically modified foods" or Frankenfoods. Chickens have been laying eggs the same way since I was a boy. Now we have omega eggs, fake eggs in a carton, and organic. "Enough," I say, "ENOUGH."

When we made soup, it contained meat (chicken, beef or ham), celery, carrots, onions, potatoes, salt, pepper, homemade broth. Now, read the contents of some canned "healthy soup:" monosodium glutamate, hydrolyzed soy, caramel, and products I cannot pronounce. And who needs that much salt?

Fish now contains mercury and PCBs. What is that all about? The health industry says eat wild salmon, because the contaminant levels are low enough for human consumption. Okay, I don't know about you, but who is this person who decides what levels are safe for human consumption? Maybe he enjoys children with 3 eyes. Not me. This is starting to get out of hand; the acceptance by society to reheat processed food, consume plastic products, and deal with health issues.

When was the last time you went to a restaurant and ordered some dessert? All that nice dairy topping, chocolate filling, and decadent frosting on your dessert. Did you enjoy the dessert or was there an odd aftertaste?

Give me my good old fashioned healthy, natural food any day, and I will be better off, live longer and really will enjoy the fruits of my labour of cooking.

ADDENDUM by HP

I SCREAM FOR ICE CREAM!!

What have they done to my ice cream? Have you read the ingredient list lately?

My favourite “all-natural vanilla with vanilla bean bits” has been infiltrated by a list of plastic-sounding ingredients. What used to be a royal treat made with cream, sugar, and bits of vanilla-beans-of-love, has trans-morphed into a Platisorbate 80-carageenan-guar gum-cellulose gum nightmare. Oh, and what are those modified milk ingredients? Modified how? Modified into what? And how about those mono- and diglycerides? Is that some kind of mutant fat? Why would I want that in my ice cream? I wrote to the manufacturer (which shall remain nameless, to protect the guilty), and was told that customers want a creamier texture. Creamier? What could be creamier than cream?? You be the judge.

Sabrina

Category: Editorials (Janina Endols)

Published Date: July 2004

HRH Sabrina the Princess of Felinity

Camping with a precocious and curious one and half year-old female cat is an experience one can never forget. The process of preparing for Sabrina's emergence into the cold, cruel world was not only fraught with difficulties, but also anxiety. The difficulty is bringing the proper toiletry supplies and food, but also the proper restraints to protect Sabrina from wandering off.

Trying to find a body harness and a leash proved to be more vexing than we had anticipated. After traversing Edmonton, we settled for an expensive leash and harness. I must say that I should get into the pet business; you can sell crap and charge premium for the product. Well, with the restraint in hand, it was off to the lake to go camping.

Oh me, oh my, cats wander, they like to snuggle by your feet, by your head, on your lap when you are driving. Thank goodness the trip to the lake was short.

After arriving at our camp spot, Sabrina was staked in a comfortable, shaded glen. Food was placed, as well as water. All the comforts of home, except for some small matters.

"What the heck are these noises and furry things?" Sabrina would think. Squirrels, birds, crows, ants, bugs, butterflies, smells, the open sky!! This was too much at times. Sabrina would settle to relax, and another noise would disturb the Royal Beauty's rest.

Well, we figure after this harrowing experience during the day, Sabrina would be looking to succumb to the blissful blanket of sleep. No! No! Nope!! What you least expect happens. I wake up in the middle of the night to check on Sabrina (she has the forward section of the tent enclosure), only to discover she is gone. Great!! Lost cat.

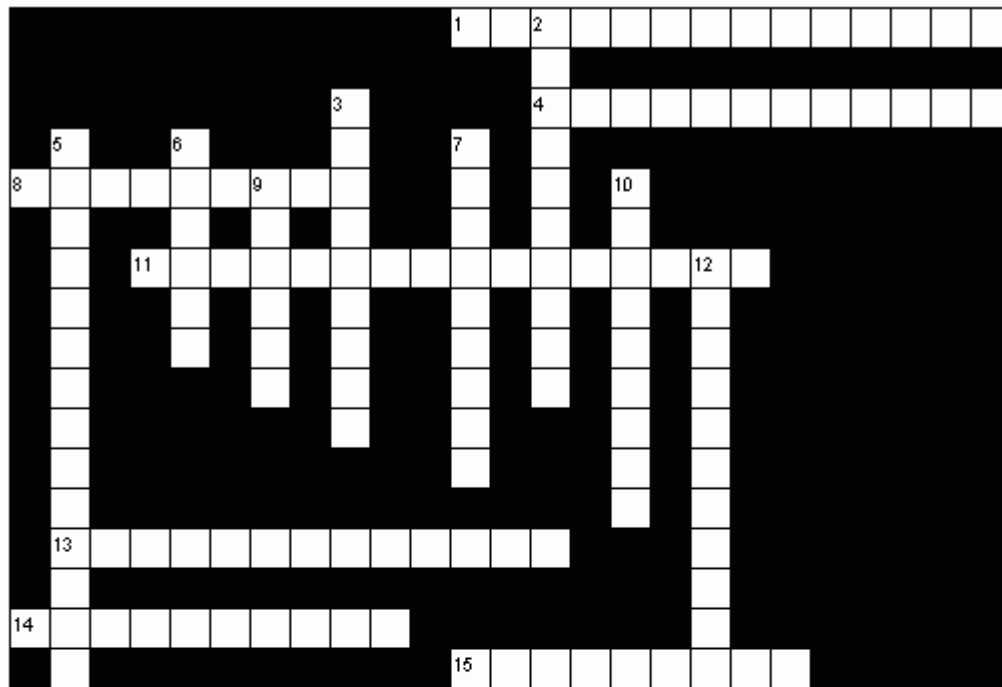
I hear, to my dismay, a woeful cry, a pitiful moan, from some animal. Yep, Sabrina snuck out and got caught in the chairs, her leash all wrapped up. She was a little frightened, proven by the fact I was hissed at. Well, a little TLC cured that and she was placed back in the comfort of the tent area.

