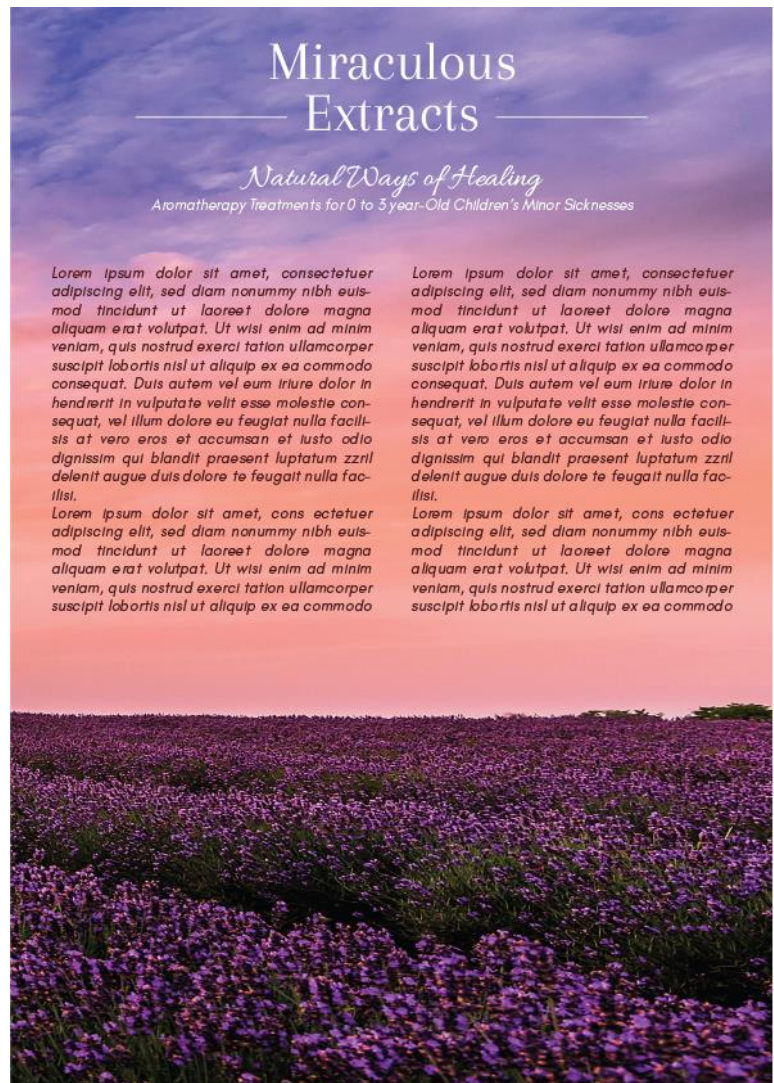
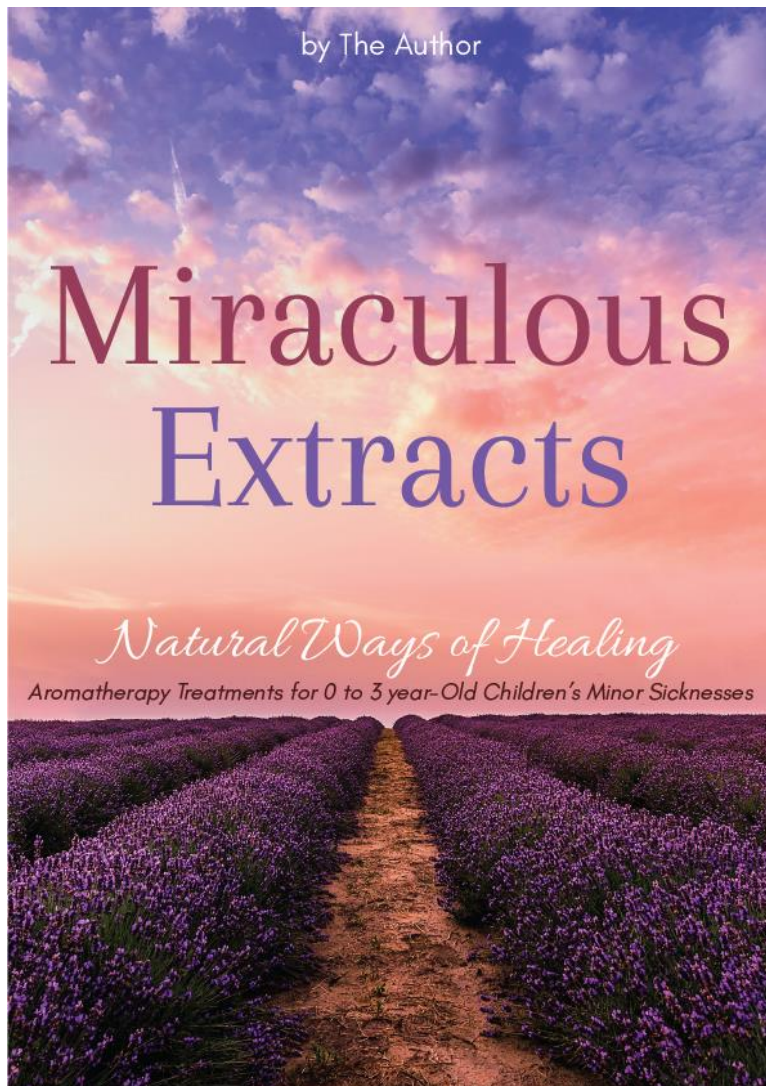


