International Morse Code

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| A | .- | S | ... | 1 | .- - - - | . | .-.-.- |
| B | -... | T | - | 2 | ..- - - | , | - -..- - |
| C | -.-. | U | ..- | 3 | …- - | ‘ | .- - - -. |
| D | -.. | V | …- | 4 | ….- | “ | .-..-. |
| E | . | W | .- - | 5 | ….. | ? | ..- -.. |
| F | ..-. | X | -..- | 6 | -…. | $ | …-..- |
| G | - -. | Y | -.- - | 7 | - -... | ! | -.-.- - |
| H | …. | Z | - -.. | 8 | - - -.. | ( | -.- -. |
| I | .. | (continental Gerke) | | 9 | - - - -. | ) | -.- -.- |
| J | .- - - | 0 | - - - - - | - | -….- |
| K | -.- | CH | - - - - |  |  | : | - - -.. |
| L | .-.. | Ö | - - -. |  |  | ; | -.-.-. |
| M | - - | Ü | ..- - |  |  | \_ | ..- -.- |
| N | -. |  |  |  |  | = | -…- |
| O | - - - |  |  |  |  | + | .-.-. |
| P | .- -. |  |  |  |  | & | .-... |
| Q | - -.- |  |  |  |  | @ | .- -.-. |
| R | .-. |  |  |  |  |  |  |

The

Black

Wheelbarrow

by Joel ‘Twisty’ Nye

(ɔ) copyleft 2016

A toolbox of references

TABLE

10 11 12 13 14 15 16 17 18

He

B C N O F Ne

Al Si P S Cl Ar

Ni Cu Zn Ga Ge As Se Br Kr

Pd Ag Cd In Sn Sb Te I Xe

Pt Au Hg Tl Pb Bi Po At Rn

Ds Rg Cn Uut Uuq Uup Uuh Uus Uuo

Eu Gd Tb Dy Ho Er Tm Yb Lu

Am Cm Bk Cf Es Fm Md No Lr

PERIODIC

1 2 3 4 5 6 7 8 9

H

Li Be

Na Mg

K Ca Sc Ti V Cr Mn Fe Co

Rb Sr Y Zr Nb Mo Tc Ru Rh

Cs Ba Hf Ta W Re Os Ir

Fr Ra Rf Db Sg Bh Hs Mt

La Ce Pr Nd Pm Sm

Ac Th Pa U Np Pu

Greek Alphabet

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Αα | Alpha | 50 | Νν | Nu |
| 2 | Ββ | Beta | 60 | Ξξ | Xi |
| 3 | Γγ | Gamma | 70 | Οο | Omnicron |
| 4 | Δδ | Delta | 80 | Ππ | Pi |
| 5 | Εε | Epsilon | 90 | ϟʹ | |
| 6 | Ϛʹ, ϝʹ | | 100 | Ρρ | Rho |
| 7 | Ζζ | Zeta | 200 | Σσς | Sigma |
| 8 | Ηη | Eta | 300 | Ττ | Tau |
| 9 | Θθ | Theta | 400 | Υυ | Upsilon |
| 10 | Ιι | Iota | 500 | Φφ | Phi |
| 20 | Κκ | Kappa | 600 | Χχ | Chi |
| 30 | Λλ | Lambda | 700 | Ψψ | Psi |
| 40 | Μμ | Mu | 800 | Ωω | Omega |
|  |  |  | 900 | ϡʹ | |

