

Chapter 1 : The Sports Report: With a little help from our friends | NHRA

With a Little Help from Our Friends is a live recording of Gov't Mule's New Year's Eve concert at The Roxy in Atlanta, Georgia. It was released as a 4-CD set Collector's Edition and as two separate albums.

Getty Images Advertisement Humans are social animals, and our species has evolved some unique ways of enforcing the bonds of friendship. Robin Dunbar, an evolutionary psychologist at the University of Oxford, studies the behavioral mechanisms behind the number and nature of such relationships. His work suggests social cohesion and long-term bonding among primates—Homo sapiens included—are the keys to their evolutionary success. Primates possess limited time for this, but the more time individuals invest in such activities the more relationships they can maintain—which, in part, explains how big or small social groups are, Dunbar says. His earlier research from revealed a correlation between brain size and social group size, suggesting humans can only comfortably maintain about stable friendships whereas nonhuman primates can only sustain about These days he investigates the cognitive tricks humans have used to reach out to one another and expand our social groups. My colleagues and I have found that, since humans have much bigger social groups than nonhuman primates, our species must be using more sophisticated bonding mechanisms than simple physical grooming—for instance, laughter, singing and dancing. How many of these layers are there? Our relationships form a series of expanding circles of increasing size and decreasing intensity and quality of the relationship. It also turns out these layers are germane to the organizational structure of modern armies. These sit nicely on either side of , the number of friends per person my research identified. For example, British Special Air Service squadrons have four men each. Are these numbers also reflected in social media? Stephen Wolfram, creator of Wolfram Alpha and the founder and CEO of Wolfram Research, did a study that looked at one million Facebook pages and the most common number of friends was between and We did a smaller-scale study of 3, adults in the U. Our social world is extremely small-scale. Now that research shows these group size numbers have stabilized—what does that information tell us? Well, first about the nature of your friendships and your social world. It has become apparent in the last 10 years that the most important factor influencing your health, well-being, risk of falling ill, even your risk of dying and divorce is actually the size of your friend network. Laughing together, jogging together, dancing together, singing together, telling emotionally wrenching stories, going to see weepy films—these activities buffer the body biochemically and immunologically against the kinds of coughs and colds of everyday life. How would you encourage someone to make friends? One of the best ways is joining a singing club. We did a study comparing novice singing classes with novice hobby classes in terms of how much these activities produced feelings of social bonding. Take the freaking earpieces out and talk to the guy next to you. How have singing, dancing and laughter helped humans maximize our social bonding and group sizes? The problem is that physical grooming is really inefficient. For humans to increase group size, we somehow we had to break through that particular barrier of just using grooming to bolster community bonds. We had to find new ways of doing these things. And laughter allows you to do that with several people simultaneously. It turns out the limit of conversational laughter group size—say, at a bar—is about three people, which is slightly below the limit for conversation group size, which is four. These numbers are very consistent in my research. The same goes with storytelling. What other areas might these stable social numbers might be informative for? The other side has to do more with whether there are sizes of organizations that work more efficiently than others. One that is really glaringly obvious is schools. Our secondary schools are around 1, students in size, and I think that is completely dysfunctional in terms of creating a sense of community. I think you need much smaller groups, particularly for the younger kids. The average social network size for an year-old is still only about 50 people. She loves to write about anything to do with human evolution, monkeys, primates yes, they are different , foot anatomy and paleoanthropology. When not frantically meeting deadlines or interviewing sources, Aylin can be found surfing, skiing off-piste or playing roller derby with the Santa Cruz Derby Girls. For more of her work see her website or follow her on Twitter aylinwoodward.

Chapter 2 : BeatleJazz: With a Little Help From Our Friends

"With a Little Help from Our Friends is a thoughtful and clear-eyed look at the opportunities and challenges of aging in community. Every Baby Boomer who wants to 'age in place' should read this book.

A big part of what Molly and I have been focusing on in the past couple years is really trying to shed our preconceptions of how one is supposed to live. Not too long ago I came across my new favorite website. I love their name- The Improvised Life. I signed up for their email subscription and now I get a daily dose of inspiration first thing in the morning. Their posts are spare but powerful and the site has been around long enough that every post is cross linked to a whole family of related fascinating material. When he talked about having an idea and holding it in his head so that everywhere he goes he sees it and he will eventually make it made me realize how simple yet powerfull persistence is. He makes it so clear that the only thing holding anyone back is their brain. Blogging gets us out of our chairs and out to garden tours. It drives us to unfamiliar parts of town looking for pork belly. Blogging connects us to people all over the country and even the world because we share a similar outlook and like to swap stories. Now we find blogging nudging ourselves into a more interactive mode. If you are thinking blog whatidy-what? Blog hops are a chance for people to post a thumbnails and a link to to a post on their site. We know everyone is doing something interesting so we are trying to figure out way that people can post directly. For now share your stories and pictures in the comments. Did you just make your kid a bed that looks like a race car? We want to see it! Grow the biggest pumpkin Ev-Er? Hell, didja put a bird on it? We want to see it!!!!!!! We know you guys are chock a block full of ideas, stories and projects so drop off some pearls every Monday so we all can learn and share and Ohh and Ahh. We want to build a collective resource of ideas that anyone can take and copy or expand on or simply appreciate and we want you to do it with us. Start thinking about what you want to share and check the site on Monday for how to get in on it. Well do we have options for you! Like what you see here? Spread the word to your friends and family!

