

Contents:



Most Dangerous Mountains on Earth

2



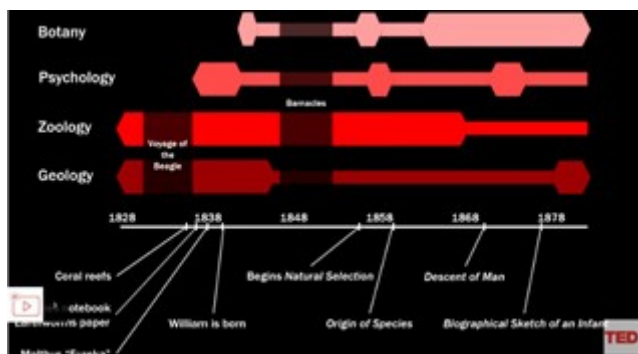
Ten Fatal Interviewing Mistakes

3



Exercising With Children

5



What The Heck Is Creativity?

6



Climb If You Dare: Most Dangerous Mountains on Earth (reading – 4.2. - 10.2.)

by: **Dale Harris**

Mountaineering is a fun outdoor activity, but not something that all people can attempt. However, if you're a true climber, nothing is fulfilling as reaching the summit of the highest mountains.

Unfortunately, fun isn't something that you'll get all the time.

It's a risky affair. There are some dangerous mountains in the world that even the most experienced climbers fear.

This post will cover some of the deadliest mountains that are known for their high fatality rates and accidents.

1. Mont Blanc Massif

This is the tallest mountain in the Alpine range, measuring about 15,782 ft (4 810 m). Climbers die on this mountain every year due to rock slides and high altitude. This makes it the mountain with the highest number of fatalities.

Mont Black causes about 100 deaths every year. Over 6,000 climbers have died on it. The first successful climb was in 1786. However, the mountain is also popular because President Theodore Roosevelt reached its top in 1886.

2. Annapurna

Boasting a height of 26,246 feet (8 091 m), Nepal's Annapurna has one of the tallest peaks that attracts climbers from everywhere. About 191 people have successfully climbed this mountain since 1950.

60 people have already died in an effort to reach the summit of Annapurna. Of all the mountains with 8,000-meter peaks, Annapurna is regarded as the most dangerous with a fatality rate of 41 percent.

3. K2

K2 is the second-highest mountain in the world. It's easy to climb Kilimanjaro, but that's not the case with K2 as climbers consider it one of the most difficult. Even on the easier routes, climbers encounter ice pillars that prone to collapse, steep areas of rock, and complicated glaciers.

This mountain is found on the border of China and Pakistan. It measures 28,251 feet (8 611 m). K2 has a nasty reputation with female climbers — to the point that it's thought to have a curse against women.

Wanda Rutkiewicz, a Polish climber, was the first woman to reach K2's summit in 1986.

All the five women that attempted to climb it again since that year died. It wasn't until 2004 when Spanish mountaineer Edurne Pasaban successfully reached the summit.

4. Nanga Parbat

This mountain is popularly known as the Man Eater and has a height of 26,657 ft (8 126 m). Nanga Parbat is located in Pakistan. It features an enormous ridge of ice and rock. It's the ninth highest mountain in the world and has the tallest mountain face.

It was popular with the German climbers because K2 was difficult to climb and only the Britons had access to Everest. Several deaths occurred on this mountain before the first successful attempt in 1953.

By 1953, Nanga Parbat had already claimed the lives of 31 climbers.

5. Kangchenjunga

Positioned on the border of India and Nepal, Kangchenjunga has a height of 28,169 ft (8 586 m). It's a beautiful mountain, but looks can be deceiving. Extreme cold levels and avalanches have made Kangchenjunga one of the most dangerous mountains.

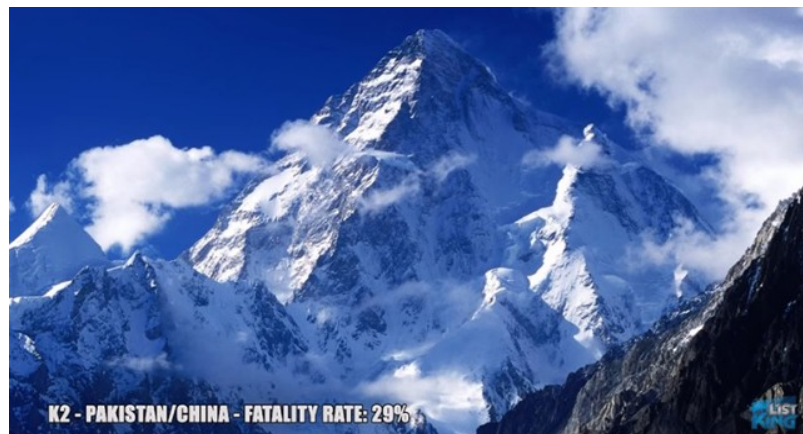
The first attempt was in 1853, but the climbers descended after determining the summit was unsafe. Over the years, this mountain has claimed the lives of 53 climbers.