Tomorrow was to be a beautiful day, and the weather forecasters were correct. Taking Sabrina to the beach was not a problem, just drag the inflatable along the sand and place her in it. She seemed to enjoy the notoriety. The noble cat being pulled along by two humans. Ha. Ha. Ha.

I think Sabrina is part gopher, for as soon as we set up the umbrella and placed the inflatable on the ground, guess who started digging? Yep, Sabrina. She dug her way under the sand to sit under the inflatable. Go figure. But this was not the end of the story. During the night after we placed her in the tent, Sabrina, in her moment of trying to escape, crawled under the tent and was a small ball of meow. Her freedom was cut short, for I had placed her on a shorter leash. This proved to provide Sabina with a restricted range of escape, but it was enough to crawl half way under the tent.

The next day was uneventful, as it appeared that Sabrina was willing to settle into the routine of camping. Well our venture out with Sabrina was a shakedown cruise for our planned trip to the coast. So far the bugs are worked out but you never know, after all we are talking about a cat who becomes a gopher.

Canadian Holidays



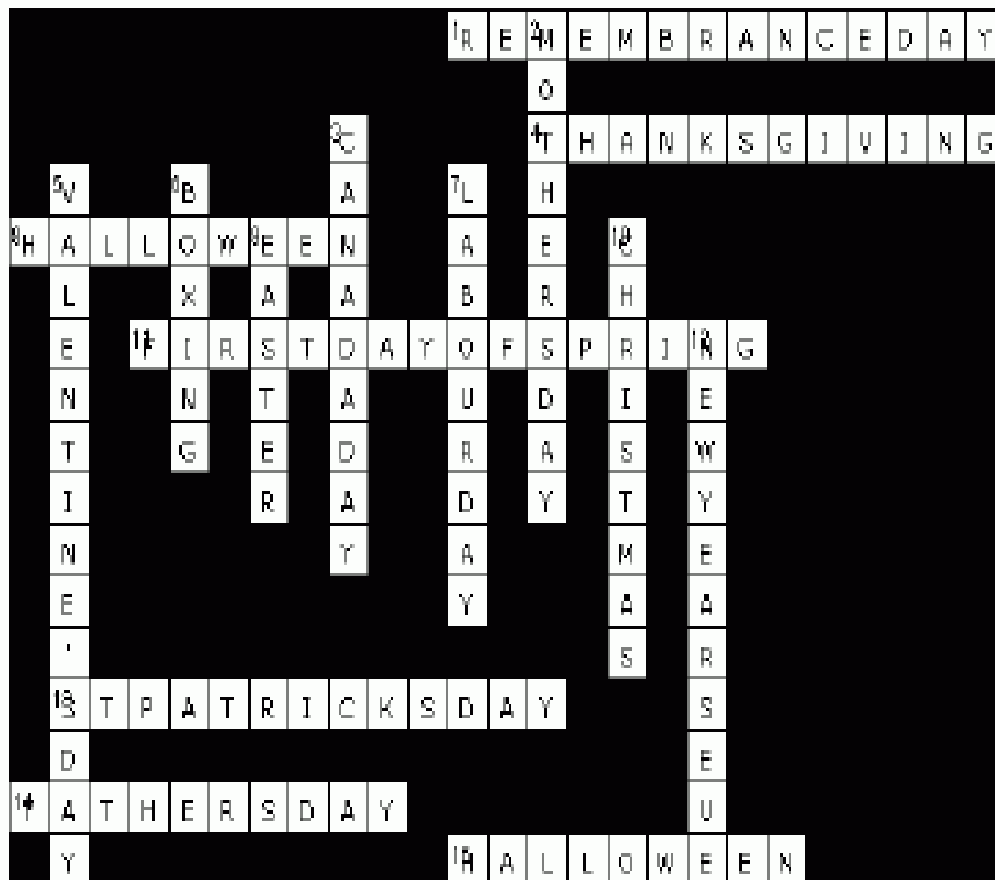
Across

1. Brutality
4. Get Stuffed
8. Scary
11. one of 4 seasons
13. Green Beer
14. Opposite of Mother
15. scary

Down

2. fathers better half
3. July 1
5. Sweet Heart Day
6. Pugilist
7. Work Work Work
9. Rabbit candy
10. Fat Man
12. old A_ _ _ Song

Canadian Holidays



Across

1. Brutality [Remembrance Day]
4. Get Stuffed [Thanksgiving]
8. Scary [Halloween]
11. one of 4 seasons [First Day Of Spring]
13. Green Beer [St Patricks Day]
14. Opposite of Mother [Fathers Day]
15. scary [Halloween]

Down

2. fathers better half [Mothers Day]
3. July 1 [Canada Day]
5. Sweet Heart Day [Valentine's Day]
6. Pugilist [Boxing]
7. Work Work Work [Labour Day]
9. Rabbit candy [Easter]
10. Fat Man [Christmas]
12. old A__ _ Song [New Years Eve]

Saving a Buck or Two

Category: Editorials (Janina Endols)

Published Date: 12/05/2005

Saving a Buck or Two

In my never ending search to find new life forms on this planet, I have discovered the *Idious renofool*. This new life form is extremely pervasive, existing within meters of everyday *Homo sapiens* and their abodes. *Idious renofool* is growing at a surprising rate and will be declared an epidemic. A hostile takeover.

