



Pecking About

Content By
Vivek Chakraverty

Contact—

vivek@vivekchakraverty.org

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Pecking About

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[5 Tips for a Sales Recruiter in A Hurry](#)

[Satiate All of Your Seafood Cravings in Singapore](#)

[Things to Know While Buying Circular Saws](#)

[The 2018 Toyota Land Cruiser is as Delightful as Ever](#)

[A Cold Glass of Cockroach Milk for Cockroach Lovers](#)

[How Qandeel Baloch's Brother Brought "Honour" To His Family](#)

[Things to Know About Artificial Insemination Before Fertility Treatment](#)

[What's The Cabbage Soup Diet and How to Go About It?](#)

[Lingerie- Unleashing The Passions Within](#)

[Concrete Buildings Dominate the Building Structures Landscape](#)

[The Way-outs in Car Insurance for Newbie Drivers](#)

[Business Description](#)

[Salwar Kameez is The New Ethnic Wear That You Must Adorn](#)

[Top 7 Best Balance Bike 2016 on the Market](#)

[Why Your Hotel Needs an ERP](#)

[Components of Content Strategy for Newbies](#)

[What is Phen 24](#)

[Cure and Care for Those Who Need It Most](#)

[Everything You Want to Know About Certified Scrum Master](#)

[JQUEEN Double Watch Winder Review](#)

[The 8 Dominant Types of Beards and Moustaches](#)

[A Good Alarm Clock For Your Smartphone or Tablet to Sport](#)

[Cost Efficient Landscape Lighting Innovations](#)

[PROGEAR 100S- Pro Biking for Fitness Enthusiasts](#)

[Say Cheese, Please](#)

5 Tips for a Sales Recruiter in A Hurry

Businesses are forever in need of recruiting the best sales talent available in the human resource pool and fast-growing companies often need to overhaul and better their sales

team while affecting their existing operations as little as possible meaning that they are in a tearing hurry. Sales is critical and it is absolutely essential that you employ the fittest candidates in a narrow timeline. However, the following five tips should ensure that you do a pretty good job of this rather perilous task.

Keep in Mind That the Responsibility of Hiring Lies On You

If you are the one in your organisation who calls the shots as far as hiring is concerned, then you should at all times need to keep in mind that finding the right people for your organisation is your responsibility and it should be done in an accurate and timely manner. Own up and accept that the empty headcount is due to your inaction or other compulsions. This mindset will go a long way in ensuring that your hiring efforts are always up to the mark.

Try Out the Passive Talent Mindset

It has been revealed time and again by studies that most of the workforce are not active job seekers. But most of them, however, keep an open mind about hiring messages that would open up better opportunities for them. In short, you have to score high on recruiting passive talent if you wish to have the best sales people on board. And for this, your message needs to be accurate in addition to its timing and scale.

Teams Win!

If you make your hiring efforts a team activity through joint sourcing goals it is bound to make your task so much easier. Go ahead, have your recruiters and sources be a part of the whole process of hiring a good team of sales personnel. Whether you are recruiting for a national firm or are just **sales recruiters in Atlanta** or in other words operate locally, make the activity a teamwork.

Religiously Set Aside Time for Interviews and Evaluation

If you follow this practice you can be sure that two important parts of the entire process are well taken care of which are taking interviews and evaluating and calibrating groups.

The Power of Referrals

Referrals are akin to passive recruitment and you need to see to it that your employees refer to you some more great talent especially if they are part of the sales team. According to thought leaders and experts, referrals score high on retention, quality, costs and time amongst other factors.

Follow these tips devotedly and you are well on your way of building a great legion of sales soldiers.

Satiate All of Your Seafood Cravings in Singapore

Singapore is well-known as one of the premier business hubs not only in Asia but in the larger context of the world as well. And with this reputation, it is only inevitable that it will be the home for a diverse section of people belonging to different cultures and nationalities. As it inevitably follows, a large number of cuisines from all over the globe find their pride of

place in the heart of Singapore. In today's post, we are going to take a look at 3 Singapore dishes that possess an enduring enigma.

Chilli Crab

The phrases Singapore, seafood dishes is quite incomplete in the absence of the famed Chilli Crab. It is iconic, having risen to the status of a pseudo-national dish, and is usually stir-fried in a sauce based on chilli and tomato which is sweet and can be savoured with delight. Don't be fooled by its name as most people are, it is not all that spicy!

Steamed Bamboo Clam

Now for a seafood dish that is particularly popular in Singapore. The Steamed Bamboo Clam is, as a rule, prepared fresh always and has shallots and green vegetables as garnishing.

Black Pepper Crab

The Black Pepper Crab is another dish that is widely popular amongst tourists and residents of the famed city of Singapore. It is prepared with crabs with hard shells which has black pepper for company when it is fried. It has no sauce unlike most other popular Singaporean crab dishes and is not heavy. It is drier than the Chilli Crab and has a fragrance sure to tingle your taste buds.

These are just some dishes for you to savour while in Singapore. Seafood is acclaimed for its variety and Singapore leads the way in this respect. Be sure to try out the delectable dishes that Singapore offers.

Things to Know While Buying Circular Saws

The circular saw happens to be a commonplace tool. When paired with the right blades they have the ability to make their way through ceramic tiles, wood, masonry and even steel. In the case that you are in need of one of these, the information contained in the following paragraphs along with **circular saw reviews** will help you to determine the **best circular saw** as per your needs.

Circular saws can promptly make straight cuts through boards which are known as crosscuts in the lingo of this particular industry. It can also make its way through along the length of the

board which are termed as rip cuts. Bevel cuts are also made possible with circular saws.

This saw is usually accompanied by:

Blade Guards

These guards the saw when unused and retracts so that the saw may do its job during use.

Foot Plate

A plate or shoe is also placed so that the saw remains steady when dealing with the piece it has to work upon.

Depth Adjuster

This lets the saw work on pieces with varying thickness.

Bevel Adjustment

This allows the foot show to tilt relative to the blade so that it may make bevel cuts.

Blade diameter determines the size of the circular saw. Circular Saws are generally found basically in two designs:

Inline Saws

Also known as sidewinder saws this is the traditional as well as the most typical example of the circular saw. The blade and the motor lie on the same axis and a shaft is present to connect the blade to the motor. These types of saws tend to be comparatively more light and compact than worm drive saws and are well suited for most uses.

Worm Drive Saws

In this type, the motor is positioned [ninety](#) degrees to the blade of the saw. They are longer and are meant for heavy-duty use. A variant of this type, Hypoid Circular Saws, transmits power in a different way.

The 2018 Toyota Land Cruiser is as Delightful as Ever

The Toyota Land Cruiser is famed for being the befitting **introduction** to sports utility vehicles, or SUV's, that is priced and placed more [towards](#) buyers of SUVs that lie in the premium category. This line has been widely acclaimed by motor enthusiasts the world over for its superior **engine and performance** along with **exterior and interior specs** that make it a class apart from standard SUVs that you are likely to come across. In fact, the vehicle has achieved iconic status and Toyota spares no effort to make the 2018 Toyota Land Cruiser a sheer delight for motor vehicle enthusiasts and keeps it notches up from the competition.

Introduction

When you first sit behind the wheels of the 2018 Toyota Land Cruiser not only do you get an **introduction** to all of the delights that SUV's have to offer but get a [first-hand](#) experience of the delight that driving can be, [that](#) can only be produced by the best cars built by automakers from across the world. The sheer class that the vehicle exudes is sure to put

you in awe and wonder and as you go through finer details of the majestic car you get to realise that it is not without reason that the car is so highly treasured among car lovers.

Exterior and Interior Specs

The first thing that strikes you when you take into account the **exterior and interior specs**, is the minute attention Toyota has paid to specifications and the build of the car puts it virtually at the top of the league. The first two rows can accommodate adults with ease and the third row is meant for younger people. The cargo capacity is decent and will be good enough for most trips.

There is no dearth of options to go for with this car. It features a display that is touch screen and is 8" in dimensions. An Entune infotainment system, the fourteen-piece audio set from JBL, parking sensors both in the front and the rear, cruise control that is adaptive, navigation, satellite radio, Bluetooth, climate control, rear-view camera, this car has it all and more.

The physical frame of the car is boxy and the head-lights are angular. The rear features pillars for vertical roofing that adds to its charm. The large tailgate lets you load almost anything.

Engine and Performance

In order to meet up with any requirements that its Land Cruiser may be faced with, Toyota ships it with a 5.7-liter V8 engine that chugs of 381 of HP and a torque of no less than 401 lb-ft. This vehicle scores high on the counts of driveability and ensures a tranquil and smooth drive.

Price and Release Date

As is to be expected from a car full of such features the Land Cruiser from Toyota will set you back by around \$85,000 but all in all the money is worth it. The car is set to hit a showroom near you only in the latter half of 2017 or the beginning of 2018.

A Cold Glass of Cockroach Milk for Cockroach Lovers

Unless you are one of those rare beings in the human species that simply love cockroaches, chances are you have a strong dislike for them. But the rare people who are all close and cosy with cockroaches have reasons to rejoice as a new research unearthed an important fact about a particular subspecies of the cockroach.

This species creates a sort of milk which is rich in protein owing their origin to special crystals that are present in their stomach. According to researchers it is high in calories and is a complete food.

Though not an amiable temptation for the ordinary foodies, it may help to alleviate world hunger one day, though indeed the day is still far off.

As an expert revealed, the methodology to mass produce it would be to express and cultivate the isolated gene in yeasts in microbiological vats of considerable size.

Still, sounds yuck!

How Qandeel Baloch's Brother Brought "Honour" To His Family

On the 16th of this month the social media celebrity from Pakistan, Qandeel Baloch whose actual name was Fouzia Azeem, an actress and model was drugged by her brother Waseem Azeem before he proceeded to strangle her at their place of residence.

In an explanation for the murder at a news conference organised by the police, Waseem said that her sister had violated their family traditions. He had no hesitation in confessing to being a drug addict and said that he was in his fullest senses while committing the murder. In what sheds on his mentality, he said that the act will bring honour and salvage the lost

pride of their family who were suffering due to her and placed honour, as he views it above money.

