


Weekend routine 🤍 ✨ 🌱

- 9:00 🤍 wake up 🛏️ 😴
- 9:15 🤍 make smoothie 🍷 🥬 🥤
- 9:45 🤍 meditation/stretching 🧘
- 10.00 🤍 breakfast + tv 🍞 ☕ 📺
- 10.33 🤍 shower 🚿 🛁 🧼
- 10.52 🤍 get dressed 👚 👖 👕 🦶
- 11.00 🤍 skincare and brush teeth 🧴 🧼 🪥
- 11.15 🤍 clean room or makeup 🧽 🖌️ 🗑️
- 11.25 🤍 free time/workout 🏃 💪
- 12.00 💖 lunch 🍞 🥗 💧
- 12.30 💖 social media/editing if you have a channel 📱 ✍️
- 1.00 💖 face time a friend 🗣️ 👤
- 1.45 💖 homework 📖 ✍️
- 2.15 💖 watch a Christmas movie 🎄 🎅 🎬
- 3.30 💖 read a book 📖 📚 📖 📖
- 4.00 💖 free time/chores 🖌️ 🧽
- 6.00 💖 dinner 🍷 🍲
- 6.30 💖 dessert 🍩 🍫 🍰
- 7.00 💖 pyjamas 🛏️ 🌙
- 7.12 💖 skincare and brush teeth 🧴 🧼 🪥
- 7.30 💖 watch tv or movie 🎬 🎬 📺
- 9.30 💖 read in bed 📖 📚 🛏️
- 10.00 💖 sleep 🌙 😴

Morning Routine Cyber Week Top

**Raymond Moley, Samuel Thurston
Williamson, Malcolm Muir, Rex
Smith, Joseph Becker Phillips**



Morning Routine Cyber Week Top:

The Shrinking Spaces Sreedharan Pallikulath, 2021-11-30 The days when it was pissing with rain when the dams sluiced out the police and the armed forces between us when our might was insufficient the anglers were our superheroes One night when the rain howled and hooted outside the comrades huddled around the table Anjali recounted her experiences with the life of the Kurumbas in Attappadi The tribal girl Amelia falls for an immigrant boy outside her tribe who takes her to cinema halls and eateries in the city They met very often at the outcrops in the night and they have regular boff sessions She was conceived She did not disclose his name and lay dead on the doctors table making Bubba s father an enigmatic outsider Anjali and her husband are now his parents It was a 1000 years flood Thousands of people including women children and college students techies young professionals and youth icons from the tinsel world worked in tandem at various relief centres across the state The senior officers adored the role of head load workers The tech savvy youths set up spontaneous networks to register distress calls and guide the rescuers to the needy Thousands of these unofficial helpdesks bounded the state together in these drastic times Heroes are moulded by the need of times The axiom is not alien but it is the sheer scale at which it is being seen in Kerala that was so amazing Lena said We need to feel in the guts that how blessed we are

ECCWS 2020 19th European Conference on Cyber Warfare and Security Dr Thaddeus Eze, Dr Lee Speakman, Dr Cyril Onwubiko, 2020-06-25 These proceedings represent the work of contributors to the 19th European Conference on Cyber Warfare and Security ECCWS 2020 supported by University of Chester UK on 25 26 June 2020 The Conference Co chairs are Dr Thaddeus Eze and Dr Lee Speakman both from University of Chester and the Programme Chair is Dr Cyril Onwubiko from IEEE and Director Cyber Security Intelligence at Research Series Limited ECCWS is a well established event on the academic research calendar and now in its 19th year the key aim remains the opportunity for participants to share ideas and meet The conference was due to be held at University of Chester UK but due to the global Covid 19 pandemic it was moved online to be held as a virtual event The scope of papers will ensure an interesting conference The subjects covered illustrate the wide range of topics that fall into this important and ever growing area of research *The First Offering and Other Stories* Vijay Padaki, 2024-11-09 A JOY RIDE The stories in the two volumes are packed with a wide variety of plots and a charming range of characters They combine intriguing content with witty narration There is the house maid with a pair of exquisite gold anklets a policeman who befriends a house servant accused of a petty crime the nineteenth century bungalow with a spirit hidden in its walls the tigress falling in love with a handsome man the mother of a man held hostage who refuses to join the prayer meeting learning a thing or two from the wisdom in a tribal community a grandfather who discovers another form of intelligence in a little boy not revealed before others a bond between a teen aged girl and the family gardener coming to terms with cancer a village boy migrating to the city in the retail boom elders falling in love and seeking rules of the game death rituals turning tragically funny telepathic bonds in identical twins a spooky visit to a police station

the story of the last cheetah in India And that is just a sampler The stories are kept short and sweet never imposing always entertaining *Hot Mamalah* Lisa Alcalay Klug,2012-10-02 Presents humorous essays illustrations lists forms and recipes that celebrate the Jewish woman s lifestyle

