

NEXT YEAR IN HAVANA PDF

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next year in havana pdf -

Wed, 15 Aug 2018 12:32:00 GMT - Clockwise from top left: El Capitolio, Museum of the Revolution, view of Malec3n, lighthouse at El Morro, Havana Cathedral, Plaza Vieja and the Great Theatre of Havana

Havana - Wikipedia -

Thu, 16 Aug 2018 22:46:00 GMT - Havana is a 1990 American drama film starring Robert Redford, Lena Olin and Ra3l Juli3, directed by Sydney Pollack with music by Dave Grusin. The film's plot concerns Jack Weil (Redford), an American professional gambler who decides to visit Havana, Cuba to gamble in 1958 on the eve of the Cuban Revolution

Havana (film) - Wikipedia -

Tue, 14 Aug 2018 18:38:00 GMT - Current local time in Cuba 3 Havana. Get Havana's weather and area codes, time zone and DST. Explore Havana's sunrise and sunset, moonrise and moonset.

Current Local Time in Havana, Cuba - Time and Date -

Sun, 12 Aug 2018 12:07:00 GMT - The Junior High Science Club was organized to provide year round opportunities for students to explore science. Our science club consists of members in 6th through 8th grade - gifted to special education!

The Science Spot -

Wed, 15 Aug 2018 15:59:00 GMT - Route 207 Little Havana Connection. When is the next bus for this route? Clockwise via SW 7 St.: SW 25 Ave., Beacom Blvd., SW 1 St., NW 2 Ave., Government Center Metrorail station, Downtown Miami, SW 2 Ave., SW 7 St., Brickell station

Route Details - Miami-Dade County -

Mon, 13 Aug 2018 05:39:00 GMT - AmazonBasics Commercial 46,000-BTU Patio Heater All-Season Warmth Take full advantage of that well-loved outdoor living space--from one season to the next--with help from this commercial patio heater.

AmazonBasics Commercial Patio Heater, Havana Bronze -

Mon, 30 Jul 2018 22:45:00 GMT - This shopping feature will continue to load items. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading.

Dream On Me Havana 5 in 1 Convertible Crib, White and Grey -

Wed, 15 Aug 2018 11:35:00 GMT - | Back to top | Earth Watch Project (T. Tomm, Havana Junior High School, Havana, IL) During this project, students work in teams representing the different branches of earth science to monitor events that occur on earth.

Earth Science Lesson Plans - The Science Spot -

Thu, 04 Jan 2018 23:59:00 GMT - Aug 02, 2018 The JetBlue Foundation and Project Scientist Empower the Next Generation of Girls in STEM

JetBlue | All -

- Wire-Brushed Oak Havana Click-Lock Engineered Hardwood Flooring creates an open, airy ambience in any residential interior. Featuring rich, natural woodgrains in beautifully random patterns and a hand-scraped finish for a rustic touch, these boards are certain to add space-defining allure to your ...

Wire Brushed Oak Havana 3/8 in. T x 5 in. W x Varying ... -

Next Year In Havana

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My first real glimmer of hope of being able to live in harmony with myself came my freshman year of high school. During my health class, I was assigned to sit and watch some videos about Cognitive Psychology that featured a former teacher from my high school who had gone on to share these principles all over the world. Ironically, this teacher was also my godfather, Lou Tice. As I listened, it was as though he had been camping out in my head. He said the first thing a person needed to do, to improve their life, was to become aware of their self-talk. Now, at the ripe old age of 14, I figured I had already attained the equivalent of a doctorate on that particular subject. I was hungry to get started using the tools! An easy way of understanding cognitive dissonance is to envision walking into a room and noticing a picture hanging crooked on the wall. Would that bother any of you? Yes! It seems that many of us feel a little stress associated with pictures not being in balance or not being "hung correctly." That tension leads to a desire to straighten the picture. The tension stops and the straightening ends when the picture reaches a level of congruence with the mental image that I hold of how the picture is "suppose to be!" This was a life-changer! The key in it being the words "the image I hold in my mind of how things are suppose to be." Today, I know that none of the pictures that I hold in my mind are cast in stone. They are changeable, and I can add completely new pictures to the inventory that already exists. If you want to use cognitive dissonance to construct the future you want, there is an actual formula and process for generating and changing pictures. The formula is "(I +V)R = A". Imagination + Vividness x Repetition = Actuality to the subconscious mind. > I raise my voice. > I stop listening to what the other person is saying. > I interrupt when the other person is talking. > My eyes squint. > I tend to roll my eyes. > My body shows aggression. > I carry my aggression into the next unrelated topic. > I bring our conversation to an abrupt end. > I go into a withholding quiet. Obviously, this is not the most wonderful picture I have hanging around. In fact, it makes me feel embarrassed, dumb and mad. What behaviors do these words trigger? > My voice lowers. > With interest I listen to what the other person is saying. > I let the other person

complete their thought and ask questions. > My eyes and my mind stay wide open. > I maintain eye contact and seek understanding. > I make the other person feel smart by adding more information and by asking. "what if" questions for their consideration. > My body shows interest and openness. > My calm carries over into the next topic. > The conversation comes to an end with grace and appreciation. > I stay in a sharing frame of mind. This response makes me feel at ease, more knowledgeable and sensible. You can deepen and develop a greater sophistication for the use of this tool, but fundamentally, this is what helped me to find relief. Perhaps it has even helped me find joy! I hope you find this tool helpful too. Let me know. John McNeil, CEO of The Pacific Institute Community, Previously Vice President of The Pacific Institute.

Hardwood

â€¢ If you have children in your home, you have probably already had to face an instance where one of them has used a permanent marker on your floor. The best remedy for this is to apply a dab of toothpaste on the affected area. The stain can be gently rubbed out using a damp cloth for the best result.

â€¢ Another common problem of hardwood flooring is water stains. They can be easily characterized by a slightly smoky white coloured patch on the surface of the floor. The first thing to do in such a case is to cover the affected area with a non-abrasive and dry cloth. Next, use a hot iron and go back and forth over the area for 3-5 seconds at a time. Once you have done this, use denatured alcohol to dampen a cloth and gently rub the areas where the stain is still visible.

â€¢ You can soak a cotton cloth with hydrogen peroxide to treat general stains. All you need to do is place the cloth on the stains for about 2-5 minutes allowing time for the peroxide to get soaked into the wood. This can help bleach out any stain.

Vinyl

â€¢ Various stubborn marks and scuffs can be removed from vinyl flooring simply by wiping them with a cotton cloth using isopropyl alcohol.

â€¢ For stains that may result in discoloration such as fruit juice, wine or tomato juice, bleach is the best choice. Use a 1:4 bleach-to-water ratio to dilute the bleaching agent and soak a cloth in the solution before laying it over the stain. Allow it to sit in its position for an hour at least. Bleach may take a bit longer to work but is sure to get rid of any type of troublesome stain.

Stone and Tile

â€¢ Grout between tiles is very common. A mixture of shaving cream and lemon juice can be put into a spray bottle and sprayed on the grout. Allow it to sit for 5 minutes minimum. Using an old toothbrush, the grout can then be scrubbed.

â€¢ For gum stuck on a stone or tile flooring, try freezing it with an ice cube and gently scraping it away.

Flooring is a big investment for homeowners. It is important to understand that one particular method cannot be applied to remove stains for all kinds of flooring. A wrong method can lead to permanent damage. Methods to clean hardwood floors is not same as that used to clean vinyl, laminate or engineered flooring. Tips from experts can help you use the appropriate stain-removal methods.