

Chapter 1 : Day One Journal on the App Store

Absolutely anything made from paper that comes your way My first junk journal I started with a clean composition notebook that cost less than \$ during the back to school sales. I think these are a great size and a good way to get going quick and easy.

Fall fashion is all about thinking short—and we mean very short. The bottom edge of the skirt must hit roughly halfway up the thigh, and fall no more than four inches below the butt. Archaeologists have uncovered figurines in Europe dating from between B. Ancient Egyptian frescos depict female acrobats wearing miniskirts. The earliest direct reference to the miniskirt came from Wyoming newspaper The Billings Gazette describing the miniskirt as a controversial item in production in Mexico City. In the piece, the miniskirt was described as stopping eight inches above the knee. If anyone should be credited with pioneering the miniskirt it is British designer Mary Quant. Inspired by the fashions she saw on the streets, Quant raised the hemline of her skirts in to several inches above the knee, and the iconic miniskirt was born. She named the skirt after her favorite car, the Mini. The miniskirt continued to have a banner year in Paco Rabanne launched plastic chain-mail miniskirt in , followed by the throw-away minidress. The mini was officially a high fashion statement. Fully cementing the trend, Jackie Kennedy chose a short white pleated Valentino dress when she married Aristotle Onassis. The mini, favored by punk acts at the time, was reinvented in black leather and PVC. The rah-rah or ra-ra skirt began having a major moment in the s, originating from cheerleading uniforms. The Oxford Dictionary noted this as the first successful miniskirt revival and the rah-rah skirt even appeared on the cover of Time magazine in Madonna wowed the crowd at the MTV Video Music Awards, rolling around the stage in a white tulle minidress resembling a wedding dress. Virginal it was not. Miniskirts got a boost in the aughts thanks to stars like Paris Hilton and Britney Spears, who wore theirs with midriff-baring tops. Proof that it is only a matter of time before what is old is new again, runways were awash in mini-skirts, particularly minis inspired by swinging s.

Chapter 2 : Journals Unlimited - USA, Recycled, Themed Guided Journals

Mini Habit Mastery summarizes and expands upon the concepts of the international bestselling book, Mini Habits, which taught people (in 14 languages) the best and smartest strategy to form lifelong habits. Join over 8, students: learn why habits are the most important part of our lives, and precisely how to shape them to reach your goals.

The app has negligible load time, a clean interface, and nearly every feature you would want, such as: Day One also sets itself apart with its effortless syncing via iCloud that works nearly error-free between iOS devices and the companion Mac app. Specifically, Everyday Timeline can automatically import your data—including past data—from Facebook, Twitter, Instagram, and Foursquare as separate entries on your timeline. As the name suggests, Everyday Timeline displays your entries on a chronological feed that is sorted by date and time. The app supports tags, multiple entries each day, as well as adding photos, location information, and your mood to entries. Everyday Timeline has virtually no learning curve, gives you statistics about your postings, and can be configured to backup weekly to Dropbox, Evernote, or email, add a passcode lock, reminders, and offer you a daily question. Specifically, Chronicle is a universal app that syncs via iCloud and can be linked to Dropbox to automatically back up each day. The app also supports multiple journals, multiple entries for a given day, Markdown formatting, search, a passcode, reminders, and an extended keyboard. The interface is simple but somehow still a bit confusing to navigate quickly. The app eschews files, folders, and interfaces to put the focus on the writing. The app syncs via iCloud, can export your entire journal as a text file, and supports searching and editing notes. This flexible export function means that anything you write in MyMemoir should be readable by you and others years later, and importable into another application should the developers abandon MyMemoir. In terms of features, MyMemoir supports multiple journals, adding video files and three photos to each entry, and the ability to buy additional themes as in-app purchases. The app can automatically import all sorts of content as part of your daily entries, including tweets, Facebook updates, images from your camera roll and photo stream, iCal events, and up to five RSS feeds directly. However, instead of adding the data directly into your daily entry, it is placed on a clickable icon on the side. This makes it difficult to see the data when flipping through entries. Remembarly also nods to the past with its skeuomorphic design and font, which some may like and others may hate. The app has multiple export options, including formatting entries as data or text, and whether to export to iPad, email, or Dropbox. Remembarly does have some notable flaws: Moleskine Journal FREE More info Moleskine has been a premiere maker of high end physical journals and notebooks for many years, and their app is a promising start to their digital expansion. The app is only partially successful in translating the analog experience to the digital, but the failure is mostly in execution rather than design. If the execution problems are corrected, Moleskine could easily become a top app in this category.

Chapter 3 : Journaling Apps for the iPad: iPad/iPhone Apps AppGuide

First designed as a conscious reaction to the micro-minis of the s, a longer skirt is now a quietly seductive standard for brands like Gabriela Hearst and the Row.