Having first hand knowledge of the buying habits of some home renovators, I am concerned. What the H *** are you guys doing?? People are in the midst of renovation season, getting ready for Christmas and sharing their homes with friends and relations. But they are in for a rude surprise. Being a certified gasfitter in the Province of Alberta, I am questioning what some home renovators are doing.

Some plumbing is pretty basic, worst case scenario being a broken or frozen water pipe, or maybe some water leaks from improper connections with ABS pipe. Standard job results of people who think they can save a buck or two. But there is something more severe going on in the home owner renovation scenario. People think they are now gasfitters and are attempting to install furnaces, venting, fireplaces and more, without proper expertise.

In my short experience in the retail marketplace of home renovations, people have been doing the most STUPID things ever. I had a conversation with a home renovator specialist who is installing vent pipe for a space heater in several homes. Situation is as follows: The space heater is in an attached garage, the vent pipe is single wall black vent and improper for the appliance. Not only is this "home renovation specialist" installing this vent pipe, but he is installing the pipe without clearance from combustible material, like the garage walls, and protruding the vent pipe three feet out the side of the garage. Okay, Mr. or Mrs. Homeowner, you saved a buck or two, but now your home insurance is invalid in case of a fire. Did you get a permit? Did you get a certified gasfitter? No, you saved some money, which could come back and haunt you.

Another situation is with an individual who decided that the permits are not needed and in case of a problem “I’ll deal with it when it happens” mentality. They have a nice fireplace inside a beautiful home, with three small problems. First problem, the home owner installed the gas line by coupling, copper, bushed galvanized steel and flexible hose. Secondly, they installed single wall vent, black, through the ceiling and through the roof. Thirdly, they never got a permit. Well, I will give you four months and hear on TV that a house burned down from a faulty chimney. Your home insurance company will say “Was it inspected?” and “Where is the permit?” OOOOOPS! Nothing! Oh, go to the poor house and do not stop at GO. Your insurance is invalidated.

I know there are people who install electrical lighting in their basements using speaker wire. There are others who make their own “B” vents and use plastic pipe for gas. Some have even spoken to me about putting a sewage vent pipe in the wall and not venting it. Short sighted, short minded and short lived people ready to harm future buyers.

Sure you guys want the projects done as reasonably priced as possible, and yes, the plumbers and gasfitters are busy, but do you really want to shortchange your safety? Get your act together, talk to people in the know, get your permits and have a safe home.

On a similar note, what about the apartment building owner, who decided to cook half a pig over his hot water heating boiler. He stripped the sides of his boiler, turned up the heat and was slow cooking the meaty morsel. His insurance took a nose dive when he was reported and the tenants were told to vacate this place. But that is another story, as there are 1,000,000 stories like this in the City of Edmonton.

Watch out for *Idious renofool*. They turn up everywhere

Some Days

Category: Editorials (Janina Endols)

Published Date: 01/06/2007

Written by : Maureen.

It's like this... You walk out to your car to go to work in the morning, and IT'S NOT THERE!! You look around, you start to feel a fog enveloping your brain, and your first thought is, where did I park my car?? You survey the parking lot, wondering how your car moved without you in the driver's seat. Then, the fog lifts, and you realize, SOMEONE TOOK MY CAR!!

This happened to me earlier this week. A couple of low-lives decided they needed my car to do their errands for the day. These are people you could walk by on the street, and not realize what lurks within. No conscience. They've done it before, and they'll do it again.

Interestingly enough, when I went to the car rental agency, one of the employees suggested looking around within a two or three block radius from home. Apparently, stolen vehicles are often found that way. So, I went out and drove around an entire section near my home. Nothing. I had to leave it for now; I had to get to work.

Later that day, I got an urgent call from my boyfriend. My car has been found! Two blocks from home! Parked right on the busiest street in the neighbourhood!!

How stupid do you have to be to be a car thief? Apparently, an IQ of 2 ½ is sufficient. Yes, steal a car, drive around a bit, then park it just down the street from where you stole it. Then, be even stupider, and come back to get the car to go and do some more errands. And make sure you do it right when the car owner's boyfriend is driving by. Oh, yes, when you are stealing the car, make sure you walk by the surveillance cameras, so when the boyfriend drives by, he can recognize you!

On a more serious note, auto theft is rampant in Edmonton. The individuals who stole my car have done it before, and we are told, they are no rookies. Unfortunately, our court system is so slanted in favour of the criminals, that if you don't have a dozen eye-witnesses, clear finger prints, and their faces plastered all over the surveillance screen, they will probably get off. It's no wonder our police officers get so disillusioned.

When I told my story around the office, I was amazed to hear how many other people have had their vehicles stolen or vandalized. It's an epidemic. The car rental agency told me that they get someone needing a rental due to vehicle theft every second or third day. And that's just one rental office.

Some advice... If you live in an apartment complex, talk to your landlord about putting up adequate surveillance cameras. Wherever you live, alarm your vehicle. Be vigilant (without being paranoid!)

Watch out for your neighbours. Note suspicious activity and report it to the police. They may not be able to do anything that day, but it might help them catch a thief later down the road.

On another note... When this happens to you, you have to deal with your insurance company. But that's a story for another day.

Stress

Category: Editorials (Janina Endols)

Published Date: March 2004

STRESS!!!!

Can suffering from too much stress make you sick? Scientists seem to think so. Stress can have a dramatic impact on the immune system. Biologically speaking, when a person suffers from prolonged or chronic stress, hormones that have an effect on the immune system are affected.