Sample book cover:

Following are my original designs and ideas.

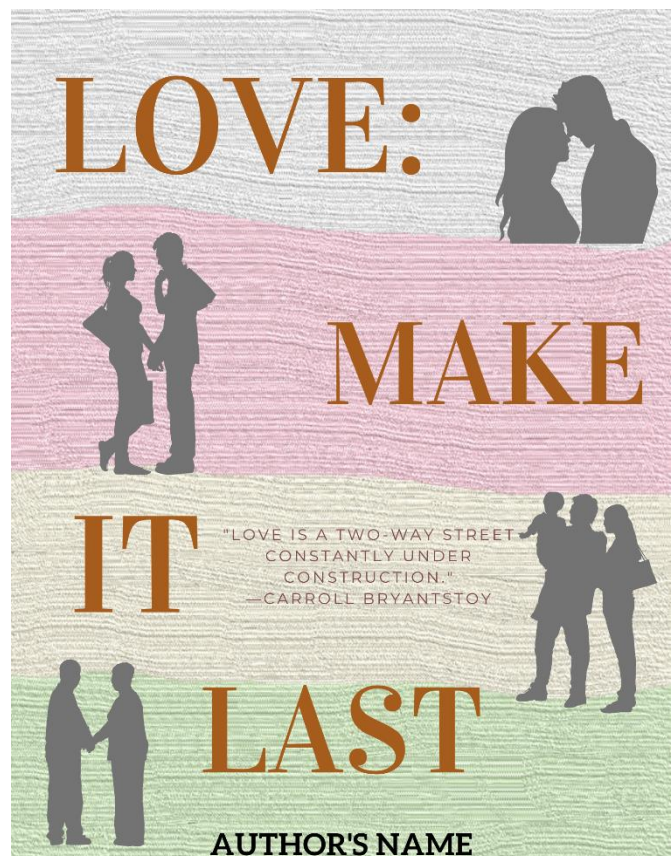
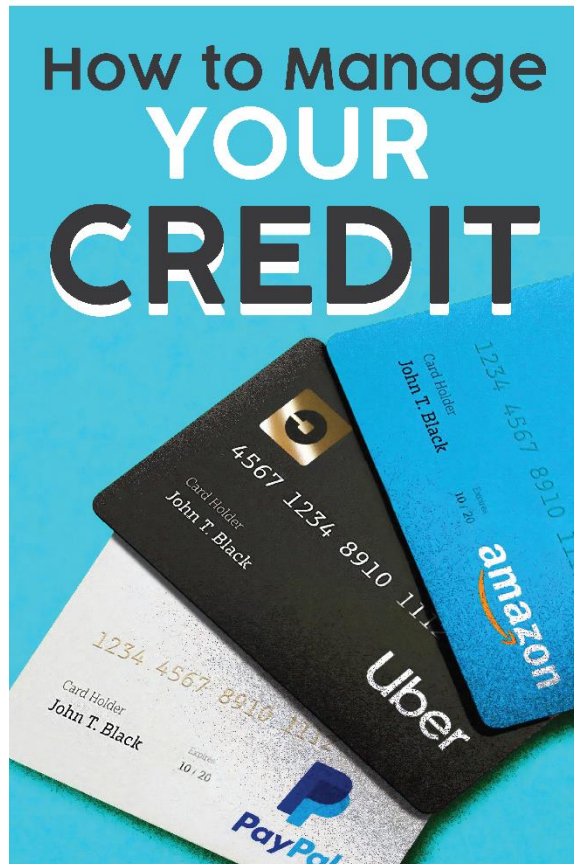
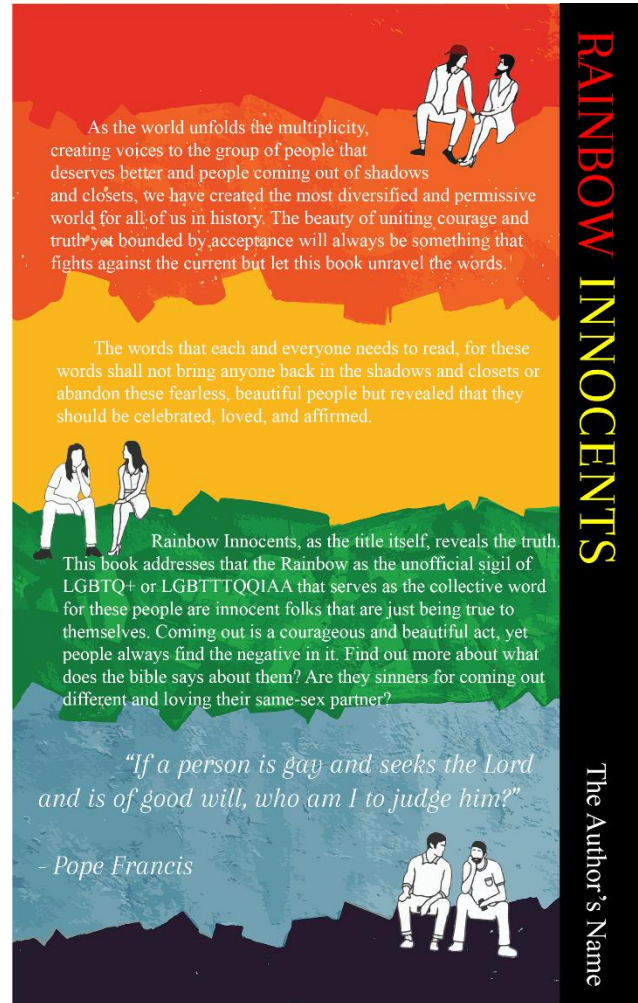


RAINBOW INNOCENTS

Is Homosexuality a Sin? What does the Bible say about Homosexuality?



The Author's Name



21 Tips on Gaining More Income While Lessening Expenses

MORE INCOME LESS EXPENSES



The Author

MORE INCOME LESS EXPENSES

21 Tips on Gaining More Income While Lessening Expenses

About the Book

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis autem vel eam irure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignis-

sim qui blandit praesent luptatum zzril delenit augue duiis dolore te feugait nulla facilisi. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis autem vel eam irure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignis-

sim qui blandit praesent luptatum zzril delenit augue duiis dolore te feugait nulla facilisi. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.

