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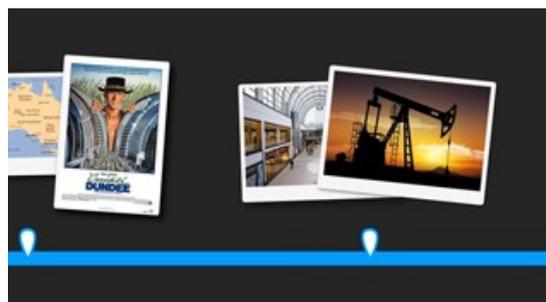
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How diamonds are formed (reading – 1.1. - 7.1.)

by: **Tony Clarke**

Diamonds have been one of the most sought after and valuable gemstones for many years. Back when naturally mined diamonds were the only option, they were considered a great luxury and were sold for thousands of dollars. As of today, natural diamonds have some very real competition in lab created diamonds. But how exactly are diamonds created?

Let's start with natural diamonds. These are formed and found about 100 miles beneath the surface of the earth. At this depth is where carbon rich rocks are provided with adequate heat and pressure to be melted. The high temperatures are generated by the earth's mantle, a layer made of molten rock that is compressed by the pressure of miles and miles of earth on top of it. This layer continues to churn and when the conditions are just perfect, molten rock may move upwards and cool over time. These parts of cooled molten rock may contain diamonds. Needless to say, this is a process that takes hundreds and maybe thousands of years to complete.

It is common knowledge that lab diamonds don't take nearly as much time as it takes for a natural one to form. Scientists have discovered ways to recreate the high pressures and temperatures that are needed to replicate the conditions needed for creating natural diamonds. The process of creating diamonds in a laboratory requires a mixture of carbon and graphite and a small amount of seed diamonds. This mixture is then placed within a machine core that is pressurized up to 800,000 pounds per square inch at a temperature of over 1000 degrees. Once a diamond is formed, some manufacturers add a protective coating to enhance the stone's light reflecting abilities. This protective layer is capable of hardening the diamond even further. As it is evident, the process of creating a lab diamond is pretty much the same as that of a natural diamond – save for a few additions from different manufacturers to provide added value to their products. In some cases, these additions are unique to the specific manufacturers. This ability to control the conditions makes it easier, much more economic and far less time consuming.

So far, we have discussed diamonds that can be found on earth. However, carbon, being a highly common element in the universe, diamonds may also be created in extraterrestrial environments. For instance, meteorites may contain diamonds. Meteorites are pieces of metal, rock and other elements that have entered the earth from outer space. When a meteor of considerable size enters the earth's atmosphere, a large amount of heat is generated due to friction. In addition, the impact that is caused when they strike the earth will also create massive amounts of heat and pressure. Once again, when the conditions are just right, the crater that results from the meteor strike may contain small diamonds. In addition, diamonds may already be present on meteors and survive the impact. Of course, meteorite diamonds are even rarer than naturally created mined diamonds.

It is evident that lab grown diamonds are the most viable choice for the creation of diamonds. Aside from jewelry, diamonds are used in various industrial applications. Lab grown diamonds are the preferred choice for industrial purposes but jewelry designers are also seeing a world of possibility in pieces that are designed with these comparatively affordable, conflict free diamonds that are readily available.

About The Author

Tony has been a copywriter for the past 10 years and has written about a range of topics including automobile technology, fashion and lifestyle. Writing about simulated diamond jewelry and lab diamond rings is one of his newest interests.





Picking the Best Restaurants for Each Situation (reading – 8.1. - 14.1.)

by: **Anders Abadie**

Just because you love to cook does not mean you like to do so every day. However, it can be difficult to determine where to go when you want someone else to do the cooking. So how do you pick the best restaurants for your situation?

Outing with Kids

If you have kids, you know how stressful it can be to go out to eat. You ask them to behave and most of the time they do. However, there is always a chance that something will go horribly wrong. When selecting the best restaurants to go to with your family, do your homework. Not all places cater to children. Some state this fact plainly, while others are more subtle. Look at the menu online before you go. If there is not a specific children's menu, it might be in your best interest to skip that establishment if you have a tiny one.

You should be considerate of the staff and other diners while you are there and make sure to bring things to help keep your kids entertained while they wait on dinner. Some family-friendly places will provide crayons and color sheets.

Corporate Dining

Business lunches and dinners are where deals are made and partnerships are formed. Unless it is an informal outing, the best restaurants for you are somewhere quieter and more refined. If you are the host, it is up to you to make all the arrangements, including reservations for the group. Consider fine-dining establishments to treat your guests. You want a place that is willing to present the image you want to convey while not making you feel rushed through the meal. You and your party need time to discuss important business opportunities.

