Third Saturday Seminar 2008-2009 Humanity at a Crossroads Session 08 18 April 2009

"Heros and Super Heros"

Have you evolved (mutated) to your highest potential level or, are you living your myth?

Curt Gibby

ALL Program, Lone Star College - Montgomery, Conroe, Texas

"...we are the leaders we've been looking for."

Grace Lee Boggs

"Do not call for black power or for green power. Call for brain power."

Barbara Jordan

"You don't ever want a crisis to go to waste; it's an opportunity to do important things that you would otherwise avoid."

Rahm Emanuel

Desire

If you want the American Dream you must take back the Constitution

Program for TSS Meeting 18 April 2009

- •9:30 am Introduction & Current Events (30 Minutes +/-) *Curt Gibby*
- •10:15 am "Find your inner superhero!"
- 10: 45 10 minute break
- •10:40 am Curt Gibby Discussion Continues
- •10:55 am- Closure Feedback
- •11:00 am Session ends
- •Next Session 18 April 2009, "Find your inner Hero", *Curt Gibby*

Disclaimer

The following presentation consists of material from many sources in addition to my own work and experience. I usually try give appropriate attribution for this material, but may have overlooked some. In many cases an Internet link to the source material is provided in order to allow you to better put these excerpts in context.

The inclusion of materials and the facts, opinions and ideas contained within them, does not in any way mean that I personally endorse or disavow any of them in whole or in part; but, that it is of importance to the discussion.

If you have any questions please contact me.

Curt Gibby < gcgconsult@n-star.com>

To Any Members of Law Enforcement

If there are any members of law enforcement here in any sort of official capacity and not in a uniform recognizable as one of law enforcement we ask that you identify yourself or selves, your agency, department or organization and your official reason for being here.

Rest assured that we are engaged in no illegal activity, but we are aware of, value and have faith in our Constitutional rights.

In any case you are welcome to stay and participate as a member or guest of the Third Saturday Seminar. But, if at any time you consider anything you see or hear happening or about to happen is or will be putting any one or all of us in jeopardy of breaking the law as you understand it, we request that you advise us of that situation .

This is consistent with your obligation as a peace officer or agent to protect and serve the people. Anything else will be a betrayal and you will be derelict in your duty. It will result in harm to those you are obligated to protect.

The donuts are free to law enforcement.

PSAs (Public Service Announcements)

Thing's you might be interested in.

ALL Political Affairs lecture series

NEW -- LWV series on Local Government Issues

The series will be held on Thursday afternoons 1-3 in Room 121 of the University Center from March 26th through April 30th (except for April 16th). Room 121, The University Center.

The series is sponsored by the League of Women Voters to inform voters about those county government entities with publicly elected boards of directors. Board of directors' elections for contested positions on the MUDs and the Community College District take place in May, 2009. Helen Bostock, League of Women Voters – Montgomery County, is the coordinator for the series.

http://www.montgomery.lonestar.edu/all

Current Events

21 February 2009

Don'tbePanicked

NIH speaks, not everyone happy

HEALTH & SCIENCE

NIH May Clear Discarded Embryos For Research

by Julie Rovner

Listen: Julie Rovner Reports On 'All Things Considered' [3 min 0 sec] + add



Enlarge

Paul Sancya

An image of human embryonic stem cells under a microscope. AP

NPR.org, April 17, 2009 · The National Institutes of Health announced Friday that it will provide federal funding for embryonic stem cell research only if the cells are left over in fertility clinics and no longer needed for reproduction.

The draft funding guidelines — implementing a policy announced by President Obama last month — have managed to anger those on both sides of the political controversy.

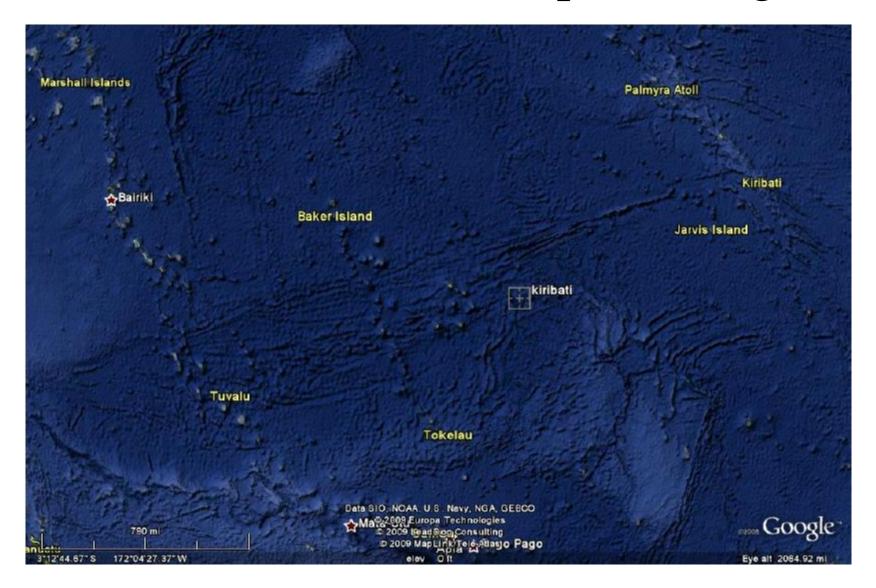
Ready to tea party



233 years of progress



Kirbati – Climate or Depth Change?



Light Rail

SCUBA gear wearing US Navy frogman, predecessors to the elite SEAL teams, come up for air after an underwater training exercise.

Location: US

Date taken: July 1951

Photographer: J. R. Eyerman

Recovery

OPINION: The Divinity Of Dogs **Contributor Ben Stein** has some thoughts on how to get through the recession. His advice? Get a dog.

http://www.cbsnews.com/stories/1998/07/09/sunday/main13562.shtml

Big Brother Fires GM CEO

Mob Rules!

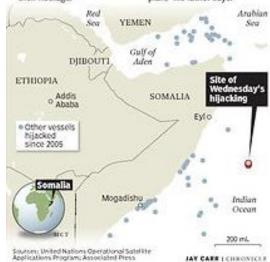
Pirates of the Indian Ocean **HIGH-SEAS DRAMA AS SHIP HIJACKED**



THE CAPTAIN: The Somali pirates fled in a lifeboat with Capt, Richard Phillips of Underhill, Vt., as their hostage.



SECOND IN COMMAND: Capt, Shane Murphy knew the dangers of the sea and has the skills "to execute a plan," his father says.