He had no shame in admitting that he was watching out for the best moment to carry out the heinous crime.

Things to Know About Artificial Insemination Before Fertility Treatment

Artificial Insemination or as it is commonly abbreviated AI is a procedure put into use while fertilisation. In this procedure, sperm is artificially introduced into the uterus or cervix of a woman. This treatment is performed after close monitoring of the menstrual cycle of the patient undergoing the process through USG, ovarian kits and even blood tests. The semen which is to be placed undergoes special treatment in laboratories and harmful chemicals are

removed in order to increase the chances of the success of the treatment. The treatment has a number of advantages but the **cost of artificial insemination** is relatively high.

Success Rates

Success rates are dependent on the particular type of problem faced and the patient's age. Amongst most patients, it varies from 5-25%. You get better chances with intake of fertility drugs.

Benefits

AI has a number of benefits. Firstly, pregnancy is made possible for people with infertility problem irrespective of gender. Plus, through AI the donor sperm is cleansed and the likelihood of genetic disorders being passed on is minimised. It also allows same-sex couples to have children.

Costs

The large number of benefits of Artificial Insemination comes at a price. It requires professional expertise which tends to be costly. Added to that is the fact that most clinics where you may avail this facility are commercial and are self-funded. The **cost of artificial insemination** is inclusive of

Costs related to diagnosis and investigation.

The costs of the drugs to be taken during therapy

The cost of the actual procedure. In this, some variants of this treatment are costlier than the others.

The costs associated with hospitalisation.

Other charges may also be applicable. Be sure to have a through discussion with the doctor about the costs of the treatment. Inquire about any financing options that may be available for your infertility treatment. This will help to make the whole procedure way more affordable for you.

What's The Cabbage Soup Diet and How to Go About It?

A **7 day soup diet**, cabbage soup will definitely prove to be useful if you wish to shed some extra pounds in a hurry. According to the diet plan, which is listed below, you eat mostly cabbage soup with a little bit of chicken, veggies, fruits, brown rice and beef.

The Diet

Monday- Like the working week you want to get off to a good start with your new diet plan too. Cabbage soup is the mainstay for this day and throw in some seasoning and spice to make it more tingling for the taste buds. You may have fruits to supplement the soup in the first day of the diet preferable oranges and apples. Stay clear of bananas.

Tuesday- The main meal for the second day too is cabbage soup. Supplement them with cooked or uncooked veggies and avoid fruits on this day.

Wednesday- Without a doubt by day three cabbage soup will make you see red. To make things easier for you and your taste buds different sorts of veggies and fruits will fit along nicely as long as their calorie count is low. However, bananas and potatoes are simply not an option.

Thursday- Things take a positive turn on day four as you have skimmed milk and bananas in addition to the cabbage soup as your dietary mainstay. Milkshakes of bananas are OK too.

Friday- With the fifth day of your dietary regimen it's time to rejoice as you get to savour the fine taste of tomatoes and yes, some meat too so that your diet is made considerably less bland. Regarding the meat, you have the option of lean beef or chicken. Chicken should be boiled and cook in a manner that is best for your health. A good dish to try out is sliced tomatoes along with chicken breast bereft of any skin. As much as six tomatoes are allowed but they should not be eaten fried. Soup should be taken once at the least. Have plenty of water, six to eight glasses of it.

Saturday- The ordeal finally seems nearing its end and on day six you should eat some meat. Try out beef on Saturday, if you had chicken the day before. Salads and veggies are most welcome especially leafy greens like spinach and kale which go rather well with beef. Remember the meat is to supplement the soup and is not meant to be a substitute. Avoid use of excessive oil during cooking and stay clear of potatoes.

Sunday- Finally, the day of reckoning. This is the seventh and last day of your cabbage soup diet. Though you still have to stick with soup you also get to have veggies and brown rice but it should be confined to a single bowl of modest proportions. Fruit juices that are not sweetened may also be savoured on this day. Prefer home prepared juices without sugar. The last tip- be cautious and do not extend your diet beyond the seventh day.

After completing the seven-day cabbage soup diet you should have already shelved a few pounds and more than ready to fight off competition both for health and attention of others.

Lingerie- Unleashing The Passions Within

Lingerie holds much fascination for the male psyche. Indeed, it excites males to no mean extent. To a man, lingerie makes a woman desirable, it makes her more attractive to the male, it tempts him as he gets ready for a union with his mate.

The Initiation of Lingerie

The later parts of the nineteenth century saw the lingerie make its debut in front of the lustful watch of males and gradually became a mainstay in the erotic adventures of couples from the world over particularly in the west. Fantasy lingerie has become a universal metaphor for all that men want from the better part of their lives both literally and figuratively.

Types of Lingerie

Lingerie may grace the bedroom in various forms, in all types of shapes, colours and sizes. Wikipedia lists more than forty-five different types of this garment that brings much delight to the bedroom to both of the sexes. This includes thongs, knickers, bodice, basque amongst many, many others. The variety adds to diversity in the play that may be introduced to the bedroom through lingerie.

Diversity in Design and Material

An ordinary woman, if such a person is to be found anywhere, is turned into an irresistible enchantress when she is dressed in the correct lingerie. The various types of material, the play of colours too contribute toward making lingerie an absolute necessity in the passionate play of couples.

Women Too Love the Lingerie

Women too love the thought of igniting the dormant passion of her mate in the eternal ritual of lovemaking. She likes it when it makes an enchantress when all her man can think of her is her and how very alluring she is. She knows that her partner is now in the grasp of her charm and do what he might, there is simply no escape! Women love the fact that lingerie allows them to put on different looks during different nights and be a thousand women to her man.

The Colours Matter Too

Some men prefer special colours over others, some particular material beside the actual design itself. Different colours send out different messages and evoke different feelings in the hearts of men. Purple, Black, Red, White, the lingerie can be found in a whole riot of colours and set afire the hearts of men in different ways. Each colour accomplishes the task in way that is unique to it.

Common Shades of Lingerie and Their Symbolic Meaning

Red- The proverbial warning sign, if it's the allure of untamed emotion and physical appeal that you want to send out then you just have to go with red. Besides being a bit naughty, in the right circumstances red may ooze with the glamour and glitz that one would expect from a fascinating woman. Passion is the bottom line when you give yourself to your partner dresses in the right hues of red.

Orange- Colours of the citrus and peach stimulate the mind and make you appear petite, sweet and irresistibly cute. Some also claim that these colours stimulate both body and mind and even the appetite. Plus, summer and spring perfectly complements the hues of this shade and fits almost any tone of skin which the wearer may have.

Green- If you wish to appear to be fabulous while remaining true to nature with a soothing and attractive in green. Different shades of green resonate rather well with males and gives you that gorgeous and inviting look.

Purple- If you would rather don the hat of a dive who attracts by her enigmatic nature then you have to choose purple. The colour of royalty is represented by the union of blue and red, of a regal and alluring poise and a passion that simply cannot be resisted. Purple lingerie is famed for its stately presence and can turn a mortal into an irresistible goddess.

Delving Deep into Fantasies

Lingerie lets the partners of those wearing them play into their wildest fantasies in a stimulating and acceptable way. Let us face it. In the absence of lingerie, lovemaking would be far less fun than what it is. This aspect of lingerie is also the most intriguing- the fantasies that men hold dear in the deepest recesses of their minds which also we will look into a few paragraphs later on. It tempts, it shows much but alluringly hides what matters the most.

The Business of Lingerie

As borne out by statistics Lingerie is big business. In fact, according to reports the figures for the global lingerie market stood at a whopping 76.9 million dollars in 2015. Other reports project the online global lingerie market to report a CAGR growth of 17 percent between the years 2016 and 2020.

Lingerie Brands

Considering the popularity of the lingerie, it is little wonder that both small and big lingerie brands are doing brisk business at the four corners of the world, not to say the digital world of the global village. Some of the notable lingerie brands happen to be:

Bali from the United States

Berlei from Australia

Boutique La Vie en Rose from Canada

Bruno Banani from Germany

Chantelle from France

Clovia from India

Intimissimi from Italy

Jolidon from Romania

Lisca from Slovenia

LELO from Sweden

Oysho from Spain

Peach John from Japan

Van de Velde N.V. from Belgium

Wolford from Austria

In this list, the emphasis has been placed on the diversity of brands in terms of geography across continents.

Materials Used in Lingerie of Different Types

Various types of materials are put into use when making the varied sorts of lingerie. These materials may be stretchy, decorative, flexible or even sheer. The actual materials that lingerie are usually made up of are nylon or more properly nylon tricot, lace, polyester, silk, satin and also sheer fabric. Materials like cotton and synthetic materials are also used.

What Lingerie Means to Women

To many women, lingerie represents an attitude, the feeling that she feels in her when she approaches her closet each and every day. A different mood is to be reflected in lingerie of the appropriate form. One does not feel the same all the days in a week and the lingerie reflects her perceptions of the feelings that lie at the core of her heart.

Size of the Lingerie Matters Too

Just like all other underwear, lingerie too needs to be in a size that is comfortable to the wearer. A lingerie that does not fit just right might leave a woman feeling not uncomfortable and out of sorts but also lessens the charm and the mood she gets into before a feisty mating with her lover. So, for their own interests, men should take the initiative and get their women lingerie that she feels comfortable in, in a size that is suitable to her unique and special appearance.

The Psychology of Lingerie

The overwhelming influence of lingerie in the sexual life of adults' points of something that remains present subtly in men, in their minds, in their psychology. The prevalent fascination of males with lingerie cannot simply be attributed to the effects of popular culture alone. True popular culture contributes a long way in shaping what is desirable and what is not. But psychological studies have confirmed the presence of attraction for "lingerie" in an unlikely

place beside humans, that is to say, rodents.

Rats Too Find Lingerie Irresistible

According to a study conducted at Concordia University located in the blitz and glamour of Montreal, tiny jackets do the work for male rats, which correspond to the lingerie of human beings. The admittedly unusual study observed the effects on male virgin rats when they were allowed to have sex the female rats wearing jackets made specifically for them. The males were later given the choice of mating with either clothed or unclothed females of their species and guess what, the male rodents chose those rats who had donned on jackets. This study is highly suggestive that males have the ability to associate the feel and the visual representation of clothing with sex itself.

