

Subject: Laptop noise
Posted by [TCB](#) on Sat, 09 Jun 2007 20:26:45 GMT
[View Forum Message](#) <> [Reply to Message](#)

```
gt;>
>>>>>
>>>>>
>>>>
>>>>
>>>
>>>
>>
>>
>>
>I always liked the smell of patchouli. I guess that's 'cause I'm a
lesbian trapped in a man's body.
```

Sarah wrote:

- > Another way to lower cholesterol is to get a lot of soluble fiber in your
- > diet. Soluble fiber binds to cholesterol in the digestive tract, and since
- > you don't really digest the fiber, the cholesterol passes out with it.
- > Legumes an

Subject: Re: Laptop noise
Posted by [Morgan](#) on Sat, 09 Jun 2007 20:27:37 GMT
[View Forum Message](#) <> [Reply to Message](#)

d grains have a lot of soluble fiber, as do apples and other
> fruits. A google search should give you an extensive list.
>
> Yet another dietary cholesterol reducer is Omega 3 fatty acids, which also
> have a lot of other health benefits. The top three sources for these are
> flaxseeds, salmon, and walnuts. I just buy the bottled fish oil and throw a
> tablespoon into my daily protein/vitamin shake.
>
> I think patchouli's for Lesbians nowadays anyway. You'd probably be better
> off with sandalwood, ya big hippie.
>
> S
>
>
> "DJ" <animix _ at _ animas _ dot _ net> wrote in message
> news:468fc7b4@linux...
>> Well.....since I got turned down for a certain health insurance policy a
>> couple of weeks ago because my cholesterol level were a bit out of whack

Subject: Re: Laptop noise

Posted by [JeffH](#) on Sat, 09 Jun 2007 20:33:14 GMT

[View Forum Message](#) <> [Reply to Message](#)

,
>> I have gone on "the diet". I still have health insurance, mind you, I just
>> wanted to change to a different policy and now I've got to stay with what
>> I've got for a while. What I'm doing now is more like "my diet" than "a
>> diet", actually because it's pretty much what was a normal diet for me
>> about 20 years ago and it just sorta evolved naturally when I was just a
>> young sprouthead.. No red meat.or chicken.....just lots of fruit,
>> nuts, raw veggies and the occasional boiled egg and some cheese now and
>> then.....but mostly raw foods and juices. I broke out the juicer that
>> had been gathering dust for many years (though I will buy the more high
>> quality bottled Knudsen stuff occasionally for convenience). Energy levels
>> way up. I've los

Subject: Re: Laptop noise

Posted by [Bill L](#) on Sat, 09 Jun 2007 21:25:58 GMT

[View Forum Message](#) <> [Reply to Message](#)

t 9 pounds in the last 14 days and I haven't been hungry
>> at all. I had forgotten how much those heavy greasy foods slowed me down
>> and how crappy they made me feel. At some point my life got wayyyyyy to
>> busy, these kinds of food were easier and more convenient and I just lost
>> my dietary focus.....but no.....you're not gonna catch me wearin'
>> patchouli.
>>
>> I figure, to put it in perspective, whipping up a quick and healthy meal is
>> much easier than reading a &^%\$#*&^(!& Roland manual.
>>
>> ;o)
>>
>>
>>
>
>Nice catch bro.... I

Subject: Re: Laptop noise

Posted by [Bill L](#) on Sat, 09 Jun 2007 21:30:38 GMT

[View Forum Message](#) <> [Reply to Message](#)

ended up buying the album. Reminds me of the RunC&W
stuff, only taken to the visual level.

AA

"Chris Latham" <latham_c@bellsouth.net> wrote in message
news:469061d6\$1@linux...

> <http://www.youtube.com/watch?v=dYhV8p-2bZM>

> Holy crap Steve. I saw some of your murals a while back and they were
very good, but either you were sandbagging or you got way the hell
better. This work is very, very beautiful. I would love to have your
paintings and murals in my house.

My cousin is a well-known painter in Norway. Her house on the OSLO Fjord
is like a giant mural.

steve the artguy wrote:

> oh no. I finally got my own domain.

>

> www.stevedellamaggiora.com

>

> only art stuff on this one. I'm trying to talk myself into actually trying
> to market myself. Ouch.

>

> nothing to hear. never mind...

>

> -steve

>

> "Tom Bruhl" <

Subject: Re: Laptop noise

Posted by [TCB](#) on Sat, 09 Jun 2007 22:20:07 GMT

[View Forum Message](#) <> [Reply to Message](#)

omcast.net" target="_blank">arpeggio@comcast.net> wrote:

>>

>> www.tombruhl.com

>>

>> www.dobostudios.com

>>

>>

>> "Bill L" <bill@billlorentzen.com> wrote in message =

>> news:468f8558@linux...

