

Adapted from <http://www.psychologytoday.com/blog/all-the-rage/201109/five-things-know-about-anger>

Anger is a frequently misunderstood emotion. People confuse it with aggression and violence, they think of it as mostly unhealthy, and they fail to recognize the times in their lives when their anger has been positive. To try and rectify those misunderstandings, here are some facts to know about anger.

Anger Is Different from Aggression

Often, anger is confused with aggression. However, the two experiences are actually quite different. Anger is an emotion. Aggression, meanwhile, is a behavior where the intention is to harm someone or something. The reason this distinction is important is because anger often occurs without any aggression.

People Get Angry Under Fairly Predictable Circumstances

People become angry when faced with situations that they see as unpleasant and unfair. They will get even angrier if they blame someone else for the situation or think that it could have been avoided. Why, then, do some people get angry more often than others? It is not that they are faced with these sorts of circumstances more often than other people. It is that they are more likely to perceive situations as meeting these criteria than other people. For example, imagine you are waiting in line at the grocery store and someone cuts in ahead of you. You could read that situation in a couple of different ways (e.g., that person knew I was here and cut me off on purpose vs. that person must not have seen me). One of those interpretations will lead to greater feelings of anger because you are interpreting the situation as unpleasant, unfair, and avoidable.

Anger Can Be Expressed in Many Different Ways

Perhaps one of the reasons why people confuse anger and aggression is because they think of anger as only being expressed in aggressive ways. In truth, however, anger can be expressed in various ways. Yes, aggression is one of them. However, so is assertiveness, problem solving, exercise, suppression, etc. In fact, while the appropriate response when angry depends on the context of the situation, the best way to express anger is usually through some sort of prosocial, problem-solving behavior. In other words, the best approach is usually to try and solve whatever problem caused the anger in the first place.

Adapted from <http://www.amazon.com/Please-Look-After-Vintage-Contemporaries/dp/0307739511>

This is the review written by Jamie Ford, the New York Times bestselling author of *Hotel on the Corner of Bitter and Sweet*. He introduces *Please Look After Mom* to readers all over the world.

Some books change us. They change the way we look at ourselves, the way we interact with those closest to our hearts — the way we’ve loved those people, or the way we’ve missed them or honored them or taken them hopelessly for granted. This is one of those books. This is a book that alters the way we remember.

Please Look After Mom isn’t merely a story of familial loss and longing, of the many veils of shame and surrender beneath one roof. This tale is a door, and once you cross its threshold, you’ll never be able to go back to that comfortable place you came from. Your perceptions will be transformed. Permanently.

When Park So-nyo, an elderly mother from a rural town visiting her children on her birthday, vanishes in the crowded Seoul train station, four narratives unfold — four dimensions of loss, anger, blame, and sacrifice — four angles of persistence. (Perhaps it’s no mere coincidence that the number four in Korean stands for “death.”)

But as the four pillars of one family are shaken by this mysterious disappearance, we are also enriched as we learn about the wealth of emotional currency that has been exchanged over one lifetime — tender payments, and the debts owed, from children to parent, from husband to wife, from an aged mother to herself.

This book is four stories, four echoes, four promises, and four lamentations — that make a whole. This is your gentle warning, dear reader. And an invitation, to the kind of book I wish I could read again for the first time.

— Reviewed by Jamie Ford

Adapted from <http://www.biography.com/people/oscar-pistorius-20910935?page=1>

South African sprint runner Oscar Pistorius was born in Johannesburg, South Africa, in 1986. Born without a fibula in either of his legs, Pistorius' legs were amputated below the knee just before he turned one. After competing in several school sports, he took up running at 16 and within just a few months had captured a gold at the 2004 Athens Paralympics. Initially banned from international competition, Pistorius successfully appealed the ruling and at the 2012 Summer games in London became the first amputee to compete in the Olympics.

Early Life

Oscar Leonard Carl Pistorius, the first amputee athlete to compete in the Olympics, was born on November 22, 1986 in Johannesburg, South Africa. The son of Henk and Sheila Pistorius, Oscar Pistorius was the middle child of three. His family, while prominent in South Africa, were largely middle class.