Chapter 3 : Live With a Little Help from Our Friends - Wikipedia

Oh, I get by with a little help from my friends Mm, I get high with a little help from my friends Oh, I'm gonna try with a little help from my friends.

Subscribe to our FREE email newsletter and download free character development worksheets! Kerrie Flanagan August 22, Writing is something we do on our own, but finding success requires a supportive writing community. Having others who understand what we go through, who provide a shoulder to cry on during tough times and who raise a glass with us to celebrate our triumphs, can make all the difference in the world. Without my close writing friends and critique group, this dream come true would not be a reality. When I struggled with a chapter, doubted my abilities and needed to be held accountable, they were there for me. And they are the first ones who get to celebrate with me. My Tribe Twenty years ago when I started writing, the first thing I did was seek out other writers who lived in my area. I found a group of amazing women writers of all different genres who met every Wednesday evening for three hours. They welcomed me with open arms, shared their knowledge, resources, writing critique and encouragement and they continue to support me today. Because of this group I found my writing voice; I finally understood the horrors of passive voice; I learned about red threads and story structure; and I realized how important it is to have close writing friends you can trust. I also stay involved in local writing organizations, attend writing events and stay active in the writing community. This way I stay current on what is happening in the industry, and I make fantastic connections, some of which have grown into wonderful friendships. When writing this book, in addition to my Wednesday group, one writing friend helped me create a schedule to make the whole task easier to manage, while other friends provided feedback on chapters. When I felt overwhelmed, they were there to push me to keep going and I am so glad they did. One place to start is your local library and bookstores. Look for writing workshops being offered and sign up for them. On the day of the class, arrive a little early and introduce yourself to the other writers and learn more about them. Exchange contact information and follow up. You never know where these connections may lead. Another great way to get connected is through writing organizations. Many cities and states also have writing groups. For me, there is the Northern Colorado Writers. It holds monthly meetings, sends out an informative monthly newsletter, hosts an annual conference, and retreat. I keep business cards with me and make a point to introduce myself to those sitting around me at mealtimes and during the sessions. If I want to stay in touch, I give them my business card and I ask for theirs. I have made great connections at conferences that have helped me and continue to help me on my writing journey. For you introverts out there, I know it can be intimidating to take that first step to talk with someone new, but I encourage you to be brave and give it a try. You can read more tips on my post, Introverts Guide to Writing Conferences. Honor Your Writing Community As with any good relationship, a healthy writing friendship needs to benefit both of you through mutual respect, support and encouragement. If you plan to be at indieLAB, find me and say hello. I always enjoy meeting new writers, expanding my community and making new friends. Drawing from her 20 years as a freelance writer and instructor, Flanagan takes you step-by-step through the entire process, sharing her knowledge and experiences in a friendly, conversational way. Get a copy here.

Chapter 4 : With a Little Help from My Friends - Scientific American

"With a Little Help from My Friends" is a song by the English rock band the Beatles from their album Sgt. Pepper's Lonely Hearts Club Band. It was written by John Lennon and Paul McCartney, and intended as the album's featured vocal for drummer Ringo Starr.

Each team takes on a challenge brought to them by real companies. Over the term of the semester, the student teams delve into the challenge, doing research and discovering potential solutions. They then deliver a tangible and actionable report of their findings and recommendations. This year, our challenge to the students was to discover and access the target audience for our new theater-style business audio book of *The Barefoot Spirit*. We prepared a short deck that identified what we know about the project, such as the types of folks who would buy, the media we think they frequent, the unique features of the audio book, and the various suggested business models. We were clear that we were not experts in this field and as far as we could see, the field of audio books itself was in upheaval with virtual monopolies like Audible finally facing challenges by Apple and the students told us that Google and others were also developing their own audio sales platforms. The growth in audio is phenomenal. We thought the trend was going to video, but video immobilizes your mobile device. With audio, you can commute or jog. Audio theater has made its way into many fictional novels, but, to the best of our knowledge, this will be a pioneer audio theater performance of a businessbook. Our audio book also has an original musical score and sound effects! The paperback book is already written as a series of minute short stories, and is void of the boring prescriptive lists typical of most business books. So it lends itself to this theatrical format. To get this new concept across in the marketplace, the students suggested a free chapter to sample the style, thereby tempting the listeners to buy the entire audio book. They also suggested selling the book in chapters, kind of like an installment plan. Over the next four weeks we will be working closely with the students to develop our marketing program. For us, the interaction with students of this caliber is exciting and rewarding. We are very excited to see what the students come up with to help us address this marketing challenge! We feel like we have a state-of-the-art consulting company working for us and we are happy to return the energy with the benefit of our experience building the Barefoot Wine brand. To that end, our presentation covered our two biggest challenges which turned out to be our two biggest assets: We also covered the three critical relationships which can turn soft skills into hard cash: Want to know more? Beginning with virtually no money and no wine industry experience, they employed innovative ideas to overcome obstacles, create new markets and forge strategic alliances. They pioneered Worthy Cause Marketing and performance-based compensation. Their book, *The Entrepreneurial Culture*: They are regular media guests and contributors to international publications and professional journals. Submit a Comment Your email address will not be published.