 U.S. crew retakes cargo ship from Somali pirates, who make off with vessel's captain and demand ransom

By MARK MAZZETTI and SHARON OTTERMAN

NEW YORK TIMES

WASHINGTON - A high -seas drama unfolded off the coast of Africa on Wednesday, as Somali pirates seized a U.S.-flagged cargo ship and held 20 American sailors hostage. The crew managed to retake the ship within hours, but not before the pirates had spirited away the ship's captain and held him for ransom.

The unarmed container ship, the Maersk Alabama, was the first American vessel to be captured in a wave of pirate attacks off the Horn of Africa, one of the most notoriously lawless stretches of international waters.

An episode that at times seemed ripped from the pages. of a Robert Louis Stevenson to come to the hostages' aid. novel had its own 21st century twists: The pirates conducted U.S. Navy-guided missile de- were still at a standstill. stroyer and other warships were sent to the Gulf of Aden

HOUSTONIANS ABOARD VESSEL

The third mate of the cargo ship hijacked off the Somali coast and another of its crew members are from the Houston area, their unions said Wednesday.

A Houston official of the International Organization of Masters, Mates and Pilots union confirmed that Colin Wright, third mate on the Maersk Alabama, is a member.

The Marine Engineers Beneficial Association said one of its members from the area also is on the crew, but wouldn't identify the member. The union sources declined to be identified.

But by this morning local time, more than 15 hours afransom negotiations using ter the pirates first took consatellite telephones, and a trol of the Alabama, the talks

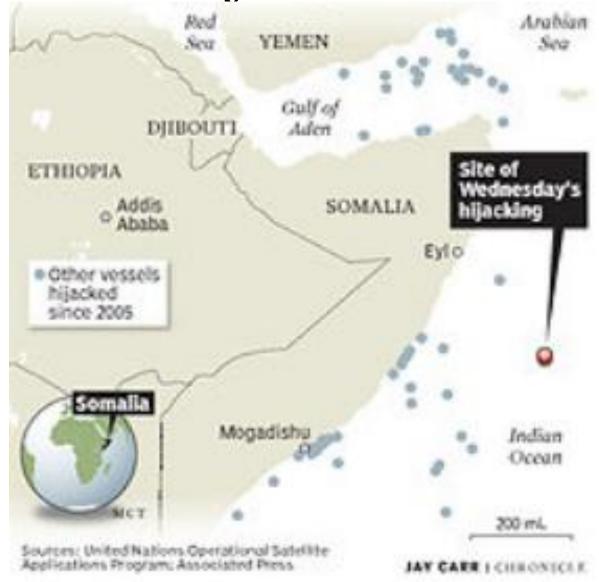
> There have already been Please see PIRATES, Page A7

Maersk Alabama



THE SHIP: The Maersk Alabama container ship, formerly the Maersk Alva, was heading to a Kenyan port carrying food and materials for the U.N. World Food Program and other clients when it was hijacked. The U.S. crew disabled the ship as the pirates were coming aboard, rendering it a useless prize, especially with the U.S. military closing in. That's when the pirates fled with the captain.

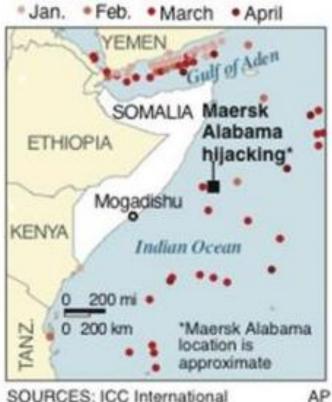
Vessels Hijacked since 2005



Southerly trend

In recent months, pirate attacks near Somalia have shifted southward from the Gulf of Aden to evade naval warship patrols.

Pirate attacks in 2009



SOURCES: ICC International Maritime Bureau; ESRI

Steady, steady



THE US NAVY

Not only will they shoot you dead from the fantail of a destroyer while you're in a life raft in choppy seas ... they'll do it at night... on Easter Sunday.

A Hero Returns Home



Rescued captain: 'The military is the hero'

Capt. Richard Phillips, whose capture and dramatic rescue in the pirate-infested waters off the coast of Africa last week captivated the nation, returned home to Vermont on Friday. Phillips spoke for a short time and mostly thanked the military for saving him. full story



U.S. considering whether to charge captured pilot

By MATT APUZZO Associated Press

April 13, 2009, 12:04AM



WASHINGTON — The Justice Department was considering whether to prosecute a Somali pirate in Washington or New York, U.S. officials said following the rescue of a U.S. hostage and the apprehension of his only surviving captor.

The decision will determine where the pirate will be flown in what is shaping up as the first U.S. piracy case in recent memory.

Three pirates were killed Sunday in a military operation that rescued Capt. Richard Phillips, who had been held hostage aboard a lifeboat for days. A fourth pirate was in discussions with naval authorities

about Phillips' fate when the rescue took place.

Both piracy and hostage-taking carry life sentences under U.S. law.

Two U.S. officials, speaking on condition of anonymity because they were not authorized to discuss the case, said the Justice Department is considering whether to leave the case in the hands of federal prosecutors in Washington or New York.

"He's in military custody right now," FBI spokesman John Miller said. "That will change as this becomes more of a criminal issue than a military issue."

Navy Vice Admiral Bill Gortney, commander of U.S. Naval Forces Central Command, said the disposition of the captured pirate had yet to be determined.

"We have multiple avenues," Gortney said at a Pentagon news conference conducted by telephone. "We could possibly bring him back here to the United States and try him since this was an American flag vessel."

He said prosecutors were also considering taking the pirate to Kenya, where the military has an agreement under which captured pirates will be tried. But that agreement has never been used following an attack on a U.S. ship.

Navy hero's dog is killed



THE VICTIM: Dasy, a Lab, was given to Marcus Luttrell as a puppy to help him heal after he returned from the Afghan war. Dasy was shot April 1 at age 4.

Survivor of war loses dog to random violence

Pet's shooting sends ex-SEAL on 100 mph car chase



THE OWNER: Former Navy SEAL Marcus Luttrell, shown at a book signing, said the attack on his dog pushed him into a place he didn't want to be.