NATO Phonetic Alphabet

A ALFA AL-fah

B BRAVO BRAH-voh

C CHARLIE CHAR-lee

D DELTA DEL-tah

E ECHO EK-oh

F FOXTROT FOKS-trot

G GOLF GOLF

H HOTEL hoh-TEL

I INDIA IN-dee-ah

J JULIETT JEW-lee-et

K KILO KEE-loh

L LIMA LEE-mah

M MIKE MYK

N NOVEMBER noh-VEM-ber

O OSCAR OS-kar

P PAPA PAH-pah

Q QUEBEC ke-BEK

R ROMEO ROH-mee-oh

S SIERRA see-ERR-ah

T TANGO TANG-oh

U UNIFORM EW-nee-form

V VICTOR VIK-ter

W WHISKEY WIS-kee

X X-RAY EKS-ray

Y YANKEE YANG-kee

Z ZULU ZOO-loo

Japanese – Hiragana

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ø | a | あ | i | い | u | う | e | え | o | お | vu | ゔ |
| K | ka | か | ki | き | ku | く | ke | け | ko | こ |  | G ゙ |
| S | sa | さ | si | し | su | す | se | せ | so | そ |  | Z ゙ |
| T | ta | た | ti | ち | tu | つ | te | て | to | と |  | D ゙ |
| N | na | な | ni | に | nu | ぬ | ne | ね | no | の |  |  |
| H | ha | は | hi | ひ | hu | ふ | he | へ | ho | ほ | B ゙ | P ゚ |
| M | ma | ま | mi | み | mu | む | me | め | mo | も |  |  |
| Y | ya | や | yi |  | yu | ゆ | ye |  | yo | よ |  |  |
| R | ra | ら | ri | り | ru | る | re | れ | ro | ろ |  |  |
| W | wa | わ | wi | ゐ | wu |  | we | ゑ | wo | を | N | ん |

Japanese – Katakana

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ø | a | ア | i | イ | u | ウ | e | エ | o | オ |  |  |
| K | ka | カ | ki | キ | ku | ク | ke | ケ | ko | コ |  | G ゙ |
| S | sa | サ | si | シ | su | ス | se | セ | so | ソ |  | Z ゙ |
| T | ta | タ | ti | チ | tu | ツ | te | テ | to | ト |  | D ゙ |
| N | na | ナ | ni | ニ | nu | ヌ | ne | ネ | no | ノ |  |  |
| H | ha | ハ | hi | ヒ | hu | フ | he | ヘ | ho | ホ | B ゙ | P ゚ |
| M | ma | マ | mi | ミ | mu | ム | me | メ | mo | モ |  |  |
| Y | ya | ヤ | yi |  | yu | ユ | ye |  | yo | ヨ |  |  |
| R | ra | ラ | ri | リ | ru | ル | re | レ | ro | ロ |  |  |
| W | wa | ワ | wi | ヰ | wu |  | we | ヱ | wo | ヲ | N | ン |
| V | va | ヷ | vi | ヸ | vu | ヹ | ve | ヹ | vo | ヺ |  |  |

