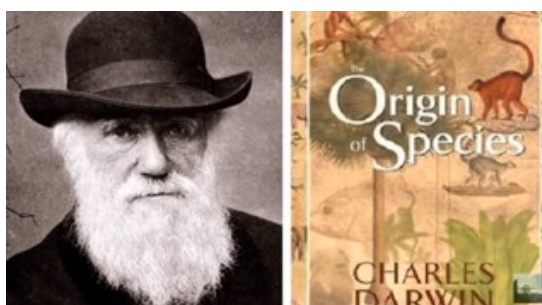


Contents:



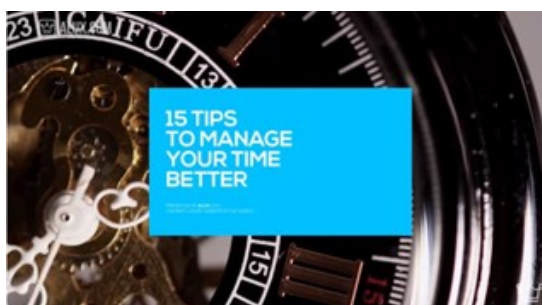
How People Use Mathematics Today 2



Short Introduction to Naturalist Charles Darwin 6



Kodiak Bear Vs Grizzly Bear 10



Tips for Managing Time Efficiently 14



Matcha Green Tea Powder the Coffee Alternative 18



How People Use Mathematics Today

by: **Jason S Drew** (reading – 1.4. - 7.4.)

It is no doubt that Math is a huge part of people's lives, regardless of whether you clean the house, mow the lawn or make supper. Whatever you do, wherever you do, you surely will be using math without even realizing it. It just comes naturally.

Daily Application Of Math

In The Kitchen - Cooking and baking will require some mathematical skills because each ingredient must be measured. Sometimes, you have to divide or multiply to get the exact amount you need. In fact, even the use of the stove will require such skill.

Communicating Through The Use Of Cell Phone - A way of communicating for most people today is chatting on the cell phone. This is cost-efficient, accessible, and easy. Everybody has a cell and this will require basic knowledge of math. You have to know numbers and how they work.

In The Garden - If you need to sow or plant new

seeds, you have to make sure to make a row or perhaps count them out. You actually do this without thinking that you are doing math. Indeed, measuring skills are often necessary.

At The Bank - Can you imagine yourself going to the bank and not knowing what must be done or how to efficiently manage your finances? Well, this certainly will cause a big disaster in your life. Within minutes or hours, you will fall into bankruptcy.

When Travelling - Travelers may need to calculate their miles-per-gallon when fuelling up for daily trips. Air travelers, on the other hand, must know departure times and arrival schedules. Most importantly, they need to be aware of the weight of their luggage unless they want to spend much on their baggage surcharges. When they are onboard, they may enjoy some of the aviation-related math like altitude, speed, and flying time.

In School & Work - Students cannot avoid math. But even in History and English classes, they might need to know a little math. Indeed, some basic math

skills are necessary. Jobs in finance and business require an in-depth knowledge of how to read profit or to decipher graph analyses. But even those hourly earners must know if their working hours multiplied by their rate of pay accurately reflect the salary they receive every payday.

These are just some of the situations or places where people employ their math knowledge and skill. Indeed, you cannot do away with math since it is everywhere. Hence, it is important that parents and teachers of frustrated or unwilling math learners must use real-world examples to ignite their interest in learning such significant subject.

For more info, check out this site.

Due to the fact that math is important in your daily life, it is very important that you must teach your child to love it. Consider hiring math tutors who make use of unique and enjoyable techniques so your child can become interested in learning it. More information mentioned here.

About The Author

Article Source:

http://EzineArticles.com/expert/Jason_S_Drew/1885060





Short Introduction to Naturalist Charles Darwin

by: **Brent Tan** (reading – 8.4. - 14.4.)

Charles Darwin was a British naturalist who devoted his life to the study of nature and geology. He is best known for his extensive contributions to the study of evolution.

Darwin was born in 1809 to a wealthy family. His father was a prominent doctor who influenced Darwin to study medicine in his youth. He was sent to continue in his footsteps at the University of Edinburgh Medical School. To his father's dismay Darwin was squeamish during surgeries and uninterested in lectures.

Despite being enrolled at the best medical school in the UK Darwin focused his attention on theories that challenged religious entanglements with science. He became immersed in the study of marine invertebrates, and spent a great deal of time learning to classify plants and assemble the botany collection of the University Museum.