Some people prefer a binder or disc-bound system that lets them move their collections with them. Tips to Stay Organized These are some of the basic steps I go through when moving to a new notebook. Feel free to adapt them for your journaling style and personal preferences. Were some spreads forgotten immediately after you made them? You can take those lessons with you to the new journal. Let the other collections rest. If a collection is still growing you can simply continue it in the new journal. Thread it back to the old journal if you like. My old journal and my archive mini-binder. Those are the pages that make up the bulk of my planning. It also saves you from dealing with page orders that drive you crazy! You can jot it down on a page of your journal or scrawl it out on a napkin. Keep it low stress. If you run out of pages in the old journal, your new one will be ready to go! Everything else is a little less urgent. Use placeholder tags Ok, so I told you to move the essentials over first. Adjust formats Now is a great time to adjust heading styles, move things around, regroup collections that should be in a different order, etc. Take your time setting settled in your new journal. If I know a collection would be helpful, I add it to the list before I can forget it. Then I can take my time developing the idea into a truly useful spread. Right now mine are on my desk, but they probably deserve their own shelf. Now you can enjoy your new journal and get on with your goals!

Chapter 4 : Moving to a New Bullet Journal (The Zen Way) | Page Flutter

Moving to a New Bullet Journal (The Zen Way) | Moving to a new Bullet Journaling can be tricky, especially if you use a bound notebook. Some people prefer a binder or disc-bound system that lets them move their collections with them.

He helped free Cubans from the repressive Batista regime, only to enslave them in a totalitarian police state worse than the last. The cult of personality revolves entirely around the dead guy. You know what happens to Cubans who display open hatred of Che? When he was still alive, they were executed or herded into slave-labor camps. Woe to those who disobey State Security. Others resisted at home, especially during the s, the decade of global rebellion. What do they think? That this is a bourgeois liberal regime? There is nothing liberal in us! There will be no Prague Spring here! Would Americans love a foreign implant who murdered thousands, forced thousands more into slavery, and drove more than a million to exile? The memorial is in a square the size of a shopping mall. There are no trees or shade. An imposing statue of Cheâ€™ complete with a cast on his broken left armâ€™ is placed atop a gigantic pedestal. The steps leading up to it are huge. I felt tiny and low by comparison. The whole scene intimidates by design. Does Fidel want Cubans to be like the real Che or the fake Che? We must never give him a minute of peace or tranquility. This is a total war to the death. He emerged from his studies a monster and became the most wanted terrorist on earth. They admire the image, which is and always has been a fraud. He relied primarily on enemies and victims of the Nazis for his information. He relied on Russian and Ukrainian exiles. Here is a quote from Fidel Castro in when he was in prison in Cuba. We can never abandon propagandaâ€!Use a lot of sleight of hand and smiles with everybody. We must follow the same tactic we employed in our trial; defend our points of view without raising hackles. There will be plenty of time later to crush all the cockroaches. They made it a goal from day one. They needed to export their propaganda and make it not seem like propaganda. Maybe because Cuban communism was seen, rightly or wrongly, as less severe than the Soviet version. Had he lived longer and committed yet more atrocities, perhaps the truth about him would be more obvious and well-known. Whatever the reason for the success of their ludicrous narrative, it drives Cuban exiles in the West over the edge when they see their tormentor lionized by naifs. This man committed many of these murders with his own hands. And yet we see him celebrated everywhere as the quintessence of humanity, progress, and compassion. Those who adore him are adoring a lie just like Westerners who emblazon his face on their t-shirts. The Cuban regime knows that the real Che was a despicable human being and knows that civilized people find villains like him appalling. The truth is a dirty secret that the regime wants to keep buried. Older Cubansâ€™ especially those who fled to the United Statesâ€™ know the real story, of course, but younger Cubans might not. I have no idea, really, what they think or know about him. I asked a handful and they were cagey about it. Almost everyone I met complained about the government, but not about Fidel personally, and especially not about Che. One of the guides at the museum said something strange. Cubans are hardly paid anyway. Most of them work for the state and earn a maximum wage of twenty dollars a month. What difference does a couple more hours make? He is entombed in a mausoleum behind the memorial. There are microphones inside and they are listening. Inside is peaceful and candlelit. It looks and feels like a shrine. Photography is strictly forbidden. The walls are made of stone. I heard no noise whatsoever from outside. The air is cool and dry. The ambience itself inspires silence. A policewoman sat on a chair in the back. She stood up and marched toward me and belted out a shattering sound. Why is she talking in here? She pointed at the wall in the center of the room where Che is entombed. The policewoman made me uncomfortable, especially for yelling at me after I was told to shut up. So I left and returned to the hot and humid world outside that almost never cools off during the day. Down the road a ways from the memorial is a little park built around a derailed train. During the revolution, Che and his men supposedly forced it off the tracks by placing a bulldozer in its path. Capitalist running dogs like myself? All of the above, more likely than not. Fontova calls it the Caribbean Lubyanka. Thousands of men and boys were executed against its walls with firing squads. The totalitarian nature of the regime was inscribed there from the very beginning. Prisons are unpleasant places everywhere in the world. Artists tend to be anti-authoritarian, and naturally police states fear and loathe them, so Arenas was hauled off to prison. A memorable bit of