Dangerous Mountains – The Bottom Line

To pull a mountain climbing expedition, it's important to prepare for it adequately to minimize the possibility of accidents.

Experienced climbers understand that there are risks. However, when the conditions are favorable and safety measures are taken, hitting the summit is the only task at hand.

These cases should not scare you. There are different easy mountains, such as Mount Fuji, Pikes Peak, Mount Hood, and Island Peak, you can try if you are new to mountain climbing.



Ten Fatal Interviewing Mistakes (reading – 11.2. - 18.2.)

by: **Angela Roberts**

In most situations, the face-to-face interview is the "make or break" point of the hiring process; it is here that hiring managers evaluate the characteristic of the individual that cannot be expressed on paper or through email. The last thing you want to do is negate all of the time and effort you've put into perfecting your resume and writing an impressive cover letter by acting in inappropriate ways. Here are some common mistakes that will immediately eliminate you from the candidate pool:

1. Inappropriate attire. 57% of hiring managers say they have encountered, and eliminated, candidates who are dressed inappropriately for the interview.* Trade in your rainbow colored halter top, bedazzled Levis, gaudy jewelry, and sequin flip flops for a neutral colored suit and close-toed shoes.
2. Not being groomed appropriately. Along the same lines of proper attire, please make sure you are appropriately groomed. Unless you are applying to be a fashion designer or punk rocker, conservative is better!
3. Not being prepared to answer the basic interview questions. Regardless of the industry or position, there are certain questions you should always assume interviewers will ask. Have answers prepared beforehand; the worse case scenario is that you aren't asked those questions, so what do you have to lose? Be prepared for questions like: What are your strengths and weaknesses? Where do you see yourself in five years? Ten years? What do you bring to the table that others don't? How does your previous experience relate to this position?
4. Not giving specific answers: 34% of hiring managers claimed that being vague in your answers is like not

having an answer at all, so do your best to prepare!*

5. Not having questions for the interviewer. Not having questions of your own for the interviewer stems from not doing your research before the interview. Remember, you are interviewing them just as much as they are interviewing you and not asking questions about the position and/or company can be misinterpreted as a lack of interest. 34% of hiring managers claim that this indiscretion will result in elimination from the candidate pool.*

6. Not able to justify your salary requirements. Every hiring manager wants to hear why you think you are worth your requested salary so be prepared to discuss it. We can help in this topic if you aren't sure where to start.

7. Not getting personal. I am not talking about asking your interviewer out for drinks afterwards ... I am addressing the topic of you being real. Be honest. Be genuine. And be sincere. Anything else is a waste of everyone's time.

8. Slips of the tongue. We are all guilty of it, but making a conscious effort to control your words makes all the difference in the world. The most common mistake is trash-talking a current or previous employer. Not only does this show a lack of integrity on your part, but also gives the impression that you are disagreeable and hard to work with.

9. Not turning your cell phone off. Big mistake. Turn it off. Off. Not on silent, not on vibrate, OFF. We know that you have texts to read and Facebook posts to respond to but it's really not worth losing a job opportunity. And do not, under any circumstances, check your phone during the interview. That shows the interviewer that you are clearly more interested in what's happening on your phone than what's going on in the interview.

10. Being late. You would think I wouldn't have to address this but I still have candidates who are late to interviews. Just don't do it.

Your cover letter and resume can only win you the interview. Making the conscious effort to avoid these common interview mistakes will help you make a great, lasting impression on your interviewer.

* Statistics courtesy of CareerRookie.com.

<http://www.careerrookie.com/s/Employers-Reveal-the-Outrageous-and-Common-Mistakes-Candidates>

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Angela Roberts

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Article Source:

<http://www.articlebiz.com/article/1051636434-1-ten-fatal-interviewing-mistakes/>





Exercising With Children (reading – 18.2. - 24.2.)

by: **Addison Jones**

While there are still many children who remain physically active, there are more and more children that rather surf the Internet or play video games than be involved in physical activity. As technology advances it becomes more entertaining for children and they are becoming less active. Exercise is not only important for adults but it also benefits children in many ways. Ensuring children have enough physical activities throughout the day is very important to their growth and development. Regular physical activity can help prevent chronic diseases and build strong healthy bodies in many ways:

- *It will develop muscle strength that will assist in preventing injuries.
- *It will improve their heart and lung capacities that will help them function more efficiently. This will benefit in day-to-day activities and in controlling blood pressure.
- *It will assist in keeping their bones strong, which will aid in preventing osteoporosis later on in life.
- *It will decrease body fat and assist in maintaining a steady, healthy weight.
- *It will help children expend energy, which helps with weight control.
- *It can help reduce the risk for Type II Diabetes.

Regular physical activity is also essential in developing and perfecting fine and gross motor skills, which are important to coordination, confidence, socialization and academic performance. Exercise doesn't only benefit children's physical health and motor skills; it can also benefit their mental health in many ways:

- *Their self-esteem appears to rise and they gain confidence, feeling comfortable in their own shoes.
- *It helps reduce symptoms of depression and anxiety due to the physical activity alternating the brains chemistry and increasing the levels of serotonin.
- *It increases concentration and alertness by releasing endorphins that act on the brain to improve mental focus and cognitive skills.
- *It helps boost their energy levels by stimulating their circulation and blood flow that deliver oxygen and nutrients to their tissues.
- *It controls mood swings and improves feelings of happiness! It is mental stimulation that gives children the sense that they have achieved something.

