

Chapter 1 : carry on & keep up | WordReference Forums

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The following are some tips to help keep your kids entertained and quiet while you travel. Start them traveling at a young age. Our kids both took their first flights at 6 weeks old. Traveling is second nature to them. How many people have eaten their words at the end of those flights! Backpack Tips Get a backpack that fits your child. Make them carry it! You have too much other stuff tickets, those dang quart size bags of liquids, your suitcases and the kids themselves to worry about. Making them carry their own pack gives them a buy-in. It builds confidence, responsibility and independence. They will be better travelers and humans because of it! Do Not overload their backpack! If it is too heavy, guess who ends up carrying it? And they kinda suck for adults too. My solution is small over-the-ear headphones from the dollar spot at Target. Sometimes cheap is better. Volume control is so not helpful on a plane full of engine noise plus, the volume on the entertainment system is really low. Second, they broke after flight number two—we had a total of 6 flights on the trip. Our boys were not thrilled with their new option of, share or use the airline headphones. Insert giant parental eyeroll. The whole lot goes in a quart sized Ziploc bag which can be used for a multitude of purposes. If you have a baby, one of my girlfriends taught me to put an extra outfit something small and simple into another Ziploc bag. When the mess happens, as it will, you have a place to store those gross clothes until you can launder them. This kit has saved so many people, not just us. So, make a kit and spread some kindness while you are at it! A Small bag of cheap but priceless toys Hello Dollar Store! I love to grab little toys, Lego type blocks, cars and action figures at the Dollar Store. Have one or two old standby toys that you know they love along with these newbies. Remember these should be small, lightweight and age appropriate. This little bag of toys can also spread some joy. Thank you, Chicago weather I had a small daycare going while all the other parents were in line for hours trying to rebook, find hotels etc. All those toys came in handy for my sanity and those kids! Hard to put a price on that. Twistable Crayons and Mechanical Pencils How many times has your kid gone from a docile, sweet little lamb to head-spinning-foaming-at-the-mouth-monster. Activity Books This is another thing for which the Dollar Store is excellent. Our family loves game books. We divide into teams and play Categories, Dots and Boxes and Hangman. We like to play parents vs kids, and it is great to see the boys collaborating to beat mama and dad. I am almost never without a sheet of one of these games. Seuss said, everyone is just waiting. Books to Read A book the little ones can read on their own or that you can read to them is wonderful. Making things homey while traveling can alleviate a lot of stress on both the kids and you. Mark reads to us almost every night. We pick a series and just run with it. Putting the next book in a series on a device is an easy way to keep this going. I load up my kindle with books that each of the kids can read independently as well as a few big books we can read to them. Make the contents of their backpacks similar This alleviates a wee bit of the infighting that happens between even the closest of siblings! Having similar but different toys means they can imagine more and play together. Older kids need older activities Sudoku, Crosswords and the like are great for keeping them busy and still using their grey matter. A journal once they are of writing age is a wonderful memory maker. Both boys have little notebooks full of fantastic drawings and phonetically spelled stories from trips they took starting around age 5. These always make me nostalgic and I hope one day they will have similar feelings when reading them as adults. Electronics Oh, electronic toys—at once the bane of my existence and my trusty built-in nanny. I surely have a love hate relationship with these wonderful, infuriating things! The downside with I pads, PSPs, Kindles, tablets and the like is that they are expensive, heavy and they have batteries. You can also load them up with movies and games You approve. See, always the love and the hate. Mark and I choose to keep these things in our bags usually, though Caleb is getting older and we allow him the responsibility of carrying them some of the time. Are you willing to lose that Ipad? Can your 4 year old handle an extra few pounds in that backpack? Ask yourself these types of questions before you trust them with the electronic toys on a trip. Get a power bank, preferably with built in

plugs for different types of devices. Remember, things change as they grow, their backpacks and the contents need to also. When they get a bit older and understand well that they have to carry what they bring then it is time for them to pack their own. Caleb does this now and though he never leaves home without the Toiletry Kit he has lost the need for Legos and action figures though occasionally he puts 1 or 2 in to play with Liam. He has added things like a soccer ball and a hat. I am so proud watching him judiciously pack his own backpack. We are raising a good traveler. Your kids will be good travelers too. Fill up those backpacks with toys and wipes and dreams and go show your kids the world!