SEAL Team 10



050628-N-0000X-001 <u>United States Navy</u> file photo of Navy SEALs operating in <u>Afghanistan</u> in support of <u>Operation Enduring Freedom</u>. From left to right, Sonar Technician (Surface) 2nd Class Matthew G. Axelson, of Cupertino, Calif; Senior Chief Information Systems Technician Daniel R. Healy, of Exeter, N.H.; Quartermaster 2nd Class James Suh, of Deerfield Beach, Fla.; Hospital Corpsman 2nd Class Marcus Luttrell; Machinist's Mate 2nd Class Eric S. Patton, of Boulder City, Nev.; and Lt. Michael P. Murphy, of Patchogue, N.Y. With the exception of Luttrell, all were killed June 28, 2005, by enemy forces while supporting <u>Operation Red Wing</u>.

We are gods! Obama looking at cooling air to fight warming

By SETH BORENSTEIN AP Science Writer © 2009 The Associated Press

April 8, 2009, 8:33PM

WASHINGTON — Tinkering with Earth's climate to chill runaway global warming — a radical idea once dismissed out of hand — is being discussed by the White House as a potential emergency option, the president's new science adviser said Wednesday.

That's because global warming is happening so rapidly, John Holdren told The Associated Press in his first interview since being confirmed last month.

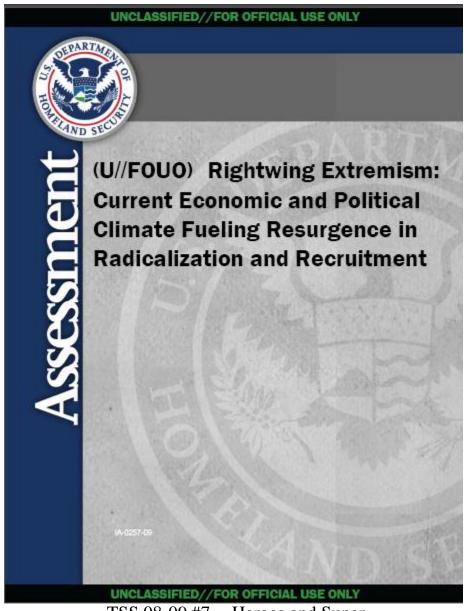
The concept of using technology to purposely cool the climate is called geoengineering. One option raised by Holdren and proposed by a Nobel Prize-winning scientist includes shooting pollution particles into the upper atmosphere to reflect the sun's rays.

Using such an experimental measure is only being thought of as a last resort, Holdren said.

"It's got to be looked at," he said. "We don't have the luxury ... of ruling any approach off the table."

His concern is that the United States and other nations won't slow global warming fast enough and that several "tipping points" could be fast approaching. Once such milestones are reached, such as complete loss of summer sea ice in the Arctic, it increases chances of "really intolerable consequences," he said SS 08-09 #7 -- Heroes and Super 28

Create panic and look for a scapegoat



Defense Secretary Gates Highlights Changes to US Defense Budget

April 6, 2009 1:53 PM EDT says the new budget will "profoundly reform" the way the Pentagon buys weapons and does <u>business</u>

- •recommends that Lockheed Martin's (NYSE: LMT) \$13 billion presidential helicopter be ended
- •to recommend Lockheed's F-22 halt at 187 jets
- •Air Force's \$11 billion transformation satellite to be canceled
- •Boeing's (NYSE: BA) Airborne laser to be confined to one test plane
- •General Dynamics (NYSE: GD) to build 3 DDG-1000 destroyers in Maine
- •Northrop Grumman (NYSE: NOC) to build DDG-51 ships in Mississippi
- wartime needs must receive steady, long-term funding
- •US to boost intelligence, surveillance budget by \$2 billion
- •the US will increase production of unmanned aircraft
- •US will recruit, train more Army helicopter crews
- •has set a goal of buying 55 littoral combat ships
- •Gates will recommend F-35 buy of 30 in 2010, costing \$11.2 billion

New Aircraft





F-35

Inventory Objectives

U.S. Air Force 1,763 aircraft

U.S. Marine Corps 480 aircraft.

U.K Royal Navy 60 aircraft

U.S. Navy 480 aircraft

"Every government interference in the economy consists of giving an unearned benefit, extorted by force, to some men at the expense of others." --- Ayn Rand

Will the icecap melt before ...

Los Angeles Times Blogs

You are here: LAT Home > Blogs > Top of the Ticket

News/Opinion

California | Local National

World

Business

Sports

Washington

Science

Environment

Opinion

Arts/Entertainment

Entertainment

The Guide

Company Town

Arts & Culture

Calendar The Envelope

TV Listings

Movie Showtimes

Living

Travel

Health Autos

Home & Garden

TOP OF THE TICKET POLITICS, COAST TO COAST, WITH THE L.A. TIMES

« Joe Biden, Obama's Mr. Fix-It, tells NATO time to talk to 'moderate' Taliban -- read full text here | Main | Here comes card-check/EFCA: Another bipartisan bridge to nowhere »

Coleman vs. Franken continues. Will Arctic ice cap melt before Minnesota gets new senator?





They are calling it the longest Senate election in U.S. history. So far, it's been 126 days since voters in Minnesota went to the polls to cast their ballots between incumbent **Norm Coleman** and Democratic challenger (and comedian) **Al Franken**. Actually, as you'll see from this clip, the election aftermath seems to have taken the funny out of Franken, who now looks and talks just like a politician.

