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First year of marriage: the man speaks, the woman listens.
Second year: the woman speaks, the man listens.
Third year: they both speak and the neighbors listen.

Job Interview

Reaching the end of a job interview, the human resources person asked a young engineer fresh out of MIT, "And what starting salary were you looking for?"

The engineer said, "In the neighborhood of \$125,000 a year, depending on the benefits package."

The interviewer said, "Well, what would you say to a five-week vacation, 14 paid holidays, full medical and dental, company matching your retirement fund to 50% of your salary, and a company car leased every two years, say, a red Corvette?"

The young engineer sat up straight and said, "Wow! Are you kidding?"

The interviewer replied, "Yeah, but you started it."

There are three engineers in a car: an electrical engineer, a chemical engineer and a Microsoft engineer.

Suddenly the car just stops by the side of the road, and the three engineers look at each other wondering what could be wrong.

The electrical engineer suggests stripping down the electronics of the car and trying to trace where a fault might have occurred.

The chemical engineer, not knowing much about cars, suggests that maybe the fuel is becoming emulsified and getting blocked somewhere.

Then, the Microsoft engineer, not knowing much about anything, comes up with a suggestion, "Why don't we close all the windows, get out, get back in, open the windows again, and maybe it'll work!?"

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Therapeutic

Leacuri antimahmureala.

Evenimentele placute din viata de familie si sarbatorile ne pot aduce multe bucurii, dar si cumplite dureri de cap. Pentru ca mahmureala care apare dupa petrecerile cu bauturi alcoolice sa nu alunge voia buna, o putem îndepărta cu ajutorul celor mai bune leacuri naturiste, verificate de cei care au trecut cu bine testul antimahmureala.

O bautura folosita frecvent, dupa petreceri, este zeama de varza. Din leacul acesta popular se bea câte un pahar din ora în ora. Si muraturile, conservate în saramura, sunt bune, deoarece sarea combate deshidratarea provocata de consumul de alcool. Ceaiul verde îndepărteaza mahmureala mult mai repede decât o ceasca de cafea tare. Un alt ceai care alunga mahmureala se prepara din coaja de banane. Se pune la fierit coaja unei banane în 500 de mililitri de apa. Dupa primul clocot, vasul se ia de pe foc, iar ceaiul se bea fierbinte. Ceaiul de ghimbir e un remediu incontestabil contra mahmurelii deoarece înlatura senzatia de voma, durerile de cap si greata. S-a constatat, de asemenea, ca sunatoarea este un leac antialcool. O cana cu infuzie de sunatoare, în care se adauga putina sare, are rezultate imediate. Si produsele apicole anuleaza efectele betiei. O felie de pâine stropita cu 15 picaturi de propolis are efect rapid: în cel mult 30 de minute, persoana în cauza scapa de orice disconfort provocat de excesul de alcool. Mierea e un pansament gastric de exceptie. Daca se administreaza doua lingurite de miere într-o cana cu ceai, înainte de petrecere, efectele alcoolului sunt minime. Recent, în marile centre comerciale a aparut un leac modern – Jiguja. Este vorba despre o bautura obtinuta dintr-un extract de plante orientale, considerat de specialisti ca fiind leacul secolului 21 pentru mahmureala. Jiguja este benefica si pentru persoanele care depun eforturi fizice si intelectuale intense.

Leacuri împotriva întepaturilor de insecte.
Vara, când numarul insectelor creste, albinele, tântarii si paijenii devin adevarati inamici. Remediile naturiste tin insectele la distanta si, în plus, atenuaza neplacerile în caz de piscuri.

Leacuri împotriva întepaturilor de insecte.
Durerile sub forma de arsura, însotite de roseata si de senzatii de usturime, cauzate de întepaturile de albine, sau mâncărimile locale, în urma întepaturilor de tâncat, pot fi ameliorate cu ajutorul aplicarii celor mai la îndemâna remedii. Acestea sunt ceapa, usturoiul, prazul, varza cruda si patrunjelul. Frunzele de ceapa si usturoiul se întrebuinteaza pentru a freca zona afectata timp de doua minute. Pansamentele naturale cu frunze de varza sau de patrunjel au efect cicatrizant si dezinfectant. Înainte sa folosesti aceste remedii, este indicat sa cureti locul cu apa si sapun si sa scoti acul insectei cu o penseta, daca este cazul. În situatia întepaturilor de tântari se folosesc doar varza, prazul si patrunjelul, sub forma de cataplasme. Planta maruntita se pune direct pe rana sau cu ajutorul unui tifon. Cataplasmele reduc inflamatiile. Frunzele strivite de soc sau de coacaz negru sunt indicate atât în cazul întepaturilor de insecte, cât si în caz de muscături de vipera. Frunzele proaspete zdrobite de urechelnita pot fi folosite sub forma de cataplasme de doua ori pe zi. Tot sub forma de cataplasme se poate folosi si turica mare.