Chapter 2 : Mackay: How to keep calm and carry on " even under stress - blog.quintoapp.com

While you might want to keep your carry-on as light as possible, there are a few essentials you should consider having on hand in case of a delay, a cancellation, or lost luggage.

Give bhel puri a healthy makeover and try it with millets Try crackers are made with whole wheat, oats, flaxseeds and sesame You can carry baked vegetable fried such as carrot fries or sweet potato With a hectic work-life, we either tend to skip our meals or binge on fatty and sugary treats to keep us going. With deadlines to meet and tasks to complete, nutrition definitely takes a back seat at work. A little preparation and planning ahead can help you sort your eating habits at work. Snacking at work is common to keep us energized and active through the day, but it is also important to choose the right snacks. Sugary treats will give you a short term boost but once the effect is gone, your energy levels will crash suddenly and fatty and fried foods only lead to unnecessary weight gain, especially if you have a job which requires you to sit for long hours. Here are some low fat snacks that you easily prepare at home and pack in your office lunch box to snack on whenever you feel the need to. The all-time favourite street food, bhel puri gets a healthy and wholesome makeover. This recipe uses a mix of millets such as jowar, ragi and amaranth that are packed with fiber which digests slowly and gives you energy over a longer period of time. Instead of reaching out for a bag of chips and feeling guilty later, use the weekend to bake a batch of these whole grain crackers and chomp on them during tea time at work. These crackers are made with whole wheat, oats, flaxseeds and sesame seeds - everything is nutritious and keeps you active. You can pair them up with a beetroot hummus or try this egg-less mayonnaise made with cashews and tofu. You can carry baked vegetable fried such as carrot fries or sweet potato fries to work and chomp on them between meals instead of a raw salad. You can even try baking turnip strips. Baked turnip fries can be a great way to use them. You can carry baked vegetable fried such as carrot fries or sweet potato fries 4. Amaranth seeds are rich in protein which gives you energy over a long period of time as proteins take the longest to digest and thus, it can help in curbing your cravings. Try this recipe of delicious amaranth tikkis 5. Paneer is rich in both protein and calcium. It releases energy slowly and keeps hunger pangs at bay. Get the recipe here. Baked paneer cubes coated with masalas and sesame seeds. Channas or chickpeas are also great snacking options. They are nutritious, wholesome and filling. Use them in a chaat with pomegranate seeds, green peas, sesame seeds and corn. You can even make a black channa and sweet potato chaat. Chef Vicky Ratnani shares an interesting and power-packed recipe of three bean chaat which is made with rajma, chowli beans and green beans. Throw in some juicy tomatoes and cucumbers for a refreshing twist. Comments These homemade office snacks are not only delicious but they are also healthy and satisfying. Keep these ideas handy.

Chapter 3 : These Are The Things Women Carry To Protect Against Attackers | HuffPost

Keep Calm and Carry On is a motivational poster produced by the British government in in preparation for World War II. The poster was intended to raise the morale of the British public, threatened with widely predicted mass air attacks on major cities.