Jackets sort of tuned in the male rats to have sex with their lingerie or jacket wearing counterparts of the opposite sex. Studies conducted earlier also demonstrated the ability of rats to prefer females with a particular smell or scent.

The goal of the study was to find whether rats have the ability to associate sex with texture and so a dozen virgin rats were made to mate with female rodents wearing lingerie. Then they were asked to choose from a clothed and unclothed female rat.

It was found that these rats preferred the jacket clad females of their species considerably more often than unjacketed ones. It was also observed that males not only ejaculated quickly when compared to normal but also made more attempts at mounting on their females.

A variant of this experiment where the male rats were made to have sex with receptive jacketed females and then unclothed sexually non-receptive ones. Again they were given an opportunity to mate with either jacketed or unjacketed female rats and the results were repeated.

Researchers also discovered that the pleasure centers of brains of the male rats who had sex with rats with lingerie showed more activity according to results which are however preliminary.

Though rats are vastly different from human beings the similarity is too explicit to be ignored.

The Fetishism About Lingerie

When we come to the rather complex and convoluted world of psychology a fetish that just has to be mentioned in this context. Some people obviously have a sexual fetish for undergarments which is designated to be Underwear fetishism in serious terms. In case of such a fetish, people derive sexual pleasures from handling or watching particular types of underwear including lingerie which includes stockings, bras, panties, pantyhose amongst other items related female sexual-wear. Also interesting is to note that a section people also experience gratification when they wear particular sorts of underwear. Observation of the act of dressing up or down such underwear is also a source of pleasure to some.

Menagerié- Lingerie for Men

With the fairer sex leading the onslaught men too have apparently decided to hop on to the bandwagon. Though only of very recent origins the concept promises to be a trend to watch out for in men's fashion in the years to come.

Lingerie for men, which has been dubbed as Menagerié, is catching on. Though on the surface it does not seem to be much but things run deeper than what is obvious to the ordinary eye.

It was introduced by the designer Roman Sipe who was on the hunt for some underwear that would feel like silk and could find none. So, he went ahead and introduced his own line of lingerie for men.

Do not take it as the great washout of masculinity to the irresistible charm of beauty but rather the focus is on bringing an aura of exclusive elegance to the otherwise humdrum world of men's undergarments. Tiny tights, loungewear, waist trainer apart from the obvious underwear are meant to take men's undies to the dizzying heights masculine sublimity.

To Sum Up

This article is not just about lingerie; it is about the world of lingerie. Lingerie is a wonderful world full of attraction, full of pleasure and symbolises the zest for life, its celebration. It is a world where fantasies are made in order to be fulfilled and a person has the life that he had so forth only dreamt of. It symbolises the fulfilment of a cherished dream, a fantasy that is both at once personal and universal. The people of the modern age deserve at least this much. After toiling for hours in short cubicles, after buying tonnes of products he rarely needs, after being fed with all that our civilization throws at him during the course of his day to day life- the commute to office, the news, the boss, all of it, they can have some of their dreams fulfilled with their loved one, they can have their coveted fantasies realized and that is a dire need which he needs to survive, to continue his journey.

Concrete Buildings Dominate the Building Structures Landscape

In today's day and age, concrete buildings are the commonest form of buildings. In fact, keeping mind the prevalence of concrete and the dense landscapes it creates has led to the creation of the phrase "concrete jungle." Before you claim you space in this jungle pay heed to the following information.

Concrete Frame Structures

The concrete frame structure is the most widely used blueprint for a successful and strong building. The name is indicative of the fact that at the core lies a concrete skeleton or frame. Beams are the parts of the frames that lie horizontally while columns form the vertical constituents. We navigate the buildings by walking on slabs which are concrete planes that are flat. The column happens to be the primary structure that bear most of the load exerted by the building and assumes primary importance.

Types of Concrete

Needless to say that in the world of the various types of concrete buildings & architecture, the nature of the concrete is of utmost importance. The concrete mix used in most buildings happen to share basically the same types of raw materials varying only in the ratio of their mixes. Additional materials are sometimes added to give the mix some special ability. Such additional materials may be:

Plasticisers

Accelerating Chemicals

Fibres

Corrosion inhibitors

Retarding agents

All of these have some special functionality that contributes toward the needs and the characteristics of the building structure.

Architecture of Concrete Buildings

The architecture of concrete buildings varies according to the need at hand. The most popular types of building structures are:

Agriculture related

Commercial Structures

Residential Buildings

Educational Institutions

Government buildings

Structures with Industrial Purposes

Military Structures

Storage and parking buildings

Buildings meant for religious purposes

Buildings involved in transportation

Power plants and power stations

And infrastructural constructions besides others.

Whatever the building type, you really need good builders who can provide you with the right architectural designs and materials to realise the architectural vision.

The Way-outs in Car Insurance for Newbie Drivers

It is little secret that new drivers find their cars notoriously expensive to insure. And with stringent driving regulations, there is little to do expect to use the grey matter provided by nature. And to stimulate those brain cells we have come up with some tips for car insurance Australia.

Get a Car That is Cheap to Insure

There is this practice among car insurers to group certain cars together and charge their rates accordingly. Though there is little knowledge in the public domain about the details of such grouping, consider the following characteristics of your car:

Top speed and acceleration

The valuation of a new car of the model

Security features of the car

The time and expense involved in repairing the car

Cost of individual parts

Pay a Greater Amount of Excess

The amount which is paid upfront while putting up a claim is called “excess” in the realms of car insurance. Yes, you can vary the excess and manipulate the cost of insuring your car. But keep in mind what happens in case you do have to put up a claim.

Avoid the Optional Services

With the varying types of policies out there by different companies carefully select one that has just about all of what you necessarily require.

Have Another Driver with Insurance on the Policy

With the use of this privilege, if it is applicable to you, you can have seasoned driver as a second driver. This results in bringing down the costs of the policy to a considerable extent. However, steer clear of violating the law by keeping the person who owns the vehicle as the one who is the main actual driver of your car. Otherwise, you may face a situation where there may be legal action against you and consequently invalidate your insurance.

Avoid Paying On a Monthly Basis

Admittedly, paying a big hefty amount in one go is often not feasible to young drivers. But if you do have that option open before you go for it as you will be paying considerably less when all of the factors are taken into account.

Consider Insuring Your Black Box or Telematics

If you are the sort who does not use his or her car on a regularly then the option of black box insurance should certainly be considered. In this method, the total amount driven is considered and you pay for that only. This also creates a profile of you as a driver and helps you save extra dollars. But be wary of the fact that the situation might change down the road and you may have to drive your vehicle way more than what you do at present.

Take Extra Security Precautions for Your Car

Security accessories like alarms are definitely worth the money. Parking your car in safe areas will contribute significantly towards reducing car insurance quotes.

All in all, the extra amounts that young and new drivers have to pay is due to the well-established fact that they are more prone to accidents and so insurers charge more. But the suggestions above will help you in keeping your insurance premiums within acceptable limits.

Business Description

Company History

XYZ is based in Adelaide and has been providing roof restoration services for the better part of the last decade with thorough professionalism, a clinical approach and satisfying their clients fully. The company has decided to facilitate the process of having customers' needs for its services met through an online channel.

Why Choose Us

You want to consider XYZ for a wide variety of reasons which include

- 10+ years in operation
- Cost effective and dependable
- Professional service
- Restoration of metal and Tile Roofs
- Full Satisfaction Guaranteed

Services

- Restoring Roofs
- Restoring Tile Roofs
- Restoring Metal Roofs
- Restoring Terracotta Roofs

Painting Roofs
Repairing Roofs
Colour Charts

Service Locations

The Northern part of Adelaide
The Southern part of Adelaide

If the roof of your building in Adelaide needs work, then XYZ is simply the best option you have at your hand. Have no inhibitions in requesting for a free quote or giving us a call.

Salwar Kameez is The New Ethnic Wear That You Must Adorn

Summary: For long, the humble **Salwar Kameez** had been the mainstay dress for young women across South-East Asia. But according to fashion pundits, the time has come for it to hit the headlines.

What feelings does the humble salwar evoke? It is one of acquaintance, of femininity that is casual and friendly. On the right wearer of the right dress, it may turn out to be chic and desirable. For women in South-East, it has been for decades the dress they could turn to irrespective of the moment or occasion. On one hand, it makes one feel like they know you well and the familiarity, if necessary, may also turn out to be tempting.

The West is Tuning In

The western world has been lately paying much attention to salwar as a chic dress for women to hang out in. Those who are not afraid to experiment, the ones who do not hesitate to reborn have taken a special liking for this particular dress. It has much of the mystery and enigma that is so characteristic of the east particularly India.

Undergoing a Revolution

Even in its homeland, **salwar suits** are undergoing a reawakening. Gone are the days when it used to signify homely and docile women. Women across the world are increasingly discovering that the salwar can easily be given a wild, carefree and attractive look. This marked change reflects the new found freedom available to women of the region.

Types of **Salwar Kameez for Women**

Given its widespread popularity at its place of origin, it is inevitable that several varieties of the same dress would evolve. The main eight types of salwar happen to be:

- The Basic or Ordinary Salwar
- The Patiala Salwar
- The Straight Salwar
- The Dhoti Salwar
- The Sharara Salwar
- The Afghani Salwar
- The Parallel Salwar
- The Trouser Salwar

All of the variants of the salwar lend a special look to the woman wearing it and suit different occasions. A modern woman, who enjoys ethnic wear from India just has to keep a few designs of all of the types of salwar so that she looks modern yet enchantingly traditional in her appearance.