Pistorius's childhood was shaped partly by tragedy. His parents divorced when he was 6, a fact that largely contributed to a strained relationship between Oscar and his father, a businessman, that continues to this day. His mother died when he was 15, the result of drug complications following a hysterectomy. Pistorius's own physical health was marred at birth. Born without a fibula in either of his legs, his parents made the difficult decision to have their son's legs amputated below his knees just before his first birthday.

Within six months, Pistorius was walking successfully with a pair of prosthetic legs. His handicap hardly slowed his large interest in sports, which spanned from cricket to wrestling to boxing.

It wasn't until he was 16, and in need of a sport that could help him rehab a knee following a rugby injury, that Pistorius was introduced to the track. His rise in the sport came quickly. In January 2004, he competed in his first 100-meter race; nearly eight months later, Pistorius, wearing a pair of Flex-Foot Cheetahs, a light-weight carbon fiber foot, captured the gold medal in the 200-meter race at the 2004 Athens Paralympics.

Quote:

"I found myself smiling on the starting blocks, which is very rare."
— Oscar Pistorius

Adapted from KIST develops sound-sensitive security camera, Korea Herald 2012. 4. 26.

KIST Develops Sound-Sensitive Security Camera

Korean researchers have developed a new type of security camera capable of distinguishing sounds, including human screams and explosions.

When the camera detects a sound, it turns toward it.

Currently undergoing outdoor testing, the camera was developed by a team at the Korea Institute of Science and Technology, led by principal researcher Choi Jong-suk.

“The team speeded up the process of completing the technology due to the recent crimes that took place here,” Choi said.

Choi also said that the team would work with industry to develop commercial products equipped with the new technologies.

The camera is fitted with an automatic sound detection system that enables it to detect sounds that are louder than the surrounding background noise.

The security camera is also capable of distinguishing eight different sounds, including screaming, the sound of a window breaking, explosions and the sound of a closing door.

Adapted from Speech-jamming device wins glory at Ig Nobel ceremony, NBC News 2012. 9. 20.

Speech-Jamming Device Wins Glory at LG Nobel Ceremony

For anyone who's ever been tired of listening to someone drone on and on and on, two Japanese researchers have the answer.

The Speech Jammer, a device that disrupts a person's speech by repeating his or her own voice at a delay of a few hundred milliseconds, was named Thursday as a 2012 winner of the Ig Nobel prize — an award sponsored by the Annals of Improbable Research magazine for weird and humorous scientific discoveries.

Actually, the device created by Kazutaka Kurihara and Koji Tsukada is meant to help public speakers by alerting them if they are speaking too quickly or have taken up more than their allotted time.

“This technology could also be useful to ensure speakers in a meeting take turns appropriately, when a particular participant continues to speak, depriving others of the opportunity to make their fair contribution,” said Kurihara, of the National Institute of Advanced Industrial Science and Technology in Japan.

Become an Urban Homesteader

Adapted from <http://www.realitysandwich.com/node/443>

What Is an Urban Homesteader?

An urban homesteader is someone who enjoys living in the city, but doesn't see why that should stop her from engaging directly with nature, growing her own food, and striving for self-sufficiency.

We just don't wish to retreat to the countryside. We believe that people are best off living in cities and cooperating with other like-minded folks. We're building the skills and forming the conditions and networks that sustain us, our friends and our neighbors, now and into the future.

Urban homesteading is about preparedness, but we don't like that term very much. It implies stockpiling things that you hope will keep you alive. Urban homesteading is about life — it is a way of life founded on pleasure. Our preparedness comes not so much through what we have, but what we know. We are recollecting the almost-lost knowledge of our great-grandparents, those most essential of human skill sets: how to tend to plants, how to tend to animals, and how to tend ourselves.

Over the last couple of generations we've given up these skills in exchange for a self-destructive addiction to "convenience," becoming, as a friend of ours likes to say, the only animal that cannot feed itself. We do not make anything anymore, we just consume — we are "consumers," defined solely by our appetites, and empowered only in how we spend a dollar.

We figured it was time to become producers again.

That is what we are trying to do here on our little urban farm: produce food, hack our house to generate power and recycle water, plot revolution and build community. Changing what and how we eat is at the heart of everything, though. Homegrown food is mind-blowingly fresh and flavorful, 100% organic, untainted by disease, blood or oil, and alive. Trust us, once you discover that lettuce actually has a distinct flavor, or you eat a sweet tomato still warm from the sun, or an orange-yolked egg from your own hen, you will never be satisfied with the pre-packaged and the factory-farmed again. The next step after growing fresh food is using the old home arts to preserve it: pickling, fermenting, drying and brewing.