Keep your cool, stay calm – that would be the first order of business! A few days ago the Huffington Post. From coffee mugs , to bandaids and now memes, the British slogan is simply everywhere. Perfectly, it captures the stiff upper lip culture from across the pond, which has inevitably made its way stateside. Maggie Granados, head of the Montclair Coop School and student of positive psychologist Martin Seligman, reminds us that positive relationships help us thrive: Indeed, research shows that people with close relationships enjoy all kinds of physical and mental health benefits, including greater longevity. Blogger Alex Shalman recalls how that question helped him carry on: Yes, a single question is powerful enough to change your thoughts. How do I want this to affect me? If being happy in the face of adversity is what you want, than you choose to let yourself be affected positively. You take negative situations, and treat them as a learning experience – Instead of taking minor discomforts and turning them into major frustrations, let them affect you in a positive way. For example, you can turn a hour commute into a learning experience. As PattiAnn said in her recent post, Grace on a Journey , nice begets nice: You know what I mean. As you walk down the hall, you pass people who, probably unconsciously, are frowning. Other people you pass smile and say hello. They bring you up just a little. Pass enough people who are smiling and your whole outlook improves. In my department, there is a woman who laughs easily, often and loudly. She cheers up the whole group. I want to help those who are sentenced to pass this way with me to have a better day, week, month. If I can succeed at that, I think I will be doing what God intended. And I will be nice. As an executive coach to entrepreneurs and career changers, I use a three-step process: Assessment, Targeting, and Action. The first part – Assessment – is vitally important. This is where you can examine your strengths. This is where you can craft those stories about your background and your life that excite you. Then later in Targeting and Action, you can refer to strengths to make sure that the company fit is good from your point of view, and that the actions you take are consistent with your top strengths. WRT Checklist Is this event fully within my control or not? Am I focusing on what I can control, as the Serenity Prayer suggests, or trying to change my environment? Am I maintaining and living my virtue, reason and highest purpose for myself, team and family? Am I reacting like a victim or responding as a Warrior? How will I remain resilient and thrive through this? Who should assist me professionally? What true harm can come to me as a Warrior if I maintain my virtue, faith, and honor, including even my own death? Now that I am back in control, how will I lead others? Resiliency, thriving and rationality must be practiced daily – the checklist can help you do that. Breathe – album, American song writer Anna Nalick shared the lyrics to her song, Breathe: Leo Babauta, publisher of ZenHabits. Breathing can transform your life. If you feel stressed out and overwhelmed, breathe. It will calm you and release the tensions. If you are worried about something coming up, or caught up in something that already happened, breathe. It will bring you back to the present. If you are discouraged and have forgotten your purpose in life, breathe. It will remind you about how precious life is, and that each breath in this life is a gift you need to appreciate. Make the most of this gift. If you have too many tasks to do, or are scattered during your workday, breathe. It will help bring you into focus, to concentrate on the most important task you need to be focusing on right now. If you are spending time with someone you love, breathe. It will allow you to be present with that person, rather than thinking about work or other things you need to do. If you are exercising, breathe. It will help you enjoy the exercise, and therefore stick with it for longer. If you are moving too fast, breathe. It will remind you to slow down, and enjoy life more. And enjoy each moment of this life. Yep, that about covers it. What can you add to the list of strategies that allow you to:

Chapter 4 : How to Know What to Carry in Your Purse: 10 Steps (with Pictures)

Synonyms: carry, bear 1, convey, transport These verbs mean to move while holding or supporting something. Carry is the most general: The hikers were carrying backpacks and sleeping bags.