About the Author

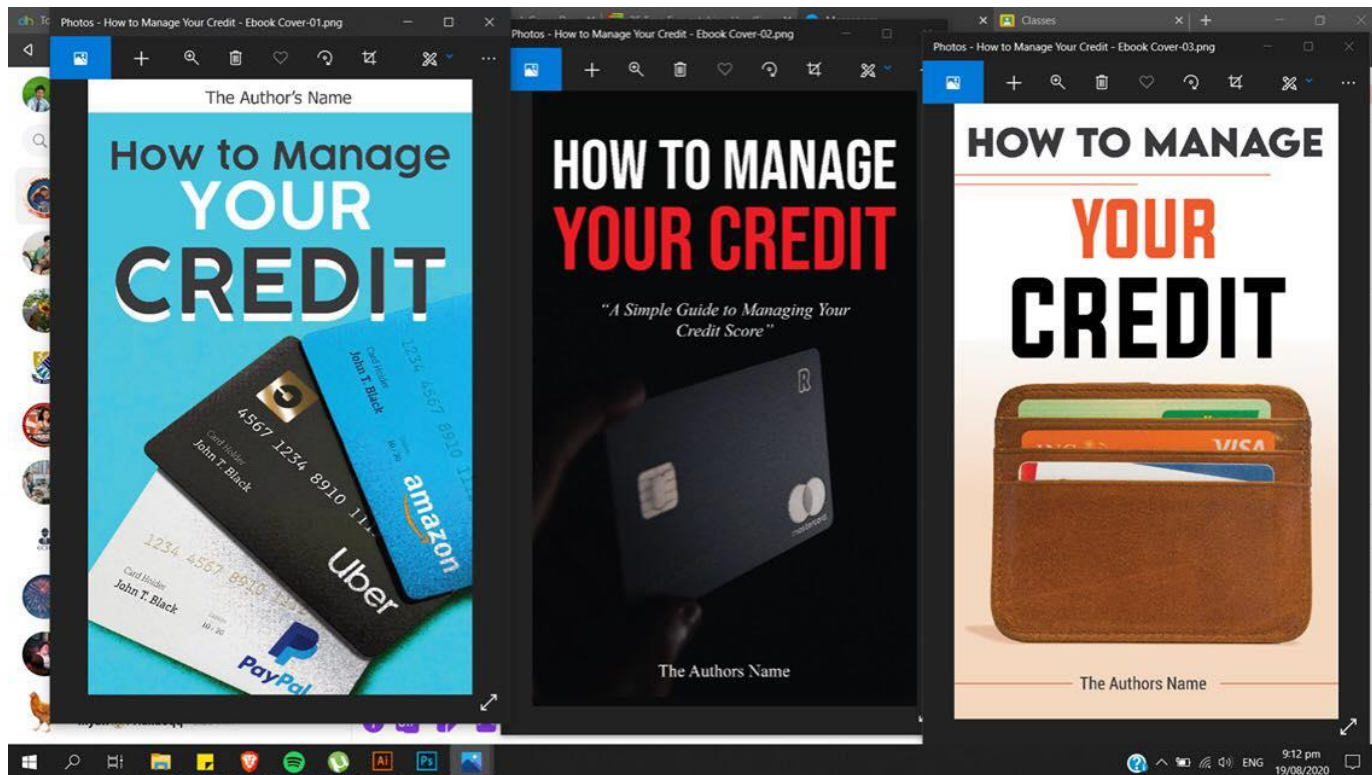
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis autem vel eum irure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignis-

