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MISS-KILL

ARCADIA

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From bestselling author Iain Pears comes Arcadia: a groundbreaking new novel written for iPhone and iPad.

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A Bangon Mangyan woman smoking kwako (tobacco). The Bangon are known for their pipes and even young children can be seen smoking pipes.

We headed south for a day and a half to try and get permission to enter a Hanunoo community from the tribal mayor and council. After a short deliberation they said it would be ok to go into their community and stay for as long as we would like to. I wanted to visit a Hanunoo village because of their indigenous script that is still sometimes used. I wanted to find out more about it. In the meantime, I spent my days in their community learning a little about their culture and what they do on a day-to-day basis. We found out that most families spend a lot of their time collecting crops in their fields. Shifting agriculture (kaingin) is a common practice by all of the Mangyan groups because it is the only way they can grow crops to eat without using fertilizers. Most families own large tracks of land which they clear and plant different crops throughout the year. Everyday, crops are harvested for daily consumption with the majority of the Mangyan diets consisting of root crops such as sweet potatoes, ube, and kamoting kahoy. Eating rice is often a luxury because it is not grown where they live.



Collecting crops is a daily activity for most all Mangyan families. Children help gather whatever vegetables or root crops are available for the day.



Root crops such as sweet potatoes, ube and kamoting kahoy make up a large percent of the Mangyan diet. All their cooking is done over an open fire.

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ROGER MOORE

AS

JAMES BOND 007

in IAN FLEMING'S

**"THE MAN
WITH THE
GOLDEN GUN"**

CHRISTOPHER LEE • BRITT EKLAND
with HARRY SALTZMAN and ALBERT R. BROCCOLI
Produced by

Produced by **HARRY SALIZMAN** and **ALBERT R BROCCOLI**

Directed by GUY HAMILTON

Screenplay by **RICHARD MAIBAUM** and **TOM MANKIEWICZ**

Music by JOHN BARRY • COLOUR United Artists

+ **Investment Firm**
Investment Corporation

Original soundtrack album on United Artists records and tapes. Title song sung by Lulu UAS 29671



JANUARY 31, 2009

Fear of Flying The Lessons of Flight 253

TIME

Frau Europa

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BY CATHERINE NAYOR



www.time.com

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
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BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
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CONTRIBUTES TO
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IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts

Aim for at least
180
Minutes
per day
for children 1-5 years



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Under-1s

at least
30 minutes
across the day



OBJECT PLAY



DANCE



GAMES



PLAY



TUMMY TIME *



SWIM



WALK



SCOOT



BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

* 'tummy time' refers to giving your baby time on its tummy, under supervision, as it is important for the baby's development and helps them learn to crawl and walk.

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**EVERY HOUR
HE GETS SMALLER
....SMALLER...SMALLER
AND MOMENT BY MOMENT
THE TERROR
MOUNTS!...**



Victim of weird mist!



Day by day he shrinks!



Science is baffled!



Cat becomes monster!



Terror at every turn!



Deadly spider attacks!



Lost in a flood's fury!



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