The Media in Your Life Jean Folkerts,Stephen Lacy,2001 With a strong emphasis on media convergence throughout this book helps readers develop a system wide view of the interacting social historical economic and technological forces at work in today s rapidly evolving mass media Written by two highly regarded scholars and teachers this book goes beyond other textbooks to help readers understand where how and why they fit into the contemporary media environment Too often mass communication texts rely only on popular publications or on academic research In this interactive text they have combined the concrete practice of journalism with empirical research enabling students to comprehend the impact of the dynamic media that are an integral part of our lives today Folkerts and Lacy guide readers through today s whirlwind of mass communication by providing them with the information and critical thinking skills necessary to consider objectively the media and its roles in their lives For anyone interested in gaining knowledge of the media

Zero Day Mark Russinovich,2012-07-02 An airliner s controls abruptly fail mid flight over the Atlantic An oil tanker runs aground in Japan when its navigational system suddenly stops dead Hospitals everywhere have to abandon their computer databases when patients die after being administered incorrect dosages of their medicine In the USA a nuclear power plant nearly becomes the next Chernobyl when its cooling systems malfunction At first these random computer failures seem like unrelated events But Jeff Aiken a former government analyst who quit in disgust after witnessing the gross errors that led up to 9 11 thinks otherwise Jeff fears a more serious attack targeting the United States computer infrastructure is already under way And as other menacing computer malfunctions pop up around the world some with deadly results he realizes that there isn t much time if he hopes to prevent an international catastrophe Written by a global authority on cyber security Zero Day presents a chilling what if scenario that in a world completely reliant on technology is more than possible today it s a cataclysmic disaster just waiting to happen Mark came to Microsoft in 2006 to help advance the state of the art of Windows now in his latest compelling creation he is raising awareness of the all too real threat of cyber terrorism Bill Gates CyberTerrorism Get used to that word and understand it because you re going to see more of it in the newspapers and hear it on the news in the not too distant future Mark Russinovich is a CyberSecurity expert who has turned his considerable knowledge into a very scary and too plausible novel Zero Day is not science fiction it is science fact and it is a clear warning of Doomsday Nelson DeMille While what Mark wrote is fiction the risks that he writes about eerily mirror many situations that we see today Howard A Schmidt White House Cyber Security Coordinator An up to the moment ticking clock thriller Zero Day imagines the next 9 11 in a frightening but all too believable way An expert in the field Mark Russinovich writes about cyberterrorism with a mix of technical authority and dramatic verve I was riveted William Landay author of *The Strangler* When someone with Mark Russinovich s technical chops writes a tale about tech gone awry leaders

in the public and private sector should take notes Daniel Suarez author of Daemon Nothing if not topical a full share of conspiracies betrayals violence and against the clock maneuvers Kirkus Reviews Barrel Proof Layla Reyne,2017-08-07 Special Agents Talley and Walker s partnership is tested as they come face to face with the enemy who threatens to rip their world apart in this final book of Layla Reyne s Agents Irish Whiskey M M romantic suspense trilogy Aidan loves Jamie and wants the bright future he was robbed of before But the blowback from Aidan s late husband s dealings and the secrets everyone even Jamie kept from him threaten to burn Aidan alive He needs a break from it all if he wants a future a forever love to come home to Jamie hates that Aidan is on assignment without him but he protects his partner s back by following leads on Renaud the terrorist responsible for making Aidan s life hell Jamie catches a major break only to discover Renaud is connected to the very place Aidan is on assignment As threads come together so do allies an army at Aidan s back Jamie at his side where he belongs Aidan won t let Renaud steal another good man from him And Jamie is willing to put his own freedom and career on the line to make sure Aidan gets the future and happily ever after he deserves Aidan and Jamie fight for each other and their future together in this final book of three now in its second edition with a new cover and formatting and extended content **Assembly** West Point Association of Graduates (Organization).,2004 *Spin* ,2002 Newsweek Raymond Moley,Samuel Thurston Williamson,Malcolm Muir,Rex Smith,Joseph Becker Phillips,2007 Aviation Week & Space Technology ,2001 *Consumers Index to Product Evaluations and Information Sources* ,2001 **Glamour** ,2001 *The Bulletin* ,2007 **The Nation** ,1996 **Newsweek** ,2007 **Informationweek** ,2003 *AmLaw Tech* ,1996 *Good Housekeeping* ,1998 **The New Yorker** Harold Wallace Ross,William Shawn,Tina Brown,David Remnick,Katharine Sergeant Angell White,Rea Irvin,Roger Angell,2004

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