Neck Designs of Salwar Kameez

A special feature of the salwar kameez is a vast variety of necks in which it may be found. There are several neck types, but the ones that are predominant in the market are:

- The Square Neck Design
- The Scoop Neck Design
- The Halter Neck Design
- The Asymmetrical Neck Design
- The V-Shaped Neck Design
- The Boat Neck Design
- The Collared Neck Design
- The Crew Neck Design
- The Closed Neck Design
- The Sweetheart Neck Design
- The Keyhole Neck Design
- The U-Shaped Neck Design
- The Round Neck Design
- The Queen Anne Neck Design
- The Jewel Neck Design
- The Sweetheart and Illusion Neck Design

Parts of a Salwar Kameez

A typical salwar kameez is comprised of three different parts which happen to be-

- The Kameez or Top
- The Salwar or the pyjama like bottom

And the famed Dupatta or scarf to add to the radiance of being an enchanting enigma.

Salwar Kameez for Men

Men from certain parts of South-East Asia too favour the Salwar Kameez as the dress of choice when venturing out for a traditional occasion. The parts remain basically the same while the details in style and material are vastly different.

Where To Buy

Traditional brick and mortar stores that have salwars are a rarity in say, Arizona. Luckily the popularity of e-commerce has ensured that you can buy **salwar suits online**.

Just be careful while choosing the right one as you will be spoilt for choice by the presence of online stores stocking this dress being present in over-abundance and all the regular rules while choosing any other dress apply.

Top 7 Best Balance Bike 2016 on the Market

If you are the sort of parent who wants their children to enjoy all that their lovely childhood has to offer both in terms of indoor and outdoor activities, then a bike is the best companion your child will come across. The internet, video games, smartphone apps, TV all seem to be engaged in a conspiracy to make your child stay on the couch forever. But biking will make them go outdoors with the spirit of exploration, the freedom and excitement that is truly invaluable.

But before your little one can safely explore your neighbourhood on her own he or she must know how to balance a bike. As the proud uncle of an adorable three-year-old boy, I decided to pass on the reins of the spirit to explore to the next generation. And for this I took a detailed look at the **Top 7 Best Balance Bikes**:

Schwinn Balance Bike, 12-Inch

Features

A clean and elegant design is just one of the advantages of the Schwinn balance bike. Weighing 10.5 lbs the bike may be handled by children with ease. The height of the seat is flexible and may be adjusted from 14" to 16.5" which makes it suitable for growing children. The rubber air tyres make the Schwinn a good ride even in the country. The tubes are created wide to safeguard your little one from scratches.

Disadvantages

But the Schwinn comes with its share of disadvantages. Children below 36" will face problems in touching the ground while seated on the bike. The footrests protrude from the side of the seat which may also pose problems for children. The big-boy looking frame of the bike is made of steel which makes it rust prone. The tires tend to fall upon the ankles or the feet though mostly without any harm. There have been complaints about the sturdiness of the frame and requires regular maintenance.

Likes

- Affordable
- Suited for growing children
- Looks like adult bikes
- Can be assembled relatively easily

Dislikes

- Weighty
- Not Sturdy
- Not for small framed pre-schoolers

Verdict

Though this bike has its share of disadvantages, it is priced in the lower range and goes well with children whose inseam is more than 14". However, be wary of handing it over to those aged less than three years.

Strider - 12 Classic Balance Bike, Ages 18 Months to 3 Years

For my nephew of 3 years, I gave more than a passing thought to the Strider for 1.5 to 3-year-olds. If your child is a beginner, then the pedals and the concept of balance may seem to be intimidating to him or her. But that is before they have enjoyed the freedom that goes with a child learning the ropes of balance and heading out on their own. Freedom!

Features

The Strider looks like just another bike to most. But underneath the hood, it has plenty of features that parents will find attractive. One of the lighter bikes around the Strider requires minimal maintenance. Further, even toddlers find it easy to handle. The handlebars and seats can be adjusted without any sort of difficulty. The handle is so designed that your young one escapes with minimal injuries of falls. Also, the seats, which are cushioned, boast of a safety pad intended to protect the young rider. The seat can fit even children aged 5. To make the ride a stylish one, the handlebar is furnished with a number plate.

Disadvantages

This balance bike from Strider showed the least amount of disadvantages. But the absence of pedals means that your kid will soon grow out of it. Some children also find the seats to be a bit hard to be seated on.

Likes

- Well suited for toddlers
- No pedals
- Foam wheels
- The parts may be replaced
- The bike is quite light

Dislikes

- One of its major advantages is also its biggest drawback- the absence of pedals.
- The seats seem hard to some.

Verdict

All in all, this is a good option to explore if you have a toddler who is trying out a bike for the first time and needs to get acquainted with balancing and is scared of pedals.

Strider - 12 Sports Balance Bike, Ages 18 Months to 5 Years

The Strider 12 Sports is an improvised version of the bike reviewed just above. It can easily fit children aged 1.5 years to those aged 5. The bike shares the same basic elements with the Classic version. But there are a number of additions that made me sit up and take notice of this bike for my dear nephew.

Features

The Sports model from Strider is in no way lacking in features. The saddle features extra padding to make the young rider as comfy as possible. The custom grips and pads on the handlebar also serve to meet that very purpose. To make things easy for the child's guardians the clamps may be removed easily without the requirement of any tools. The seat post is rather long and can easily accommodate relative elder children aged 3-5 years. It provides an excellent combination of value, flexibility and performance.

Disadvantages

Though it is said that the bikes are maintenance free some buyers complain that the bikes came pre-shipped with rusts. As the bike is basically improvised a version of the one we reviewed earlier in the article most of our comments remain applicable for both.

Likes

- Padded Saddles
- Custom Grips
- Pads on the handlebar
- Quick release clamps

Dislikes

- No pedals mean your child will soon grow out of it
- Nothing else in particular

Verdict

If you are going to teach your children the basics of balance when on a vehicle of two wheels, then this improved version of the Strider is what you want.

KaZAM v2e No-Pedal Balance Bike

The second reincarnation of the KaZAM has incorporated several changes when compared to its elder Classic sibling. The frame design has been revamped and the v2e is a way lot lighter weighing just eight pounds when compared to the eleven pounds of the original Classic.

Features

KaZAM can always, of course, boast of being the only balance bike with a step-in footrest, which happens to be a patented design of theirs. The footrest allows children to get habituated about their feet positioning in case of pedalled bikes. This aids them in finding the center of gravity. It has adjustable handlebars and seats and children aged up to five may enjoy a ride in the KaZAM v2e. Further, the tires are not only free from maintenance but also resist puncture. The KaZAM is an elegant and attractively designed bike and kids love a ride on it.

Disadvantages

The seat material has come in for criticism from certain quarters along with the fact that the rear portion of the bike rubs along with the riders legs. This is irksome, but all in all the

general opinion seems to be that KaZAM has hit home a winner with the second reincarnation of the classic KaZAM.

Likes

- Lightweight
- Handles and seats are adjustable
- Easily balanced and pretty safe
- Sturdy frame
- Plenty of colours options
- Easily assembled

Dislikes

- Not for petite kids
- Seat material may be bettered
- Rear portion touches the rider's legs

Verdict

To draw a conclusion if your child is not petite then this bike is a great option for them.

KaZAM Classic Balance Bike

The KaZAM Classic is the proverbial elder sibling of the KaZAM v2. It is not meant for those below 3 years of age as some of the small parts may present choking hazards. So, if you have young toddlers in your house other than a 3 year you are better off keeping this bike out of their bounds. Children are inquisitive by nature and particularly like to emulate their elder contemporaries, so you never know!

Features

KaZAM Classic has the unique footrest that is characteristic of this line-up of bikes. It teaches children how to balance and steer bikes before parents finally decide that the child can now effectively handle pedals. It boasts of a 12-inch frame patented design, a footrest and air tyres. The handlebars and seats are adjustable and the make is such just that the saddle may be adjusted quickly. It can also take up kids who are about 75 lbs in weight which is more than most bikes of its category.

Disadvantages

The bike is not suitable for children under three and has parts that might choke young children which make it hard to have it in a house which has experimenting toddlers as its occupants. Apart from that, another complaint observed from users is that the seat points downwards which makes it hard for kids to sit comfortably.

Likes

- Adjustable and light
- Smooth and safe
- Kids love it
- The frame is well built and designed
- Covered bolts

Dislikes

- Chokable parts

Verdict

We can sum up the KaZAM Classic Balance Bike as a bike which kids would love, like their newer v2 counterparts. Besides the chokable parts, this is a worthy predecessor of the latest KaZAM model.

YBIKE Balance Bike

Young ones are particularly attracted towards the YBIKE Balance Bike due to its design and the attention they receive due to that. It makes them stand out in the crowd. Not merely a show piece the bike is highly durable and is a safe option for children.

Features

The design of the bike is excellent and distinguishes it as a different breed of balance bikes for young children. It, in fact, looks like a miniature version of real bikes with a gleeful and cool combination of colours. The bikes are famed for being durable and can take in more than their share of some rough treatment while hurting your child to the minimum extent. The two rear wheels offer a comparatively more stable ride. The designers also have made a fine job of its ground clearance and the balance offered by the bike.

Disadvantages

The low seats may be bothersome to some children and might not fit them particularly well. Besides that, it is an all round winner!

Likes

- Trains Children to Balance Really Well
- Cost effective
- Affordable
- Your child feels like grown ups

Dislikes

Some children's sizes just will not go along the bike

Verdict

All in all, the bike may be said to be an excellent choice for young kids with average frames. However, it does not fit children with frames that verge on the extremes.

Chicco Red Bullet Balance Training Bike

Among all of the bikes, I looked at for my nephew's balance bike it might be said that the Chicco Red Bullet Balance Training Bike is perhaps the least likeable. This is due to a variety of reasons which mark down the reputation of this bike as your child's favourite pastime companion.

Features

The designers have opted for a frame design that is comparatively quite smaller than its contemporaries. The Chicco boasts of a frame that in addition to being lightweight is both adjustable as well as ergonomic. The seats and handlebars are also adjustable and the tires are soft. The bike is meant for kids who are over three years of age.

Disadvantages

Like the KaZAM Classic, the Chicco too may also pose choking hazards for children under three due to its small parts. The Chicco also suffers from serious design flaws which make it unsuitable for most children.

