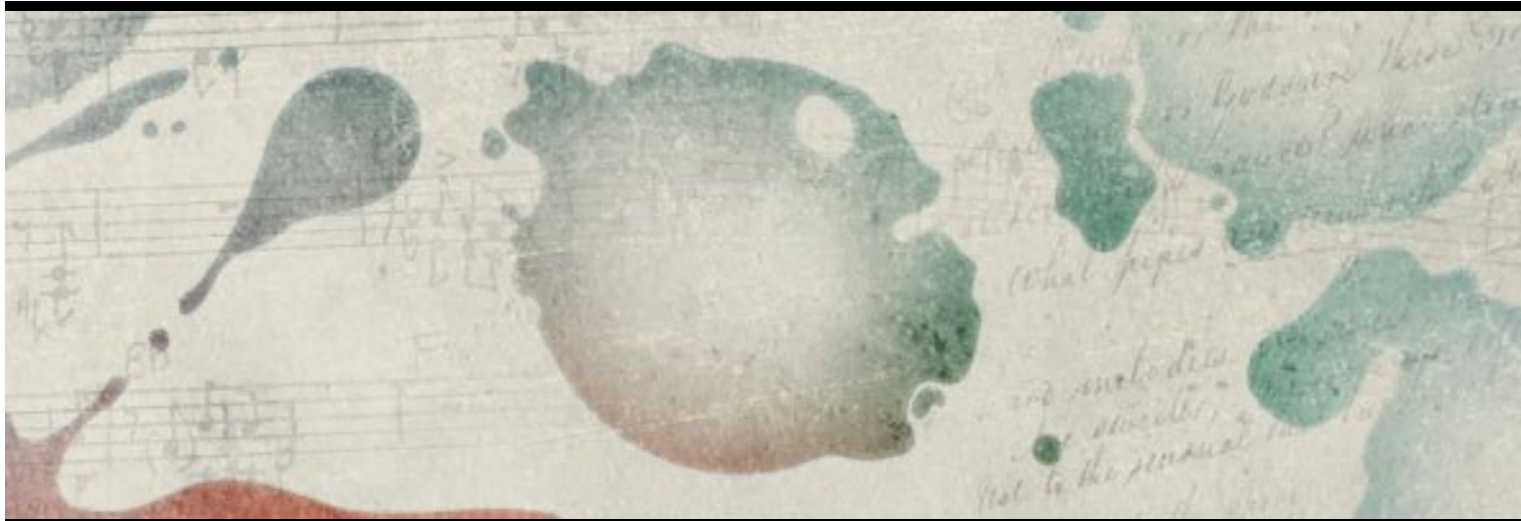


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Donnie Darko

Posted on [February 28, 2011](#) by [bjmsgz](#)

Donnie Darko

Author: dudu

Plot

In 1988 Donnie Darko (Jake Gyllenhaal), a brilliant teenager, has been seeing a psych as he seems to be going through a particularly painful puberty. His mother becomes worried about him, after his sister suggests over dinner that he hasn't been taking his medication. Later that night (October 2) Donnie is awakened by a voice and goes downstairs as if sleepwalking where he meets Frank (James Duval), a man in a menacing rabbit costume. Frank tells him that in 28 days, 6 hours, 42 minutes and 12 seconds, the world will end. While he is outside, a jet engine crashes through Donnie's bedroom.

Jim Cunningham (Patrick Swayze) wakes Donnie where he had fallen asleep on the lawn. Donnie notices his forearm where the numerals 28:06:42:12 are written in Japanese script. Returning home he is surprised to find police and firemen have cordoned off his house. Donnie is told a jet engine has fallen through his room, although it is unknown where it came from.

As Eddie, Donnie's father, drives him to the office of Dr. Thurman (Katharine Ross), therapist, Eddie nearly runs over Roberta Sparrow (Patience Cleveland), also known as "Grandma Death": a seemingly senile old woman who spends her days walking back and forth from her house to a mailbox for a letter that never comes. Grandma Death whispers something in Donnie's ear that startles him. It is later learned that she had whispered to a living creature on earth dies alone."

In his English class Donnie meets a new student, Gretchen Ross (Jena Malone). Meanwhile, Frank continues to appear to Donnie and tell him that he can do anything and will not be caught. Frank also tells Donnie about time travel, further confusing him. Donnie, apparently at Frank's urging, commits several acts of violence against property; flooding the school, torching the home of Jim Cunningham, an inspirational speaker. Cunningham's methods have been much admired by Kitty Farmer, one of the teachers at Donnie's school. Gretchen and Donnie grow closer. She is one of the few people he opens up to about his time-travel visions. Dr. Thurman increases Donnie's medication and begins hypnosis with him. Frank continues to appear to Donnie.

