

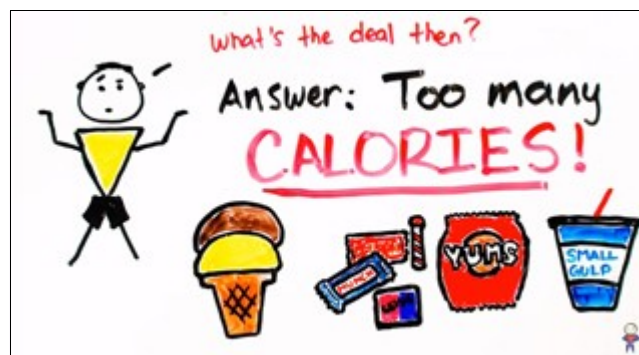
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What's So Special About Arabica Coffee? (reading – 5.6. - 11.6.)

by: **David Huggett**

Have you ever wondered why it is that Arabica coffee is mentioned as a selling point on some coffees and why it seems to attract a higher price as well? A quick online search will return hundreds of results for coffees boasting "100% pure Arabica beans" or "blended using Arabica coffee".

The answer is a lot more simple than you might think. Most coffee blends are made using either Arabica or Robusta, and most of the time, a mixture of the two in varying ratios. Robusta cherries contain, on average, just over twice the caffeine of Arabica cherries (which you might think is a good thing!) and more caffeine than almost any other major coffee type. Caffeine itself has a slightly bitter taste, and this shows up in the blending process when Robusta is used, resulting in a bitter and slightly burnt taste. Arabica, by contrast, contains far less caffeine and therefore results in a smoother and less bitter flavour.

Of course, the blending and roasting processes can correct much of this, and so there's no need to be put off drinking coffee that is primarily made using Robusta beans, unless it's cheap and nasty coffee anyway. Generally speaking, the more Arabica that is used in a given blend, the smoother and less bitter it will taste (assuming it has been made properly of course), with 100% Arabica coffee being particularly sought after by many coffee drinkers.

Another factor that makes Arabica coffee more desirable than other types is that the plants it comes from are less hardy than Robusta coffee plants, and therefore they are more expensive to source. In some years with adverse weather conditions, the price will increase more than other types of coffee simply because the plants haven't produced the same sized crop as normal. Arabica is also more susceptible to pests and needs very specific climactic conditions including soil with low acidity levels, an evenly distributed amount of regular rainfall and a temperature averaging around 20 C.

Robusta plants, on the other hand, can grow at lower altitudes and don't require the same precise weather conditions to thrive. They are less vulnerable to pests and each tree can produce as much as double the crop of a similar Arabica tree. That's not to say that Robustas are always inferior - like anything else, there is varying quality and the very best can produce an outstanding espresso for example, and there are also Arabicas that are of below average quality too. However, taken as a whole, Arabica is generally reckoned to be of superior quality.

Ultimately of course, all of this is irrelevant if you prefer the taste of something else. Try a 100% Arabica blend and then try a few with more Robusta and see if you can tell the difference - it should be quite noticeable. Most instant coffee (unless it states otherwise), together with supermarket own-brand ground coffee will be made up predominantly, or exclusively, of Robusta beans.

As with most things, you get what you pay for. So next time you see a coffee being advertised as 100% Arabica, you'll know why you're having to pay that little bit more for it.

About The Author

Visit us at <http://www.a1coffee.co.uk> and <http://www.mazzergrinders.com>

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20 Commonly Asked Interview Questions (reading – 12.6. - 18.6.)

by: **Genie Fletcher**

You created the best resume possible and waited anxiously until you heard from the recruiter or potential employer. Now you need to be prepared for a great interview if you want an offer. Prepare for your it by studying some of the most common interview questions.

1. What are your strengths and weaknesses?
2. Describe your management experience. How many people worked under you? What were your responsibilities?
3. Why are you interested in working for us? Why would you want to work here?
4. Why do you want to leave your current position, or why did you leave your last position?
5. Would you be willing to travel? How often could you travel? Would you be willing to use your own vehicle? Could you relocate? How much notice would you need?
6. What is your most successful professional accomplishment?
7. Name a difficult situation you had with a co-worker/subordinate and how you managed to rectify it.
8. What do you hope to accomplish in your first month/six months/year on the job?
9. Tell me three words that best describe you. How would others describe you? If I were to call your boss/former boss, how would he or she describe you?
10. How would you deal with an angry customer?
11. What makes you a better fit for this job than someone else?
12. What motivates you?
13. Tell me about a time you had a disagreement with your boss and how you handled that situation.
14. What are your career goals? How long do you see yourself working with this company?
15. What do you like most and least about working in this industry?
16. What questions do you have for me about this company/position?
17. What are your salary requirements?
18. Explain any gaps in your employment history. Explain any career changes and why you felt the need for a change.
19. Where do you see yourself in 5, 10, 20 years?
20. Tell me a little about yourself.

Study these questions and decide on the answer that fits you best. Honesty and thoroughness are vital. Confidence is often the most important of all. Try not to make the answers too pat. A potential employer may see through ready-made answers. Also, make sure to listen. If you concentrate too heavily on how to answer the question you may not hear the question correctly.