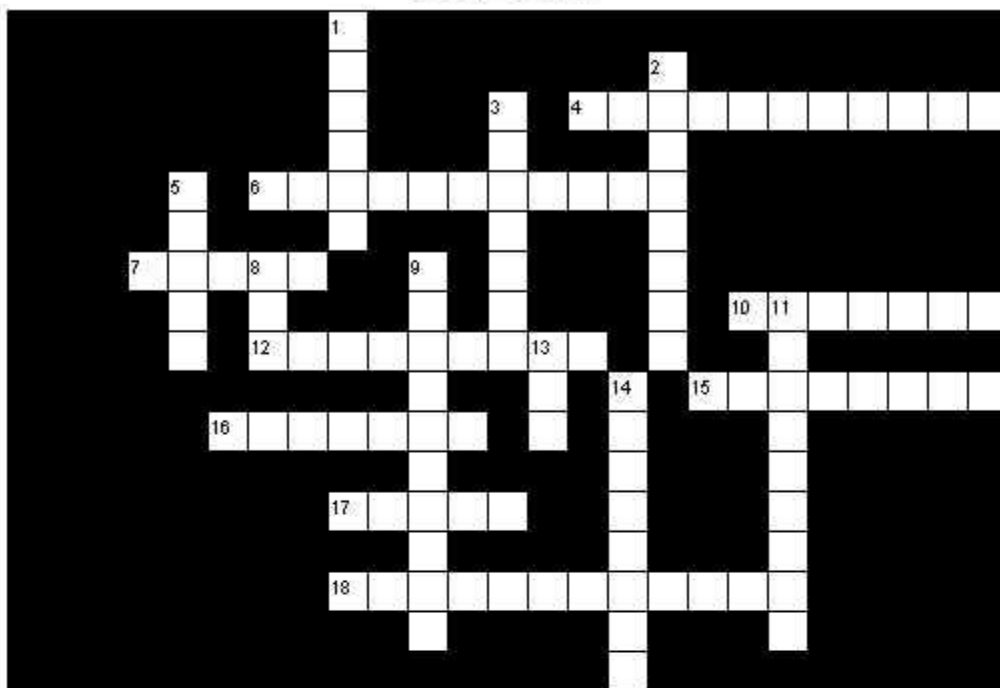
There are different kinds of stress that a person can experience. Some forms of stress can even be beneficial to the body. Shorter bursts of stress that are not considered chronic or prolonged, such as the stress encountered when going on a job interview or performing in public causes your body to create adrenaline. This can improve your memory and increase your energy level. However, it is the continuous and prolonged or chronic forms of stress that can be detrimental to one's health.

This kind of stress can have a great impact on the rest of your body. Most commonly, it can make a person more susceptible to stomach problems, such as constipation or diarrhea and can aggravate and make some disorders, such as ulcers, worse. Headaches are another common complaint made by people who suffer from stress. Some people have reported that stressful and pressure situations seem to trigger migraines. Stress can even affect the skin and complexion. Many have associated stress to acne breakouts and hives and research has shown that people suffering from chronic stress experience more frequent colds and upper respiratory infections.

Stress can also have an impact on the body in more serious and potentially life threatening ways. Heart disease, cancer and diabetes can be linked to stress. After reading this you may be experiencing some stress yourself. You may be thinking, "What is a person to do?" Everyone suffers from stress of some kind at one time or another. It is not possible to eliminate it. However, it is possible to try to control it and keep yourself healthy.

And here is the stress crossword

STRESS!!!!



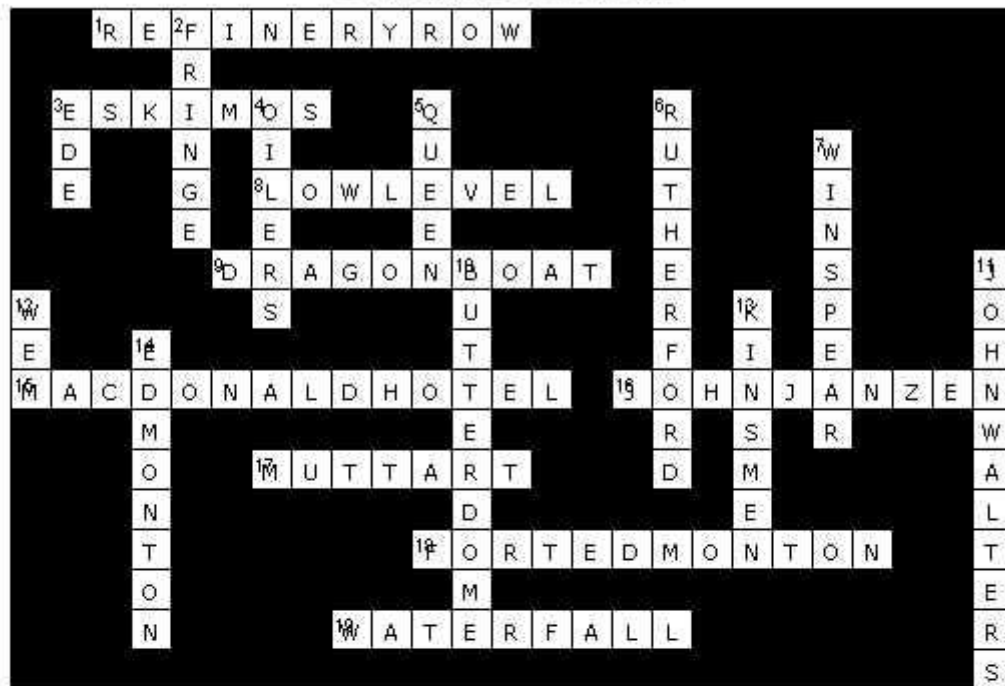
Across

- 4. need tums
- 6. hard to do
- 7. tight
- 10. parting couple
- 12. fainting
- 15. i do
- 16. lungs
- 17. very assertive
- 18. bite the hair of the dog