Applicants must be at least 21 years of age unless active duty military and must meet Federal qualifications to purchase a handgun. A number of factors may make individuals ineligible to obtain a license, such as: You must also submit a completed application, pay the required fees, complete all required training and submit required supplemental forms and materials. Applicants for an original first-time LTC should submit an online application, and schedule an appointment for fingerprinting. Applicants must also complete four to six hours of classroom training, pass a written examination and pass a proficiency demonstration shooting. For detailed information regarding training requirements and to locate a certified LTC instructor, see Training Requirements. Once I submit my application, when should I expect to receive my license? DPS will make every effort to issue your license within 60 days of receiving the completed application packet. If the application is incomplete or requires additional information to complete the background check, you will be notified in writing. I sent in my completed application packet, but received a letter from the Department asking for more information on an arrest from several years ago. How does this affect the processing time? The letter requesting more information or documents extends the timeline for issuing your license. DPS has an additional days to complete the review process, if additional information is required from the application. To ensure your license is issued promptly, it is very important for you to provide the requested information for review. If the requested information is not received timely, the application will be terminated. Renewal applications may be submitted online at: License To Carry A Handgun. We will use existing fingerprints and photos on file for renewal applications. However, sometimes the quality of those prints originally submitted no longer meets the State or FBI standards. If we are unable to use the fingerprints on file, you will be notified to obtain a new set of prints along with instructions on where you must be fingerprinted. However, Texas law provides for some discounts if you meet certain special conditions. A complete list of fees along with the special conditions can be found on the fee schedule. Fees are non-refundable and non-transferrable. If an application is not approved, the fees will not be refunded. A contribution may be made, in the dollar amount of your choice, on an original or renewal application for a License to Carry a Handgun LTC. A portion of the total application fee will reflect the amount you specify. Contributing to the fund is voluntary. For more information about the program please visit: What type of information do I need to supply, if I am applying under a special condition. When applying under a special condition, you must submit supporting documents to qualify for the discount. To determine if you meet the criteria for a discount, refer to the fee schedule. Is there a cost for fingerprinting? There is a fee charged for fingerprint services. To schedule an appointment at a time and location convenient to you, please use one of the following methods: Visit Fingerprinting Services , please use Service Code: What if my fingerprints are rejected? If it is determined the fingerprints submitted with the application do not meet the required quality standards, new fingerprints must be provided. You will be notified in writing if your initial sets of fingerprints are rejected. Those individuals must submit an application, pay the required fees, successfully complete the required training in Texas and submit all supporting documents. They also must submit form LTC-6, two passport style photos and a copy of their out of state driver license or state issued identification card. Note, however, that all LTC applicants must be legal residents of Texas or another state. Subject to the requirements of federal firearms law, and if not otherwise ineligible, resident aliens and certain nonimmigrant aliens who are legally present in the United States may obtain the license. Initial licenses are valid for four years. Renewal licenses are valid for five years. If I am 20 years old, can I take the proficiency class now and still get a license when I turn 21? Yes, however because you must attest to being 21, your application may not be submitted prior to your 21st birthday. The address change will be required once the student has established a different permanent address. You may submit a request to replace a lost or stolen license online at: When did the law allowing a licensee to openly carry a handgun go into effect? House Bill became effective January 1, Individuals who hold a valid CHL may continue to carry with a valid existing

