


Walking in the dark dream

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My Labrador retriever barks and kicks his legs while he sleeps. Does he have nightmares? M.W., Oxford, Mississippi Most experts agree that dogs dream, but we have no idea what, exactly, they dream about. We can only assume that fangs, like humans, experience good with bad. In other words, the sounds and movements of your pet exhibits can be a sign of nightmares - or just his efforts to catch a frisbee in some subliminal dog park. It sounds as if your lab is sleeping pretty tightly, so I would say barking and paddling is perfectly normal. He's probably just having fun chasing a neighborhood cat down the street in his dreams. Dr. Rob Sharp would like to answer your pet questions. Throw a line at him in the countryliving@hearst.com. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content piano.io Doug English; The stylized Kate Lanphear Glam fur is a great new tease, especially with heels and party dresses unnecessarily spoken, on campuses across the country, it's not particularly safe to walk alone in the dark. With that in mind, Rudder is a new app from two Graduates of the University of Michigan that aims to make sure that no college freshman or, for that matter, anyone should always walk alone through the darkness again. As? Showing them the most illuminated route. Rudder works like any other mapping app on your smartphone, with a focus on walking directions. The biggest difference is in the behind-the-scenes algorithm, where instead of calculating the shortest path between the two points, Rudder calculates the shortest and most illuminated path between the two points, comparing routes with a database containing information about the city's public lighting data. The app will never take you more than five to eight minutes out of your way, and it even taps into your smartphone's camera to give users a built-in light counter, letting them know how well-lit your environment really is. According to designer Hannah Doe, Rudder is targeting colleges first not only because she and her lead programmer, Steve Coffey, recently graduated, but because campuses are such a natural place to start. Young students often have a hard time getting their bearings, she says. They may be new to this city, and must try to find their way between all these different buildings. We hope that students will use our app not only to help them learn about their environment, but also to make smarter decisions about where they go, especially at night. Even outside of its core functionality, Rudder attracts to this growing problem of campus attacks that has not been resolved urgently. The exact crime rate of campus is hard to come by. Colleges shamefully understated them to protect their own especially in the case of sexual violence, which means that the statistics available are extremely inaccurate. But outside college campuses, Dow argues that there is a need for an app like Rudder. The experience of travelling at night is just completely different than during the day, she tells me. It's harder to see, and even if you know where you're going, it's easier to skip the sights and street signs at night. However, aside from the night mode token, which, at best, can make the app easier to read in the dark, most navigation apps don't take into account any of this. And the steering wheel is not just an app for people who are worried about attacking in the dark. My wife, for example, has partially separate retinas which make it very difficult for her to walk home alone at night. Rudder can change that. Right now, Rudder has collected street lighting data from 11 cities: Ann Arbor, Chicago, Paris, Boston, Seattle, Portland, Austin, Vancouver, San Francisco, Chicago, and more. And while the initial beta will include only navigation and light meter functionality, the features that The Rudder team hopes to include in the future is the ability to customize your itinerary in favor of speed over lighting, or share the progress of travel with friends or family members to let them know where you are. Rudder is expected to be launched on the iOS App Store in the first week of May. You can register to join the beta here. For many of us, winter means cold days, long nights and treacherous trips. One of the pleasures of the season is to leave the office to go for a walk in the winter wonderland. If you want to walk without drifting, snowshoes are a choice of Back-country, from Atlas. The Back-Country line debuted eight years ago and remains the most widely used snowshoe Atlas. But the product is getting better. Atlas recently added Traverse Trac cleat next to the ball legs to provide extra traction. The asymmetrical shoe strap fits snugly, but - thanks to the spring binding - it also allows for a full range of ankle movement and an amazing degree of control. You may even consider snowshoes at work! Back-country comes in three sizes, ranging from weight (with full package) from 180 pounds (\$229) to 300 pounds (\$269). For more information, call Atlas Snow-Shoe Co. (800-645-7463) or visit the Web (www.atlassnowshoe.com). Did a mini workout today... Feeling much better ... just some deadlifts -- unfortunately I lost 7 pounds in 2 days. I'm going to start a new four-day program a week tomorrow. I have big plans for this program and expect great results. Great expectations are the theme today... Here's another one of my favorite Kekich Creed, #40: No Dream Not Too It takes almost the same amount of time and energy to manage tiny projects or businesses as it does to manage massive... and the massive ones carry with them -- proportional rewards. . Say... Your long-term goals should include massive dreams. The same steps will be taken to lose 50 pounds as will for 5 pounds. Do the right thing and never give up. Now for some fun: How I got my abs - a fun post (best ever?) zgt: Click here to read how I got my abs to eat the big weekend, Craig Ballantyne, CSCS, MS PS - Get pre-workout/post-Thanksgiving mental flogging here: Renegade Style! Http://therenegadegym.com/media/videos/ there in a few weeks! This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Using good shape when you go will increase the amount of fat and calories you burn, and help prevent muscleUsing good shape when you go will increase the amount of fat and calories that you burn, and help prevent muscle and joint pain. Here are 6 tips to keep in mind when walking:1. The stand is high with the spine elongated and the sternum lifted. This allows the space for the lungs to completely expand. Use the basic rule of good posture: Keep the top of your head as high as you can to get it without standing on your toes. Keep your head straight with your eyes focused forward and your shoulders relaxed. Do not let your shoulders fall or hunch to your ears3. Roll your legs from heel to foot. If you hear a clapping sound as you go, you're probably landing on a full leg rather than rolling through your step.4. As you accelerate, take smaller, more frequent steps, not longer steps. This protects your knees and gives your butt a good workout.5. Allow your hands to swing freely. No need to do any unnatural pumping; do what feels good.6 Firm your tummy and smooth your back as you go to prevent lower back pain. Plus: 15 ways to sneak into Walking Time Works: triceps and core Bosu Place on the floor and sit on the dome in the center. Place your palms on the ball next to your hips with your fingertips forward, and place the heel on the floor about two feet from the base of The Bosu. Straighten your arms and lift your hips away from the ball (A). Lift your right arm and left leg a few inches (B). Hold for one second, then lower and repeat with the other hand and foot. It's one representative. Make three sets from 15 to 20, resting for 30 seconds between sets. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. 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