Down

- 1. tearfull
- 2. no hope
- 3. tired slow
- 5. not awake
- 8. mood
- 9. scales wrong
- 11. you p _ _ _ me off
- 13. lack of _ _ _
- 14. poor spine

Edmonton Landmarks



Across

1. gas production [refinery row]
3. football [eskimos]
8. bridge [lowlevel]
9. festival [dragon boat]
15. downtown lodging [macdonaldhotel]
16. nature centre [john janzen]
17. pyramid [muttart]
18. history [fort edmonton]
19. highlevel rain [waterfall]

Down

2. on the outskirts [fringe]
3. economic development [ede]
4. hockey [oilers]
5. riverboat [queen]
6. 1st mayors residence [rutherford]
7. performing arts centre [winspear]
10. yellow brick [butterdome]
11. old house [john walters]
12. wave pool [wem]
13. sport centre [kinsmen]
14. city of champs [edmonton]

Talking About Heat - That's Near & Dear To Me

Category: Editorials (Janina Endols)

Published Date: 01/08/2005

Talking About Heat - That's Near & Dear To Me

NOT!!!!!! What is the matter with people? Sure, it looks like a nice day to go out, go fishing, go sailing, or do many more activities, but you forget one thing. It's HOT out there, and I know first hand. After a week of not sleeping well, soaked bedding, hothouse effect in the bedroom (fans don't help), and feeling done in, I have noticed strange occurrences on my outings.

People drinking coffee, no sunscreen lotion anywhere, playing sports on the tarmac, chasing dogs, drinking beer, no sun hats, wearing long pants and boots. Well, are you crazy? It's over 25 degrees Celsius out there. Your body is starting to shrivel up. Your pores are showing their tongues. Your skin is receding into a wrinkled mess. And that's only part of my observation. Where are your hats, people; your hats that keep you cool and protect your scalp from heat stroke? Well, they sure were not visible at the exhibition this past week.

Sure, they had a cool booth, which sprayed down a nice mist, but 2 people in one hour? Hmmm. Maybe the mist is offensive to the people's bodies. And what about the foods you crazies were eating? French fries, salt, coffee, pizza, and more French fries, more salt. Oh, the inhumanity of it. The bodies are screaming for moisture and all they can do is consume diuretics and salt.

I'm not sure if this high heat goes and interferes with their brain function, but I believe it does. I was at the park yesterday, driving in an air-conditioned car, when I stepped out to view the park and its inhabitants. The woodland inhabitants were not to be seen, only the families going fishing with their dogs and children. Dogs panting, running into the water to cool off; children panting, crying from the heat; teenagers drinking pop, panting from the heat. I was panting so badly that sweat was pouring from my body in buckets. I'm sure I contributed to the water level of the lake. Eewww. I helped make an inland Salt Lake.

Well, my day at the park was cut short from all the heat. But before I headed home, I watched the crayfish enjoy a mud bath, dogs cooling off in the water, and people lazily move around the lake.

To top it off, I heard someone say, it's a little cool for my comfort, should be a little warmer. ARE YOU CRAZY?!? What do you want, protoplasmic goo laying about the landscape, waiting for buzzards to clean up the mess? If you want it hot, go to the Gobi Desert and camp out there in temperatures over 100 degrees F.

For my liking, and for my body's sake, I prefer to follow simple rules:

1. keep the temperature around 20 degrees C
2. drink lots of fluids
3. cover up the noggin
4. when you feel dizzy, COOL OFF right away
5. don't sweat more than you intake
6. enjoy air-conditioning

Yes I have Heat Stroke!!!

The Here We Go Again History

Category: Editorials (Janina Endols)

Published Date: 01/03/2006

The Here We Go Again History

We can almost state where we were when the Microsoft upgrade cycle began. In a state of frustration, anger, befuddlement and sheer contempt for computers. We all thought computers would be the end all be all for us. A reduction in paper product waste, organization would increase and records would be available quickly. But to attain all of what we expected, we needed smart computer guys to assist you.

Well in my opinion we have regressed. We have bug ridden software, virus loopholes and compatibility issues, the likes of which we have never seen. Humm I wonder how linux /unix are doing.

The first independent version of Microsoft Windows, version 1.0 released in 1985 and then we were doomed to further incarnations of this bloated.

Windows Version 2 came out 1987, then we were assaulted by version 2.03 and soon after in 1990 came the windows 3.0 version. Lots of fun networking that one.

3. Who could ever forget Windows 3.0 with the Multimedia Extensions 1.0

4. Windows 3.1 released around 1992

5. Will not discuss the stepping sideways development with Microsoft in the mid 1980's regarding OS/2

6.Windows NT

7.Windows 3.11 desktop released 1992

8. Windows for workgroups add-on released same year

9.Windows NT beta 1992

10. Windows 95 August 1995

Five releases of this windows

Windows 95 Original

Windows 95 A

Windows 95 B

Windows 95 USB

Windows 95 C

Now we start seeing the upgrade path Microsoft is forcing users into. Not only multiple packages for different applications , but different software needs. Although we could have used most of the applications , but the cost was becoming prohibitive.