Crude Oil Price

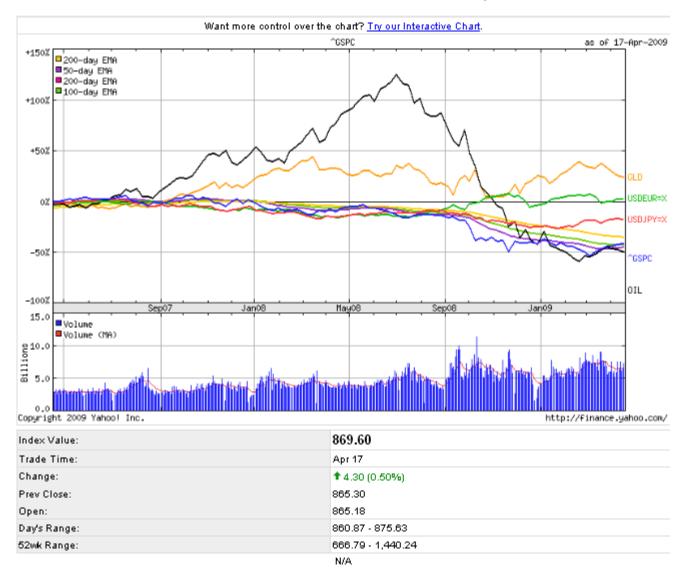


Crude Oil Price by OIL-PRICE.NET @

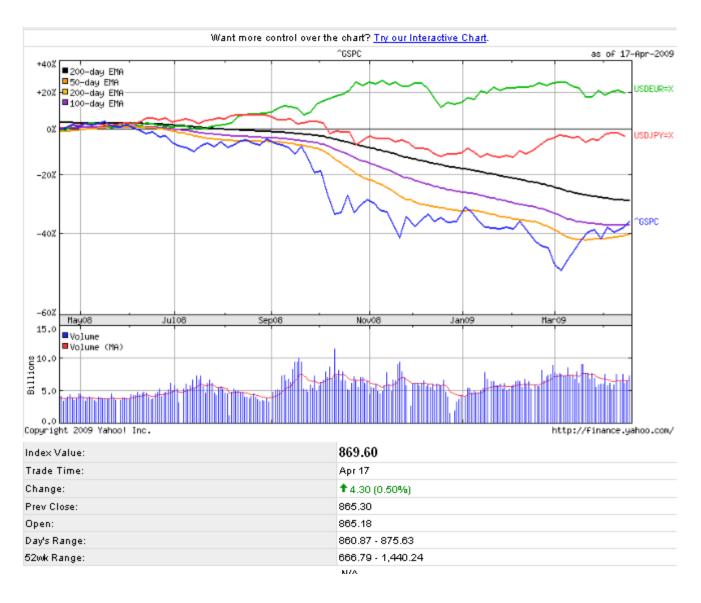
Price		Change	Trades	Volume
07:27 - \$ 50.19		♦ 0.14 0.28% ♦	38,415	118,146
Range	Open	52 Wk Range	1 Year Forecast	
49.41 - 51.37	49.93	32.41 - 147.27	\$ 58 /	Barrel

http://oil-price.net/

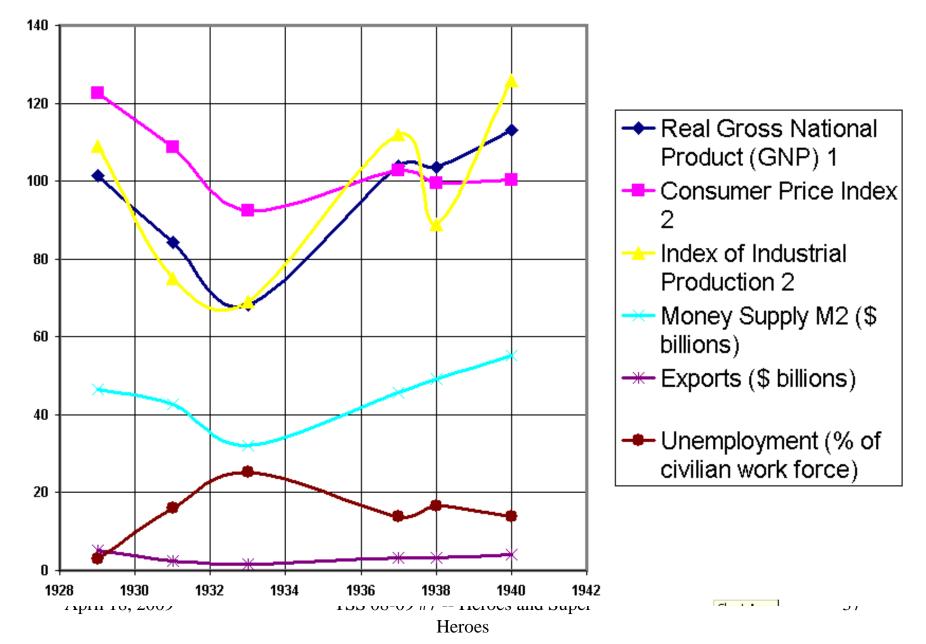
S&P vs OIL (2 yr.)



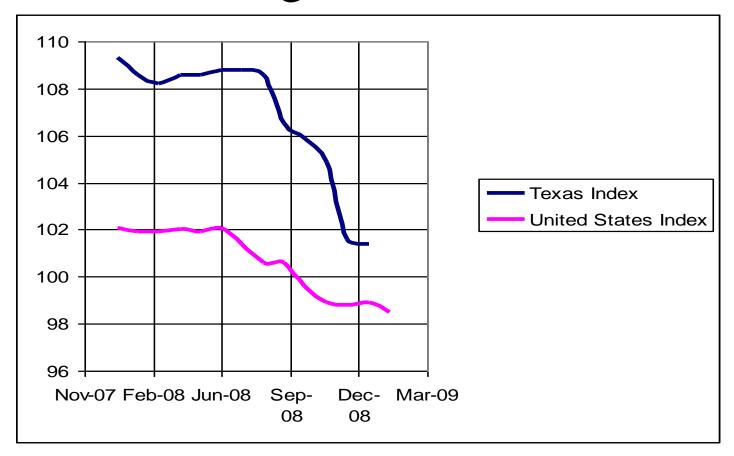
S&P 500 - 1 Year



The Years of the Great Depression



Texas Leading Economic Indicators



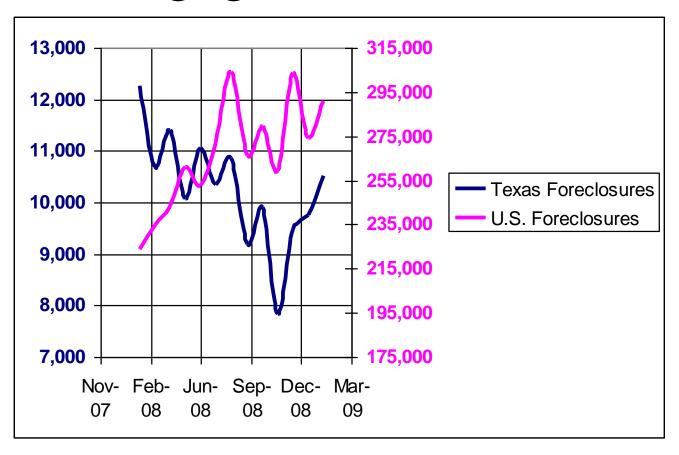
Change from previous year:

The leading indicators for Texas are down 7.3%

The leading indicators for the United States are down 3.3%

http://www.texasahead.org/economy/tracking/

Mortgage Foreclosures



Change from previous year:

Texas is down 14.1%

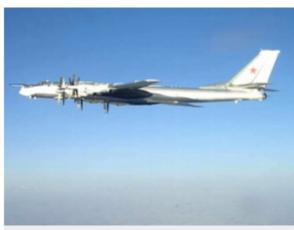
U.S. is up 29.9%.

