

Chapter 1 : What time does it get dark in California right now? - California Forum - TripAdvisor

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I am not a fan of that! Then again, if you hit snooze and wait to work out after work, you might be faced with the same problem. I am not and never will be a morning person. But I do manage to stick to my morning workouts most days anyway. Go to bed at a normal time. Does it mean skipping "Conan"? Is it worth it? Sleep in your workout clothes. I kid you not, this is my No. Plus, it saves me precious time in the morning. Know exactly what you plan to do for your workout when you go to bed the night before. Better yet, turn on the lights right away and turn on some heart-pumping music to help yourself wake up. Play your get-up-and-go music. We all know how music affects our mind and body in a positive way. It can change your mood, give you energy, and motivate you to reach higher. And make music the soundtrack to your morning workouts so that you can be fierce and push yourself to the very end. Put simply, the big difference between those who get up and get it done and those who keep sleeping and feel guilty later is that morning exercisers Just. And you have just as much power to make that happen, too. I am not a morning person. Earlier this week, my alarm went off and I was tired. I would have loved to sleep in another hour. But I was already in my workout clothes. Truth is, the hardest part of waking up is that: The hardest part of exercising is getting started. If you can get through those two challenges, you are on your way, so make it as easy as possible for yourself to succeed—and you will. What helps YOU work out on a dark morning or evening? Share your stick-with-it strategies below! You will earn 5 SparkPoints.

Chapter 2 : Why does the sky get dark at night? | HowStuffWorks

"When It Gets Dark," rehashes many of the stories author Tom DeBaggio shared in "Losing My Mind: An Intimate Look at Life with Alzheimer's," which was published in No new Alzheimer ground gets plowed here, although he does expand on the backstory of how he built his backyard greenhouse business in the suburbs of Virginia.

There are many other solutions as well. Look here for some op-amp based photodetector circuits with LED output, and check out some of the tricks used in well-designed solar garden lights, which include gems like using the solar cell itself as the sensor. Our own solar circuit collection is here. In this article we show how to build a very simple—perhaps even the simplest—darkness-activated LED circuit. To our LED and battery we add just three components, which cost less than thirty cents altogether and much less if you buy in bulk. You can build it in less than five minutes or less much less with practice. What can you do with such an inexpensive light-controlled LED circuit? Throwies normally can last up to two weeks. Adding a light-level switch like this can significantly extend their lifetime. Here are our components: On the bottom L-R: This LED is red, blindingly bright at 60 candela, in a 10 mm package. It casts a visible beam, visible for about twenty feet in a well-lit room. The LTRE is a phototransistor in a 3mm black package. The black package blocks visible light, so it is only sensitive to infrared light—it sees sunlight and incandescent lights, but not fluorescent or most discharge lamps—it really will come on at night. Our starting point is the simplest LED circuit: Funny looking example here. From this, we add on the phototransistor, which senses the presence of light, and we use its output to control the transistor, which turns the LED on. The circuit diagram looks like this; please ignore the messy handwriting. One thing to note about this circuit: First get the transistor and the resistor. The pins of the 2N are called left-to-right Emitter, Base, Collector, when viewing it from the front such that you can read the writing. Stay safe when you do this: After soldering, clip off the excess resistor lead that is attached to the transistor base middle pin, as well as the excess length of the collector pin. Next, we add the phototransistor. Note that it has a flattened side, much like an LED does. This pin on that side is the collector of the phototransistor. Solder the collector flattened side to the middle pin the base of the transistor, again at 90 degrees. The other pin of the phototransistor, the emitter, is left unconnected for the moment. Finally, we need to add the LED. Trim away the excess lead of the LED that goes past the solder joint. By this point, there are only two pins sticking down below the components: One that goes to the resistor and collector rightmost pin of the transistor, and one that goes to the emitter of the phototransistor and to the cathode of the LED. To test the circuit, squeeze the coin cell between these two terminals, positive side goes to the lead touching the resistor. Bending the leads to contact the lithium cell a little more reliably, you can try it out a little more easily. In the photo on the right, I cupped my hand over the circuit—so the LED turned on. This one makes a pretty good nightlight attached to the top of a doorframe—when the room lights are off, it shines a bright, bright spot on the ceiling. Where to go from here? While this little circuit can do something on its own, it would probably also be happy as part of a larger circuit. At a minimum, note that if you work with batteries that have lower internal resistance than the lithium coin cells, you should place an appropriate resistor in series with the battery before trying to operate this circuit—or else you may put too much current through the LED. Certainly, this is one of the easiest and least expensive ways to control an LED with a photosensor. Unlike, say, this method? You could also consider crossing it with some more extreme mods, like the Talkie Throwies that know Morse code, or for more extreme hackers, bagel throwies. Note added, May This set of components works well, and is a pretty neat little dark detector. We are, for the most part, unable to respond to inquiries like these. To give the quick set of answers to some of the popular questions: For better or worse, this is not one of them. We happen to think better for a number of reasons. We did actually show how to do this one—see below. Yes, there are ways to do it, but you have to think it through. Some other phototransistors will work, and some will not. If you would like to know which, you can compare their datasheets, or—better yet—just try it! If you would like to see a couple of other examples of dark-detecting circuits, please see here:

Chapter 3 : Shortest Day In Alaska | Hours of Daylight & Winter Darkness Fun Facts

Lyrics to "When It Gets Dark Out" song by Lydia: So, when it feels good and you can fall asleep And when the words come and pouring through your teet.