>> Great idea Neil. This is guerrilla internet marketing. If I might=20

>> suggest it, why not any of us who are promoting something post our=20

>> websites to the group, so we can all raise our rankings and increase=20

>> clicks. This is really a case where there is strength in numbers and=20

>> every one who adds your site to theirs makes yours and secondarily =

>> those=20

>> you link a little bigger in reach.

>>

>> Here are mine: <http://www.billlorentzen.com> =
>> <http://www.kaleidoscope.ws>
>>
>> As long as you are not doing anything nefarious and your site is music
> =
>> related, I welcome you to link to mine.
>>
>> Neil wrote:
>> > No, not sausage links... links to your WEB PAGES!
>> >=20
>> > I'm in the process of updating my website & I'll be happy to
>> > include any/all of y'all's websites on my "links" page

Subject: Re: Laptop noise
Posted by [Graham Duncan](#) on Sat, 09 Jun 2007 22:21:48 GMT
[View Forum Message](#) <> [Reply to Message](#)

, so
>> > e-mail the URL & a description of who you are/what you do, and
>> > why the fuck anyone should click through to you lol.
>> >=20
>> > A scant few of you are on here already... check yerselves out &=20
>> > makes sure the links aren't dead/have ch

Subject: Re: Laptop noise
Posted by [Aaron Allen](#) on Sat, 09 Jun 2007 23:52:40 GMT
[View Forum Message](#) <> [Reply to Message](#)

your site to theirs makes yours and secondarily those
you link a =
>> little=20
>> bigger in reach.

Here are mine: <A=20
>> =
>> href=3D"http://www.billlorentzen.com"><http://www.billlorentzen.com>&nb=
>> sp; =20
>> <A =
>> href=3D"http://www.kaleidoscope.ws"><http://www.kaleidoscope.ws>

=
>>> As=20
>> long as you are not doing anything nefarious and your site is music=20
>>
related, I welcome you to link to mine.

Neil wrote:
> =
>> No, not=20
>> sausage links... links to your WEB PAGES!
>
> I'm in the =
>> process=20
>> of updating my websi

Subject: Re: Laptop noise

Posted by [Bill L](#) on Sun, 10 Jun 2007 12:29:32 GMT

[View Forum Message](#) <> [Reply to Message](#)

3D"http://www.saqqararecords.com/html/Links.htm">http://www.saqqarar=

>>>>>ecords.com/html/Links.htm
>>=20

>>>>>
> E-mail me the links & info at:
>
> neil DOT=20

>>>>> henderson AT sbcglobal DOT net
>
> Neil</BLOCKQUOTE&g

Subject: Re: Laptop noise

Posted by [TCB](#) on Sun, 10 Jun 2007 13:47:20 GMT

[View Forum Message](#) <> [Reply to Message](#)

gt;> > include any/all of y'all's websites on my "links" page, so

>>> > e-mail the URL & a description of who you are/what you do, and

>>> > why the fuck anyone should click through to you lol.

>>> >=20

>>> > A scant few of you are on here already... check yerselves out &=20

>>> > makes sure the links aren't dead/have changed/been terminated

>>> > for lack of payment to your ISP, etc.

>>> >=20

>>> > http://www.saqqararecords.com/html/Links.htm

>>> >=20

>>> > E-mail me the links & info at:

>>> >=20

>>> > neil DOT henderson AT sbcglobal DOT net

>>> >=20

>>> > Neil

>>>

>>>

>>> I choose Polesoft Lockspam to fight spam, and you?

>>> http://www.polesoft.com/refer.html

Subject: Re: Laptop noise

Posted by [Morgan](#) on Sun, 10 Jun 2007 20:27:00 GMT

[View Forum Message](#) <> [Reply to Message](#)

;>> As long as you are not doing anything nefarious and your site is music

>> =

>>> related, I welcome you to link to mine.

>>>

>>> Neil wrote:

>>> > No, not sausage links... links to your WEB PAGES!

>>> >=20

>>> > I'm in the process of updating my website & I'll be happy to

>>> > include any/all of y'all's websites on my "links" page, so

>>> > e-mail the URL & a description of who you are/what you do, and
>>> > why the fuck anyone should click through to you lol.
>>> >=20
>>> > A scant few of you are on here already... check yerselves out &=20
>>> > makes sure the links aren't dead/have changed/been terminated
>>> > for lack of payment to your ISP, etc.
>>> >=20
>>> > <http://www.saqqararecords.com/html/Links.htm>
>>> >=20
>>> > E-mail me the links & info at:
>>> >=20
>>> > neil DOT henderson AT sbcglobal DOT net
>>> >=20
>>> > Neil
>>>
>>>
>>> I choose Polesoft Lockspam to fight spam, and you?
>>> http