Darwin's father attempted to reshape his interests

again by transferring him to Cambridge's Christ College. This course of education would have led Darwin to become an Anglican parson, but Darwin had other ideas. He spent a great deal of time on recreation, and on assembling a large beetle collection. He graduated in 1831 with an ordinary degree and a great deal of interest in natural theology. He had become a close friend of botanist and professor John Stevens Henslow who would subsequently recommend Darwin embark on an expedition on the HMS Beagle.

Darwin boarded the HMS Beagle in 1831 in the role of the gentleman naturalist. The five year voyage was intended to survey the South American coastline. Darwin assisted with geological surveys and kept a journal of his findings while also collecting fossils. At the end of the journey Darwin wrote that his findings seemed to reveal secrets about the origin of species. He'd also completed a great deal of experiential research pertaining to anthropology, geology, and zoology. Excerpts from his journals and letters had been distributed amongst scientific circles in England.

By March of 1837 as he organized his findings in writing Darwin mapped out his perception of an evolutionary tree. By June he was including his thoughts about sexual reproduction and lifespan as they applied to the adaptations of species. He used this research as a basis for his most famous theory of natural selection which was finally published in 1859.

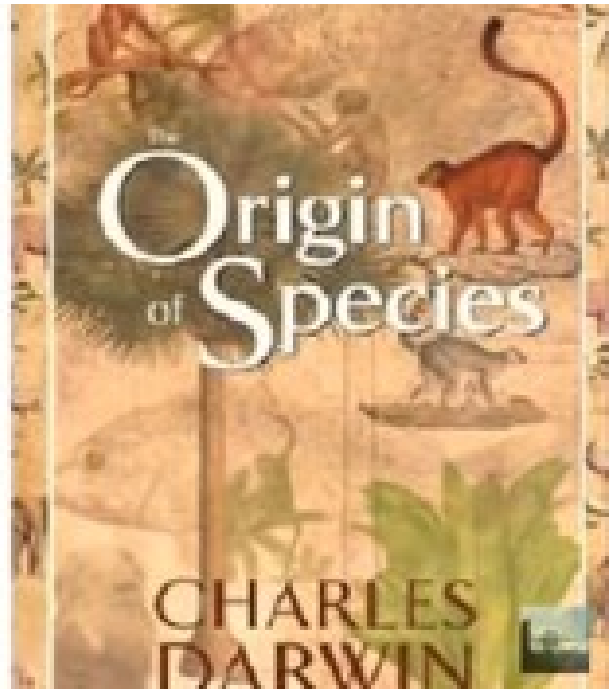
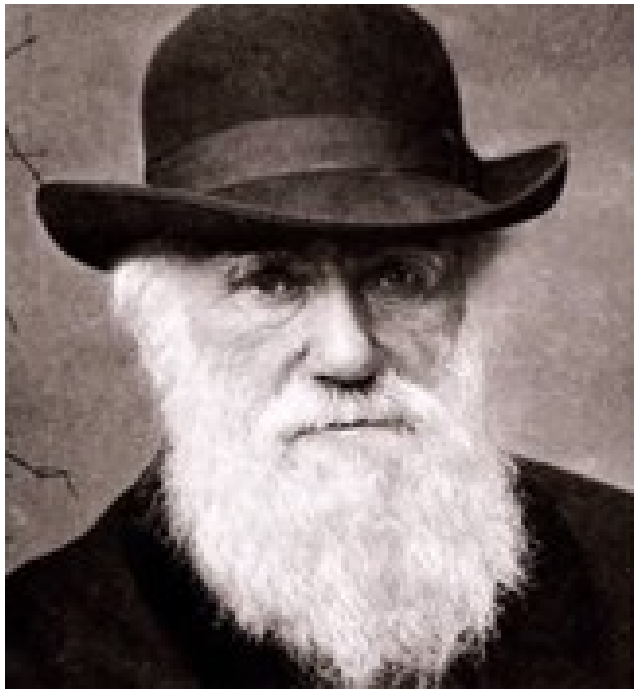
Darwin died in 1882 at the age of 73 after a long life of scientific study. His published works provide immense value globally, and he has been described as among the most truly influential people in the world's history.

For more information of Charles Darwin, please visit our website at www.charlesdarwin.net

About The Author

Article Source:

http://EzineArticles.com/expert/Brent_Tan/446313





Kodiak Bear Vs Grizzly Bear

by: **Derek Farley** (reading – 15.4. - 21.4.)