Likes

- Tires resist punctures
- Feet reaches ground easily
- Saddle is padded
- Light frame
- Supports children up to the weight of fifty-five pounds
- The handlebar has rubber grips

Dislikes

- Presents choking hazards to small children under the age of three
- Has some serious design issues
- Children will outgrow it rather quickly
- Uncomfortable to many children

Verdict

As a conclusion, it might be safely said that the Chicco Red Bullet Balance Training Bike is fit only for young children who have small frames. Somewhat paradoxically it features parts that might choke children younger than three.

Balance bikes let your child get acquainted with the intricacies of balance and other factors related to driving a two wheeler in a safe and friendly way. After giving a close look to all the contending bikes for my lovely nephew I picked the YBIKE Balance Bike as I want him to feel special among his peer group that the design of the YBIKE model gives the rider.

Why Your Hotel Needs an ERP

Irrespective of the area or size or type of hotel that you run, having an Enterprise Resource Planning or ERP leads to a coordinated effort to put up your best before your guests and gives you the upper hand even when faced with stiff competition. ERPs' of hotels are fully capable of administering your hotel property from end to end, give you insight into your business and administer income and online reputation along with dispersion. If it is not already obvious to you an ERP will enable you to run your hotel better and stay ahead of the technological and developmental curve.

The process to put in place an ERP is not that convoluted and the first step to be taken in this regard is to identify any key requirements that you may have. An ERP is a significant investment and you want to make sure that you are placing your money in suitable hands.

The Advantages of Hotels with an ERP are several and include:

Management of Hotel Staff

This is one of the prime reasons behind the shift to ERPs by hotels across the world. A hotel ERP lets you:

Assign employees' tasks

You and your manager can effectively assign tasks to employees with the press of a button with an ERP and the employee is well aware of his duties thus cutting down lost time and improving overall productivity, all round.

Manage Holiday & Sickness

With an ERP your manager is constantly aware of not only who is doing what but also when they are supposed to go on leave or holidays. It also lets him accommodate and adjust the roster so that sick employees too are accounted for.

Pay Employees

With the performance and presence of employees available for you to view at a mouse-click, the whole process of paying employees for their efforts is as easy as it ever can be. Some ERPs also have payment modules that can execute the payment process for your convenience.

Understand True SLA

The service level agreement can be gauged much more effectively with the help of an efficient and capable ERP. All the data is there for you to analyse and the resultant insights may easily be gleaned from them.

Managing and Recording Guest History

The task of managing guests is an intricate, difficult and often tedious job. But a good ERP will be able to keep track of preferences of guests who visit your place more than once. This will help you in retaining customers as they turn to loyal and returning guests with your proactive service that takes into account his needs.

Help in Front Office Regulation

ERPs facilitate the whole process of front office regulation by reducing check-in and check-out times by often more than 50%. Room rates, offers, billing all are simplified with the introduction of an ERP

So we may easily say that if your hotel is yet to have an ERP in place then not only is it not making the most of its human resources and people management but also is lagging behind in efficiency.

Components of Content Strategy for Newbies

Content has been the uncrowned king in the web world for some time now and the trend is likely to persist in the coming years. Positions like Chief Content Officer within organisations indicate the importance content has assumed in the various functions of organisations. This short article will get the layman acquainted with the basic components of a term much in vogue- Content Strategy.

The Basics of Content Strategy

In the case of content strategy, the focus is to plan, to create, to deliver and to govern the content that organizations publish in their day-to-day activities. Though the word indeed conjures up visions of text, it is inclusive of all sorts of multimedia and image materials published. Content is a vital component of the total experience of a visitor in a website. It should be useful, it needs to be structured well and should be accessible with ease.

The Parts of Content Strategy

Some leading exponents have divided content strategy into two major components viz. those that are oriented towards content and those toward people.

Components That Are Oriented Towards Content

Identifying Substance and Goals

This part of the content strategy has for its focus the successful execution of the core strategy of the organisation. Characteristics like, the audience, tone and voice and the messaging architecture form part of this component.

Determination of Structure

This component involves figuring out the priority, the organisation and how the content may be accessed. This is the part which concerns itself with the actual content which includes the mapping of messages to their content, the creation of page tables in minute detail and also content bridging.

Components That Are Oriented Towards People

Developing a framework on the Workflow and Roles

This component concerns itself with the maintenance and management of content on a day to day basis and the roles, tools and tasks that are essential throughout the lifecycle of the content.

Setting Standards and Identifying Policies

This aspect of the content strategy is involved in setting the standards and guidelines of content, the policies applicable to them in addition to way organisations sustain and evolve the content strategy determined by them.

What is Phen 24

For those eager to lose weight without going through stressful and often ineffective diets and rigorous and exhausting workout programs there is a far easier solution at hand- the Phen 24. It burns fat, suppresses appetite, controls calories and even boosts metabolism. There are two different pills for day and night.

The Company Behind the Pill

The manufacturer of Phen 24 is a widely respected name in the world of health and fitness and has an enviable reputation of selling products that truly deliver.

Claims

- Boosts Metabolism in order to burn up the calories faster
- Burns extra fat deposited and accumulated in your body
- Gives a much need boost to your energy levels
- The night time pill dissolves fats and carbs while you sleep
- Say goodbye to cravings for midnight snacks
- Ensures a satisfying sleep

Ingredients

The day pill of Phen 24 constitutes of:

- Iodine
- Caffeine
- Manganese
- Zinc Citrate
- Cayenne Powder
- Copper Sulphate
- Guarana Extract
- Phenylalanine

The night pill has the following ingredients:

- Biotin
- Vitamin B1
- Vitamin B5
- Vitamin B6
- Vitamin C
- Extracts of Green Tea

Extracts of Griffonia
Molybdenum
Glucosaminan
Choline Bitartrate
Hops Extract
Chromium Picolinate

Working Methodology

Phen 24 weaves its scientific magic by stimulating various mechanisms of your body so that can get rid of excessive fat with a certain degree of surety.

This pill stimulates the whole system of metabolism which in turn leads to rapid burning of the fat present in your body. It increases the energy levels considerably due to the presence of several key ingredients. Some of the ingredients of the pill also suppresses appetite and decreases the intake of food. So also get a good night's sleep along with plentiful of rest thanks to the ingredients which are bereft of any stimulants.

Pros

- Good Formula overall
- Excellent set of ingredients
- Outstanding feedback from satisfied customers

Cons

- Different pills for different times of the day
- Unsuitable for those with diabetes
- Unsuitable for those with depression
- Incompatible with anti-depressants

Results

If you want results in cutting down on your weight without the hassles of diets and the sheer drudgery of heavy workouts, then the Phen 24 is perfect for you. It gives clear results without fuss.

Where to buy?

If you want to steer clear of counterfeit products that may harm you it is best if you buy the Phen 24 from the only authorised channel- their official website. For the sake of your safety and well-being avoid eBay, Amazon and the like.

Is it a scam?

Phen 24 is in no way a scam and has been reviewed by several health and fitness review sites of repute. Further, their site lists some important clinical references which point towards a confidence in their product which only a bonafide company with an excellent product is able to present.

Side Effects

Though there are cautions for some sections of the populace there have been no reports of adverse effects with the dosage recommended by the makers of the pill.

To Sum Up

It may be said with an aura of certainty that the Phen24 is a product that really delivers on its promise of fighting fats, calories round the clock in order to bring down your weight. The pill activates the various in-built mechanisms of your body keeping the end of getting rid of excess fat in mind. It looks after your energy levels and ensures a good night of sleep which makes it a truly irresistible.

All in all, a great product!

Cure and Care for Those Who Need It Most

Whenever I think of the medical fraternity the film Patch Adams invariably springs to mind. And its famous dictum, saying that curing patients is something far more complex than the act of curing a disease. These words should resonate with all caregivers wherever they may be located. **Hospice** and **elderly care** is more than giving out medicine or prescribing drugs, it is a way to meet the needs of people, needs that would often go unnoticed otherwise.

A Service with Scope for Sacredness

With that weighty introduction, it is abundantly clear that caregivers fill in the gaps between the doctors and the families of patients or sometimes the environment in the absence of a family. Caregivers should treat their services with the amount of sanctity it truly deserves. They are not only giving out a service, they are bettering lives. Their actions touch a human heart and it is often seen that to the patient undergoing **home health care** they assume the role of add-on to his or her family. A caring and watchful guardian. It is in this light that this profession needs to be seen.

The Qualities That Make a Good Care-Giver

Like some other professions, training is often simply not enough to make a good caregiver. There are several other qualities that a caregiver must inherently possess in order to be really effective at their profession, to be an angel to those in need of **home hospice care**. She does not merely need to understand some particular medicines to give at particular persons, she must know when those patients need them. The difference lies in the human element which is introduced by the caregiver. They are the human face of the medical fraternity to countless people across the world whose lives are touched by the care provided by these caregivers.

A **hospice** caregiver should have an immaculate attention to the detailed specifics. When she steps into a room she must have the ability to sense if something is amiss, if there is something that the patient needs. She must take stock of all the essentials that a patient might need during her stay. And she should take the care to ensure that she is ever present to provide them in case such a need arises.

Home hospice care is best provided with a high amount of retention rate in addition to a good memory on the part of the caregiver. She does not simply have to remember which medicine to administer and when during providing **elderly care** but needs to retain the latest addition to the medical regimen as given out by the doctor in the morning. She needs to keep in mind that for most purposes she is the nearest family member the patient can reach out for.

As is evident, those providing **elderly care** must be well-versed in the best practices of medicine and must be acquainted with what to do and how to do it in the case of medical emergencies should they arise. She needs to know the warning signs of common ailments and be ever prepared to respond them in a suitable and timely fashion.

Intuition is a quality highly sought after in **home health care**. The caregiver must be able to sense the need of a patient, the meals or a particularly favourite snack, provided, of course, the doctor allows it. This sense is heightened as the years' pile on and as the caregiver gains experience. But it is a quality she must possess even if she is new to the profession of providing **home health care**.

The last quality we will talk about is empathy. It comprises of various traits that a person must possess especially when she has to deal with a particular group of patients like the elderly, those with some type of mental ailment etc. She needs to be a good communicator and understand the condition of the patient well. This is an outstanding trait that will help caregivers not only in excelling at **home hospice care** but be better human beings as well.