With the inspirational speaker, Jim Cunningham, accused of running a "kiddie porn dungeon", Kitty Farmer asks Donnie's mother to accompany the school's dance team on an appearance on the show Star Search. Donnie's sister Elizabeth (Maggie Gyllenhaal) and Donnie decide to throw a Halloween party while their mother, Rose, and younger sister are away. The night of the party, October 30, Gretchen comes to Donnie's house for safety because her mother has suddenly disappeared.

At midnight, Donnie realizes that the 28 days have passed, and that only 6 hours remain before the end of the world. Convinced that Grandma Death is in some way connected to Frank, Donnie persuades Gretchen and two other friends to leave the party and go with him to his house. There, they are assaulted by the high school bullies (Alex Greenwald and Sebastian Rogen). Gretchen is knocked unconscious and thrown into the street. An approaching car scares the bullies off but swerves to avoid Grandma Death who is standing in the road. The car runs directly over Gretchen. Stopping the car, Frank gets out and starts yelling at Donnie, who lifts his father's stolen pistol and shoots Frank through his right eye (a wound sustained earlier as the 'menacing rabbit' Frank pulled off his mask).

Grandma Death tells Donnie (Director's cut) that he must hurry as a storm is forming and he has a lot to do. Donnie can't wake Gretchen and ends up carrying her lifeless body to his house. There he kisses his sleeping sister's forehead, grabs some keys and speeds away in his family car with Gretchen. We see a strange, inverted, black cloud forming over Donnie's house. Next Donnie watches from some road in the hills above town as a tornado forms over the city. Donnie seems at peace now, as a vortex engulfs the jet his mother and sister.

returning home in, apparently they are caught up in the storm above Donnie's home. Suddenly the jet is shaken violently and we see the engine torn from the wing and fall, creating a whirling pathway through the sky.

Director's cut ending

Suddenly Donnie's elder sister opens the family's home's front door, closes it, and leans against the door, as she had done at the beginning of the film. Her father is asleep in his chair. Donnie, lying upstairs in his bed, starts to laugh maniacally, then the noise from the house begins to shake violently. Donnie is now seen asleep in his bed. As the house falls apart, we see his mother in her bed as the massive jet engine that had, only minutes before, fallen from the plane carrying his mother and sister, crashes through Donnie's bedroom.

Theatrical version ending

In the theatrical version it is once again October 2. Donnie is once again in bed, having possibly travelled back in time to create an ontological paradox, where his future self is in the place of his past self. On this occasion Donnie has returned to his bed, where in the beginning of the film he had followed a strange voice, as he walked outside and met Gretchen. As he laughs maniacally, a jet engine crashes through the roof, killing him.

Common ending

All the people affected by Donnie's actions are then shown in short scenes that briefly reference the events as they happen with Donnie never having taken his walk to meet Gretchen. The Tears For Fears' song "Mad World", covered by Gary Jules, is played with the white noise matching the scenes. As Donnie's body is taken away, Gretchen, having never met Donnie, rides by the Darkos' house on her bicycle. She learns from a neighborhood boy about what has just happened and then waves to Donnie's mother who stands smoking a cigarette.

Director's interpretation

This section does not cite any references or sources.

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Writer/director Richard Kelly does not deny the validity of personal interpretations. He expressed his own theories through the extra commentary on the two DVDs, and in other interviews.

According to Kelly and his fictional *Philosophy of Time Travel*, at midnight on October 2, a Tangent Universe branches off the Primary Universe around the time when Donnie is taken out of his bedroom by Frank, immediately before the appearance of the Artifact, the jet engine. The inherently unstable Tangent Universe will collapse in just over 28 days and take the Primary Universe with it if not corrected. Closing the Tangent Universe is the

the Living Receiver, Donnie, who wields certain supernatural powers to help him in Those who die within the Tangent Universe (and would not have died otherwise) are Manipulated Dead (Frank, Gretchen). Frank, at least, is also given certain powers in is able to subtly understand what is happening and have the ability to contact and in the Living Receiver via the Fourth Dimensional Construct (water). All others within of the Living Receiver are the Manipulated Living (e.g. Ms. Pomeroy, Dr. Monnitoff) subconsciously drawn to push him towards his destiny to close the Tangent Universe according to the Philosophy of Time Travel, die by the Artifact.