Over and over again we've discovered that anything we figure out how to do ourselves tastes better than what the market offers us. If it wasn't, we probably wouldn't keep doing this. Yes, it is a "green" way to live, it is a prepared way to live, it has many virtues, but frankly, it is pleasure that inspires us to do more and more. Get into this a little, and you'll realize that all of your life you've been cheated. Urban homesteading is not about deprivation or suffering, it is about reclaiming your heritage, and your right to real food and real experience.

Unforgettable Examples of Land Art

Adapted from <http://www.theworldgeography.com/2013/02/land-art.html>

Land art is an art movement in which landscape and the work of art are inextricably linked. It is also an art form that is created in nature, using natural materials such as soil, rock, organic media (trees, grass) and water. The works frequently exist in the open, located well away from civilization and left to change.



Forest Guitar, Argentina

Breaking up the flat agricultural areas of Argentina's Pampas is a guitar formed entirely out of trees. Stretching for 2/3 of a mile the multi-colored instrument was created by one Argentine farmer to memorialize his wife in a big way. Crushed by the loss of his love, a few years later Pedro Martin Ureta (owner) began working on designing a guitar in his field that could be seen from above by airplane. He settled on the design because his late wife loved the instrument and he wanted to memorialize her on his land.

Working tirelessly to plant and cultivate the trees, Ureta created a perfect guitar shape, complete with a star-shaped hole in the middle. Using mostly cypress trees to form the outline, Ureta used blue eucalyptus trees to accent the strings on the neck of the guitar. Easily visible from airplanes, the guitar brings joy to many who fly over the Pampas.

Northala Fields is an award-winning park located in Northolt, Greater London. It was opened in 2008 and consists of four artificial hills standing next to the A40 Western Avenue, as well as a large field area. The hills were constructed using rubble from the demolition of the original *Wembley Stadium*, which was closed in 2000 and demolished in 2003. The park was created as part of the Northolt and Greenford Country Park project, and backs onto the older Rectory Park. The name "Northala" is how the old manor of Northall was recorded in the Domesday book in 1086. It is situated on what was the Royal Borough of Kensington Playing Fields after being leased to them in 1938. The section of the Ealing Road that formed the eastern perimeter was then renamed Kensington Road.



Northala Fields, UK

In a Boycott, Everyone Loses. In a Carrotmob, Everyone Wins.

Adapted from <http://www.redevelopment-resources.com/blog/blog/in-a-boycott-everyone-loses-in-a-carrotmob-everyone-wins/>

In a Carrotmob campaign, a group of people offers to spend their money to support a business, and in return the business agrees to make an improvement that the people care about. The group is called Carrotmob because it uses the “carrot” instead of the “stick.” Traditionally, people who wanted to influence businesses would threaten or attack them. The Carrotmob movement believes people can have more influence on businesses by giving them a positive incentive to change: their money.

People want to “vote with their money” to advance their values and improve the world from New York to Paris to Bangkok. This group is building a website to make voting with one’s money easier, more effective, and more fun. Carrotmob organizers around the world have already created a growing movement.

This concept has interesting implications for the work we do as economic development experts. In reading a lot about innovation lately, my belief has been confirmed that innovation is just as much about applying a new concept to the way we typically do something as it is developing a new gadget or coming up with a new product. So, here is an innovative way to get a business to change.

The Carrotmob concept could be applied effectively through a group of passionate citizens to create excitement around the businesses in a central business district. Like anything truly worth the effort, it takes leadership, dedication and hard work. But publicity and excitement will be generated around the idea, and who benefit from a little more of that?

Sometimes this concept sounds really similar to lobbying, however, with the Carrotmob concept, people aren’t paying the business to change. Rather they are giving the business their patronage so the business will have the capacity to make a change. It shows an investment of time and money on the part of a whole host of participants.

If we were to organize ourselves around an effort is there a way we could lobby for good? Think of the impact if we were to energize our constituents passionately around a proactive, positive effort or topic rather than only at the threat of something being taken away. It appears that more attention is turning to local efforts, grass roots groups organizing and being effective at producing results around a cause. How can you impact your community today?