Unicode

ℓ 2113 ℕ 2115 № 2116 ℚ 211A

ℝ 211D ℞ 211E ℠ 2120 ℤ 2124

Ω 2126 K 212A Å 212B ℯ 212F

⅓ 2153 ⅔ 2154 ⅛ 215B ⅜ 215C

⅝ 215D ⅞ 215E ← 2190 ↑ 2191

→2192 ↯21AF ↺21BA ↻21BB

∀ 2200 ∂ 2202 ∃ 2203 ∄ 2204

∅ 2205 ∆ 2206 ∇ 2207 ∈ 2208

∉ 2209 ∎ 220E ∏ 220F ∑ 2211

− 2212 ∕ 2215 ∖ 2216 ∗ 2217

∘ 2218 ∙ 2219 √ 221A ∛ 221B

∝ 221D ∞ 221E ∟ 221F ∠ 2220

∫ 222B ∴ 2234 ∵ 2235 ∶ 2236

∷ 2237 ∼ 223C ≃ 2243 ≄ 2244

≅ 2245 ≈ 2248 ≠ 2260 ≡ 2261

≤ 2264 ≥ 2265 ≪ 226A ≫ 226B

⊂ 2282 ⊃ 2283 ⋀ 22C0 ⋁ 22C1

Russian (Cyrillic) Alphabet

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Аа | a/a/ | Бб | бэ/bɛ/ | Вв | вэ/vɛ/ |
| Гг | гэ/gɛ/ | Дд | дэ/d/ | Ее | е/jɛ/ |
| Ёё | ё/io/ | Жж | жэ/ʐɛ/ | Зз | з/zɛ/ |
| Ии | и/i/ | Йй | и краткое /j/ | | |
| Кк | ка/ka/ | Лл | эл/ɛl/ | Мм | эм/ɛm/ |
| Нн | эн/ɛn/ | Оо | o/o/ | Пп | пэ/pɛ/ |
| Сс | эс/ɛs/ | Тт | тэ/tɛ/ | Уу | у/u/ |
| Фф | эф/ɛf/ | Хх | ха/xa/ | Цц | це/tsɛ/ |
| Чч | че/tɕe/ | Шш | ша/ʂa/ | Щщ | ща  /ɕɕæ/ |
| Ъъ | твёрдый знак  /ˈtvʲɵrdɨj znak/ | | |  |  |
| Ыы | ы/ɨ/ | Ьь | мягкий знак  /ˈmʲæxʲkʲɪj znak/ | | |
| Ээ | э/ɛ/ | Юю | ю/ju/ | Яя | я/ja/ |

Klingon – Mandel

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| k | l | i | q | o | n | f | b | d |
| **K** | **L** | **I** | **NG** | **O** | **N** | **F** | **B** | **D** |
|  |  |  |  |  |  |  |  |  |
| g | a | m | x | c | h | v | j | e |
| **G** | **A** | **M** | **X** | **TH** | **H** | **V** | **J** | **E** |
|  |  |  |  |  |  |  |  |  |
| s | y | w | p | , | t | r | u | z |
| **S** | **Y** | **W** | **P** | **OO** | **T** | **R** | **U** | **Z** |
|  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 |

Klingon – pIqaD

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| a A | b B | ch C | D D | e E |
| F8D0 | F8D1 | F8D2 | F8D3 | F8D4 |
| gh G | H H | I I | j J | l L |
| F8D5 | F8D6 | F8D7 | F8D8 | F8D9 |
| m M | n N | ng F | o O | p P |
| F8DA | F8DB | F8DC | F8DD | F8DE |
| q K | Q Q | r R | S S | t T |
| F8DF | F8E0 | F8E1 | F8E2 | F8E3 |
| tlh X | u U | v V | w W | y Y |
| F8E4 | F8E5 | F8E6 | F8E7 | F8E8 |
| ‘ ' | 0 ) | 1 ! | 2 @ | 3 # |
| F8E9 | F8F0 | F8F1 | F8F2 | F8F3 |
| 4 $ | 5 % | 6 ^ | 7 & | 8 \* |
| F8F4 | F8F5 | F8F6 | F8F7 | F8F8 |
| 9 ( | ,  | .  | Z |  |
| F8F9 | F8FD | F8FE | F8FF |  |

Hebrew Alphabet

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | א | Aleph | 20 | כ | Kaf | 90 | צ | Tsadi |
| 2 | ב | Bet |  | ך | final Kaf |  | ץ | final Tsadi |
| 3 | ג | Gimel | 30 | ל | Lamed | 100 | ק | Qof |
| 4 | ד | Datel | 40 | מ | Mem | 200 | ר | Resh |
| 5 | ה | He |  | ם | final Mem | 300 | ש | Shin |
| 6 | ו | Vav | 50 | נ | Nun | 400 | ת | Tav |
| 7 | ז | Zayin |  | ן | final Nun | 500 | ך |  |
| 8 | ח | Het | 60 | ס | Shamekh | 600 | ם |  |
| 9 | ט | Tet | 70 | ע | Avin | 700 | ן |  |
| 10 | י | Yod | 80 | פ | Pe | 800 | ף |  |
|  |  |  |  | ף | final Pe | 900 | ץ |  |