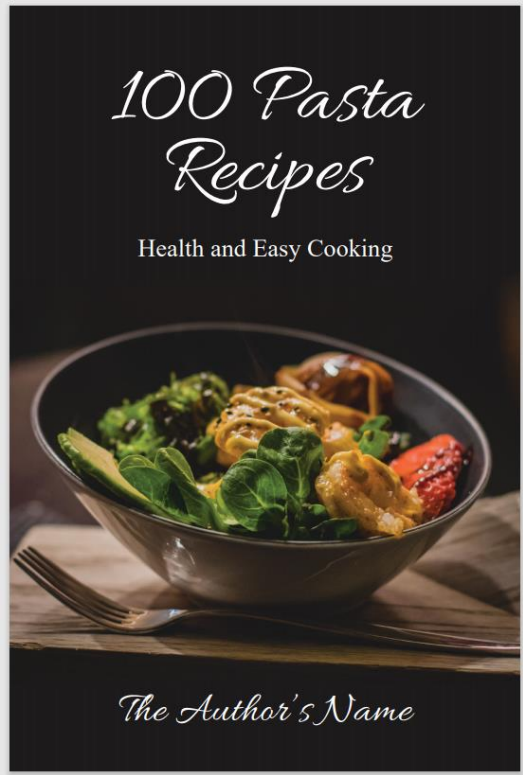
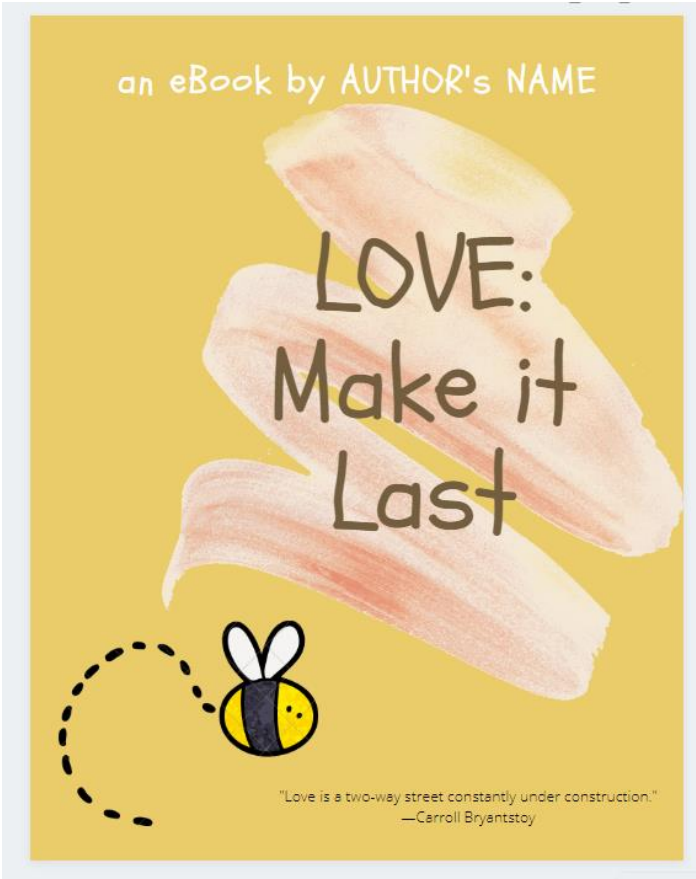
sim qui blandit praesent luptatum zzril delenit augue duiis dolore te feugait nulla facilisi. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonum-

IMAGE HERE


The Author

"Money is Power, an Agreement,
It is Whatever We Need or Want It to Be"
- Robert Kiyosaki