Frank appears in the story in two guises (three guises if we assume that he ‘never’ die account of the restoration of the Primary Universe through the negation of the Tangent Universe). First, there is the Manipulated Dead Frank who appears to Donnie as a premonition from the future of the Tangent Universe in the disturbing rabbit suit. Donnie is aware of Donnie’s fate and destiny, and impels him to realize it so that the Primary Universe can be restored at the point where/when the Tangent Universe branched off from it. Secondly, Frank appears alive as Donnie’s sister’s boyfriend, whose fate unfolds within the Tangent Universe by means of Donnie’s successes in realizing his mission. This living boyfriend is fatally shot by Donnie towards the end of the film, a killing which was foretold by Donnie.

Cast

Jake Gyllenhaal as Donnie Darko

Jena Malone as Gretchen Ross

James Duval as Frank

Maggie Gyllenhaal as Elizabeth Darko

Mary McDonnell as Rose Darko

Holmes Osborne as Eddie Darko

Katharine Ross as Dr. Lilian Thurman

Drew Barrymore as Karen Pomeroy

Noah Wyle as Dr. Kenneth Monnitoff

Patrick Swayze as Jim Cunningham

Daveigh Chase as Samantha “Sam” Darko

Beth Grant as Kitty Farmer

Stuart Stone as Ronald Fisher

Alex Greenwald as Seth Devlin

Seth Rogen as Ricky Danforth

Patience Cleveland as Roberta Sparrow (“Grandma Death”)

Jolene Purdy as Cherita Chen

Ashley Tisdale as Kim

Jerry Trainor as Lanky Kid

William Adams as little boy in the end

Production

Filming

The Long Beach, California home used in *Donnie Darko* as the fictional, upscale home of motivational speaker Jim Cunningham.

Donnie Darko was filmed in 28 days on a budget of \$4.5 million. It almost went straight to home video release but was publicly released by the production company Flower Power. The film was shot in California. The “Carpathian ridge” scenes were shot on the Angeles Highway. Loyola High School, a prominent Catholic school in Los Angeles, California, was used as Donnie’s high school. The house where the Darko family lives is located in Long Beach, California. Donnie awakens in a golf course in Long Beach, California; the hotel where his family lodges is the Burbank, California, Holiday Inn; and the Aero theater where Donnie and Gretchen watch the double feature is a cinema in Santa Monica, California. The home of Patrick Swayze’s character, Jim Cunningham, is at 4252 Country Club Drive, Long Beach, California.

Music

Main article: *Donnie Darko* (soundtrack)

In 2003, composer Michael Andrews and singer Gary Jules found their piano-driven version of the Tears for Fears’ hit “Mad World”, featured in the film as part of the end sequence. The song was the UK Christmas Number One single in 2003. One continuous sequence involving an introduction of Donnie’s high school prominently features the song “Heels” by Tears for Fears, Samantha’s dance group, “Sparkle Motion,” performs with the song “Notorious” by Duran Duran, and “Under the Milky Way” by The Church is played. Donnie and Gretchen emerge from his room during the party. “Love Will Tear Us Apart” by Joy Division also appears in the film diegetically during the party and shots of Donnie and Gretchen upstairs. However, the version included was released in 1995, although the film is set in 1988. The opening sequence is set to “The Killing Moon” by Echo & the Bunnymen; in the theatrical cut, the song playing during the Halloween party is “Proud to be Loud” by Pantera, a track released on their 1988 album, which would coincide with the time of the film. However, the band is credited as “The Dead Green Mummies”.

In the re-released Director’s Cut version of the film, the music in the opening sequence is replaced by “Never Tear Us Apart” by INXS; “Under the Milky Way” is moved to the scene of Donnie and his father driving home from Donnie’s meeting with his therapist; and “The Killing Moon” is played as Gretchen and Donnie return to the party from Donnie’s p

room.

Release

The limited release of the film occurred during the month after the September 11 attacks and was subsequently held back for almost a year for international release, where it garnered more favorable reviews.^[citation needed] From this point, a large cult following for the movie began. Its DVD release gained an increased American audience for the film.

Marketing

The *Donnie Darko Book*, written by Richard Kelly, is a 2003 book about the film. It includes an introduction by Jake Gyllenhaal, the screenplay of the *Donnie Darko* Director's Cut, a depth interview with Kelly, facsimile pages from the *Philosophy of Time Travel*, photographs, drawings from the film, and artwork it inspired.

NECA released first a six-inch (15 cm) figure of Frank the Bunny and later a foot-tall 'talking' version of the same figure.