If you miss the Cold War

Report: Cuba, Venezuela Could Host Russian Bombers

Report: Russian bombers could be based in Cuba, Venezuela; Kremlin says it is hypothetical

By DAVID NOWAK Associated Press Writer MOSCOW March 14, 2009 (AP) The Associated Press 12 comments



In this photo released by the U.S. Navy, one of two Russian Tupolev 95 Bear long rang bomber... ▼ (U.S. NavyAP Photo)

A Russian air force
chief said Saturday
that the country could
base some strategic
bombers in Cuba or
on an island offered
by Venezuela, the
Interfax news agency
reported, but a Kremlin official quickly
said the military had been speaking only
hypothetically.

The U.S. and Russia have been trying to reset their relationship, severely strained over U.S. plans to position missile defense elements in Poland and the Czech Republic and by Russia's

invasion of U.S. ally Georgia last year.

Russia has nothing to gain strategically from basing long-range craft within relatively short range of U.S. shores, independent military analyst Alexander Golts said, calling the military statement a retaliatory gesture aimed at hitting back after U.S. ships patrolled Black Sea waters near Georgia.

North Korea's Satellite Launch Fails

North Korea Satellite Launch Fails

World | April 5, 2009, Sunday



US and South Korean officials refuted earlier statements of the North Korean state media that the country had succeeded in putting a satellite into orbit. Photo by BBC.

Korea and his son, the current leader.

North Korea failed in its attempt to get a satellite into space, according to US and South Korean officials, cited by BBC.

Two stages of the rocket and its payload landed in the Pacific Ocean, the US military statement says, meaning no object has been put into orbit.

North Korea, through its state media, claimed earlier satellite
"Kwangmyongsong-2" had successfully been placed into orbit and was transmitting data. The "Song of General Kim Il-sung" and "Song of General Kim Jong-il" are references to the late founder of North

The US, Japan and South Korea condemned the launch which they suspect was a cover for a long-range missile test. The move was also met with anger and condemned by UN Secretary General Ban Ki-moon and the European Union. China and Russia both called on all sides to act with restraint.

US President Barack Obama, who is in Prague for a US-EU summit, defined the launch as "a clear violation" of a resolution barring North Korea from any activities related to ballistic missiles.

North Korea gave prior warning of the launch and repeatedly claimed the launch was part of its "peaceful space program," as is its right under international law.

Third Saturday Seminar 2008-2009 Humanity at a Crossroads Session 08 18 April 2009

"Heros and Super Heros"

Using the powers you have

Curt Gibby

ALL Program, Lone Star College - Montgomery, Conroe, Texas Have you evolved (mutated) to your highest potential level or, are you living your myth?

'The Drunken Driver Has the Right Of Way' by Ethan Coen

The loudest have the final say,
The wanton win, the rash hold sway,
The realist's rules of order say
The drunken driver has the right of way.

The Kubla Khan can butt in line;
The biggest brute can take what's mine;
When heavyweights break wind, that's fine;
No matter what a judge might say,
The drunken driver has the right of way.

• • •

'The Drunken Driver Has the Right Of Way' Concluded

. . .

However much you plan and pray,
Alas, alack, tant pis, oy vey,
Now — heretofore — til Judgment Day,
The drunken driver has the right of way.

Excerpted from 'The Drunken Driver Has The Right Of Way' by Ethan Coen. Excerpted by permission of Crown Publishing Group/Random House.

http://www.npr.org/templates/story/story.php?storyId=10317 5352

What's a Superhero?

OK, what's a superhero? (I grew up in the age of Superman.) A super hero is somebody or thing who comes equipped with such special powers that he has no reason to fear anybody or anything but failure in his personnel life. Actually, a superhero isn't a real hero at all, because he has no limits. His special powers enable him to do anything. The only time he gets into trouble is when he has to interact with mortals or various and sundry supervillians. Have you ever noticed that superheros and supervillains are strangely incapable of annihilating each other.

A hero is ...

On the other hand a hero, is by my definition a normal, mortal human being, who, when by circumstance or fate is presented with an opportunity (or demand) that makes him forget his human limitations (perhaps by transferring control to his mid-brain) and performs brilliantly some feat far outside his recognized capabilities. Often the hero will seem to disregard his own safety and sometimes it will cost him his life, while accomplishing his mission. This phenomenon is not limited to a physical performance, it may entail mental accomplishment in a time in the face of danger or extreme need or lack of confidence. If you ever meet a hero, and ask him to tell his story, he will usually tell it matter of factly and modestly, and may simply explain that he did what was necessary and is glad he was able to do it.

Superhero not a hero?

So, if you buy my definition; a superhero is not a hero at all. He is merely performing what the writer decided he could do. He is incapable of doing exceptional things, because for him nothing is exceptional. We mere mortals see him in relation to our personal limits and visualize him as "great".

A hero is ...

And, a hero is a product of opportunity and momentarily unquestioned confidence and ability to perform that is turned into action that saves people or important things, that if we witness, we witness will want in some way to memorialize. (or for some, mythologize)

I'm not sure what you would call it when a parent in the middle of something can automatically reach out and catch their child just before he hits the floor. That is probably in our genes.

Where are we?

Along with the mythical superhero and the the very real but exceptional hero, I suspect, that if we think about it, we all have important stories to tell. We can still tell them because they are burned firmly into our psyches because they were exceptional to us and those who are important to us.

Real people, we, the occasional heroes ...

Many of the good things we have are here because we all did what we could most of the time and every now and then we were able to do something exceptional that all in all have helped make things better for ourselves and others.

Heros or villians?



http://www.wwe.com/superstar s/divas/galleries/divashallowee ncontest/

http://www.wwe.com/shows/wrestlemania/wrestlemaniamadness/

Path to Hero

Hero On Call

The Hero on Call program gives you the chance to talk to Army National Guard Soldiers. Get answers about benefits, bonuses, enlistment waivers or training from Army National Guard Soldiers who have "been there and done that."