There are many different groups of bears that fall under the brown bear species. Kodiak and grizzly bears are both subspecies of brown bear. They are both shy and attempt to avoid contact with humans. It is only when they are startled, threatened, or attracted by food that they will attack. There are usually warning signs that a bear is going to attack. While both Kodiak's and grizzlies have some similarities they are very different.

Their environment, lifestyle, looks, and hunting activities are just a few things that make it easy to separate the two. Humans are the only predator of these two animals, other than themselves. They are both bears that have no competition for their land or food from other animals. Grizzly bears are typically found in Western North America. They are brown bears whose diet typically consist of roots, leaves, nuts, berries, and other animals. Although they are massive in size, stand anywhere from 5 to 8 feet tall and can weigh anywhere from 300-1200 pounds, they are very fast and have been known to travel in

speeds up to 30 miles per hour.

Their fur is usually brown but it can appear to be white tipped. These bears are considered threatened in the US and endangered in Canada. There are only about 1000 grizzlies in the US. All national parks have laws or regulations to protect the bears from being hunted. Grizzlies are known for their huge size and being one of the largest land carnivores in North America. Unbeknownst to many, grizzly are smaller in size than their lesser known relative, the Kodiak bear. Kodiak bears are the largest brown bear subspecies, their size rivals that of a polar, which is known as the world's largest bear.

Their fur color can range from blond to dark brown. Kodiaks can stand as tall as 10 feet and weigh as much as 1500 pounds. An animal this size should be able to prey on any animal of it's choice, even though there are deer, elk and other animals in abundance, they choose to eat vegetation or fish for salmon. They are a solitary animal that has lived on the islands of the Kodiak Archipelago for about 12,000 years. Kodiak's are not as well protected as grizzlies. Each year there are 496 permits offered by

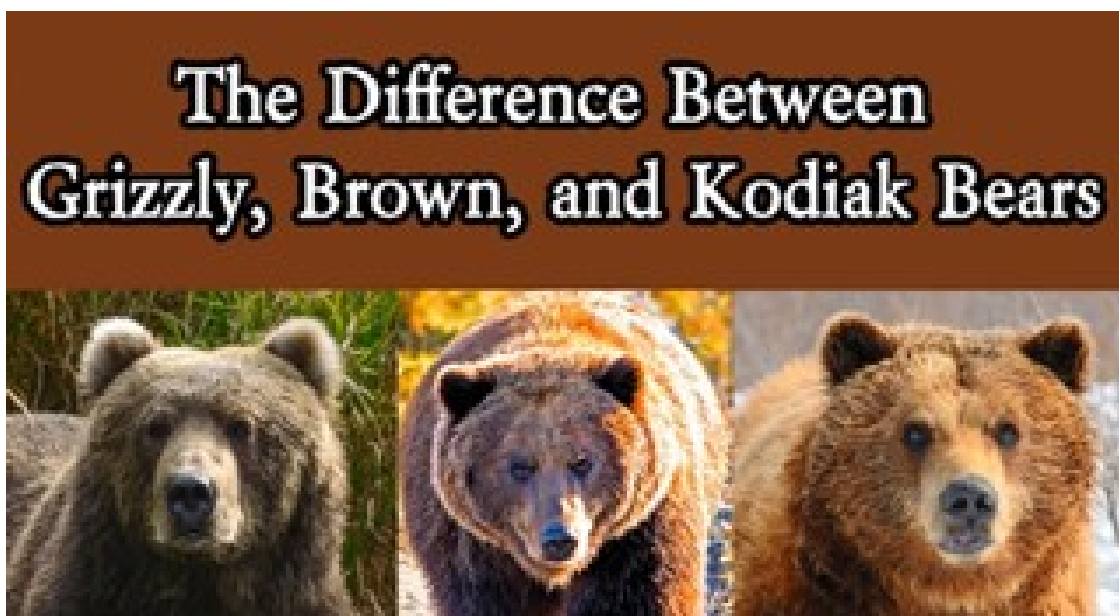
the Fish and Game Department of Alaska. These permits are offered to keep the Kodiak population under control for their own well being.

About The Author

You can learn more about Kodiak bears, and get more articles and resources about these bears by visiting Kodiak Bears.

Article Source:

<http://www.articlebiz.com/article/1051436358-1-kodiak-bear-vs-grizzly-bear/>





Tips for Managing Time Efficiently

by: **Calum Macleod** (reading – 22.4. - 28.4.)

One thing that people constantly wish they had more of other than money is time. We are time rich in our youth and time poor as we grow older. It's one of those clichéd sayings that 'Time is money' but it's a cliché because it's true. Were rich entrepreneurs born with more time than the rest of us? Of course not, but they find ways to manage their time so that they have enough to go around.