Favorites

⋂ 22C2 ⋃22C3 █ 2588 ░ 2591

▒ 2592 ▓ 2593 ☄ 2604 ★ 2605 ☆ 2606 ☎ 260E ☏ 260F ☐ 2610

☑ 2611 ☒ 2612 ☕ 2615 ☘ 2618

☙ 2619 ☚ 261A ☛ 261B ☠ 2620

☢ 2622 ☣ 2623 ☤ 2624 ☮ 262E

☯ 262F ☹ 2639 ☺263A ☻263B

☼263C ☽ 263D ☾ 263E ☿ 263F

♀ 2640 ♁ 2641 ♂ 2642 ♄ 2644

♅ 2645 ♆ 2646 ♇2647 ⚳ 26B3

⚴ 26B4 ⚵ 26B5 ⚶ 26B6 ⚓ 2693

♠ 2660 ♡ 2661 ♢ 2662 ♣ 2663

♤2664 ♥ 2665 ♦ 2666 ♧2667

♩ 2669 ♪ 266A ♫ 266B ♬ 266C

♭ 266D ♮ 266E ♯ 266F ♲ 2672

♿ 267F ♻ 267B ⚙ 2699 ⚕ 2695

⚛ 269B ⚠ 26A0 ⚿ 26BF ⛏ 26CF

⛔ 26D4 ⛢ 26E2 ⛺ 26FA ⛽ 26FD

@ 040 Unicode

 080 € 20AC  085 … 2026

 086 † 2020  095 • 2022

 096 – 2013  097 — 2014

 099 ™ 2122 ¡ 0A1 ¢ 0A2 £ 0A3 ¥ 0A5 § 0A7 © 0A9

« 0AB ® 0AE ° 0B0 ± 0B1

² 0B2 ³ 0B3 µ 0B5 ¶ 0B6

· 0B7 ¹ 0B9 º 0BA » 0BB

¼ 0BC ½ 0BD ¾ 0BE ¿ 0BF

× 0D7 Ø 0D8 ÷ 0F7 Ƀ 0243

ɔ 0254 δ 03B4 π 03C0 ฿ 0E3F

‘ 2018 ’ 2019 ‚ 201A ‛ 201B

“ 201C ” 201D „ 201E ‟ 201F

† 2020 ‡ 2021 ‣ 2023 ‽ 203D

⁴ 2074 ₀ 2080 ⸘ 2E18 ℃ 2103

℅ 2105 ℉ 2109 ℎ 210E ℏ 210F

ab̶c(stroke)0336 ɔ⃝ (combO) 20DD

Fut.Bitcoin 20BF B⃦(DoubVt) 20E6

OCR-A

0123456789

ABCDEFGHIJK

LMNOPQRSTUV

WXYZ?!@;+=-

abcdefghijk

lmnopqrstuv

wxyz"'‘’([{

“”:#$%&\*)]}

.,/<>|\~`^\_

Earth's Atmosphere

|  |  |  |  |
| --- | --- | --- | --- |
| **Exosphere** ~690km-10,000km | | | Heterosphere |
| **Thermosphere**  ~85km-690km | | Ionosphere |
| up to 1500℃ (2700℉) | **ISS orbit**  320-380km |
| **Mesosphere**  ~50km-85km  avg. -85℃ (-120℉) | | Homosphere |
| **Stratosphere**  ~20km-50km  -60℃ (-76℉) |  | |
| **Ozone layer**  15-35km | |
| **Troposphere**  6-20km | **Planetary Boundary** **Layer** 100m-3000m | |