Chapter 5 : With a Little Help From My Friends Lyrics by The Beatles

"With a Little Help from Our Friends is a thoughtful and clear-eyed look at the opportunities and challenges of aging in community. Every Baby Boomer who wants to.

The URL has been copied. The trailer also sustained heavy damage, as did most of their support equipment. They pulled over and went to work with fire extinguishers and the Fire Dept. Steve honestly saved our whole rig. He got the truck disconnected from the trailer and did everything he could to minimize the damage. Without him, we might be out of business for years. When we built the Corvette, it was the first time that my dad and I had partnered on a car. I sold my daily driver to built it. We thrashed for six weeks to get it ready for Pomona and all that work went down the drain. The Corvette, a car that had been months in the making, had extensive body damage and the interior was almost completely destroyed. Upstairs in the stacker trailer, the Cobalt and Cavalier also suffered heavy damage, mostly from smoke. It went through the headers and into the engines and it rusted the block and every nut and bolt that was exposed. Almost everything was oxidized. Assembly is on its way; we all need to get out racing and we have our sights set on Las Vegas. We are going to use borrowed trailers and if all goes well this week, I think we will make it. The team is also awaiting the return of their trailer, which was totaled, but sent to Georgia in order to be rebuilt nearly from the ground up. Jeff went out early in Comp, but Cody nearly carried the team Super Stock with a class win and a strong semifinal finish. His chance at a miracle finish ended with a breakout loss at the hands of two-time Stock national champ Brad Burton. Just to be out there racing again felt good. It was something that we both needed to do. They were honored during pre-race ceremonies with the Edelbrock Never Rest Performer of the Race award. They emphasized with us. We took six weeks to prepare our cars before Pomona and then another six weeks to get back out here. The outpouring of support we got was really the silver lining that makes you realize why we do this.

Chapter 6 : ShieldSquare Block

Mike: When he talked about having an idea and holding it in his head so that everywhere he goes he sees it and he will eventually make it made me realize how simple yet powerfull persistence is.

Recap Wubbzy is riding his tooter scooter while holding and honking his new horn. Then she borrows his scooter to make some extra adjustments. Wubbzy was left unhappily. Back at his home, Wubbzy goes outside with a flower he wants to put in his garden. Walden arrives with them, begins gardening for him, and starts telling him gardening tips. Walden gets hungry after working as well, giving Wubbzy an idea. He gets up wants to make a chocolate doodleberry cake for the three of them. Wubbzy opens the cook book and follows the directions to make the cake. He puts eggs, flour, chocolate, doodleberries, and a teaspoon of super-duper baking powder in the bowl. He goes with it and mixes the ingredients, then he puts the bowl on the table. After feeling confident about making the cake by himself, the batter starts to bubble up, getting bigger and bigger. The batter keeps getting bigger, then it flows out of the treehouse with Wubbzy on it. Widget and Walden walk down the street and see the giant wave of cake batter with Wubbzy riding on it in peril. The batter wave flows into Wuzzleburg and heads towards the art museum. Walden comes in its way with a truck, making the batter run into it and change direction, saving the museum. Walden arrives again and saves it the same way he did with the museum, but with a chopped down tree. Walden saves it by using a crane to lower a large corner pipe to make the batter enter it and change course. Widget gets her Big Bakey-Oven ready when the cake wave and Wubbzy flow close to it. The Big Bakey-Oven finishes cooking a big doodleberry cake. He asks his friends and everyone to help him eat it, which they do. After a big fancy dinner, Wubbzy sweeps the frosting and cake pieces around Wuzzleburg and is glad to have friends to help clean with him. You know, Wubbzy, you could do that a whole lot faster if you used a hydraulic turbo ratchet. Whatever you just said. All that ratcheting and horn tooting has made me hungry as a hippo. And, uh, one teaspoon of super-duper baking powder. I want this cake to really bake. You forgot your mail!

Chapter 7 : Subscribe to read | Financial Times

Gov't Mule is a trio with two former members of the Allman Brothers Band. They play a similar Southern Blues, but without the guitar duets. This is a recording from one New Year's Eve concert.

Chapter 8 : With a Little Help from Our Friends | Item Detail | University Press | Vanderbilt University

It only took Dave Kikoski's gorgeous piano intro and Brian Melvin's hypnotic tabla pattern on "Yes It Is, the opening track of BeatleJazz's third CD, With a Little Help From Our Friends, to confound my cynical expectations. BeatleJazz is composed of Melvin on drums and tablas, Kikoski on piano and synth, and Larry Grenadier on bass.

Chapter 9 : Live With A Little Help From Our Friends – Gov't Mule

Our beautiful chuppa was designed and created by our friend Leora Mallach. Leora owns BBbatiks where she creates original batik textiles. We met with Leora and she explained the batik process to us and we chose colors and patterns that spoke to us.