Home video

The film was originally released on DVD and VHS in March 2002. Strong DVD sales led Newmarket Films to release a "Director's Cut" on DVD in 2004. Bob Berney, President of Newmarket Films, described the film as "a runaway hit on DVD," citing United States DVD sales of more than \$10 million.

The director's cut of the film was released on May 29, 2004, in Seattle, Washington, at the Seattle International Film Festival and later in New York City and Los Angeles on June 11, 2004. This cut includes twenty minutes of extra footage, an altered soundtrack, the commentary assisted by Kevin Smith, the director's interpretation, and visual excerpts from the book *The Philosophy of Time Travel*. The director's cut DVD, released on February 2, 2005, included the new footage and more soundtrack changes, as well as some additional features exclusive to the two-DVD set: excerpts from the storyboard, a 52-minute prologue diary, "#1 fan video," a "cult following" video interviewing British fans, and the new director's cut cinematic trailer. The director's cut DVD was released as a giveaway with the British *Sunday Times* newspaper on February 19, 2006.

The film was released on Blu-ray on February 10, 2009.

Reception

Box office performance

Donnie Darko had its first screening at the Sundance Film Festival on January 19, 2001, and debuted in United States theaters in October 2001 to a tepid response. Shown on only 100 screens nationwide, the film grossed \$110,494 in its opening weekend. By the time it closed in United States theaters on April 11, 2002, it had earned just \$517,375. It ultimately grossed \$4.1 million worldwide.

Despite its poor box office showing, the film began to attract a devoted fan base. It was originally released on DVD and VHS in March 2002. During this time, the Pioneer Theater in New York City's East Village began midnight screenings of *Donnie Darko* that continued for 28 consecutive months.

Critical reception

The film received widespread critical acclaim. Rotten Tomatoes gave the film an 84% approval rating (the Director's Cut received 91%), while Metacritic gave it a 71 out of 100 (the Director's Cut received 88 out of 100). Critic Andy Bailey billed *Donnie Darko* as a "Sundance surprise" that "isn't spoiled by the Hollywood forces that helped birth it." Jean Oppenheimer of the *Los Angeles Times* (LA) praised the film, saying, "Like gathering storm clouds, *Donnie Darko* creates an atmosphere of eerie calm and mounting menace — stands as one of the most exceptional movies of 2001." Writing for ABC Australia, Megan Spencer called the movie, "menacing, dreamy, [and] exciting" and noted that "it could take you to a deeply emotional place dormant in your soul." At first when the movie was released, Roger Ebert gave the film a lukewarm review but later became more enamored by the film after seeing the director's cut.

Awards

2001 Richard Kelly won with *Donnie Darko* for "Best Screenplay" at the Catalonian International Film Festival and at the San Diego Film Critics Society. *Donnie Darko* also won the "Audience Award" for Best Feature at the Sweden Fantastic Film Festival. The film was also nominated for "Best Film" at the Catalonian International Film Festival and for the "Jury Prize" at the Sundance Film Festival.

2002 *Donnie Darko* won the "Special Award" at the Young Filmmakers Showcase at the Academy of Science Fiction, Fantasy and Horror Films. The movie also won the "Silver Scream Award" at the Amsterdam Fantastic Film Festival. Kelly was nominated for "Best Feature" and "Best First Screenplay" with *Donnie Darko*, as well as Jake Gyllenhaal was nominated for "Best Male Lead," at the Independent Spirit Awards. The film was also nominated for the "Best Breakthrough Film" at the Online Film Critics Society Awards.

2003 Jake Gyllenhaal won "Best Actor" and Richard Kelly "Best Original Screenplay" for *Donnie Darko* at the Chlotrudis Awards, where Kelly was also nominated for "Best Screenplay" and "Best Movie."

2005 *Donnie Darko* ranked in the top five on My Favourite Film, an Australian poll conducted by the ABC.

2006 *Donnie Darko* ranks ninth in FilmFour's 50 Films to See Before You Die. It also came in at number 14 on Entertainment Weekly's list of the 50 Best High School Movies and landed at number 2 in their "Greatest Independent Films of All Time" list.

Sequel

Main article: S. Darko

A 2009 sequel, *S. Darko*, centers on Samantha Darko, Donnie's younger sister. Again by Daveigh Chase, Samantha begins to have strange dreams that hint at a major catastrophe. Donnie Darko creator Richard Kelly has stated that he has no involvement in this sequel, as he does not own the rights to the original. Daveigh and producer Adam Fields are the primary creative links between it and the original film. The sequel received mostly negative reviews.