license. A separate or new license will not be required to carry openly under HB This form can be found under downloadable forms at: Applicable replacement fees will apply, when required. The title caption at the top of the newly design card will read "License to Carry Handgun. DWI is classified as at least a Class B misdemeanor, and you are ineligible for a license for five years after a conviction for a Class A or Class B misdemeanor. For the purpose of determining eligibility, a conviction includes those that were dismissed after you completed probation or deferred adjudication. Texas Government Code Chapter , Subchapter H states that deferred adjudication will be considered the same as a conviction. Depending on the type of offense and the date of the order of deferred adjudication, you may not be eligible for a LTC. If charges were dismissed without prosecution, then they are not disqualifying. A deferred adjudication is not a dismissal without prosecution and is considered a conviction for purposes of the LTC. Texas Government Code Chapter , Subchapter H states an application for a LTC may be denied if the applicant has been finally determined to be delinquent in child support obligations. Am I required to list all arrests on my application, even if the cases were dismissed or if I was found not guilty? Applicants are required to report all arrests in order to ensure the background checks can be conducted timely. The application should include the year, the offense, the location and the final disposition. Copies of the dispositions will assist in the timely processing of your application. Applicants should also include information on cases that resulted in probation or deferred adjudication. Failure to provide any requested documentation could result in the termination of an application as incomplete. After, successfully passing the online classroom portion, an applicant must attend hours of range instruction class and demonstrate handgun proficiency shooting with a Texas Qualified LTC Instructor. What topics are covered during an LTC class and how long is this class? The classroom instruction must cover the four 4 statutory required topics and may be a four to six hour course: Laws that relate to weapons and the use of deadly force Handgun use and safety, including use of restraint holsters and methods to ensure the secure carrying of openly carried handguns Non-violent dispute resolution Proper storage practices for handguns with an emphasis on storage practices that eliminate the possibility of accidental injury to a child Training material related to the safe storage of handguns may be found on Safe Storage PDF To locate a DPS-certified LTC instructor or approved Online Course Provider, see Instructor List or Online Course provider list. License holders will simply apply online and submit the supporting documents for discounted fees or special conditions. I currently hold a valid Texas License to Carry a Handgun LTC and understand new applicants will be provided training on the use of restraint holsters. Will DPS make the new training information available to current licensees? Training material related to the use of restraint holsters and methods to ensure the secure carrying of openly carried handguns may be found on our website at Use of Restraint Holsters PDF. How much do training classes cost? Will I need to have a gun before I begin my training class? Some instructors may require you to use your own gun during the proficiency shooting demonstration. You will need to consult with a certified instructor to determine if you will need a handgun for the course. Return to Top Reciprocity Questions Does this allow me to carry my handgun in another state? If there is a reciprocity agreement with Texas, then you may be eligible to carry a handgun in the other state. A reciprocal agreement does not automatically authorize a Texas license holder to carry in another state. It is important to review the agreement for specific details or limitations. Reciprocal agreements and unilateral proclamations can be found on our website at: The same responsibility applies to anyone from another state when traveling in Texas; they must follow Texas laws for carrying a handgun. Most states will have a website for their carry licenses or permits that specify their laws. Alternatively, you may contact the other state and ask what their laws are for carrying a handgun while in that state. Return to Top Laws that relate to carrying a handgun When can I begin carrying my handgun? You can begin carrying your handgun upon receipt of the physical license. Can I carry a handgun while I am waiting to receive my new license? There is no grace period or extension for an expired LTC, even if your renewal application has been submitted. You must wait until you receive the LTC before you are allowed to carry a handgun. Texas Penal Code Chapter 46 prohibits the carrying the handgun in plain view unless the person is licensed to carry a handgun under Subchapter H, Chapter , Texas Government Code, and the handgun is carried in a shoulder or belt holster. License holders may still choose to carry a concealed handgun in any location that is not expressly prohibited by law in locations permitted by law. License holders

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are reminded that carrying of a handgun in certain places is still prohibited under Penal Code Chapter
Additionally, handguns may not be carried openly on the campus of an institution of higher education
pursuant to Government Code, Section

Chapter 5 : 10 Ways To Stay Calm In The Face Of Daily Stress

Yes and no. You can end a sentence with 'carry on', or just say it all by itself to mean 'continuer', whereas as 'keep on' is almost always followed by another verb in the gerund.

WhatsApp I live in a state that just recently switched over to constitutional carry. Before that, you had to talk to your police chief to get a permit. Long ways back, I had just broken up with my girlfriend. It was one of those long summer relationships that faded away with the warm weather. I was more than a little stuck in my head. One overcast day, I decided to walk along the beach and let my thoughts drift. It was October, and the beach was all but abandoned except a few stray runners with their shaggy beach dogs. At that time, I carried a Glock 19 in an inside the waistband holster. With the beach breeze pushing in, my right side had a noticeable outline. As the morning drifted into the afternoon and the afternoon into early evening, I realized I had damn near walked down to the border of Massachusetts. Realizing I was somewhere hovering around the border, I wisely decided to head back to friendly territory. Unfortunately, on my way back, I think a senior woman called the police. In New Hampshire, before constitutional carry, you can carry a concealed handgun so long as it is unloaded. That said, I had a permit. A Seabrook police officer rolled up on his four-wheeler and pulled up alongside me. At the time, I was under no suspicion that I did anything wrong or even potentially illegal, so I regarded him much in the way anyone would when they see a police four wheeler rolling down the sands. They do have sweet four-wheelers. A bit jealous, really. When he stopped by me, I waved. He motioned me to come over, and I did. It was an overcast, glum day for sure. I felt out of place in this interaction. Now, some beaches in New Hampshire pointedly prohibit carrying firearms. There are also private beaches. It just so happened I was on neither. And this is an example of why it was a good idea to carry my permit on me â€” even though I did nothing wrong.