Whether you have lots of business or personal tasks that need attention, having a lax attitude to time management can lead to an avalanche of tasks that will never get done. This not only restricts the flow of new and on-going tasks but can also cause an unnecessary mental burden which can lead to stress.

So how do you make the most of your time? There are some simple things you can do to make sure that your time is being spent on the right tasks and that you are managing your time efficiently. I see time management in three stages. Information, organisation and discipline.

1. Get informed

You no doubt know what tasks need doing but are you aware of the importance of each and how long they will take? Even if you have an idea in your head of the time you need for a task it can help to write it all down. Keep a record of the time it takes to complete tasks so that you will be better informed in the future. An hour can very easily turn into an afternoon. Once you know or have estimates about the time you need think about the importance of each task. Are some tasks time critical? Are some far more crucial than others? Write all of your tasks down on paper and rate them on their importance.

2. Get organised

Now that you are informed about what needs done as a priority and how long it should take you can assess how much time you actually have and see if the maths add up. If you simply don't have enough time you have a couple of options. You can only do the tasks that you feel need to be done or you can get some help. If you run a small business this can range from outsourcing your call answering or

bookkeeping to doing your shopping online to save you time for other tasks.

3. Get disciplined

None of the above will work unless you are disciplined in how you go about it. You can write as many to do lists as you like but if you are not keeping one eye on the time it takes to complete a task you will find that the avalanche of tasks will return to overwhelm you. Being disciplined with time is not an easy thing to get right as there will always be unforeseen circumstances in play and distractions on every corner. One great tip that has served me well is to do the worst thing first. If there is an item on your list of high importance that you are not looking forward to that's the one to do first. This is as much for the mental boost as anything else. Having a task weighing on your mind all day while you are carrying out work you're enjoying doesn't help anyone. How much more will you enjoy the work once that horrible task is ticked off?

About The Author

Article Source:

<http://www.articlebiz.com/article/1051570489-1-tips-for-managing-time-efficiently/>





Matcha Green Tea Powder the Coffee Alternative

by: **Jake Roberts**

(reading – 29.4. - 5.5.)

Why has Matcha Green Tea become so popular recently and what is it? Where does it come from and why the current popularity in more and more gourmet coffee shops as a drink option? With more and more coffee drinkers switching to Matcha as their drink of choice, what is it about this new coffee alternative that has folks wondering why?

The health benefits of Matcha are extraordinary. Matcha has at least three times greater the amount of EGCG available from other commercially available green teas. In 2003, researchers from the University of Colorado found this to be true. This benefit is due to the fact that the complete leaf is consumed, as compared to the bagged teas people are more commonly used to drinking. You will find much higher potency of antioxidants, catechins and chlorophyll in Matcha Green Tea Powder.

There is scientific evidence now discovered that suggests, theanine, which is present in Matcha Green Tea Powder could help to reduce or control

mental stress responses. A study by Kao et al (2000), reported the following: "We found that EGCG (found in Matcha Green Tea) significantly reduced food intake and body weight." This shows us how Matcha Green Tea works to suppress your appetite through regulating hormones such as Leptin which will tell your brain that you are satisfied and full. Furthermore, a recent publication by the American Society of Clinical Nutrition found that frequent consumption of quality Matcha Green Tea enhances the efficiency of the human body in utilizing energy. The research showed that the daily energy expenditure rate of adults increases 35-45% with regular consumption of Matcha Green Tea.

Matcha originated in the Tang Dynasty of China in (618-907) The Chinese and the Zen Buddhists brought the powdered tea to Japan in (1191) by the monk Eisai. The same tea used to make gyokuro is made from shade-grown tea leaves to make Matcha. It can take up to one hour to grind just 30 grams of Matcha powder, this is one of the reasons it costs a little bit more than loose leaf teas.

The taste of Matcha Green Tea Powder is a

compelling reason so many have made the switch, not only because of the health benefits, but the taste is delicious and can be consumed in a variety of ways from preparations like smoothies to lattes as well as being used in baking. There are so many ways to consume Matcha that it makes for an every increasing recipe collection.

You will usually find 2 grades of Matcha, the ceremonial grade, of tea, which is used in Japanese tea ceremonies, this tea is more expensive, to culinary grades, which are used in Lattes, smoothies and baking recipes, which is less expensive. Either way, this tea is good for you and tastes superb as well.

About The Author

Jake Roberts is product development manager for 4 Diamond Marketing Systems and currently is writing about Matcha Green Tea Powder

Article Source:

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