Adaptations

Marcus Stern, Associate Director of the American Repertory Theater, directed a stage adaptation of *Donnie Darko* at the Zero Arrow Theatre in Cambridge, Massachusetts, in the fall of 2007. It ran from October 27 to November 18, 2007, with opening night fittingly scheduled on Halloween. An article written by the production dramaturg stated that the director and production team planned to "embrace the challenge to make the fantastical elements come alive on stage." In 2004, Stern adapted and directed Kelly's screenplay for a graduate student production at the American Repertory Theatre's Institute for Advanced Theatre Training (I.A.T.T./M.X.A.T.).

A 60 second version was created for the Empire Film Awards by Tea Fuelled Art.

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External links

Wikiquote has a collection of quotations related to: Donnie Darko

Official website

Donnie Darko at the Internet Movie Database

Donnie Darko at Allmovie

Donnie Darko at Rotten Tomatoes

Donnie Darko: The Director’s Cut at Rotten Tomatoes

v d e

Richard Kelly

Director

Donnie Darko (2001) Southland Tales (2007) The Box (2009)

Writer

Donnie Darko (2001) Domino (2005) Optimistic (2006) Southland Tales (2007)

Box (2009) Vanishing Point (TBA)

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Losing Weight Without A Diet! Is It Possible?

Posted on [February 28, 2011](#) by [bjmsgz](#)

Losing Weight Without A Diet! Is It Possible?

Author: LBT

Losing weight is easier said than done. Many people are unhappy when they are already about to start a weight management program because they fear that they will end up with bad results.

It is an option, how to lose weight without going on the diet and that is through the exercise program. The person is active and does a lot of activities that allow you to sweat a lot, which in turn burn off those extra pounds. Any exercise program should be planned by a fitness trainer before hand so you'll know the level of stress your body can handle. There are three main types of exercise that included a training program and these are the following:

Aerobic exercise – this used to regulate the heart and to ensure adequate respiration techniques. Examples of these are running, jogging, biking, dancing, swimming, and tennis like tennis.

Anaerobic exercise – the primary objective is to determine the type of muscle. Some examples of sit-ups, pull-ups, push-ups, and weightlifting. It is also in this type you will burn lots of fat.

Flexibility exercises – like this if, for muscle and joint coordination, facilitate movement and extreme and sudden changes in body position. Examples of this stretching and bending. Regular exercise at least three times a week and can do much to help someone lose weight. It may take a month to two months of hard training for the ideal results to be seen.

Looking for the best way to lose weight? [Click Here To Learn More Exciting Information](#)

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Why People Depend Horoscopes For Important Decisions

Posted on [February 28, 2011](#) by [bjmsgz](#)

Why People Depend Horoscopes For Important Decisions

Author: Andrew Gibson

You have probably seen daily horoscopes in the newspaper or online. But what exactly is a horoscope and what is it for? Basically, a horoscope is a reading of the planets in or

foresee into your future.

Notice that I did not say predict your future, as a horoscope is only meant to be used as a guide of sorts, and therefore it does not tell you what is going to happen. For the most part, a daily horoscope is only a general guide, and a single horoscope can have many different interpretations.

Imagine each new day as a blank canvas, waiting for you to create a masterpiece on it, and every interaction you make with someone else is like a single brush stroke on that canvas. For the most part these brush strokes are fairly random, but as your masterpiece comes together, you can make your own brush strokes, meaning your work of art will look exactly how you want it to by the end of the day.

Confused? Don't worry, as you read this article, you will gain a better understanding of exactly what a horoscope is. Going back to the painting metaphor, you may want to know how your daily personal horoscope will affect your masterpiece. If your masterpiece does not resemble anything and looks abstract, there may be something in your horoscope that is affecting it like it is.

There may be somebody new in your life that is affecting your star sign and daily life, maybe a planet has just entered your star sign. In these cases, a horoscope will allow you to look at your masterpiece a different way, and instead of seeing an abstract piece of art, you can see the masterpiece that you were hoping for.

Your long term cycle is made up of the people that you meet and interact with every day in your life. As the cycle of those around you interact with your cycle, everything will change. Because the planets are changing everyday, everyone is affected differently at any given time. This means that someone who may have hurt you or impacted your life negatively yesterday may affect you positively today. A daily horoscope is a way to understand how those around you are affecting your life.

For the most part, the people that are the closest to you and know you the best will be the ones that affect your life the most. In this case, you are probably close enough to them to know their star sign, or at least ask them for it. As you begin to know more and more about other people's star signs, you can get a more comprehensive and in depth horoscope reading, as they will inevitably interact with yours throughout the course of each day.