Fine dining is a great idea, however, if you live in an area where bay cruises are an option, you might consider one of these to impress your clients. These dining experiences come with dinner, drinks, and entertainment.

First Date

Going on a first date is stressful. You want to impress your date, but you don't want to come off as a bit of a snob. When picking the best restaurants for a first date, keep it low key. You probably don't want to start off with fine-dining, but you don't want to go to a fast food place either. Select something that is casual and relaxed so the two of you can enjoy your meal together and get to know one another. You may even consider trying something new that neither of you have tasted before.

Introverts

For introverts, going to any dining establishment can be difficult. However, just like everyone else, you want to get out of the kitchen on occasion. The best restaurants tend to be relaxed and comfortable. Going to a nicer, upscale restaurant means the wait staff is exceedingly attentive, which is not something an introvert wants. While it might seem counter-intuitive going to a mid-priced venue where there is a crowd allows you to hide out. The wait staff, while attentive, is busy enough that they are not always at your table. Any extroverts that want to talk will find one another.

About The Author

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Crowdfunding Using Fundly (reading – 15.1. - 21.1.)

by: **Christina Williams**

Crowdfunding is more than just raising money. It connects creators and entrepreneurs directly to customers and funders, where relationships can blossom. In social fundraising, the donor gives money as well as an email address and other information. This is just the beginning of the relationship. Unlike traditional fundraising, when you get a check and that's the beginning and end of the relationship. Social is everything!

There are many valuable sites to help you with your social fundraising, but let's chat about Fundly and why this platform may be a little different than the others.

History

Dave Boyce was the CEO of Fundly when it started in 2009-2010 as a political fundraising platform. In the Fall of 2010, Dave relaunched the site as a service for nonprofits and individual's causes of all shapes and sizes. In 2013, David Hu assumed the CEO position as Fundly shifted its focus towards a self-service driven model to obtain and drive fundraisers from both individuals and organizations.

Statistics

\$34 Billion: Global amount raised by crowdfunding.
\$5.5 Billion: Reward and donation crowdfunding.
\$2.5 Billion: Equity Crowdfunding.
9 Weeks: Duration of an average successful campaign.
11 Days: Preparation for a successful campaign.
\$7,000: Average amount that a successful campaign raises.
Before you start a campaign

Crowdfunding is very personal, they want to know why would the world be a better place with a project like yours? So, keep in mind the following when creating your campaign:

Set a clear goal.
Why is your campaign important? (Enough to get people to donate their money)
Set the right price.
Offer the right rewards. (What's in it for a donor?)
Know your crowd and engage them daily.
Create a marketing plan that includes email and social media.
Make it personal!
Work hard!
Get started with Fundly

1. Visit Fundly
2. If you are an individual raising money, click start free with Facebook or sign in with an email address. If you are a nonprofit organization click start your campaign.
3. Enter your name, email address, and password. Click Continue.
4. Create your Campaign:
 - a. Enter a title for your campaign.
 - b. Select location.
 - c. Enter the amount you want to raise.
 - d. Enter your zip code.
 - e. Select the category most associated with your type of campaign.
 - f. Click Continue.
5. Continue to build your campaign, by completing the following 10 steps. (My account looks like - haven't completed all steps yet).

Level 10 is Giving Levels - you can set different level amounts, and if someone reaches that they can get a t-

shirt that you set up for your campaign.

6. Set up your Fundraising Page, which contains:

- a. Video and Photo Gallery
- b. Blog like updates & comments
- c. Email Alerts
- d. Secure Payment Processing for Donors

Fees

It's free to create and share your online campaign. But, once you start getting donations, here's the breakdown of the fees.

Get your Money

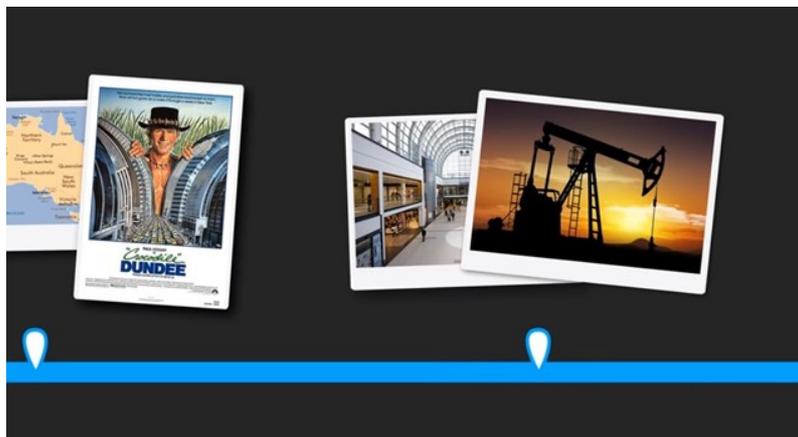
Once your campaign begins receiving online donations, you can request a withdrawal at any time. You can also withdrawal campaign funds directly to your bank account.