Even with this guide, your interviewer is likely to have some questions for which you were unprepared. Questions like "Who would win a fight between Spiderman and Batman?" and "Describe the color yellow to

someone who is blind?" have been asked by the likes of Stanford University and Spirit Airlines. The secret to answering these kinds of questions is to remain calm, answer quickly, and not be flustered by their unconventional nature.

Once you have read through and answered these questions for yourself, you will be ready to answer them out loud to someone else. Good luck.

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About The Author

Genie Fletcher

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TIP #4:
Tell the employer
WHY you're the right fit
for what they need.



Why avoid eating before bedtime? (reading – 19.6. - 25.6.)

by: **Dorian Foreman**

It is late, you are sleepy, but, you still want to eat something before bed. Sounds familiar? Probably yes and there is nothing wrong with that, but if you get used to treat yourself with some evening meals, must be very careful and not eat just anything.

Chocolate

Yes, it is tempting. Although very tempting, regardless any time of the day, but night is the most uninspired choice you can make. Chocolate will cause insomnia and you will have a restless night. The next day morning, you will be tired like after a night of party. Perhaps half a square will have very strong effects, but this is the version that you can consider in case you really desire it.

Cheese

Cheese can fall hard on the stomach and really bad problems occur when you are lactose intolerant. Avoid cheeses night before bed and leave them for the next morning.

Spicy Food

If only passed more than two hours after dinner, and you try to taste a food spicy, no doubt it will cause stomach pain that will not let you sleep. Avoid spicy foods, even in a minor way.

Cookies, cake or ice cream

You have a cake of ice cream in the freezer, and you only think about it? You know you will not be limited to a small spoon and you'll be tempted to eat more, more and more until you feel your stomach hurts. Avoid sweets evening, especially if you know you can not take just about a mouthful. This will cause your stomach pain and you will have insomnia.

Hamburger

Yes, delicious, we know, you have not eaten hamburger for some time, and fast food is 5 minutes from you, but the burger is the most uninspired choice culinary normal and much less at night. It is full of fatties, which will be submitted to your body quickly, especially at night. Remember that fatties are deposited on blood vein and block blood flow and oxygenation efficiency of the brain.

About The Author

Although if you want to try cooking recipes, or just try other in different games, please visit our website dedicated to cooking games at www.cookinggamesclub.com

Article Source:

<http://www.articlebiz.com/article/1051587799-1-why-avoid-eating-before-bedtime/>



Identity: Who Are You? (reading – 26.6. - 2.7.)
by: **Linda Hancock**

I recently watched an interesting video in which Paul McCartney was asked about the break-up of the Beatles. He explained that this was a shock and when it occurred he didn't get out of bed for days. The interviewer asked if he had been worried about money. Paul's reply was powerful. He stated that he wasn't thinking about money at all. He was just trying to adjust to the fact that he was no longer a Beatle.

You see Paul's whole identity had been wrapped up in his role as part of a famous group. Everywhere the Beatles went there were throngs of screaming fans who would do anything just to be near the four rock stars. Their reputation and fame were recognized on a world-wide scale. For ten years they couldn't do anything wrong. John, George, Ringo and Paul shared a unique bonding and daily experiences that few ever even imagine. They wrote and made music together, travelled together and had enmeshed identities that didn't offer any outside balance.

And then it was over!

Paul didn't know who he was outside of the group. His entire identity disappeared and he was helpless in knowing how to deal with that let alone move forward on his own.

Many of us get caught up in similar situations. We invest all of our time and energy into one job and then, when it is gone, think we are without value. Some individuals are left feeling empty when a relationship ends and there is nothing and no one to help them through the crisis. They have allowed the relationship and other person to define them. Those who identify themselves with riches are left personally destitute when their riches disappear.

Identity is about knowing inside that you have value no matter what is going on around you. It is not arrogance or narcissism but a healthy understanding that you are here for a reason and have a purpose. It is more about who you are and what you can give than about what you own.

If you want to improve your identity consider the following:

1. You are a unique individual unlike anyone else on earth. No one has your exact looks, skills or viewpoints.
2. There is always opportunity to change or improve yourself. You can learn new skills, adopt a most positive attitude, and set healthier goals.
3. Expanding and balancing your interests, relationships and activities will help you to build a solid foundation for the future so that if one thing ends you will not be in crisis.
4. Other people need and want you in their lives. It truly is better to give than to receive but when you give, you usually also receive.
5. One person can make a difference in the world. Just think about Mother Theresa, Mandela, Edison or even Dr. Seuss!
6. Fame does not necessarily define value or worth and, as experienced by Paul McCartney, can be fleeting.
7. Each day holds the opportunity to start over (or do better)!

I wish you the very best as you consider and improve your identity!

About The Author

And now I would like to invite you to claim your Free Instant Access to a complimentary list of 10 Steps to Making Your Life an Adventure when you visit <http://lindahancock.com>

From Dr. Linda Hancock, Registered Psychologist and Registered Social Worker

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