dialogue from the film sums up Cuban due process for him in eight words. Gays were not treated like human beings, they were treated like beasts. They were the last ones to come out for meals, so we saw them walk by, and the most insignificant incident was an excuse to beat them mercilessly. Thirty days later he emerged from that cell a human wreck. The night [he] made his confession was unforgettable. That vital man, who had written beautiful poetry, apologized for everything he had done, his entire previous work, throwing the blame upon himself, branding himself a despicable coward and traitor. He said that during his detention at State Security he had come to understand the beauty of the Revolution! Padilla not only retracted all he had said in his previous work but publicly denounced his friends and even his wife. You can see the skyline of restored Old Havana across the harbor. The fort itself is well-preserved and aesthetically pleasing. I saw and heard no mention there about the thousands of people the regime killed even though so many were killed on one of its walls. The blood and gore are long gone. One day—perhaps not soon, but someday—that is going to change. When that day arrives, tourists who visit will finally learn something real. You can make a one-time donation through Pay Pal: Alternatively, you can make recurring monthly donations. Please consider choosing this option and help me stabilize my expense account.

Chapter 5 : The Truth About Che Guevara | World Affairs Journal

This is the first printable mini album in the "Artisan Series" in which I use images from my actual paintings to create the mini albums! I am so excited about this series and I hope you guys like it!

I think these are a great size and a good way to get going quick and easy. The first thing I did was to choose some pretty scrapbook paper to cover it with. I also added a pretty image from a magazine and a Teresa Collins buckle. The idea behind a junk journal is as a place to stuff all kinds of junk. I usually prep my pages with gesso to give the pages more strength. Then you can use different background techniques hint: As you can see, my journal quickly became so fat the belt buckle could no longer be buckled and I had to get a belly band to hold it closed. I love the look and feel of every page, but here are a few of my favorites from this journal. Then I will show you some of my other journals. This is one of my first pages. As you can see, I put things in here such as postage stamps that I thought were interesting, a DMV ticket stub, fruit stickers, photos from magazines, advertisements, appointment cards, art work from a play we went to see, stickers that came in the mail, etc. The above page was the paper I used for a while underneath the page I was painting. Then I cut it to size and glued it in the journal. I think I had even stamped on it previously to test out the stamp, so it was just randomness. Perfect for this type of book! The page on the right I just took the images from a magazine and I remember the song lyrics was from a song one of the contestants had sung on American Idol that stuck with me so I just had to make a page about it. I did a lot of magazine collage type pages as well. Then I was starting to journal a lot over the magazine images - kind of fun. I do a lot of experiments in my junk journal as well. Some stuff I am not as crazy about the way it turns out. And sometimes I amaze even myself. Ha ha Creating these journals is a great way to use up those bits of paper, magazine images, etc. Besides magazine images I love collage sheet images and use them extensively now. I buy a lot on Etsy and I stalk the internet looking for freebies as well. There is a lot of good stuff out there if you look hard enough. I also love using decorative tape or washi tape in my books. Okay, last page from this journal. Now for another journal all together. This journal is made with 3 rings. I like this type because it lies very flat making it very easy to work in, as well as very easy to add pages to. Okay, just a few quick pics of my other journals. This one is small and is made out of a recycled potato chip bag. These next few books are actually my ROD journals Remains of the Day, but they are so similar to junk journals that I thought I would include a few pages from them. It kind of puts the whole thing into perspective of what was happening in the world at the time. The other side is just randomness again. They let me have them! And photos of lots of things and journaling about them! Luggage tags from trips can be put in randomly. I collect things like this everywhere I go. Yesterday I was at the post office and I found a used lottery ticket. Of course, I picked it up and said to my husband "journal fodder."

Chapter 6 : History of the Miniskirt: How Fashion's Most Daring Hemline Came To Be | StyleCaster

Instead of going for a loan, The Mini Bar put up a public Kickstarter campaign to raise the \$25, for the build-out of the kiosk. Permits have already been approved, and the kiosk should be.

Chapter 7 : best DIY Journals images on Pinterest | Notebook, Book Binding and Calendar

It is a good way for a family member to keep track of the exercise of an older family member who needs to report to a cardiologist how long they are on the pedal bike, what is the tension set at, how often they are sitting on it, resting, and if it is a.m. or p.m. if the book is near the bike, they can keep track themselves, or if they need.

Chapter 8 : NY Daily News - We are currently unavailable in your region

THE new-look MINI is becoming more family friendly with the introduction of a slightly larger version with five doors and a bigger boot. Some six-inches longer than the standard hatchback model the new five door has been designed to

appeal to young families who don't want to miss out on MINI Mania.

Chapter 9 : News, Sports, Jobs - The Mining Journal

The only answer to today's polarized debate is amnesty for those already here, new standards for those seeking entry and a return to the ideal of the melting pot.