There is NO minimum amount to raise to keep your funds. And, payments are processed quickly, usually between 24-48 hours of the donation.

About The Author

Christina Williams is the owner of Savvy Tech Consulting, an Entrepreneur, a public speaker, Microsoft Office Specialist, Graduate School Student and a Social Media Enthusiast. Christina is a computer consultant/educator who trains small business owners to use Social Media to enhance their digital business footprint. Webmasters and other article publishers are hereby granted article reproduction permission if this article in its entirety, author's information, and any links remain intact.

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Amazing Health Benefits of Going to the Spa

(reading – 22.1. - 28.1.)

by: **Maria Caballero**

Spas aren't just a thing of extravagance. They are a place where you can go and unwind after a long, stressful week at work. If you have never been to a spa before, there is no time like the present to do so. Just check out some of the amazing health benefits that come from heading out to the spa today.

Eliminate stress.

Everyone needs some time to get away from the stress of the world and relax. A nice therapeutic massage can help you do just that. Surround yourself in a nice sauna and enjoy an hour-long massage from one of the trained professionals. Your stress will be gone, as well as your aches and pains.

Give your health a boost.

When you get a massage from a trained professional, they will be able to let you know which areas are too tense. Once you know what muscles you are overworking, you can begin focusing on what you can do to keep your muscles relaxed and live a healthy lifestyle. In fact, many massage therapists can provide you with a few suggestions on your eating habits and lifestyle.

Unwind mentally.

Whether you think you need a trip to the local spa or not, everyone deserves some downtime to pamper themselves and enjoy not having to worry about anything else. Trips to the spa will stimulate you physically and mentally. In fact, you might even notice that your self-esteem is higher when you leave the spa. Foot scrubs are great for invigorating your senses. Pedicures and manicures are ideal for giving your psyche a boost.

Eliminate toxins from your body.

Eliminate excess fluid and toxins from your body with the help of detoxification. A good detox will help you feel great and eliminate any excess water retention and bloating. You can also check into colon cleansing or juice fasting while at the spa.

With each procedure offering so many benefits, it makes sense why so many people head out to the spa and enjoy taking in everything that they have to offer. Make an appointment today to revitalize your body and rejuvenate your senses. You will feel wonderful and you deserve it. So go ahead and treat yourself with a great anti aging facial or a relaxing massage that will rejuvenate your body and mind to keep dealing with everyday issues, such as work, family and career.

Be Good To yourself.

About The Author

Article Source: http://EzineArticles.com/expert/Maria_Caballero/2324725





Exercises and Workouts - 8 Ways To Get Fit Without Hitting The Gym

by: **Beverleigh H Piepers**

(reading – 29.1. - 4.2.)

One of the most important things you need to do to promote a healthy body is making sure you are getting enough daily physical activity. Too many people miss the mark, however, because they believe you need to be in the gym to exercise and just don't have the time during the day to make it there.

The good news there are plenty of ways to get fit outside of the gym if you just get a little creative. Here are eight ways to take your fitness up a notch without stepping foot on a treadmill or picking up a free weight ...

1. Hike. Consider going out on a Saturday you don't have anything going on and taking a long hike around the neighborhood. Or, head out to a hiking trail and get away from it all. Even better!
2. Plant a garden. Don't underestimate how many calories you can burn doing yard work. Whether you chose to plant flowers or mow your grass, you will burn fat while improving the look of your yard.
3. Go swimming. Swimming is a significant calorie burning activity for the entire body and is great fun as well. Take your kids out for a day at the pool.
4. Walk and talk. Next time a friend calls to get together, consider going for a walk and catching up rather than going somewhere to sit. It is a fast and easy way to boost your calorie burn.
5. Turn up the music and dance. Few activities burn calories like dancing, so give this a try next time you are stuck inside and need some exercise. As an added benefit, this is one of the top ways to boost your mood as well.
6. Do a deep clean. Every so often, set an afternoon aside to do some deep cleaning in your house. A few hours of this - really getting down and scrubbing will work almost every muscle in your body. Book a massage for yourself afterward as a reward for all your hard work.
7. Get some stretching in. Do not overlook the importance of stretching. Get some stretching in every day. It takes 10 minutes and can be done in the comfort of your home. It is a great way to get yourself more mobile.
8. Toss a ball. Finally, if you have a few minutes before or after dinner, go outside and toss a ball back and forth. Do this with your significant other or your kids if you have them. It is a fun activity everyone can do.

Keep these ideas in mind and don't let yourself miss out on the benefits physical activity brings.

Although managing Type 2 diabetes can be very challenging, it is not a condition you must just live with. Make simple changes to your daily routine - include exercise to help lower both your blood sugar levels and your weight.

About The Author

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