11. Windows NT4.0. It also came with a variety of versions, four to be exact

Windows NT 4.0 Workstation

Windows NT 4.0 Server

Windows NT 4.0 Server ENTERPRISE (probably liked the Startrek show)

Windows NT 4.0 Terminal Server (yeah I have a terminal headache working with all the versions)

12. Windows 98 released 1998

13. Windows 98 Second Edition released 1999 (Gates needed more money or was it to get the software sorta bug free?)

14. Windows Millenium Edition released Sept 2000

15. Windows 2000 released Feb 2000 (guess what!! It also came in 5 editions lololol)

Windows 2000 Professional

Windows 2000 Server

Windows 2000 Advanced Server

Windows 2000 Datacenter Server

Windows 2000 Small Business Server

16. Windows XP released 2001 (and here we go again with all the versions)

Windows XP Home Edition

Windows XP Home Edition "N"

Windows XP Professional Edition

Windows XP Media Center Edition

Windows XP Media Center Edition 2003

Windows XP Media Center Edition 2004

Windows XP Media Center Edition 2005

Windows XP Tablet PC Edition

Windows XP Embedded

Windows XP Starter Edition

Windows XP Professional x64 Edition

17. Windows Server 2003 released April 2003

18. Windows Server 2003 R2 released Dec 2005 (and guess what!! It comes in 7 flavours hahahaha)

Small Business Server

Web Edition

Standard Edition

Enterprise Edition 32 /64 bit

Datacenter Edition

Compute Cluster Edition

Storage Server

18. Windows XP Service Pack 2 released Mar 2006

19. Windows Vista release fall 2006

20. Windows LongHorn release fall

Okay now go ahead and pick your poison, as for me i am seriously looking at UNIX. I am tired of being a test bunny for debugging. Too harsh ?? Well whatever you choose, remember it has to work smoothly for a few years.

The water is not hard yet

Category: Editorials (Janina Endols)

Published Date: 10/11/2005

The water is not hard yet

Who said that sailing, in November of 2005, does not occur in Edmonton? This past Sunday, a group of enthusiastic sailors went out to enjoy the weather and the camaraderie of Remote-Control Sailing. Weather situations were absolutely perfect to ensure a competitive round of yachting, both for the spectators and the operators. The breeze was steady at 2 to 4 knots, coming in from the south east.

Normally we would not be at this part of the lake because of the high weed content, but go figure, the conditions in the water were perfect. Rundle Park usually is drained also for the winter season, but I guess they leave the pond full for winter freeze up for skaters.

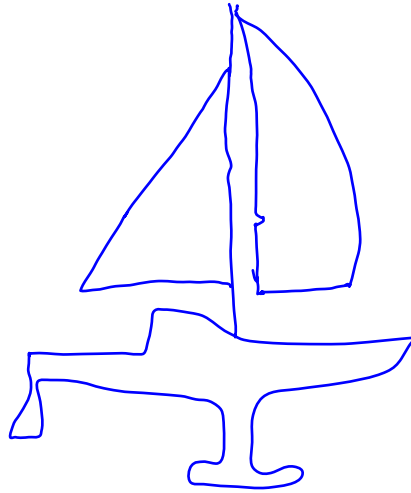
Usually we sail amongst birds, you know, ducks, geese and turns, but today, clear sailing YEA HA!!! My boat is sailing very well until a knock takes it on a course for the shore. Sure enough it grounds on the shallow gravel bed. Well we do not ground our boats, we just deepen the channel a little. This is to be expected at times, the 14" keel is one of the longest in my fleet of yachts. My feet get a little wet from pushing out the sailboat into the water once again. .

I spoke to soon. My Transmitter has just crapped out, no control! , no control ! , I'm heading for the island. Just great no wetsuit, no boats, no waders and the water is about 0 degrees. All hope is lost until mike offers to bring his boat to shore in a hurry and let me have his transmitter. Great, I just have to put in my crystal and I will regain control of my boat. A disaster diverted!! After I bring my boat in, I replace my transmitter and continue with sailing. Thanks Mike.

Everything is going well for about an hour until the winds pick up. Between the wind, transmitter and wave problems, we decide to pack it up. We are certainly a hardy crew of enthusiast's not the fair

weather sailors people think we should be. After all it's November and the water is not hard. Until then we will keep on sailing. And when the water is hard we have another sailboat. The Ice Boats.

Enjoy your days outside with good friends.



Virus I`m gonna beat you

Category: Editorials (Janina Endols)

Published Date: 01/03/2005

VIRUS VIRUS... BUGS

Many years ago before our forefathers came to this great country of Canada, they had to deal with deadly bugs. Bugs as in crippling the host body to the extent it would boil, fester, heat up or kill the body. A grizzly sight for most people back then. But the life expectancy would be short, very short, approx 30 years. This biological invasion was soon eradicated or halted by the wonderful world of scientists and the medical community.

Now we live in another world, another time, where the biological virus is giving way to the electronic one in replication and harm it creates to the host mind. I talking about approx 60094 common electronic viruses that are available to assault your electronic communication medium, the home/business computer.

I have had enough of this nonsense.

After spending countless hours reconfiguring computer systems, wiping out the bugs, putting antivirus software in place, I have had it. I want to be a BUG. Not just an ordinary bug, but a biological/electronic virus that would infiltrate the writer/programmer of this crap.

My first function as a virus in the programmer's body would be multifaceted. First I would travel down the groin area and kick the stuffing out of the area. Make the programmer think twice about having to go to the bathroom. Then I would proceed to the stomach area. This would be interesting. I would cause a bleeding ulcer to occur along with acid reflux. This would make them think "Oh MY God". Well that's what I feel when I see what they have done to some systems.