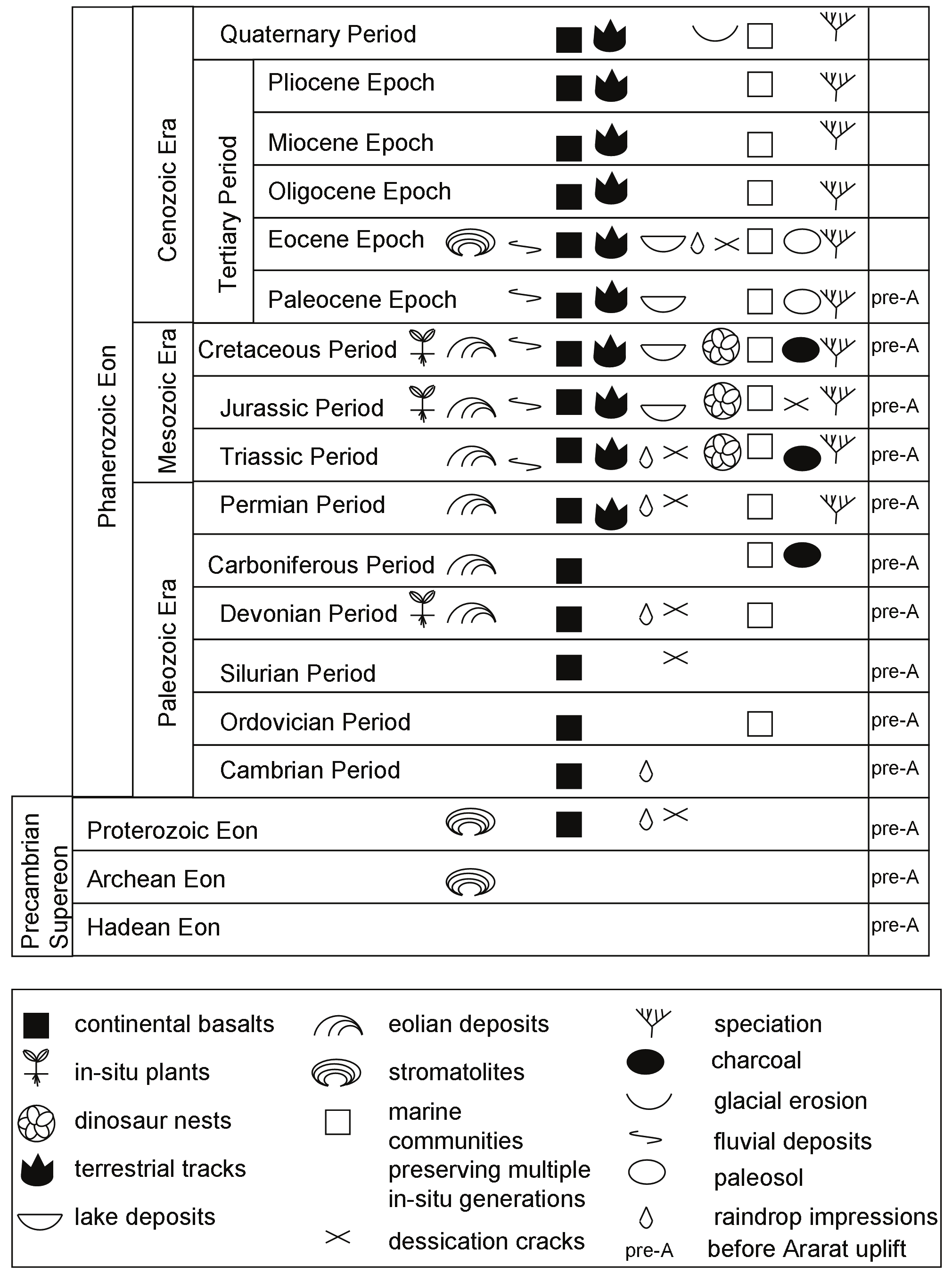
Media

|  |  |  |  |
| --- | --- | --- | --- |
|  | read |  | ebooks, manuals |
|  | watch |  | videos, shows, movies, documentaries |
|  | listen |  | music, audiobooks |
|  | see |  | pictures, photos |
|  | play |  | games |
|  | run |  | apps |
|  | connect |  | contacts |

Planets

|  |  |  |  |
| --- | --- | --- | --- |
|  | ☿ |  | Mercury |
|  | ♀ |  | Venus |
|  | ♁ |  | Earth |
|  | ♂ |  | Mars |
|  | ⚳ |  | Ceres |
|  | ♃ |  | Jupiter |
|  | ♄ |  | Saturn |
|  | ♅, ⛢ |  | Uranus |
|  | ♆ |  | Neptune |
|  | ♇, |  | Pluto |

Revolutionary Wealth:



The Nine Cars

100mph – The company

90mph – Civil society,

NGOs, Activists, Coalitions

60mph – American family

30mph – Labor unions

25mph – Gov Bureaucracy Regulators

10mph – American School system

5mph – Inter-goverment Orgs

3mph – Political Institutions

1mph – The Law

Phylogenetic Tree

**EUKARYOTES**

┌┬Fungi *(Fungi)*

┌┤└Animals

│└Slime Molds

├┬Plants

┌┤└Algae

│└Protozoa

┌─┤ **ARCHAEA**

│ │┌┬Crenarchaeota

│ └┤└Nanoarchaeota

│ └Euryarchaeota

│ **BACTERIA** *(prekaryotes)*

│ ┌Gram-positives

│ │┌┬Chlamydiae

└─┤│└─Green non-sulfer bacteria

│├┬Actinobacteria

││└┬Planctomycetes

└┤ └Spirochaetes

├┬Fusobacteria

│└┬Cyanobacteria

│ │ *(blue-green algae)*

│ └Thermophilic sulfate-

│ reducers

└┬Acidobacteria

└Protozobacteria

Geological Column

Newton`s Laws of Motion

(1)

(2)

(3)

Universal Gravitation:

Kepler`s Laws of Planetary Motion

(1)

(2)

(3) (square of orbital period is proportional to a, the semi major axis of the orbit)

Maxwell's

Equations

The divergence of the electric field = charge density divided by ε0.

The divergence of the magnetic field = 0.

Curl of the electric field = minus the rate of change of the magnetic field.

Curl of the magnetic field = μ0 times J (current density) plus μ0 times ε0 times the rate of change of the electric field.

50 Cheap Ways

Courtesy of

1. Take a “flip the penny” hike in the woods.

2. Host a modern scavenger hunt, using tech.

3. Have a picnic in the park.

4. Make your own kite.

5. Take up urban foraging.

6. Start a nature collection.

7. Start a garden on the cheap.

8. Download a bike map app for your phone.

9. Have a nostalgia hunt at a flea market.

10. Go geocaching.

11. Swap family recipes with a friend.

12. Make ingrediaent gifts (layered jar).

13. Have a cookie swap party.

14. Take turns hosting dinners with friends.

15. Host pot luck dinners based on food themes.

16. Have a food art party.

17. Have a budget food contest.

18. Start your own Julie & Julia project.

19. Make a recipe book.

20. Have an ugly cake contest.

21. Have a Kareoke Night.

22. Look on CraigsList for free concerts.

23. Have a movie marathon.

24. Have an independent film marathon.

25. Spend a day seeking free street performances.

Oregon Oddities

* You cannot pump your own gas. *(It must be pumped by a paid attendant according to State law.)*
* You cannot buy liquor at a grocery store. *(Wine & beer, yes. But vodka, gin, wiskey, and others must be purchased at a liquor store.)*
* There is no cable TV in Illinois Valley, only satellite dish, tree dishes 80ft. up, & phone DSL.
* The weed-smoking counter-cultures are the rule, not the exception.
* All “high speed Internet” is below broadband, running 1or 2 Mb/s.
* The closest TV stations are in Medford.

Prime Partitions

|  |
| --- |
| =17+43=19+41=23+37=29+31.  =31+31.  =11+53=17+47=23+41.  =13+53=19+47=23+43=29+37.    =17+53=23+47=29+41.  =13+59=19+53=29+43=31+41.  =13+61=31+43=37+37.  =17+59=23+53=29+47.  =11+67=17+61=19+59=31+47=37+41. =19+61=37+43.  =23+59=29+53=41+41.  =13+71=17+67=23+61=31+53=37+47=41+43.  =13+73=19+67=43+43.  =29+59=41+47.  =17+73=19+71=23+67=29+61=31+59=37+53=43+47 =19+73=31+61.  =23+71=41+53=47+47.  =17+79=23+73=29+67=37+59=43+53.  =37+61.  =17+83=29+71=41+59=47+53.  =19+83=23+79=29+73=31+71=41+61=43+59.  =31+73=37+67=43+61.  =17+89=23+83=47+59=53+53.  =11+97=19+89=29+79=37+71=41+67=47+61.  =13+97=31+79=37+73=43+67.  =11+101=23+89=29+83=41+71=53+59.  =11+103=13+101=17+97=31+83=41+73=43+71=  47+67=53+61.  =13+103=19+97=37+79=43+73.  =17+101=29+89=47+71=59+59. |

