
Hey guys, Just wanted to say hello :)

Posted by ctguitarguy - 2009/07/14 09:32

hey everyone I'm Ed, and I have been juicing and making smoothies for awhile now. I'm not a hardcore raw person but I've taken a lot of these healthy habits into my life for the better.

I've benefited greatly from juicing especially, on so many levels and I hope to learn more from you guys and in turn maybe I can share with you as well.

I've recently set up my own site recently about detoxing and cleansing, and I also intend to add up other similar topics regarding green smoothies, types of water and their sources, as well as other content.

It's all free information, I'm not selling anything I just want to share with others what has helped change my life so I hope you guys visit regularly and post some comments as well.

<http://www.totalcleanseguide.com/>

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Re:Hey guys, Just wanted to say hello :)

Posted by ranlin1r - 2009/08/01 08:51

Bidding for and hosting the Olympics successfully is, perhaps, the ultimate glory for a city. However, before transforming the dream into reality, the benefits and drawbacks of bidding for the Olympics should be weighed carefully.

Hosting the Olympics surely would bring about much gain to a city. Boom of the local economy, more jobs, and the possibility of generating income all sound extremely attractive to the municipal government. At the same time, better infrastructure, cleaner environment, enjoying the spectacular game with hundreds of sports elites and entertainment stars, and the opportunity of contacting people from all over the world also seem exciting to the citizens. Besides, the bidding will definitely promote the patriotic emotion and pride, as well as the moral behavior in local people. In most cases, bidding for the Olympics is well supported by both the public and the central government.

Unfortunately, this is not the entire view of the pretty picture. If looking from another angle, the Olympic bid might bring about some side-effects to a city. wow power leveling,

First of all, the environmental impacts, including the increasing exhaust fumes of cars, more pressure on water resources, huge amount of wasted leaflets and other materials used for public activities, are most probably neglected. In order to broaden the streets, some trees may have to be cut. Near the construction site, the tiny dust may linger in the air for a long time. Reduction of farmland may be caused by the need of setting up new sports centre or accommodation facilities. These environmental consequences can be especially serious in a resource-limited and densely-populated city in a third-world country.

Besides, if talking about the economic benefit, it should not be forgotten that a quick boosting may lead to bubble growth, which may easily crash. If not well managed and organized, the big event may not be so profitable, and the new facilities may be forever empty after the games. Yes, there have been cases that host cities ended up with enormous debts.

Finally, let's think about the low-income groups in the city. What will they get from the Olympics bidding? More tax, more fees, more expensive property prices, and higher cost of living. These definitely are not good news for them.

To bid or not to, this is a question. It is up to the choice of the municipal government, and the local public. After the decision, what they can do is to make the most of the benefit, and reduce the drawbacks to the least world of warcraft power leveling,

The excitement of Sydney 2000 Olympic Games lasted for a long time. 28 gold medals won by Chinese athletes dwarf our Asian neighbors, beat quite a few high countries of sports, and surprise the two superpowers—the United States and the Russian Federation. The great success clearly indicates that a new superpower of sports is in embryo.

Our success in the 27th Olympic Games is far beyond sports. First, the glory greatly enhances the international prestige of China. Through TV, people all over the world know more about New China, especially the dramatic progress made in the past two decades. Next, it greatly boosts the morale of our people. Billions of Chinese witnessed how the former ugly ducklings became China with the force of an avalanche. The successful stories of the Olympic Medalists fuel the ambition of millions of Chinese youth. Finally, it heightens our self-confidence and nationalism. China, a weak nation in sports in the past, has rapidly risen up and become one of the sports giants. Why couldn't she be a modernized China soon? What is more, the success has laid a firm foundation for Beijing to host the 2008 Olympic Games.

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The 27th Olympic Games was over, but the Olympic Spirit lives on. In the race for a better nation, there is no finish line. If we keep on working hard, the day will certainly come when China will be a powerful country with international prestige.

Olympics

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Re:Hey guys, Just wanted to say hello :)

Posted by daifan1r - 2009/11/23 12:14

If You Forget Me ,œ`Ø†

I want you to know one thing `âS
You know how this isÙ/ „óÕ

If I look at the crystal moonS í—Ý

at the red branchxx e„Ëâ

of the slow autumn at my window ø•

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If I touch near the fireS {æk Á

the impalpable ash, each day, each hour,F/, ,œĭöĭ;
replica watches,
You feel that you are destined for me,œ` _ É0` / „ }P

with implacable sweetness, ýq«G™„

If each day a flower climbs,œ`Î „ø

up to your lips to seek me,ĭ)ýâœ±

Ah my love, ah my own,J „1°, Ãĭ
replica watches,
in me all that fire is repeated, @ „1k •!Ãw,

In me nothing is extinguished or forgotten8 ^1, 8 «Ø°

My love feeds on your love, beloved, Åà`1 , 1°J

And as long as you liveÅ•Ê ,

it will be in your arms without leaving mine. »` Å/
replica watches,
If You Forget Me

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