Chapter 6 : 11 things you should always keep in your carry-on in case of a delay

How to Pack a Kid's Carry On Backpack (and keep them quiet) We've all been there, that flight with the screaming kid Before each flight we parents pray it isn't our kid that has the catastrophic meltdown in a metal tube at 36, feet.

These are the first two of 17 items that drivers should have in their cars at all times for safety, for convenience and for the day the gizmos let them down. How many of these items are in your vehicle right now? An LED headlamp is a great alternative, and a set of spare batteries is always a good idea. Low tire pressure can cause dangerous blowouts, and tires underinflated by only 6 pounds per square inch can reduce fuel economy by 5 percent and reduce tread life by 25 percent. Medication for motion sickness is another thoughtful addition. One of these days you might need it to identify a blown fuse, figure out how to reset the clock or know where to place the jack when you get a flat tire. There is a spare tire, right? Make sure that is properly inflated. Whether it is day or night, professional truckers place them 10 feet, feet and feet behind a rig to give following traffic plenty of notice of a disabled truck. If you also have duct tape and a little imagination you can now handle almost any emergency. A dead battery is not a disaster if you have a set of jumper cables and a friend to call, or if a friendly driver happens by. You can use duct tape and a sheet of plastic to cover a broken window, for example. A roll of self-fusing silicone Rescue Tape is another great choice. Able to withstand pressure to psi and temperature to degrees, it can patch a blown radiator hose or even secure a dangling tail pipe. Unlike a fancy GPS navigation system, a good, old-fashioned paper map will never lose its signal, blow a fuse, go wacky from sunspots or lead you astray. And in a pinch you can use it to start a fire or hang it in a window to shade a cranky baby. They are great for mopping up spilled coffee, checking the oil, cleaning a squished bug or smeared bird droppings off the windshield and even handling a big sneeze. Store them in the glove box. If you have a copy of the key stashed on the vehicle, you can simply unlock the door. A magnetic key case you can get at any hardware store can be placed behind the bumper, for example. Your spare door-lock key does not need to have the expensive microchip required to start the car. Start by using it to store small items on this list, such as tape, gloves and plastic bags. They can be used to cover the muddy ground when you need to change a tire in the rain, as an improvised poncho or as an emergency seat cover under a wet dog or soiled child. Or use one with duct tape to cover a broken window. Even a deactivated mobile phone will place a call if it can get a signal.

Chapter 7 : 10 Smart Things To Pack in Your Carry-On (And One Not To) | Mental Floss

With a hectic work-life, we either tend to skip our meals or binge on fatty and sugary treats to keep us going. With deadlines to meet and tasks to complete, nutrition definitely takes a back seat at work.

Chapter 8 : How to Carry Concealed Firearms: 6 Steps (with Pictures) - wikiHow

Keep your camera, jewelry, computer, and other luxury or expensive items with you at all times. Even articles of clothing have been stolen out of suitcases, so assume that if you splurged on it.

Chapter 9 : Keep Calm and Carry On - Wikipedia

Much like carry-on luggage, I suspect that one critical success factor is to travel light - which, in my mind translates into lean actions: pare your activities down to those that keep you on track with your prime objectives - dump the extraneous activities so that you can focus on carrying on.