In order to achieve results, it is suggested that children take part in some type of physical activity at least 60 minutes every day according to the American Heart Association. Unlike adults, they do not need to follow a specific exercise program to achieve these results. Running, jumping, climbing, playing on the playground, shooting hoops, kicking a soccer ball, riding bikes, etc. are all examples of activities that are sufficient to meet their needs. Going to the pool is another great option that is fun for everyone and can be a great aerobic exercise. They should take part in activities that interest them. Activities at a local YMCA or after school sports can be a fun option. As a parent or leader, you can take part in their physical activity and be a role model. Ask them what they like to do and get the entire family involved. You can let them pick the activity; this makes them feel special! Make sure they have access to active toys like balls, jump ropes, bikes, etc. Making the activity fun and playing as a family will trump the Internet and video games and the child will receive the exercise they need.

Teaching children a healthy active lifestyle will benefit them well into the future. It is important to be involved and ensure they have the resources available to be physically active. Making it fun and not too much like a lesson is key with children. If they are doing something they enjoy and are not forced to do it, they are likely not to quit. Regular physical activity is very important for children as their growth,

development and mental health depends on it. Exercise on!

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read herein.

About The Author

CAddison Jones has always been interested in health and exercise. She currently helps run a website where they sell medical products. Shop their selection today now. You can visit <http://www.MedicalStockShop.com>

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<http://www.articlebiz.com/article/1051639680-1-exercising-with-children/>



What The Heck Is Creativity? (reading – 25.2. - 3.3.) by: **Margaret Jones**

Before diving into details of what is creativity and ways you can achieve that, let me ask you first. What do you think is creativity? Stop reading this article right away. Start your favorite word processing software and write down your pearls of wisdom about creativity. Go ahead. If you are done, you might have come across something like this. Creativity is something new. It is innovative. It solves problems.

Creativity always brings to mind the names of some important personalities like Pablo Picasso, Michelangelo, Leonardo Da Vinci, Stephen Hawking, Stephen King, Ernest Hemingway, Shakespeare, Seth Godin, Charlie Chaplin or some other popular figure of the similar league.

People take a number of different positions on account of what is creative. It seems that everyone is yet to arrive at a logical conclusion. Let us explore some other dominant point of views on creativity.

- **Creativity Is Non-Industry Specific**

Creativity has touched on almost every possible industry. It can be found in linguistics, design, technology, psychology, cognitive science, and healthcare. You name it and it is there. It would not be wrong to say that anybody and everybody can use creativity for creation, innovation and problem-solving.

- **It Is About Getting Knowledge**

It can be safely said that the more knowledge you have the more liberty you have to create something new. It makes sense too. Let's say you are a small business and you are approached by a student of computer science

working on artificial intelligence to create a print advertisement on that.

They will not expect you to get a Master's degree on computer science but you have to have an in-depth understanding of artificial intelligence to have an idea about why it is beneficial to the client's target audience. Knowledge is an immense power to create something new, fresh and innovative out of it.

- **Novelty Is the Essence of Creativity**

A lot of people agree that creativity has a predominant novelty factor attached to it. It could be a new joke. It could be a new way of looking at things. It could be a new perspective to a cliché concept or a fresh analysis of the event.

Advertisers have used this technique to make millions of dollars for their clients and themselves. Remember the Apple Macintosh commercial? Nothing similar happened ever before like that. This is called novelty and it is an important aspect of creativity.

- **It is a Fusion of Different Ideas**

Novelty in creativity is often achieved by blending two or more completely unrelated ideas to create a new one, specifically called conceptual blending. Example, Metaphor, and analogy are used to apply this technique. "Swimming with the sea of sharks" is a linguistic metaphor used by writers to depict the intensity of the potential risk involved in doing something.

- **It Is Valuable**

Creativity is not valuable if it doesn't hit the mark to create value. How can creativity drive value and who is calling the shots? Creativity produces the value if it does what it is intended for. The simplest example would be an advertisement commercial. If a commercial, intended to increase sales, does not get the job done, it is not valuable no matter how fresh, innovate and creative it is.

- **It is About Imagination**

Creative people possess above average imagination. They have a special eye to observe nature, people, things, concepts, and almost everything. They can quickly tap into their imaginative power and source inspiration out of it without a hassle. Creativity is a concoction of different things. It is about infusing the different ideas to create something new and original. The aforementioned are some of the elements that define creativity in parts. Hope it helps you learn the different facets of creativity.

Margaret Jones is an educator at Assignment Writing Service by UK Assignment Help Company and a pro blogger. She is an inspirational source for the students who want to create a winning paper. She is also a blogger and can write on both simple and complex themes on anything related to life. She has been to different countries and loves traveling the world.

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