Esente pentru apartament.
Iarba de lamâie, melisa, menta, levantica si cimbrul, folosite sub forma de uleiuri esentiale pentru odorizarea locuintei, alunga insectele. Cele mai bune proprietati insecticide le are însa uleiul de bergamot. Tot în interior, pentru a alunga tântarii, specialistii recomanda amplasarea muscatelor. Specialistii recomanda ca, dupa întepaturile de tântari, sa fie folosite zece picaturi de ulei de menta amestecate cu cinci picaturi de ulei volatil de cimbru si 250 ml de suc de lamâie. Acest amestec se adauga în cada. Preventiv, poti folosi lampa de aromaterapie, în care sa adaugi una-doua picaturi de ulei esential de menta.

Pentru a atenua umflaturile cauzate de întepaturile de paijen, este indicat întrebuintarea picaturilor de ulei volatil de levantica. Pentru aceasta, se amesteca trei picaturi de ulei esential de levantica, o lingurita de alcool si doua picaturi de ulei esential de musetel. Amestecul rezultat se aplica zilnic, de trei ori, pe zona cu probleme.



Legumele gatite, congelate sau conservate pot avea un aport de vitamine aproape la fel de mare ca acelea proaspete. Cu o conditie: sa fie preparate corect.

„Legumele gatite la aburi își pierd cel mai puțin din valoarea nutritiva, în proportie de 5% pâna la 20%, în functie de calitatea acestora. Prin fierberea în apa sau prin prajire se pierd mult mai multe vitamine”, precizeaza profesor doctor Gheorghe Mencinicopschi, directorul Institutului de Cercetari Alimentare. Pentru a prepara legumele la abur avem

Salata de varza cu rosii si marar

Ingrediente: O varza mica, doua rosii, marar verde, ulei, sare, piper, otet.

Preparare: Varza se taie marunt si se sareaza, lasindu-se 15 min deoparte. Se taie rosiile cubulete sau felii subtiri si mararul se toaca marunt. Se amesteca varza cu rosiile si se potriveste la gust cu celelalte mirodenii

Budinca de varza cu carnat si mamaliguta

Ingrediente: 1 varza dulce, 400 g carnati, 2 linguri bulion, 3 oua, 1 lingura unt sau untura, 2 linguri pesmet pentru tapetat tava, sare, piper, sau alte condimente, cibru, maghiran dupa gust

Preparare: Se curata varza si se toaca feliate, se pune un pic de sare în ea, si se inabuse cu uleiul si 1/2 cana cu apa. Cand varza s-a înmuiat, se adauga bulionul si se scade bine pe foc, amestecand sa nu se prinda de cratita. Se condimenteaza varza dupa gust, cu cimbru, maghiran sau piper. se da varza la racit. Se separa albusurile de galbenusuri. Se bat albusurile spuma, se adauga galbenusurile, apoi se amesteca cu varza racita. Intr-o tava unsa cu unt sau unsoare si tapetata cu pesmet, se aseaza în straturi compozitia cu varza si carnatii.

Budinca se coace timp de 20 min. în cuptorul preincalzit, apoi se scoate si se desprinde de margini folosind un cutit.. Calduta se rastoarna pe un platou, se taie felii groase si se serveste alaturi de mamaliguta si ardei iute.

Paste cu branza topita si mere

Ingrediente:

400 g spaghete, 300 g branza topita, 150 g smantana, 3-4 mere mari, 1 lingura unt (2 linguri ulei), sare, piper alb, 1-2 catei de usturoi

Preparare: Se fierb pastele în apa cu putina sare, cat este indicat pe pachet. Se pun la scurs într-o strecuratoare.

Merele spalate, curatate de coaja, seminte si cotor, se taie cubulete. Ca sa nu se inegrasca, se pun repede într-un vas cu apa rece. Se pastreaza ½ mar pentru ornat, iar restul merelor se calesc în unt (ulei) incins. Se separa ½ din cantitatea de mere si se lasa sa se raceasca, iar la restul se adauga pastele scurse, amestecand usor.