However, it is important to remember that it is not the quantity of star signs you know that matters, but the quality. The more time you spend interacting with a person, the greater the impact they will have on your life.

Rarely-Used Motorcycle Security Strategies

Posted on [February 28, 2011](#) by [bjmsgz](#)

Rarely-Used Motorcycle Security Strategi

Author: Phil West

Your budget dictates your choice of motorcycle security system. Really there is no reason for you to leave your prized scooter at risk. In this day and age of technology motorcycle security systems have never been more foolproof. Take for instance, installing an alarm with a pager that notifies you if someone test-sat your motorcycle. Nobody pays attention to screaming vehicles, the ones with blaring false alarm anymore. Even if your bike is parked somewhere you can't see it, the alarm with a pager is a pretty good deal. A LED display on your pager gives the owner information about arming,disarming and triggering the security system. The pager features vibration mode and has a range of up to half a mile. The alarm still operate even if wires are cut or the battery on your bike is disconnected. A pager with an external siren is ideal because the thief will never know that he has triggered the alarm until the cops get him.

You can avail of security homing systems service that can track your motorcycle's speed,location and direction anywhere in Mexico, Canada and the U.S. They have tracking computers that are monitored by the authorities. They have great success at locating stolen vehicles.

There are also sophisticated electronic motorcycle security system that would automatically disable the battery,ignition systems and fuel injectors making it impossible for the thief to ride away with your two-wheeled machine. There are some electronic security systems installed in your motorcycle disengages when the vehicle is upright and then re-engages when the rider shuts off the ignition. It comes with a key-fob remote. There are varieties of systems to choose from, ranging from basic motion sensors to devices that features remote arming,perimeter sensors, anti-hi jack set ups, ignition kill circuits and external light signals that the bike is dis-armed and many more features.

When you install an alarm always wire it on the ground side directly to the battery. The alarm and siren should be concealed so they can not be disabled by the thief. The strategy of a professional thief is usually bumping the bike to check if it has an alarm. If your motorcycle alarm go off several nights in a row, that is an indication that some crook test-sat your precious scooter and will come back with something to defeat the alarm before he a

locks. This should be your cue to vary your security measures.

When it comes to alarms, it should be sensitive enough to sound off when a thief be working on your locks. Alarms should cut down the time(usually a minute or two) determined criminal has to defeat the locks.

You have to outsmart the bad guys in order to keep your motorcycle secure. That m have to be several steps ahead when it comes to strategies in security measures. It is get creative and confuse the slimeballs. First off, you need a combination of two to different locks)e.g. disk lock,u-lock, a ground anchor,wheel lock,fork and ignition l The thief would not have enough time nor the tools to defeat these locks. And they look for an easier target. A lever lock on the clutch adds another obstacle for the thi particularly if you leave the motorcycle in gear, unbolt the shift lever and take it wit Next, if you park your motorcycle in communal garages , negotiate a spot where you anchor your bike to a pipe or pillar. Use a motorcycle cover with metal grommets (t the cover itself from being stolen) and drape it over your motorcycle. Make friends the security guys, so they know who should be leaving with that particular bike.

To keep potential felons from knowing where your motorcycle is garaged, watch yo mirrors as you approached your home, If you sense, someone is following you, drive by. Do not make that final turn towards your residence yet. Make three or four turn the block. If a certain is still following you, your next turn is toward the police station You can disable your motorcycle by removing the main fuse after you park or instal concealed cut-out switches that disable the ignition. You can do this by tapping a sec switch onto existing kill switch circuit. If your motorcycle has fuel injection re-wire a that cuts power to the fuel pump will keep the engine from firing. Re-configure you handle so that when off, it appears to be on reserve. There are many creative ways t confuse the bad guys. The trick here is to conceal these anti-theft measures so that t will run out of patience and will abandon your bike for an easier and quicker heist. If you own your garage, you can reinforce it with a basic lock on the frame inside th a trespasser seriously mangles it, he may have created enough noise to wake you up neighbors. Same with the sound of breaking glass if you tie a black sturdy thread to to a pile of bottles and the trespasser would tripped over it.

Why not try a baby monitor? Put the monitor in your garage and the receiver in you bedroom. Embed a u-bolt in the garage floor and easily anchor your motorcycle to gang of muscled-guys from lifting your ride away into a truck. Provide another bloc other vehicles such as a car. If a thief wants your bike desperately , he will have to l over the car! Whether you have a dedicated security system to your garage or as an of the system on the rest of your home, stuff like,pressure pad, installed closed-circu

camera, door sensors and motion-activated floodlights at the entrance can surely fo
-in. You certainly do not have anything to lose investing in these high-tech motorcycl
security system.