For thirty spins around the sun, these nine old nanas kept a secret from their men. They did it in the middle of the night. When that old ball of sun sunk down low and pulled a cover of dark up over the backside of the world, those nine nanas creaked open their back doors and made a their way through the cracked dark. They called them Drive-Bys. They did it because of MaMaw Ruth. I had my own Grandma Ruth; I knew about women named Ruth who make clandestine meetings with grace. She just wanted to put a little smile on their faces. What if we had a million dollars? How would we spend it? Those nine women knew it: We may be known for many things but we will be remembered only by one thing: Anyone can have any size of heart they want. Those Nine Nanas began brainstorming around a kitchen table, and it was one of the sisters who came up with the idea: They sat there and came up with a list of scrimping and saving and shaving their lives clean. How do you make a difference? You make a difference " by doing things different. And when they heard about a widow or a single mother who was in need, guess who would anonymously pay a utility bill or buy new clothes for the children? In the middle of the darkest night, love is always coming for you. In the middle of the pitch black night, those Nine Nanas drove slow through neighbourhoods looking for fans stuck in windows. Then we return before the sun came up, like cat burglars, and drop off a little care package. Sending pound cakes all across the country to people making a difference in their community. Opening up the phone book and sending pound cakes to complete strangers. There are women who do not need to be noticed out on the street corners to have their backs patted " because there are women who know those who work in the dark are the ones shattering the dark in ways those in the spotlights never can. There are women who work in secret because they know you always make real and giving love in secret. That which is done in secret, that which is broken and given in secret, is a practicing communion. Pulled out his highlighter and started charting a path through their confounding bank statements. It could start a revolution and change the way this world revolves: What if the world focused on affairs of the heart instead of spending our one life on business affairs? Caress the bruised back of the broken. Embrace suffering because this is how you embrace the broken-hearted Christ. They wanted in on writing down addresses and anonymously paying utility bills. They wanted to deliver a pound cake and press beauty out of the world. They wanted in on the giving and the getting joy, they wanted in on breaking a thread or two of themselves to weave strength and hope into where the fabric of society was weak and torn, they wanted in on breaking out of the emptiness of themselves and breaking into the fullness of koinonia and community. Those 9 husbands looked at how their wives were breaking and giving themselves away " and they wanted to break into the happy abundance of all that. Small gifts of kindness are contagious. Start a joy epidemic. Sometimes you just want to break out of yourself and break into the sacred space of the other. And that Sacred Space of the Other you seek is found when you give to the Other. The Nine Nanas said that: Bake a pound cake and pound out of hopelessness. Bake a pound cake made in any old kitchen " and bring it out into the dark and pound out of your pitch black and out of yourself and break the isolation. Taste Koinonia in the middle of the dark. The sun will rise. And November is coming! Maybe in this season, we all just need the gift of Joy " a bit of Hope? To stand together " FOR each other " knowing that an act of kindness, giving it forward, can be more powerful than any sword in starting movements that move us all toward Love. The way forward " - is always to give forward.

Chapter 4 : Sunrise Sunset Calendar - Texas, USA

Find local times for sunset and sunrise for hundreds of places around the world, easy and quick. We also calculate these times for your current location.

Chapter 5 : A Simple and Cheap Dark-Detecting LED Circuit | Evil Mad Scientist Laboratories

DOWNLOAD PDF WHEN IT GETS DARK

As a military pilot, we used 30 minutes as a rule of thumb, prior to putting on night vision devices. You will find that is close enough for "getting home by dark."

Chapter 6 : what time does it get dark where you live just now? | Yahoo Answers

But the autumnal equinox, when the daytime and nighttime are essentially split evenly, 12 hours each, signals the point when, within a hour window, it's dark for longer than it is light.

Chapter 7 : How to Make Yourself Work Out When It's Dark Out | SparkPeople

The Sun's altitude in Houston today. The horizontal line signifies the horizon, the vertical lines show the times of sunrise and sunset. Altitude and heading are displayed below the graph. The graph defaults to current time. Hover over it to select a different time. How to use this.

Chapter 8 : Is the sunset time actually when it gets dark? | Yahoo Answers

Today's times of sunrise and sunset and the length of the current day are displayed below the Sun icon near the top of the page. The day length is defined as the time span between sunrise and sunset.

Chapter 9 : "When It's Dark Out" by G-Eazy on Apple Music

I had to move from Maine which is on the very eastern edge of a time zone where it gets light early and dark early to western Washington, where it gets light late and gets dark late (for this latitude).