To Sum It Up

Hospice is a task that needs to be completed to perfection. The patient must feel comfortable in the presence of the person entrusted with the task to provide care for the patient. A trust that is highly valued and should not be compromised in any way.

Everything You Want to Know About Certified Scrum Master

Those who have been present on the either side of the software development table, that is either as the developer or as the client are well aware of a key phrase important to managers of teams developing software- "Requirements Volatility." This simply means that the needs of the customer are subject to change even during the development phase itself. What is Scrum?

Scrum recognises this factor very well and meets the challenge through its framework emphasising on promptness which readily responds to emerging situations and thrives on its adaptability. It works on increments and iteration and facilitates agile software development. The strategy employed strives to be holistic and flexible. It unites the team as a unit and encourages close online or physical collaboration and communication.

Agile Software Development- What is It?

Teams that adopt this model commit themselves to methods that make vigorous use of self-organization, collaboration and cross-functionality between the varied teams that are a party to the process. This model lays stress on adaptability in planning, evolutionary development, prompt delivery, constant betterment and responding to changes in a flexible and quick manner.

What is Agile in Scrum?

Scrum conforms to the Agile model of approaching delivery of software in an iterative and time boxed way. Instead of delivering the requirements all in one go it implements it incrementally.

Who is a Certified Scrum Master?

Scrum masters facilitate this entire process and manage the way exchange of information occurs in software development teams. Work periods are divided into focused bouts termed "sprints" that are relatively short in terms of the time period where there are no extra tasks added to the backlog.

In order to become a Certified Scrum Master, one has to undergo a course culminating in an exam which needs to be passed in order to obtain the relevant certificate.

What are the various Scrum Certifications?

Being a Scrum Master is in no way the end of the line as far as Scrum expertise are concerned. Among the certifications in Scrum are:

- Scrum Master

- Scrum Professional

- Scrum Product Owner

Scrum Coach and Scrum Trainer

What Jobs may be obtained through Scrum Master Certification?

Once you become a certified Scrum Master a vast set of employment options become available to you in the field of management of software projects. You can choose to be an Agile consultant, Product Owner or Program Manager. The salaries are highly desirable and may even cross the six-figure mark. You may choose to be employed in a company or even be a consultant to managing such projects.

What are the organisations offering Scrum Certification?

Due to its practical and innovative approach, Scrum has seen widespread adoption by companies involved in the development of software from all over the world and accordingly there is a considerable number of organisations that train people in this framework. These include:

- Scrum Alliance

- Scrum.org

- The PMI or Project Management Institute with its PMI-ACP certification

- The ICAgile or International Consortium for Agile

- Scaled Agile Academy

Not all of the organisation's mention offer exclusive Scrum courses but all of them incorporate Scrum material.

With software development consolidating and building upon its runaway popularity you definitely want to consider a Scrum certification if project management is where your enthusiasm lies.

JQUEEN Double Watch Winder Review

If you are the sort of person who celebrates the years that have rolled on by as you made your way through the thick and thin of life. Do you celebrate the joys of nostalgia for the memories it represents then time-pieces of yesteryears are perfect doorways into an era unstained by the iWatch for all the convenience or features as it is now popularly known as these days?

Irrespective of whether you are a connoisseur of little pieces that were formerly used to observe time or have inherited a bagful of these from your great grandpa and thereon, there is little doubt that if it is meaningful enough to be preserved, it is meaningful enough to be preserved well, with indulgence and elegance.

If you belong to the breed of people who use watch winders and they are getting rarer by the day and are looking for a premium watch winder, then you have a good solution at your hand with the handmade JQUEEN Double Watch Winder. It is an option that exudes class and premium elegance that is perfect fitting for a restful grandeur. And this statement holds ground for both the watches that are housed by the watch winder and the decoration of the place around it.

In case of watch winders, there are a number of factors to consider before you decide that a particular one is your best fit.

Silence of Operation

Your watch winder, most often, graces a place that is near to your bed. This means that the sound made by the winder is of utmost importance and the more silent the better. You do not want to be disturbed in your sleep by a watch winder that makes too much noise. The JQUEEN has a super silent motor made in Japan and is characterised by a silent operation. This means that you are least likely to be disturbed by its operation during the hours of both day and night.

Source of Power

Watch winders, almost all of them, function in a similar way through rotating the watch piece in various directions and keep it up and running. This means they also require a source of power. Here too, the JQUEEN lets you be the decider. The pedestal used for holding the watch may be powered by batteries or an AC power source whichever is more convenient to you and the place that you live and the watch winder calls home.

Turns Per Day

Another important factor to weigh in while choosing a watch winder is the TPD or the Turns Per Day. The JQUEEN has a number of turns per day settings that make it ideal for watches of different makes. One common mistake that users often do is to set the turns per day settings too high. This should be avoided and the owner of the watch should be well aware of the optimum TPD for his watch.

The Direction Settings of the Motor

In the best of watch winders,' it is found that they more often than not are bi-directional. This simply means that during the movement cycle of the winder, it begins to turn in a direction that is different from the one taken by it the previous time around. In this criteria also the JQUEEN Double Watch Winder sets the mark for others to follow. You can control its motion so that it moves in a clockwise or anti-clockwise or alternating direction.

The Aesthetics

The JQUEEN has been almost universally praised for the elegant and classy aesthetics of the box and even within. It has been designed conservatively albeit in a premium fashion and is not flashiest winder around. It is sublime in its aesthetics.

Ease of Operation

One of the main factors for first-time buyers of watch winders take into consideration before they opt for a particular watch winder is the ease with which they can use them. One does not want this process to be painstakingly complex for reasons that are all too obvious. Pretty easy to use, you will not have to fiddle with the JQUEEN Double Watch Winder for long in order to get it up and running

The Number of Turntables

The number of turntables determines how many watches a particular watch winder is able to handle. This model has two with the watch pillows being PU and soft in addition to being aesthetically pleasing. The materials are smooth as well as high grade.

The Interiors of the Case

At the end of this review, we turn our attention to the interiors of the winder. If you, like me value your watch and want to ensure that it is well taken care of in the moments you are away then this handmade watch winder delivers exceptional value. The turntables are housed under acrylic glass and protects your watch with care with the piano lacquer. It uses copper fittings for transmission which means that there is little magnetism for your watch to be affected with.

Warranty

The JQUEEN comes with a warranty of 18 months along with round-the-clock customer service which means the makers are pretty confident of the product they have created and your worries with regards to the durability and excellence of the product are laid to rest with an air of finality.

Consumer Reviews

If the consumer reviews are anything to go by the watch winder is to be highly regarded. At Amazon, it received a 100% 5-star review as of this date with several reviewers all of whom interestingly were verified purchasers. Other listings were also similar with 96% of reviewers rating it at 4 or 5 stars. This speaks eloquently about the quality of craftsmanship achieved by JQUEEN with this product.

Pros

Exceptionally convenient

- Safe

- No need to reset

- Works well with both automatic and mechanical watches

- Top of line Japanese motor

Power options for both batteries and AC power source

Durable

Prevents Scratches

Vertical Design

Cons

Despite claims to the contrary by the maker some noise was discernible by a few reviewers

AC power adapter has to be acquired separately.

The 8 Dominant Types of Beards and Moustaches

A beard is not simply a beard but something more. In today's world of fashion and ever-changing fads, beards signify something that persists, there is this scent of an old-worldly charm in a cool beard. Often, they are tell-tale signs that speaks volumes about a man's personality. We examine the top five dominant types of beard and why beard oil for black man means much more than that.

The Wild Beard

This type is often seen during phases of stress and uncertainty. It is wild without compliance, he is unpredictable in his ways, he finds new ways of doing things and is comfortable as the person he happens to be or just in no mood for a shave.

The Beard of the Gentleman

This beard is flaunted frequently by men who are comparatively older. It signifies a kind of meticulousness and maturity associated with some of the more intelligent men of our species. Yes, it is strict both in the aura it generates and the kind of care needed to maintain it.

The Flirting with Beards Beard

The goatee trimmed to perfection is past its prime in terms of fads but if you are too scared for something that needs more commitment, it is the choice for you. These types are not afraid to experiment and add that little bit of masculinity necessary to pack a punch.

The One That Requires Care- The Chinstrap

This one is for who have adequate time to groom themselves, day after day. It needs to be perfectly trimmed in order to get just that correct look. But he is a stud for whom only the best of beardy perfection will do. However, as noted earlier the mirror time is considerable.

The Hip Moustache

The moustache that you would usually associate with the onset of adolescence is the type that the kool guys adorn. He is fun and you know it and seriousness is a concept alien to him. It represents a kind of confidence that only the guys riding the indie wave would exude.

A Creative Chap Going Through a Soul Patch

Rebellion and convention go hand in hand with this particular look. It is for creative men who cannot commit themselves fully to one of the more elaborate beards but nevertheless are going through a soul patch of rebellion. He is not afraid of raising eyebrows or evoking laughter but has his own way of doing things.

The Famed Stubble

Yes, it is scruffy and exudes unadulterated machismo preferred by hot males the world over. It is aggressive. He knows he is hot but bothers about such matters the least. It is unkempt and takes precious time to lend the feel just necessary.

I am in a Mess and Loving It

An excuse for all round laziness, this stubble is for those who just could not care less about the stubble they have. He is perhaps yet to acquainted with the formal rituals of men's facial grooming and loves each and every moment of it.

These are just some of the beards sported by men and bards or would be bards. Nevertheless, they make a pretty elaborate affair of their facial identity.

2015 10 Most Fuel Efficient SUVs

If you considering an SUV for yourself or your household and have to keep in mind a budget too then this piece, listing the ten most fuel efficient SUVs out there is for you. This list has been compiled keeping in mind both the fuel economy offered by vehicles with automatic transmission.

10. 2015 Mercedes-Benz GLA-Class

This 208 Horsepower vehicle costs around \$28,000-\$30,000 and provides a mileage that hovers from 25-35 to the gallon subject to use conditions like city riding and highways respectively. It can seat up to 5 people, albeit comfortably. It is a four doored car and has six airbags. It has standard traction control, child door locks and an engine immobiliser.