Intr-un bol se paseaza branza topita si se freaca cu smantana, apoi se transfera într-un vas, pe foc foarte mic, amestecand continuu, pana se obtine o crema omogena. Se lasa la racit în vasul acoperit ca sa se patrunda aromele. La sosul de smantana se adauga merele lasate deoparte, reci. Se potriveste la gust cu sare si piper si se adauga usturoiul pisat.

Spaghetele se servesc cu sos, ornate cu felii subtiri de mere. Timp de preparare: 40 minute.

TED KENNEDY

(continued from page 6)

Kennedy's lone run for the office, in the 1980 presidential election, ended in a primary campaign loss to incumbent Democratic President Jimmy Carter. Kennedy was known for his oratorical power, with his 1968 eulogy for his brother Robert and his 1980 Democratic National Convention rallying cry for American liberalism being his best-known moments. Kennedy's early opposition and heated rhetoric helped lead to the defeat of the 1987 Robert Bork Supreme Court nomination on philosophical grounds and usher in an era of intense political battles over federal judicial nominations. Kennedy's personal life was often subject to criticism, but his 1992 marriage to

Victoria Anne Reggie stabilized his life.

Kennedy was the chairman of the Senate Health, Education, Labor, and Pensions Committee. Due to his long history and influence in the legislature, he became known as "The Lion of the Senate". More than 300 bills that Kennedy wrote have been enacted into law, and he was known for his ability to work with Republicans and to find compromises among Senate members with disparate views. Kennedy played a major role in passing many pieces of legislation that have affected the lives of all Americans, including the Immigration and Nationality Act of 1965, the National Cancer Act of 1971, the Federal Election Campaign Act Amendments of 1974, the COBRA Act

of 1985, the Comprehensive Anti-Apartheid Act of 1986, the Americans with Disabilities Act of 1990, the Ryan White AIDS Care Act in 1990, the Civil Rights Act of 1991, the Health Insurance Portability and Accountability Act of 1996, the Mental Health Parity Act in 1996 and 2008, the State Children's Health Insurance Program in 1997, the No Child Left Behind Act in 2002, and the Edward M. Kennedy Serve America Act in 2009. During the 2000s, he was a leader of several failed efforts at immigration reform. Over the course of decades, Kennedy's major legislative goal had been enactment of universal health care, which he continued to work toward during the Obama administration. Kennedy battled a malignant brain tumor first diagnosed in May 2008, which greatly limited his appearances in the Senate.

The Appendix: Useful and in Fact Promising

The body's appendix has long been thought of as nothing more than a worthless evolutionary artifact, good for nothing save a potentially lethal case of inflammation.

Now researchers suggest the appendix is a lot more than a useless remnant. Not only was it recently proposed to actually possess a critical function, but scientists now find it appears in nature a lot more often than before thought. And it's possible some of this organ's ancient uses could be recruited by physicians to help the human body fight disease more effectively. In a way, the idea that the appendix is an organ whose time has passed has itself become a concept whose time is over.

"Maybe it's time to correct the textbooks," said researcher William Parker, an immunologist at Duke University in Durham, N.C. "Many biology texts today still refer to the appendix as a 'vestigial organ.'"

The vermiform appendix is a slimy dead-end sac that hangs between the

small and large intestines. No less than Charles Darwin first suggested that the appendix was a vestigial organ from an ancestor that ate leaves, theorizing that it was the evolutionary remains of a larger structure, called a cecum.

"Everybody likely knows at least one person who had to get their appendix taken out - slightly more than 1 in 20 people do - and they see there are no ill effects, and this suggests that you don't need it," Parker said.

However, Parker and his colleagues recently suggested that the appendix still served as a vital safehouse where good bacteria could lie in wait until they were needed to repopulate the gut after a nasty case of diarrhea. Past studies had also found the appendix can help make, direct and train white blood cells.

What causes appendicitis?

Darwin was also not aware that appendicitis, or a potentially deadly inflammation of the appendix, is not due to a faulty appendix, but rather to cultural changes associated with

industrialized society and improved sanitation, Parker said.

"Those changes left our immune systems with too little work and too much time their hands - a recipe for trouble," he said. "Darwin had no way of knowing that the function of the appendix could be rendered obsolete by cultural changes that included widespread use of sewer systems and clean drinking water."

Now that scientists are uncovering the normal function of the appendix, Parker notes a critical question to ask is whether anything can be done to prevent appendicitis. He suggests it might be possible to devise ways to incite our immune systems today in much the same manner that they were challenged back in the Stone Age.

"If modern medicine could figure out a way to do that, we would see far fewer cases of allergies, autoimmune disease, and appendicitis," Parker said.

The scientists detailed their findings online August 12 in the Journal of Evolutionary Biology.