Next I would travel up to the throat area and cause it to swell up and choke off the vital resources they need to survive. Resources like oxygen, food and water, much like the hard drive crying for more space and speed to operate.

Yes being a bug to virus programmers would be a fulfilling role. Hehehehehe. LOLLOL

But seriously, do you not think that these poor pathetic losers who write this nonsense, using the very same operating system they contaminate, should be tracked , hunted down and severely punished??

Well It Was Christmas

Category: Editorials (Janina Endols)

Published Date: 01/01/07

Well, it was Christmas, or Happy Holidays for the politically correct. Which individual or individuals said we must use the phrase “Happy Holidays”? Come on, get real. I will say “Merry Christmas” and a “Happy New Year” to people till the day I die.

I was raised, singing songs about Christmas, around the Christmas tree. We had to pick the right tree to fit in the living room. Not just any tree, but the BEST tree in the woods. It had to be gorgeous on all sides, green, with full boughs, and smell heavenly. After all, this tree represented the pinnacle of Christmas. The tree was lovingly adorned with real, honest to goodness candles. Having the honour of placing the candles was left to the head of the household, but some of the older children were lucky at times to assist.

Next came the cherished bobbles, stars, popcorn strings (which managed to survive being eaten when they were made fresh) and of course, the icicles. The tree was starting to fill out and become something special. The smaller family members would put the bottom edge ornaments on. After all, this was an apprenticeship program. Every year the younger siblings would graduate to a higher level of decorating.

The living room was starting to get crowded by the adults placing all the Christmas goodies around the room. It was heaven. The smells of the cooking turkey, the pickled herring, cranberry sauce, pirag (baked Latvian perogy) infused our spirit of Christmas even further.

When the tree was near completion, the head of the family would place the finishing touch on top of the tree, a golden angel of such magnificence, it radiated throughout the house. We all knew the time was getting close for the visitation of Santa. But all this build-up was for not if we did not light the candles on the tree. Songs could not be sung, nor could a meal be eaten until the tree was finished with lights and household presents. The anticipation of Santa visiting was building and building.

But the candles could not be lit until one last step was done to adorn the tree - angel hair! This light, white, itchy substance was gingerly placed over the boughs holding the candles. It made the Christmas tree look as if some very light snow settled over it.

Now we were ready for the lighting of the candles. One by one, the candles were lit. It was magnificent. Our Christmas tree was beautifully lit; the angel hair radiated the candles light like a halo. Mom would announce that the turkey was ready, the desserts were done and the stuffing was stuffed. Like clockwork, everything was done, military precision.

All the children were ushered to the front of the tree, and were required to sing any Christmas song. This reinforced the Christmas spirit in us, but the truth be known, as we got older we felt it was singing

for our supper. My voice was in fine tune, and no other Silent Night Holy Night was sung like my rendition that day, or would ever be sung that way again. Laughter filled the living room. I bowed after my vocalization and took my seat next to the tree. I clapped and cheered as each person sung their Christmas song. What a night, what a Christmas.

SUPPER!!! Was called aloud, and everyone managed to find a table, nook or location to enjoy the meal. I ran up in line and loaded my plate with turkey, stuffing, cranberries, mashed potatoes and gravy, herrings in cream, pickled beets, corn, peas, ham and more. My plate was too small! But there was enough to go around 6 times. After the wonderful feast, we ran to the living room. On Christmas Eve, all the children, parents, and guests, were allowed to open 2 presents. This was the reward for singing.

Paper was neatly saved, bows were placed in a container (to be used again) and the box stuffing was removed outside. Giggles of joy, squeals of delight and the occasional "Just what I wanted" echoed in the living room. Flashbulbs were triggered, poses were asked, and life was good.

Dessert! You cannot go to bed without dessert, no matter how full you are. I remember every two to three feet around me, anywhere I sat, was some kind of dessert. Not the formal, end of the meal dessert, but eat as much as you want dessert. Ice-cream with some flavoured sauce, pumpkin pie, apple pie, and cake. There was no excuse for not having a good dessert.

AH! Finally full.

Now it was time for a few card games, Rumoli, Jacks, Fish, and a game called Happy. Soon, the supper, the dessert, and the late hour forced us to retire to our beds and await anxiously the arrival of Santa Claus. More presents if we were good, or coal if we were bad. I hope I was good throughout the year.

Christmas for us was a unification of our family, a gathering of good will and the pay-forward of a good tradition. We celebrated Christmas with all the verve we could muster and with heartfelt wishes for everyone.

So for those POLITICALLY CORRECT "Happy Holidays" people, I say "Merry Christmas to all, and to all a good night!"

What A Great Summer

Category: Editorials (Janina Endols)

Published Date: 01/09/2006

What a great summer we had. There was the Good Winds Sailing Festival held by the Edmonton Remote Control Sailing Association in Edmonton Sept 2006. After sailing with friends all year long, it was enjoyable to present our association to the general public. Boats of all sizes and shapes were on display and available for try-outs.

Sailing is one of those pastimes that allows the fresh air to fill your lungs, while pleasant conversations saturate the environment. It's a stress free sport that enhances your lifestyle and invites camaraderie. Among the participants, we say, "No Heart Attacks Here."

People are pleasantly surprised when they see the amount and diversity of the sailing vessels on the ponds. I still get asked the question, "What makes them go? A motor?" My response is, "The wind." After a brief explanation on sailing techniques and how we control the boats, we get another enthusiastic participant. Then they ask, "How do we sail against the wind?" Well, an old saying goes, "We cannot direct the wind but we can adjust our sails." We learn to tack.

