Rob Cottingham
rob@socialsignal.com | Twitter: robcottingham
<table>
<thead>
<tr>
<th>Time Zone Table</th>
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<tbody>
<tr>
<td>Pacific Timezone -7 hours; Daylight Saving Time</td>
</tr>
<tr>
<td>Coordinated Universal Time -7 hours; Daylight Saving Time</td>
</tr>
<tr>
<td>Change time zone</td>
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<tr>
<td>Pacific Timezone</td>
</tr>
</tbody>
</table>

You chose the Pacific timezone.

Click here to refresh time snapshot.
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Hey, everyone - I just made a video!

It took me hours. Honest to God, you wouldn’t believe how long it took me to digitize this frigging thing, and then get it encoded in three different formats, and then to write the HTML and upload everything to the web. But it’s worth it, right?!

Oh, please, please tell me it’s worth it. People, that’s two days I’m never going to get back... two hellish days of tweaking and troubleshooting and if I never see another angle bracket again it’ll
@martian_bob
martian_bob

Wow, I made a great burrito. Beans, spinach, salsa, ground turkey, delicious.

40 seconds ago via Tweetie for Mac  Favorite  Retweet  Reply

Notifications

Have you collected your FREE 20 XP on Farmville? Your XP is only available today! [Click here to accept!] 16 hours ago

Rabbits vs Rabbit

See All Notifications

Rabbits vs Rabbit

See All Notifications
UN MILLON DE VOICES CONTRA LAS FARC

Information

On behalf of: UN MILLION DE VOICES CONTRA LAS FARC

Created on: January 4th, 2008

About:
La página de fans es la versión 2009 del grupo "Un millón de voces contra las FARC", que gestó la GRAN MOVILIZACIÓN MUNDIAL CONTRA LAS FARC del 4 de febrero de 2008.

2 Friends Like This

One Million Voices Against FARC

Editorial: "Más allá de la palabra" – Por Miguel Ferrero Pinto

La retrospectiva siempre es un hermoso ejercicio mental que nos permite, más que recordar, vivir unos momentos de gran emoción y orgullo que los que se fueron. Un día como hoy, vale la pena recordar lo que pasó hace tres años. Hace...

Friday at 12:31pm - Like - Comment - Share

147 people like this.

View all 18 comments

Sergio Giraldo: EL COMUNISMO NO TIENE FUTURO...O SE IRIZMANDEN UÑOS NACISTAS...MUERTE A LOS NARCOTERRORISTAS DE LAS FARC...MUERTE AL NARCOTERRORISTA Y COMUNISTA HUGO CHAVEZ FRANZ.

Yesterday at 10:35am - Like - Flag

Leonel Gutiérrez: Coba cuantos secuestrados kedan en manos de las FARC
23 hours ago - Like - Flag

Write a comment...

One Million Voices Against FARC

Editorial: "No han sido olvidados" – Por Oscar Morales Guevara

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More Ads

One Million Voices Against FARC Hoy, 4 de febrero, 3er Aniversario de la Gran Movilización mundial contra las FARC. Un saludo especial al pueblo de Colombia, y a los miembros de esta comunidad facebook que hicieron ese día posible. El día en que Colombia entera gritó unida: No mas FARC! on Friad
ShareYourStory gives me strength, it gives me the power to get up and get dressed. It gives me permission to cry when I want and not feel alone because I know you all are only a few key strokes away.
— Jami Heddock, IN

What's Hot on Share:
Having a premature baby or a baby with a birth defect can be very difficult for families. Ask questions and share your joys, worries and frustrations of your day-to-day journey [here].

March for Babies:
Spring is here, you know what that means… it's time to March for Babies! Share your fundraising ideas and team t-shirts [here].
H1N1 (swine flu) weekly update: Oct. 7 – 13
by THE HEALTHMAP TEAM on OCTOBER 15, 2009

Here are this week’s H1N1 updates from the HealthMap team of the Children’s Hospital Informatics Program.

- Germany, Cuba, Tanzania, Jordan and Tibet reported their first H1N1 deaths.
- WHO reported that over 340,000 people have been infected worldwide and more than 4,525 have died. [click to continue...]

2 comments

Why are you getting your child vaccinated? Four parents’ answers.
by KRISTIN CANTU on OCTOBER 14, 2009

Children’s Hospital Boston’s Martha Eliot Health Center began distributing the H1N1 nasal spray vaccine last week. We spoke to some parents about why they...
The Action Medical Research BabyBook - in association with The Sun
Thank you for participating.

Popular questions:

*“The Founding Fathers believed that there is no difference between a free society and an educated society. Our educational system, however, is woefully inadequate. How do you plan to restore education as a right and core cultural value in America?”*  
Tareck, Boston, MA

*“For students graduating from college and graduate school, many of us have obscene amounts of debt. Do you have any plans to help alleviate some of that debt, given the current state of the job market?”*  
Ann, Chicago, IL

*“Mr President What are you going to do about local public schools cutting enrichment programs (arts, science, PE) due to the budget issues? While we need to increase our education levels, yet we see less dollars for schools. Thanks Sunnyvale, more?”*  
Sunnyvale, more, Sunnyvale CA

*“As a college student, I am very concerned about the cost of tuition and the interest of student loans. What is going to be done to make getting a higher education easier for those of us who have to pay our own way through college?”*  
K. Dorsey, Climax, IA

*“No Child Left Behind had some good ideas behind it, but a lot of bad ideas as well. If given the opportunity to change the law, what would you change about NCLB and what would you keep?”*  
Anthony, Long Island, NY

*“Teachers’ salaries are being capped at astonishingly low points around the country. Teachers love what they do but cannot live anymore on these salaries. What are you doing to better the lives of teacher’s and the lives of those they touch?”*  
Rose, Tallahassee, FL
Humboldt Park

1400 N. Sacramento Ave.
Chicago, Illinois, United States, 60622

Amenities / Equipment

- Playground for ages 5-12
- Swimming pool
- Lake/river
- Baseball field
- Tennis court
- Soccer field
- Hiking trails

Photo Gallery

Take Action

Overall Rating: ⭐⭐⭐⭐⭐

This playspace is awesome! If you helped build or plan it, tell folks about the process in the comments area.

Get to know your neighbors! Hold an annual Play Day or parents club.
UBC HealthLib-Wiki - A Knowledge-Base for Health Librarians

A/H1N1 (Human Swine Flu) in Canada - Information Sources
- 79 confirmed deaths in Canada as of October 8th, 2009

Some popular UBC Health Library wiki & files in 2009:

Apple iPhone3GS for physicians
- Canadian consumer health information (CHI) portal

Social cataloguing
- LIBR 559M - Social Media for Information Professionals

Welcome to the wiki advisory: Daniel, Farrah & Megan

Contents [hide]
1 Table of contents - A to Z topics
2 Introduction
3 Announcing the Canadian consumer health information (CHI) portal
You need a ticket to ride this ride!

Sexual Communication is KEY b4 u get naked.
Talk it out. Stay safe. Have fun.
FIRST STEPS

• keep it simple
• manage expectations
• manage your time
• learn, build... and share