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Learn How To Sing – Basic Singing Tips From The Singing Ex

Posted on [February 28, 2011](#) by [bjmsgz](#)

Learn How To Sing – Basic Singing Tips I The Singing Experts

Author: Kenny Mcyntyre

To learn how to sing isn't something that has to cost a lot of money. You can learn t
many ways such as simply paying attention to how your favorite singer sings, there a
classes that you can take and of course the lessons that you can take in person from
instructor. Expensive lessons don't always make you into some famous singer thoug
not every famous singer started with lessons. You might keep that in mind. Some w
born with a gift. But if you want to learn how to sing, here are a few things you can
mind.

Try to think of someone you know that knows how to sing really well. Now ask tha
if you can sing along with them. Find someone who is adventurous in the vocal ran
someone who can give you things to try. Keep in mind when you sing that it is alwa
stand up to sing as it allows more air into the lungs.

Warm ups are good for most anything, singing included. To warm up your vocal ch
can try singing the ever popular "do ray me fa so la ti doh" scale that we all know ar
Might want to have some fun with it and sing that song from the Sound of Music tha
fun twist to the more boring do ray me. Once your chords are loosened up you can
singing with a song that you already know, one that you are comfortable singing. Li
love some songs but I know that they aren't to be sung by me. No sense hacking the
pieces. But I do sing the ones I know I can do and once I get real comfortable I add

“umph” to it and really try to project my voice.

If you are unsure of how to project your voice, imagine that you are singing to people back of a hall and you want them to hear you. To do that you don't have to scream isn't anything anybody wants to hear. To make your voice louder you need to learn your stomach muscles. When you are singing, push down with your stomach muscles you will see how it makes your voice stronger. It might take some practice but once it down you will be surprised at the difference it makes.

Generally that strength is needed from the stomach muscles in the last few words of sentence so that it isn't cut off and phased out weakly from lack of breath. Those stomach muscles are life savers at getting those last few breaths out so that you can finish a sentence.

Learning how to sing properly is a wonderful thing to accomplish. To have your voice that people actually want to hear it is a time when you know that all the practice was worth it.

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Esprit Holdings

Posted on [February 28, 2011](#) by [bjmsgz](#)

Esprit Holdings

Author: dresscloth

Esprit Holdings Limited is a publicly owned manufacturer of apparel, footwear, accessories, jewellery, and housewares, under the ESPRIT label. The company is headquartered and managed from Kowloon, Hong Kong and Ratingen, Germany. The brand Esprit is sold in 50 continents and 44 countries, 630 freestanding stores, over 9.700 wholesale customers. More than 20.000 products are designed per year for 11 product lines for women, men and children.

Japanese styleThe ESPRIT brand name is also licensed to other manufacturers. In addition, the Group owns the Red Earth cosmetics brand. The brand was particularly popular in the 1980s (Especially with suburban teenagers). It still remains quite popular with people in the middle income classes, due to its purified and classy image, especially in Germany, v

the biggest single market for the brand.

The company was started in San Francisco in the 1960s by Susie Russell (now Susie Tompkins Buell) and her then-husband, Douglas Tompkins, the founder of The North Face. The Esprit Far East Group was born when Doug and Susie Tompkins met Michael Ying in 1968, the group's chairman and shareholder of Esprit. In that same year the company incorporated under the name of Esprit de corp. and seven product lines were created. The couple divorced in 1989, and Mr. Tompkins sold his shares in 1990.

Esprit Holdings Limited is created when sales topped \$ 100 million and international partnerships in Hong Kong and Germany were formed in 1971. Later in the 70s, Michael Ying designed the famous Esprit stencil effect logo. Despite worries that the triple-bar 'E' might not be legible to customers, the new logo became one of the most recognized in international fashion.

Cologne was the location of the first opening of an Esprit Store in Germany. The store was designed by Ettore Sottsass with typical elements of the Memphis Style.

During the 1980s Esprit experienced growth by expanding to Taiwan, the Netherlands, Belgium, Denmark, France, Norway and the UK. New product categories were introduced such as eyewear, timewear, bath+bed, socks+tights.

In 1993, the company was listed on the Hong Kong Stock Exchange and is a component of the Hang Seng Index. It has had a secondary listing on the London Stock Exchange since December 1998.