Since the weather is getting a little nippy, it's time to sail our Land Yachts. Sailing on tarmac and pavement comes with a different set of rules. The Land Yachts are much faster, and they turn faster. Our club record is 38 km in a 16 km wind. Maybe another record will be broken this year. I'd better hurry on that record, for winter is just around the corner.

Ah, I'm looking forward to winter, so I can try out my recently overhauled Ice Yacht. Yes, you heard me, an Ice Yacht. Take the roller wheels off the Land Yacht, replace them with blades, and voila!

Yes, it is going to be a good year. After all the sailing accidents, computer crashes and general repairs around here, I need the rest of the year to be stress free.

I will digress here. My sailing yacht was sunk by a 45 km remote control speed boat, and there is a lot of damage to repair. Right now, it's in dry dock getting overhauled in a club member's garage. The repairs are progressing well; in fact it's a new shape & design. With the improved design it will sail faster. So I guess there is a silver lining in the clouds after all.

Take up a hobby, learn to sail, join us on the ponds this winter and feel alive. The TV control can wait for a few hours, your mind and body cannot.

What can I say!!

Category: Editorials (Janina Endols)

Published Date: March 2003

Every two days I go to 105 st & 83 avenue for my physiotherapy session and every time there are drivers who are not courteous to pedestrians or each other. What can I say, drivers, very few, stop at the 4 way stop sign. The ones that drive through think they have stopped.

This must be part the self importance attitude that is running rampant throughout the city. I have to get there, get out of my way, I'm in a big hurry, hurry up I'm late, I stopped so shut up.... Talk to these individuals and you get the puzzled look, the flipping of the bird or verbal abuse thrown at you.

One day I was watching for approx 20 minutes (early for the appointment), and I noted the following:

49 cars went through the stop signs without hesitation

5 taxi cabs never stopped

8 business vehicles never stopped

You have to wonder what is going on. When I took drivers education and then augmented my driving skills from a reputable driving school, we were taught that you come to a full stop at all stop signs... Maybe they are teaching something new?

No! they are not because this aversion to stopping, affects every age group from teenager to senior. Not only does this affliction occur at this location, yesterday (Saturday) after the big fire on Whyte Ave, people driving west on 83 ave thought it was okay to drive around barricades and up the sidewalk in front of the medical centre!?!

You have to wonder about whether they are watching where they are going? or are they acting as cows, following the herd, thinking the person in front knows where they are going? Lemmings..... That's what I think of....

I know that if there was a deterrent for this, it would be the anticipation of some sort of punishment, but the police force, whether taxed or not, ignores this type of problem as well as other infractions. Okay lets be fair , they (police) do not ignore, but are hard pressed to act on it because the citizens say fix this problem, but my tax dollars better not go up. Well I think we need a zero-tolerance initiative for about 4 months to get the message across....

YOUR VEHICLE CAN KILL

AND YOU ARE NOT A SUPER DRIVER....

Woe is us!

Category: Editorials (Janina Endols)

Published Date: 01/02/2008

Woe is us!

I am surprised, mortified and insulted by the recent news. Why is Ed Stelmach in politics? The short-sighted nature of his campaign speeches would make for a good fantasy story.

Ed Stelmach promises more doctors and nurses. Well, Mr. Good ol' Boy, how do you propose to train these doctors and nurses? We do not have enough clinical teachers to accomplish it. Alberta can graduate only about 200 doctors per year and that will not be increasing. Ed proposes increasing nurses by approximately 350 per year. Whoa, big fella! Where and when is this going to happen? Will the salary be available to keep these doctors and nurses in Canada?

Are you going to allow immigrants the right to practice in Canada immediately after they arrive, if they are certified medical practitioners in their country of origin? And what happens to the doctors that had to go through an additional 4 years of training in Canada to qualify for medical licenses. Will you be compensating them?

Mr. Stelmach promises to build more hospitals. Why did the PC government cut nurses, close wards, and demolish hospitals in the first place? Calgary General comes to mind. Did they ever think to retrofit as an option? Edmonton General is a fine example of using and improving existing resources. Mr. Stelmach, go home and build a walk-in clinic in Andrew, they need one. And while you're in Andrew, check yourself in, you need the help.

So now we are promised more doctors, more nurses and more hospitals but Premier Ed Stelmach says, "We will appeal the insurance cap decision," leaving many Albertans in trouble. Many Albertans are having a tough go of it, financially, after an automobile accident. Mr. Stelmach, were you ever injured in a car crash? Was your life changed because of physical limitations?

Insurance is required by all drivers to protect themselves and others in a motor vehicle accident. All well and nice, but here is the hitch: accident victims suffer for years after, paying countless dollars on prescription painkillers, muscle relaxers,

and more. A cap only degrades the amount of rehabilitation support available to the victims. Thank you, Mr. Stelmach, for your narrow-minded thinking. With your vaporous promises for medical support, more hospitals, and protection of citizens, you have come up short.

Your Justice Minister, Ron Stevens stated, "We think this is a good piece of business. We think we had the right intention." So now we are considered pieces of business and not citizens. Personally you did not have the right intentions, you never polled any citizen group, you never discussed this with injured citizens, and you never talked to me about this cap appeal. And to top it all off, you try to keep this matter out of the public spotlight.

Probably the only area you had some cahoonies, was when you stood up to the oil conglomerates and asked for royalty back payments. Again you came up short. The oil companies gave you a wedgie and you never recovered.

So my summation is to go back to farming and give your support to the town of Andrew. Remember this, you need to go back, because the town of Andrew needs their village idiot.