Goldbach's Conjecture

|  |  |
| --- | --- |
| 4=2+2.  6=3+3.  8=3+5.  10=3+7=5+5.  12=5+7.  14=3+11=7+7.  16=3+13=5+11.  18=5+13=7+11.  20=3+17=7+13.  22=3+19=5+17=11+11.  24=5+19=7+17=11+13.  26=3+23=7+19=13+13.  28=5+23=11+17.  30=7+23=11+19=13+17.  32=3+29=13+19.  34=3+31=5+29=11+23=17+17. 36=5+31=7+29=13+23=17+19. 38=7+31=19+19.  40=3+37=11+29=17+23.  42=5+37=11+31=13+29=19+23 44=3+41=7+37=13+31.  46=3+43=5+41=17+29=23+23 48=5+43=7+41=11+37=17+31=19+29.  50=3+47=7+43=13+37=19+31 52=5+47=11+41=23+29 54=7+47=11+43=13+41=17+37=23+31.  56=3+53=13+43=19+37  58=5+53=11+47=17+41=29+29 | 60=7+53=13+47= 62=3+59=19+43= 64=3+61=5+59=  66=5+61=7+59= 68=7+61=31+37.  70=3+67=11+59= 72=5+67=11+61= 74=3+71=7+67=  76=3+73=5+71=  78=5+73=7+71= 80=7+73=13+67= 82=3+79=11+71= 84=5+79=11+73= 86=3+83=7+79=  88=5+83=17+71= 90=7+83=11+79= 92=3+89=13+79= 94=5+89=11+83= 96=7+89=13+83= 98=19+79=31+67= 100=3+97=11+89= 102=5+97=13+89= 104=3+101=7+97= 106=3+103=5+101= 108=5+103=7+101= 110=3+107=7+103= 112=3+109=5+107= 114=5+109=7+107=  116=3+113=7+109= 118=5+113=11+107 |

James Bond Films

1962 Dr. No

1963 From Russia with Love

1964 Goldfinger

1965 Thunderball

1967 You Only Live Twice

(1967) (Casino Royale)

1969 On Her Majesty’s Secret Service

1971 Diamonds Are Forever

1973 Live and Let Die

1974 The Man with the Golden Gun

1977 The Spy Who Loved Me

1979 Moonraker

1981 For Your Eyes Only

1983 Octopussy

(1983) (Never Say Never Again)

1985 A View to a Kill

1987 The Living Daylights

1989 Licence to Kill

1995 GoldenEye

1997 Tomorrow Never Dies

1999 The World is Not Enough

2002 Die Another Day

2006 Casino Royale

2008 Quantuum of Solace

2012 Skyfall

2015 Spectre

to Have Fun

TinyBuddha.Com

26. Host your own open mic night.

27. Have a culture day

28. See if local theatre takes volunteer ushers.

29 Host a family BBQ & kids show.

30. Use Facebook to form a flash mob.

31. Host a clothes swap day.

32. Exchange homes for a night.

33. Trade gear: bike, rollerblade,…

34. Trade iPods for a hike or jog.

35. Have a night, everyone brings a favorite board game.

36. Trade your services for someone else’s.

37. Have a no-money garage sale.

38. Trade videos with a distant loved one.

39. Trade ideas: favorite ways to spend a day.

40. Trade blog hosting.

41. Create a digital product, donate proceeds.

42. Host a free webinar.

43. Volunteer as an SPCA dog walker.

44. Visit Childrens Hospital as a sing-a-long or clown.

45. Volunteer at local zoo events.

46. Be an unofficial park volunteer for a day.

47. Use **Charity Navigator** to find/trust a charity.

48. Help an elderly neighbor with her garden.

49. Lead a midnight run.

50. Have a neighborhood bake sale.

What I Miss from Cincinnati

Cheese conies, veggie chili, Aunt Millie’s low calorie bread, Aldi Foods, Fit & Active Zero drinks, Raspberri vodka, Krema peanut butter, Chinese/Sushi buffets, mini pizzas, diet/sucralose green teas, baby spinach, lite soups, bicycle, treadmill, desk, dresser or chest of drawers, bathroom scale, printer, swag, sci-fi groups, PC groups, napping with cats.