Click here to begin

Want to know who you're talking to? Meet the Operators



http://www.nationalguard.com/guardtalk/index.php

Navy SEALs



Navy Seals with MP5N

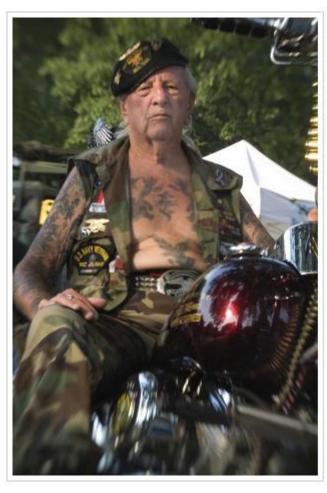
While all of MP-5 can be fitted with silencers, there also a dedicated silenced version of MP-5, called MP5SD2 or SD3 (depending on the stock type). This version is equipped with non detachable integral silencer, and the vented barrel, to reduce the bullet muzzle velocity down below the speed of sound. The MP-5SD is intended to fire standard 9mm ammunition, not the special subsonic one.

Semi-automatic only versions of the MP-5 were once made for civilian market under the designation of HK-94. some Theme: Emire by thu Blog at Wordtress



http://www.parade.com/news/intelligence-report/archive/do-terror-alerts-keep-us-safe.html

Hero retired



in army-leads 22Hokm-sead
War us brain of World War II, Korea and
We ham, B lon Brison, 32, a Hauy frogman,
SEAL and a uptumber with the Webrans of
Foreign Wars (WFW) by spending time with
wounded soldiers and aimen all Waller Reed
Redical Center, bites part in the annual Rolling
Thunder motorcycle raily in Washing lon, 0.0.,
26 May 2007. Thousands of biters and
non-tiders are participating in the 2007 edition
of the "Rolling Thunder" annual bite raily which
his year marks the 20th annual bite raily which
his year marks the 20th annual bite sealy which
singed during the Memorial Day weekend as a

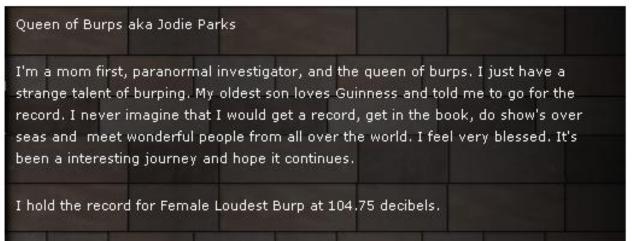
sign of support to the United States Armed

Forces and I's soldlers.

Esplore Photos of Related Topics

Silly Bests





"Silly Olympics"

Inter-Youth Silly Olympics Competition

Tomo Té Tor

A listofyouth group Sil.) games, complete with meanls for you to break.

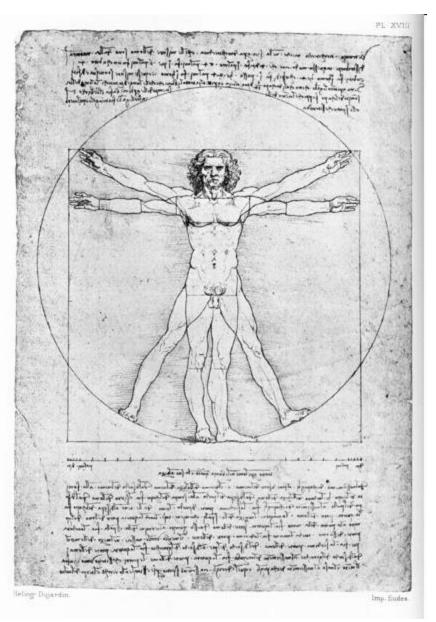
A complete set of instructions is available, but if you have any other questions, phase contact Greenes, at info@youth.co.sa.

Silly "Olympic" Official World Records and Rules, as of 3 July 2002

Event/Ru les	Record	Person	Church	Year
String Eating 5m	10.91 sec	I im. Vincent & I J. Hollin.	Barbarton Evançalical Friends Chunch, Barbarton, Ohio, USA	Manch 1998
Eat3 Marin Bisquits and Whistle 3 Notes		NOTE: Due to inconsistency in biscuit types used, this moord is no longer being kept Internationally.		
Down a Can of Cola	6.45 rec	Russall Smith.	Folishill Baptist Chunch, Broad Stmat Country, England	Mansh 1998
Manchmallow in Mouth (without cwallowing or chewing)		NOTE: Due to inconsistency in manchmalls whyper used, this most dis no longer being kept Internationally.		
Chair sitting against a wall (with no chair)	2 hour 5 minutes	Chris De Wees	Christian Kello wship Outmach Chunch, Kenna, WV USA	Mansh1998
Pwha mathbox agrees a garpeted floor - 20m (wing only your nose)	17 suconds	Month Junks	Evengelical Fine clouch Grindsted, Denmark	September 2000
Holling Lit Math (etl Lion math)	1 min. 48.46 sac	Carolyn Zaiktra	Rosa banh Union Chunch, Sandton, South Africa	Mansh1998
Holling Lit Math (Canadian math - 5mm long)	1 min, 33 sec	GhnDow	Cuertwick Baptist Gushph, Ontario, Canada	1994
Holling Lit Math (Awtalian Safety math)	56 sec	Ron Milnes	North Belcomen Baptist Chunch, Canberra, Australia	Mansh1998
Lighting Cardles with One Match	95 times	Ben Ambushi	Gmemulle FMY, IL, USA	1994
Paper Plate Friebes Discret (outloor)	105 Rest(32 metres)	Mile Smith	Long Beach Christian Raformed Chunch, California, USA	Mansh1998
Plastic strawJarelin	171 m.	IIE: Garth Luke Stave Gardner	Roseband Union Clemed, Sandton, South Africa St Paul Lutheran, School, New York, USA	1998 Sap 2000
Put the Passaut	11.02 m	Name to follow	Inne in Christ Harvest Christian Kellowhip, Haram, Zimbabwa	April 2002
Coin Cataling	41 coins	Garth Lule & Andrew Harris	Rosa banh Umion Chunch, Sandton, South Africa	Manch 1998
Coin Catching - Canadian/American penny	70 soins	Malania Phanoah	Cuestwick Baptist Guelph, Ontario, Canada	1994
Coin Catching - Australian Sc	87 coins	Adrian Lance	North Bekonnen Baptist Chunch, Canberra, Australia	Manch 1998
Coin Catching - British penny piaces	65 goins	Mattew Spencer	SNOG, Kaith North Chunch, Scotland	September 2000
Howe of Cards	15 stomys	Jassica Palashol, assisted by Jordan Smac and James Zimmarman	X-tueme Youth, Windson, ON, Canada	September 2000
Shi Rasa (3 person bams)	17 sec.	Em/Lawa/Sniky	Mission Baptis†Chunch, Pyongtanh, Koma	Mansh1998
Shading Jump - guys	3,1 m.	Jonathan Robinson and Grant Wynz	Honeyridge Baptist Randburg South Africa	1994
Standing Jump - girk	2,37 m.	Justina Palasholi	X-tmma Youth, Windson, ON, Canada	September 2000
Cotton Wool Ball Shotput	12 m.	George Gericle	Jabulani Jangaleis MG Krolodilrinias, Brits, South Africa	September 2000
Shoulase Tying	3.96 sec	Diana Duthia	MSG's (Middle School group) St. John the Baptist	December 2000
Rowing Bagatta	Noze yet	Newsteat	Newsent	Newswart