9. 2015 Mazda CX-5

Driven by a modest 155 HP engine, this model from Mazda chugs out a good 26 miles to the gallon and 32 MPG on highways giving it a combined MPG of 29, same that the Mercedes listed above gives. It will set you back by anywhere between \$21,000 to \$23,000. It comes with five standard airbags and the other safety features remain the same of the Mercedes. It is available in 7 colours. This four doored vehicle can comfortably accommodate 5 people.

8. 2015 Honda CR-V

The 2.4 litre, 185 HP driven, 2015 Honda CR-V chugs along 27 MPG on city roads and 34 MPG on the highway with a combined MPG of 29. It will cost you in the range of \$21,000-\$23,000 and is available in no less than 10 colours. It is a 2-wheel drive. It may easily carry 5 people and features five airbags that may be said to be standard. Other safety features are also shared with the two previously mentioned models.

7. 2015 Chevrolet Trax

The Trax from the Chevrolet stable is driven by a turbo 138 HP engine. It provides a fuel efficiency of 26 MPG on city roads and 34 MPG on highways putting the combined MPG performance at 29. It is priced at an extremely affordable \$14,000 to \$16,000 range. It accommodates up to 5 people. It has pretty exhaustive safety features with no less than 7 standard airbags but is conspicuous by the absence of an engine immobiliser.

6. 2015 Nissan JUKE

The JUKE stands out with its pretty unconventional looks. It commands a fuel economy of 28 and 32 in city roads and highways respectively. It has a combined MPG of 30 which is more than all of the car models mentioned previously in this list. Priced at a mid-range \$19,000-\$21,000. It houses 5 people and has 5 standard airbags along with child door locks, traction control and an engine immobiliser. Like the Mercedes ranked at number 10 it features a communication system too. It is available in a riot of 9 colours and the engine is a turbocharged, 4 cylinder one of 188 of Horsepower. The torque stands at 177.

5. 2015 Lexus RX

By running for 32 miles to the gallon in cities and 28 MPG on the highway, the Lexus RX is perfect city dwellers. The combined MPG stands at 30 and it is available in the full glory of 9 colours. It features a hybrid V6 engine churning out of no less than 245 of Horsepower. 5 people may be comfortably seated in this car and it is pretty expensive coming at \$42,000 to

\$46,000. It has 8 standard airbags with all the usual features regarding safety. It also comes bundled with a host of extra services.

4. 2015 BMW X3

On number 4 we have the formidable 2015 BMW X3. It costs in the range of \$35,000 to \$40,000. It goes 27 miles per gallon in the city and 34 in the case of highways and a combined MPG of 30. It features a 4-cylinder turbo diesel engine that churns out 180 of horsepower. The figures of torque stand at 280. It has a fuel capacity of 17.7 gallons and a wheelbase 110.6 inches. It is a five-seater and sports an all-wheel drive. It has 5 standard airbags in addition to the customary engine immobiliser, child door locks and traction control.

3. 2015 Subaru XV Crosstrek

The third spot in our list is picked up by the 2015 Crosstrek. Designed with delight, it will take you \$27,000-\$29,000 to own one these. It boasts a fuel economy of 29 miles to the gallon in the city and 33 MPG on the highways pegging up the combined MPG to 30. It has a fuel capacity of 15.9 gallons and a wheelbase of 103.7 inches, a ground clearance of 8.7 inches. It has 6 standard airbags in addition to all of the usual safety features. It has 50.2 cubic feet of cargo space. It is powered by a 4 cylindered hybrid engine. It is also an all-wheel drive.

2. 2015 Lexus NX

Another model from the Lexus stable, the 2015 NX has a truly exemplary design. It is ideal in the city where it chugs out a formidable 35 miles to the dozen. In the highways too it is effective with a fuel economy of 31 MPG, making its combined MPG stand at 33. The 2.5 litre Hybrid 4-cylinder engine scores a decent 154 of HP and 152 of torque. It will cost you anywhere from \$35,000 to \$38,000 and comes in 8 attractive colours. It has a fuel capacity of 14.8 gallons and a wheelbase of 104.7 inches. The minimum ground clearance is 6.7 inches. It is, however, a front wheel drive. It has 6 standard airbags along with the custom safety accessories and a communication system with a range of features.

2015 Hyundai Tucson Fuel Cell

The top honours, however, go to the Tucson from Hyundai. It rules the roads with its hydrogen fuel cell that gives a fuel economy equivalent to 49 MPGe in the city and 51 MPGe on the highway. The engine boasts of a modest 134 HP and a torque of 221. The fuel capacity is a studious 38 gallons. The car will set you back by \$34,000 to \$42,000. But what a fuel efficiency!

This piece took a look at the best that the automobile industry has to offer when it comes to SUVs with automatic transmission and taking the fuel economy as the supreme scale upon which these wonders of engineering are to be rated. We have tried utmost to be impartial and comprehensive in our coverage. Hydrogen fuel based SUVs are upcoming and watch out this category for some exciting developments in the years to come as the technology evolves. But for now this is the shape of things according to the models of 2015 and according to the criteria set by ourselves earlier along the review path.

A Good Alarm Clock For Your Smartphone or Tablet to Sport

Alarms have been our constant companion over the last few centuries. As routines became increasingly hectic, people responded by cutting down their hours of sleep. Also for other reasons alarms became highly popular amongst the masses and the format that you would most commonly find millennials using is in the form of apps. Among the numerous such apps available for the Android platform- the My Alarm Clock Free developed by Apalon Apps, a top developer as rated by Google, is deserving of special mention.

Before The Download

When I first confronted the Google Play store page of this app, the initial impressions were favourable enough. It has over 10 million downloads, an indicator of its runaway popularity. Also, there were no fewer than 294,433 reviews at the time I downloaded the app. Amongst these, the overwhelming majority of 179,469 people gave it a solid five-star rating followed by a four-star rating by no fewer than 62,878. This indicated that the app was quite good if not exceptional. At least those were my initial impressions.

First Impressions

The size of the app download stands at the near-about of 16 MB, which makes it a bit larger than most apps. When you first run the app it demonstrates how you may dim the app simply by swiping in the down direction. Next, you are faced with the message that the app is going to use your location in order to display relevant ads. The app is free but you have to put up with those ever pesky and annoying ads.

The Looks of the App

With its cool colour combination of blue letters and digits on a black background, the app leaves nothing to be desired in terms of aesthetics. This neon blue colour effect is also put into use in the various controls of the app. In addition to the time, the app also provides the temperature and weather details along with wind speed in miles per hour.

The Controls of the App

The app has four touchscreen controls which become visible when you touch the screen. Of these two are located in the top right corner of the touchscreen. These are the Settings controls and the help section. Notifications are placed in the bottom left corner, just above the ads and the sleep timer is situated in the bottom right corner.

Settings

The app has bountiful of settings for the users to choose from. It has two main parts which are functions and clocks. The main five categories that the functions category are divided into, in descending order, are:

- Alarms
- Sleep Timer
- Weather
- Display and
- Advanced

The app offers the display of time in a variety of colours in the digital clock style as well as five good looking themes which however are limited for only premium users of the app. The

colours of the default digital theme happen to be green, blue, red and yellow and all of them make the clock quite impressive.

Pros

- Elegant looks and colours
- Great features
- Free

Cons

- Some users claim that the free version does not output sound after a certain period of time which I have not experienced till now.

Overall

A good download which gives you the option of setting your own music as the alarm sound and the features in the free version also suffice for most day to day purposes.

Cost Efficient Landscape Lighting Innovations

Your building is spacious and beautiful. It even has greenery to make it the perfect combination of architecture and nature. It looks great when bathed in the full warmth of the sun! But what about the periods when there is low-light or during the night. These days, occupants of the particular buildings require them to be properly lit even during the odd hours of the day. This might be due to several reasons. Irrespective of the cause behind it, you need to consider the night hours as well with regards to landscape lighting. How does your building look then? In fact, certain structures only come into their own when there is no light. That is the primary reason why you need to consider a landscape lighting design firm like Radiant Exterior Lighting.

However, lighting solutions for your landscape could also end up being pretty expensive. The right décor and locale design are needed for your light in order to have your location to be dressed up in its best. That is expensive and power hungry lighting monstrosities are the last thing you need in such situations. This is where you need to exhibit sagacity. Do not be penny-wise and pound-foolish, to use an oft-used phrase. In order to make your life a bit easier, we will discuss **3 new advances in landscape lighting that cut costs.**

LED Lights

In terms of longevity, power consumption and overall cost effectiveness, halogen, by far the most popular choice, simply does not pass the grade. Fluorescent or CFLs come second way behind the latest technological advance in lighting- LED lights.

LED lights present numerous advantages over their halogen counterparts. Some of them are:

LED Lights Last Far Longer- When it comes to longevity, LED lights easily outshines any other popular form of lighting. The average number of hours an LED operates in may vary from being anywhere between fifty thousand to a hundred thousand hours, a figure which is dependent on several criteria. In comparison, ordinary halogen bulbs last for only two thousand and five hundred to four thousand hours.

LED Lights Are More Rugged and Fit for Outdoor Lightning- Due to the very nature of their use, it is obvious that lights that are placed in outdoor landscapes have to undergo far more exertions than their blessed counterparts put into use indoors, exposed to all of the possible hazards present outdoors. LED lights in this respect stand up to the occasion with the ability to successfully brave all sorts of hazards that may be present outdoors. In comparison, halogen lights almost literally pale with their fragility leaving you to pay up.

Low Voltage Halogens Have Very Specific Voltage Requirements- The voltage requirements of halogens which operate at low voltages have to be very, very specific. If you want them to operate at their best efficiency, you just have to provide for that. If the voltage is too low the lamp is prone to darkening and when it is too high your lamps will burn out prematurely. Compare this with their LED counterparts. They operate efficiently over a broad spectrum of voltages from nine to twenty-four volts, as is in the case of some models. This allows you to use them optimally even in conditions where there is a wide fluctuation in voltage.