Esprit Holdings Ltd became a constituent stock of Morgan Stanley's MSCI Hong Kong Index. Esprit Holdings Ltd. unified the global Esprit brand by purchasing the US trademark and remaining interests in Esprit International, bringing back the brand under the control of a single entity for the first time since the 1970s.

Ex-president Michael Ying stepped down as Executive director in 2002 and subsequently resigned as the Chairman in 2006.

In 2008 Esprit celebrates its 40th anniversary with a number of activities across all direct and license partners.

ESPRIT products are sold through over 640 directly managed retail stores and over 100 wholesale point-of-sales worldwide, occupying over 817,000 square meters of directly managed retail space in more than 40 countries.

Esprit licenses its logo to third party licensees that offer products bearing the same Esprit quality and essence to consumers. Esprit also operates the Red Earth cosmetic brand which includes cosmetics, skin care and body care products.

ESPRIT has committed to conducting business in a responsible and suitable manner. The company became a member of the Business Social Compliance Initiative (BSCI) established in 2006.

by the Foreign Trade Association (FTA) and have communicated to vendors the significance of BSCI certifications as the appropriate accreditation to signify their compliance with rights and minimum social standards.

During the 2007 financial year, employees responded to a variety of relief initiatives organized by charitable organizations. These included the participation of Hong Kong walks for a Million organized by the Community Chest and ribbon selling in stores to raise funds for the National Breast Cancer Foundation.

In response to the South Asian tsunami, Esprit launched a global fund raising campaign calling for employee donations to help victims affected by the disaster. The Company made matching donations to support and promote active participation in the campaign. In May 20, 2008, Esprit Holdings Limited designated May 18, 2008 as the Sichuan Earthquake Relief Day where the sales proceeds generated from all stores in Hong Kong and Macau were donated to assist the victims in Sichuan. Esprit experienced overwhelming support from customers and successfully raised around HK\$3.3 million. In addition, Esprit China

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How To Dump A Guy

Posted on [February 28, 2011](#) by [bjmsgz](#)

How To Dump A Guy

Author: [carole delglyn](#)

Many of us stay in relationships when we are unhappy just because we don't know how to end the relationship. Hurting ourselves and depriving the other person of finding someone who really loves him.

Make sure you know what you want. Make sure you are ready for the relationship. Don't create a drama only to back slide into the relationship again in a few days. Reveal your true feelings about the person and the problems in the relationship. Know that you will survive and perhaps even flourish when the relationship is over, then let your partner know there will be no second chances. If you are going to end it, end it for good.

Although breaking off an unsatisfying relationship is hard, living within one is even harder.

Don't drag it out and let valuable time slip away. When you get the signal that all is and you are not being respected, cared for, or treated in that special way, end the relationship and move on. There are a lot of other caring, loving people in the world for someone just like you.

You owe it to yourself to sort the problem out, move on and be happy, no matter how difficult the first steps are. If you have decided you cannot take the relationship further, read on to find out how you could let your better half in on it without sounding too

Remember when you are doing this to stay strong, of course you will feel bad but you are only doing what has to be done, you will feel bad and you may wish to stall the choice, but understand that stalling the choice will not help. The longer you drag it, the more difficult it will become.

Tell him there are things you need to do in your life alone, without him. You need to move on it might be for studies another life whatever. You may express some concern about the future but don't get into a deep conversation and if he gets upset be strong, apologize, explain and leave it. It is done he will now have to come to terms with the fact that the relationship is over

If this has been a long term relationship it may be more difficult but remember you are important and stay strong. You may need support at hand. You may want a discussion about the things that are going wrong between the two of you. You might also express your concerns with the relationship and concerns about its future in a subtle aloof manor. An underlying way by which you can mention your discontentment is by focusing on the differences between the two of you. Tell your man, that these differences can't be resolved.

Dumping a guy is walking on a tight rope. Regardless of how hard you try, it is going to be somewhat injuring for him for sure. But with a little patience and tactful dealing of the situation you can decrease the pain and hurt considerably.

Don't be defensive: Remember, this break up is your idea, and may come as a shock to your Ex. his reaction may be accusatory or mean. Don't allow yourself to get sucked into a drama. If the other person becomes verbally or physically abusive, walk away and block them with it.

If he says the differences can be resolved just repeat your case and again give him space to come to terms with the situation.

Never under any circumstances, tell him that you are choosing some other guy over him. Even if you are. This will hurt your guy's male ego and make things even more tricky.

The majority of people on this planet do not like to hurt others, especially somebody they have been close to. Guilt has been used more often than not to keep relationships together.

For more help go to <http://www.sextronic.moonfruit.com>

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