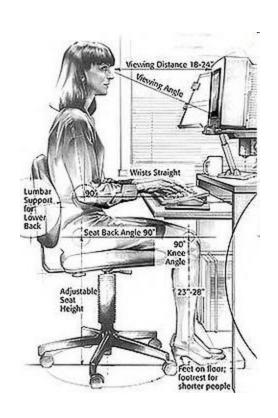
Enles for the above arents are now are ileb to

The measure of man



April 18, 2009

Ergonomics



Ergonomics is the science of designing the job, equipment, and workplace to fit the worker. Proper ergonomic design is necessary to prevent repetitive strain injuries, which can develop over time and can lead to long-term disability.

One size fits all?

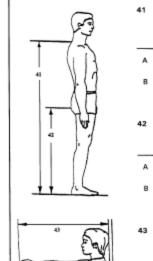
14 Anthropometry and biomechanics

. . .

14 Anthropometry and biomechanics

HFDG

Exhibit 14.3.2.1 (continued) Static human physical characteristics (standing)



41 Cervicale height. The vertical distance from the floor to the cervicale, the tip of the spine of the seventh cervical vertebra at the base of the neck.

_	Sample	_1st_	5th	50th	99th
A	Men			151.8 (59.8)	166.1 (65.4)

B Women cm 127.3 131.4 140.6 150.8 154.8 (in) (50.1) (51.7) (55.4) (59.4) (60.9)

42 Buttock height. The vertical distance from the floor to the maximum posterior protrusion of the buttock.

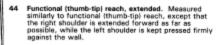
	Sample	1st	5th	50th		99th	_
А	Men		81.5 (32.1)	88.5 (34.8)	96.9 (38.1)	100.5 (39.6)	
В	Women		76.7		91.5	94.9	

43 Functional (thumb-tip) reach. The horizontal distance from the wall to the tip of the thumb, measured with the subject's shoulders against the wall, the arm extended forward, and the index finger touching the tip of the thumb.

_	Sample		1st	5th	50th	95th	99th	
Α	Men	cm (in)	72.0 (28.4)	73.9 (29.1)	80.0 (31.5)	86.7 (34.1)	89.7 (35.3)	

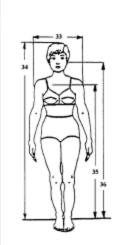
Percentiles

B Women cm 65.8 67.7 73.4 79.7 82.4 (in) (25.9) (26.7) (28.9) (31.4) (32.4)



		Percentiles						
	Sample		1st	5th	50th	95th	99th	_
Α	Men	cm (in)	77.9 (30.7)		87.3 (34.4)	94.2 (37.1)	97.7 (38.5)	
В	Women		71.2	73.5	79.6 (31.3)	86.2	89.0 (35.0)	

Exhibit 14.3.2.1 (continued) Static human physical characteristics (standing)



33 Shoulder (bideltoid) breadth. The horizontal distance across the upper arms between the maximum bulges of the deltoid muscles; the arms are hanging and relaxed.

_	Sample		1st	5th	50th	95th	99th	_
A	Men	cm (in)		45.0 (17.7)		53.5 (21.1)	55.2 (21.7)	
В	Women			39.7 (15.6)	43.1	47.2 (18.6)	49.2	

Percentiles

34 Stature. The vertical distance from the floor to the top of the head.

_	Sample	1st	5th	50th		99th	_
Α	Men	cm 160.3 (in) (63.1)				190.9 (75.2)	
В	Women	cm 148.3 (in) (58.4)			173.7 (68.4)	178.0 (70.1)	

35 Suprastemale height. The vertical distance from the floor to the lowest point of the notch in the upper edge of the breast bone (suprasternale).

_	Sample	1st	5th	50th		99th	_
Α	Men	cm 130.2 (in) 51.3	134.3 (52.9)	143.7 (56.6)	153.7 (60.5)	157.5 (62.0)	
В	Women	cm 120.7 (in) (47.5)			142.5 (56.1)	146.4 (57.6)	

36 Tragion height, standing. The vertical distance from the floor to the tragion, the certileginous notch at the front of the ear.

_	Sample	_1st	5th	Percent 50th		99th
Α	Men			162.4 (63.9)		177.5 (69.9)
В	Women		140.7 (55.4)		161.2 (63.5)	165.4 (65.1)

14-28 FAA William J. Hughes Technical Center

January 15, 1996

14-26 FAA William J. Hughes Technical Center

January 15, 1996

How much can you lift?

6.2.2 Weight

The weight limits provided in this section assume that they will be lifted by able-bodied people not by those covered by the Americans with Disabilities Act.

6.2.2.1 Maximum weight of units of equipment to be lifted by
one person. If a unit of equipment is designed to be lifted by a
single person, its weight shall not exceed the value in exhibit
6.2.2.1 that is appropriate for the height to which it is to be lifted and
the size of the unit as it affects the distance between the body and
the grip.