Solar Solutions

If you want your energy bill to be even less, then lighting systems based on solar LEDs, which will save you even more, are exactly what you need. At the end of the day, if you take into account the costs required for the service, upkeep and maintenance of your lighting system, solar is by far the cheapest option available to you. The only drawback is a larger installation charge but luckily that is the only bill you are going to pay for.

Controllable Lighting

Technology is the wonder of wonders that has enabled man not only to surmount but also in some ways master the ravages of nature itself. And you may light up your buildings like a football ground when needed and still keep the costs to a minimum with controllable lighting. Like the other technological advances, we talked about this too lets you maximise cost efficiency.

All in all, it might be rightly said that there is no reason for you to spend needless sums of money on energy with such innovations. And XYZ is there with you, at every step.

As companies and businesses grow and increase their area of operations, the need of keeping their efforts co-ordinated assumes prime importance. Also, coaches and trainers need to interact with their protégés on a regular basis. This makes choosing the right **video conferencing solution** to be a decision of utmost importance. Today's review takes a suitably in-depth review of AnyMeeting, a **video conferencing service**.

AnyMeeting was designed keeping specifically small businesses in mind. But has since then gained wide acclaim from the likes of Cnet.com, Forbes, TechCrunch, PCWorld, Business Insider and About.com amongst many others. Their cornerstones of reliability, flexibility and stability have served them well.

This review puts it in direct competition with the market leaders and you get to find out if it is the kind of **video conferencing solutions** that will go a long way towards furthering your business interests.

A Free Version and a Number of Trials

As mentioned AnyMeeting is quite flexible and offers you the option trying out two separate variants of its **video conferencing service** namely the Meeting Pro and the Webinar Pro. In order to get a feel for these software packages all you have to do is fill in your name, email id and credit card and off you are towards a 14 day fully functional trial. To make things easier they ask you the maximum number of attendees your video conference is likely to have. The subscription can be put to an end at any time of your convenience which basically means that you can easily take it for a free spin.

The company also has a totally free version which, however, limits the number of attendees to a maximum of 4 during a particular video conferencing session.

How Much Does It Cost?

If you opt for the Webinar Pro package you get to take your pick from 4 different sizes of audience. A number of standard features are shared amongst the audience sizes. It is worthwhile to mention here that screen sharing is available to only the plans that account for 100 and 200 maximum attendees. If you want to sign up for the service with 100 attendees, then you will be charged \$78/month for monthly billing or \$780 for an annual billing cycle. In the case of the plan for 200 attendees, the cost goes up to \$128 and \$1,280 respectively for monthly and annual billing cycles. 500 attendees cost \$198 and \$1,980 and the 1000 attendee plan will require you to pay \$298 and \$2,980 for the **video conferencing solution**.

Non-profit organisations along with organisations involved in education get a 10% rebate.

Features of AnyMeeting

Some features of AnyMeeting are shared across all of these plans. This includes:

- Unlimited Number of Webinars
- VoIP and integrated conference calling service
- 6-way Video Conferencing
- Sharing the video on YouTube
- Notes for meetings
- A Personal Meeting URL
- Chat Rooms
- Integration with Google Apps and Outlook
- Access to attendees from Mobile Devices
- Sharing Presentations after Uploading them

- Hosting and Recording Sessions
- Sharing Files while a Session is in Progress
- Custom Branding
- Dial-In numbers for international attendees
- Waiting room for attendees
- Tight and effective integration with social media
- Polls for the attendees to participate in
- Custom Surveys
- Registration Forms
- Custom Quizzes amongst others

The Advantages and Disadvantages of AnyMeeting

Pros

It integrates Seamlessly with over 400 business apps

AnyMeeting is one of those rare **video conferencing solutions** about whose inter-operability you should have the least amount of worry. AnyMeeting integrates with marketing automation, email marketing and platforms dedicated to CRM with the utmost ease of a few clicks on your mouse button. The exchanges that take place during the process of registration and attendance along with all the interaction data associated with you event with your business application. This is enabled by the Zapier integration of AnyMeeting. It gets rid of manual entry and conducts the whole process with automated ease by just exporting the relevant details.

Tight Integration with Social Media

You can even promote your event through various social media channels with the seamless social media integration provided by AnyMeeting. You can easily grow the number of event attendees through promotions on Twitter and Facebook. Once this option is put into use the software can easily post on your social media channels automatically. All this happens at lightning pace and you can bask in the glory of wide social media popularity of your much sought after event.

Cons

On the Expensive Side

For the starting plan which is most often used by small business and those on a small budget, you have to pay \$79. Most other competitors of AnyMeeting charge \$30 to \$50 for the same set of features and the same kind of audience size. This makes the service almost twice as costly in most cases.

Screen Sharing Requires App Download

The process of sharing screens is made unnecessarily complex by the requirement of downloading an app for the same. It is time taking and inconvenient. AnyMeeting is based on browsers but the feature of screen-sharing is only available to those who have installed a plug-in as well.

Absence of Encryption

Security and privacy is a major issue and AnyMeeting does not quite take cognizance of that fact. Its services are conspicuous by the absence of any sort of security or encryption. When you are discussing matters that are sensitive or confidential, you will definitely want your communications to be secure. But in the absence of SSL or AES encryption AnyMeeting

leaves much to be desired in this respect. And you remain vulnerable to hacking attacks and other sorts of privacy issues.

Customer Support

An exhaustive FAQ page with articles, how-to videos and discussions address most common issues and doubts. For technical support, a ticketing system is in place. In order to find this link, you will have to visit the contact page of the software's website. You can also call them up, send an email or chat live.

Overall

We may say that though feature rich, the software is priced rather exorbitantly which often puts it beyond the grasp of regular users. Security is another important issue. But on the positive side, it has a considerable number of features and is meant for the discerning user who does not mind paying extra for a quality service.

PROGEAR 100S- Pro Biking for Fitness Enthusiasts

If you want all of the cardiovascular benefits of biking sitting in the comfort of your home, then the PROGEAR 100S was built keeping your needs in mind. It presents more challenge than the usual exercise bikes around and features Grip pulse sensor that measures your

heart's pulse on its own so that it is ensured that you remain within the heart rate zones that you desire.

Even people who need to get in shape may easily use this bike with its capacity for people weighing up to 250 pounds. What sets it apart from the other competing exercise bikes is the sensors and the top of the line battery powered low energy consuming LCD computer that keeps track of burnt calories, the distance covered, the time spent on the bike, the speed at which the paddles are being turned etc. It is 40 inches long x 22 inches wide x 46 inches high in its dimensions.

The Seat May Be Adjusted in 4 Directions

The seat is fairly comfortable, it has cushions, is designed ergonomically and may easily be adjusted back and forth and up and down.

Attractive Pricing

On Amazon it is listed for around \$190 and for the wealth of features that it offers, it is reasonably priced.

Weight and Portability

Weighing about 60 pounds the PROGEAR 100S does require a minimal amount of assembling. That being said the features that it puts on the table more than make-up for its medium weight. It can be easily transported by virtue of the transportation wheels provided with the bike to facilitate relocation with ease.

Simulate Uphill Biking

One may also get a feel of biking uphill by standing on the bike and pedalling away, a feature few bikes offer. The handlebars are reminiscent of racing bikes and give an aura of cutting-edge biking to this particular model.

A Far More Invigorating Workout

The adjustments are made through an easy dial tension in order to make the workout progressive as well as challenging which reinvigorates you. It's friction may be adjusted as needed in order to increase the resistance.

Pedals and Brakes

The pedals too may be turned in both the directions and the bike also has a top down emergency brake. The pedalling is consistent and smooth thanks to the flywheel driven by cast iron inertia. The chrome rim is 22 pounds in weight and helps to make the pedalling experience an excellent one. Plus, a water bottle holder is also included.

Other Features

People with heights as varying as 5'1" to 6'2" may drive this bike with no extra effort. The bike is chain driven that simulates exercises on road bikes. Toe cages are also present so that the rider might get that extra thrust on his forward leg.

Pros

- Feature rich
- Can be relocated easily
- Feels like a real bike

Cons

Weighty
Priced slightly high

Overall Verdict

With the PROGEAR 100S, you simply do not have an excuse not to exercise and give your heart that much needed a workout. With this model from PROGEAR, you can simulate all of the biking characteristics while working out in the comfort of your home or gym. You can just relax and pedal on while listening to your favourite songs or simply while watching T.V. Build your stamina and endurance the comfortable way.

Say Cheese, Please

Teeth matter. They throw the spotlight on your smile, the most beautiful dress a person can ever adorn. Their aesthetical supremacy has been documented at length and their functions in all of the activities a person might indulge in the course of the day are more than just significant.

A Blessing Not Meant for All

But not all of us blessed with pristine white teeth. This might be due to a single or a combination of factors. Some contend that propositions like do Australians have white teeth

are of significance. To be clearer, that ethnicity matters when it comes to the colour of one's teeth.

A study, "The Tooth and Skin Colour Interrelationship across the Different Ethnic Groups" conducted by SB Haralur, et al found that tooth and skin colour were closely related.

The Gifts That Were Worn Away

Even people gifted with pearly white teeth often lose their smiling assets due to extrinsic stains like those caused by beverages, smoking, tobacco use and the like.

Intrinsic stains are caused within the tooth itself by medications and chemicals which change the tooth properties that transmit light.

Other factors that might lead to your teeth turning yellow are your genes, the condition of your health as well as your age.

Solutions

Teeth whitening procedures is the most common option people turn to in order to bring back the lively halo of your prized smile.

There are some home based and natural remedies also when it comes to having your set of thirty-two precious pearls basking in all the white glory.

Home Remedies

Some common remedies to whiten your teeth that you may try out in the comfort and convenience of your home are:

- Applying Lemon Juice and Baking Soda Paste
- Scrubbing with Salt Strawberry and Baking Soda
- Rinsing your teeth with coconut oil

So, what are you waiting for? Get your teeth all white as you face stiff competition from the artificial colours of the dentures of your dear grandpa as you two pose for a family photograph which will be a legacy to be handed on.