Exhibit 6.2.2.1 Maximum weight limits for objects lifted by one person using both hands; data are for a male or female

Height to which lifted	150 mm (6 in)	Distance between 300 mm (12 in)	n body and grip 460 mm (18 in)	610 mm (24 in)
.9 m (3 ft)	20.2 kg (44 lb)	13.3 kg (29.3 lb)	10.1 kg (22 lb)	6.6 kg (14.7 lb)
1.5 m (5 ft)	16.8 kg (37 lb)	11.2 kg (24.7 lb)	8.4 kg (18.5 lb)	5.6 kg (12.3 lb)

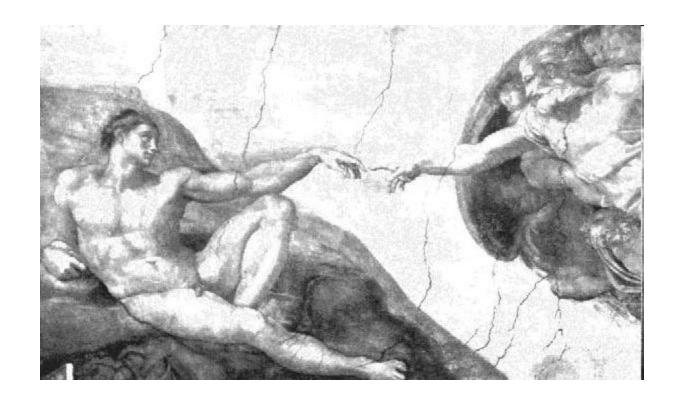
- •To appreciate beauty and elegance.
- •To show compassion.
- To Reason
- To say, "Yes" or, "No"
- •To decide and when necessary to change decision.
- •To learn by observation and experience and adaptation of what has been learned.

- •To visualize goals and paths to goals.
- •To control our actions.
- •To understand and communicate with other humans at more than one level.
- •To forgive others and himself.
- •To remember.
- •To forget.

- •To desire.
- •To wonder.
- •To reproduce (or not).
- To feel affection
- •To survive and prosper by action and acquired knowledge.

To create the Übermensch

Spiritual power



Äbermensch

From Wikipedia, the free encyclopedia

Friedrich Wilhelm Nietzsche, Oct 15, 1844 – Aug 25, 1900)

The Übermensch (German; English: **Overman, Superman**) is a concept in the Philosophy of Friedrich Nietzsche. Nietzsche posited the Übermensch as a goal for humanity to set for itself in his 1883 book Thus Spoke Zarathustra (German: Also Sprach Zarathustra).

The book's protagonist, Zarathustra, contends that "man is something which ought to be overcome:"

All beings so far have created something beyond themselves; and do you want to be the ebb of this great flood and even go back to the beasts rather than overcome man? What is the ape to man? A laughingstock or a painful embarrassment. And man shall be just that for the overman: a laughingstock or a painful embarrassment...

There is no consensus regarding the precise meaning of the Übermensch, or even the overall importance of the concept in Nietzsche's thought.



If Nietzsche is right ...

Would the Übermensches we will create have the natural ability to get along with each other?

And will "man" (we) be a laughingstock or a painful embarrassment for the overman that we create?

For Further Reading

Superhero

http://en.wikipedia.org/wiki/Superhero

Masters of Evil

http://en.wikipedia.org/wiki/Masters_of_Evil

Joseph John Campbell (March 26, 1904 – October 30, 1987) was an American mythologist, writer and lecturer, best known for his work in comparative mythology and comparative religion. His work is vast, covering many aspects of the human experience. His philosophy is often summarized by his phrase: "Follow your bliss." http://en.wikipedia.org/wiki/Joseph_Campbell

(Charlie Rose) A conversation (30 minutes) with Malcolm Gladwell, author of "Outliers." Outliers, defined by Gladwell as people who do not fit into our normal understanding of achievement, Outliers deals with exceptional people, especially those who are smart, rich, and successful, and those who operate at the extreme outer edge of what is statistically possible. In statistics, an outlier is an observation that is numerically distant from the rest of the data. (Intro gleaned from Wikipedia.org)

http://www.charlierose.com/view/interview/9855

(Karen Armstrong)"... if you want to make God laugh, tell Him, or Her, your plans. A self-proclaimed "freelance monotheist," Karen Armstrong is now on a mission to bring compassion, the heart of religion, as she sees it, back into modern life. "Do not do to others what you would not like them to do to you."

http://www.pbs.org/moyers/journal/03132009/watch.html

Bill Moyers Interviews Karen Armstrong

http://www.pbs.org/now/transcript/transcript_armstrong.html

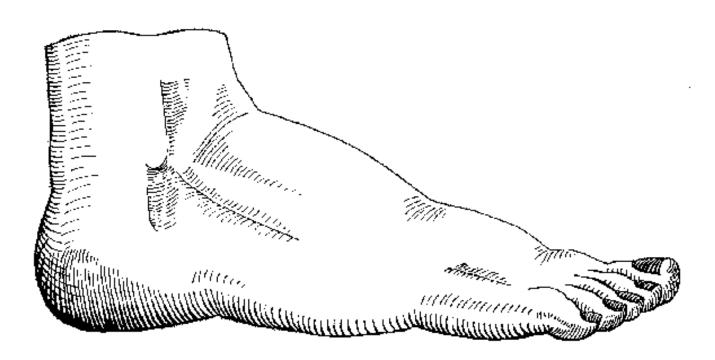
Don't panic!

Don't <u>be</u> Panic<u>ked!</u>

Seriously

See You 17 May 2009

The Monty Python Foot, a convenient way to end something that would seem to go on for ever accomplishing nothing.... (*See deus ex machina*)





The famous Python Foot can here be seen in its original format in the bottom left corner of "An Allegory of Venus

and Cupid by Bronzino (~1545)

When Monty Python had no ending for a skit, this foot would appear out of the sky and squash whatever was on screen with a rude noise. Allowing the show to move on.

Enrichment Material

Don't be Panicked

Can you take responsibility for yourself and others close to you?

Can you stay calm and assess a changing or changed situation?

Can you tell the difference between fact and fabrication.

Can you delay panicking until the threat has passed?

It all connects

Fear, War, Greed

To much capital in the hands of the few

Too little money in the hands of the consumers.

Credit is not a replacement for disposable income

Oil is a limited resource

Unable to anticipate what looks obvious in retrospect

Trusting of Authority

Lacking critical ability/Education

Etc.

Don't just be a thermometer, Be a thermostat

Jill Carroll

The greater fool theory

The greater fool theory (sometimes the bigger fool theory, also called survivor investing) is the belief held by one who makes a questionable investment, with the assumption that they will be able to sell it later to "a bigger fool"; in other words, buying something not because you believe that it is worth the price, but rather because you believe that you will be able to sell it to someone else for an even better price.

Wikipedia.org

One of life's persistent questions: "Why do cockroaches roll over before the die?"



Getting Warmer?



April 18, 2009

TSS 08-09 #7 -- Heroes and Super Heroes

We have it in our power...

"We have it in our power to begin the world over again."

Ronald Reagan quoting Thomas Paine

January 18, 2008Bill Moyers talks with Harvey J. Kaye