CONTENTS	
INTRODUCTION	34
ACKNOWLEDGMENTS	38
1 Artichoke, lemon, and	8
Parmesan Pasta	8
2 Asparagus and Chicken Carbonara	10
3 Bacon Ranch Pasta Salad	12
4 Baked Rigatoni with Beef	14
5 Baked Vegetable Lasagna	16
6 Baked Ziti and Summer Vegetables	18
7 Bow Ties with Tomatoes, Feta, and Balsamic Dressing	20
8 Bucatini Amatriciana	22
9 Bucatini with Butter-Roasted Tomato Sauce	24
10 Buckwheat Pasta Triangles with Lardo and Greens	26
11 Cacio e Pepe	28
12 Caponata pasta	30
13 Caramelized Onion Pasta	32
14 Casarecce pasta with cherry tomato sauce	34
15 Cauliflower, anchovy, and raisin spaghetti	36
16 Cavatappi with Bacon and Summer Vegetables	38
17 Chargrilled courgette and smoked bacon pasta	40
18 Cheesy Pasta Bake	41
19 Chicken Cordon Bleu Pasta	43
20 Chicken Pasta Casserole	44
21 Chicken Riggies	46
22 Chicken Spaghetti	48
23 Chicken with Lemon-Leek Linguine	50
24 Chicken-Peanut Chow Mein	52
25 . . . Classic lasagna	54
26 Classic Pasta Amatriciana	56
27 Classic Ragu Bolognese	58
28 Classic Spaghetti and Meatballs	60
29 Cottage cheese alfredo	62
30 Crab cacio e pepe	64
31 Creamy Crawfish Pasta	66
32 Creamy Pasta Boscaiola with Mushrooms and Sausage	68
33 Creamy Rigatoni with Gruyère and Brie	70
34 Creamy Vegan Mushroom	72
35 Easy Meatless Manicotti	74
36 Farfalle with Lamb Ragu, Ricotta, and Mint	76



ta, and Pine Nuts 112

70 Pasta with peas, parmesan
and tarragon 113

71 Penne Pasta Bake with Toma-
toes and Mozzarella Cheese . 114

72 Pesto Chicken Pasta Salad . . 115

73 Pesto Salmon Pasta . . . 116

74 rawn spaghetti with tomato,
chilli and basil 117

75 Quick Bouillabaisse Pasta . . 118

76 Ricotta-Spinach Pasta . . 119

77 Rigatoni with Green Ol-
ive-Almond Pesto and Asiago
Cheese 120

78 Roasted Butternut Squash and
Bacon Pasta 121

79 Roasted Chicken and Bow
Tie Pasta 122

80 Sausage-Stuffed Manicotti . . 123

81 Semolina Lasagna with Spicy
Amatriciana 124

82 Sesame Noodles with Chick-
en 125

83 Singapore Mai Fun 126

84 Smoked Salmon Cream Sauce . 127

85 Soba Noodle Salad with Cit-
rus Vinaigrette 128

86 Spaghetti Aglio e Olio . . 129

87 Spaghetti Napolitan (Japanese
Ketchup Pasta) 130

88 Spaghetti with Sausage and
Simple Tomato Sauce . . . 131

89 Spanish Spaghetti with Olives 132

90 Spicy Malaysian-Style Stir-
Fried Noodles 133

91 Tahini Noodles 134

92 Three-Cheese Chicken Penne
Florentine 135

93 Tomato-Ricotta Spaghetti . . 136

94 Traditional Lasagna Recipe . . 137

95 Tuna pasta bake 138

96 Two-Pepper Rigatoni and
Cheese 139

97 Whole Wheat Pasta Primavera
with Vegetables 140

98 Zesty Italian Sausage Pasta
Sauce 141

99 Zucchini and Basil Lasagna . . 142

100 Zucchini Cream Cheese
Pasta 143



8

1 ARTICHOKE, LEMON, AND PARMESAN PASTA

Super-easy and simple vegetarian pasta sauce. Mix marinated artichokes from a jar with lemon juice and parmesan, then tip in hot cooked pasta and toss together.

Ingredients


- spaghetti 150g
- marinated artichoke hearts 100g, drained and sliced
- lemon 1, juiced and zested
- parmesan (or vegetarian alternative) 25g, finely grated
- basil ½ a small bunch, shredded
- olive oil

Procedures

- a. Cook the spaghetti following pack instructions. Put the rest of the ingredients in a large bowl with 1 tbsp. olive oil, season well and mix.
- b. Drain the pasta, keep 2 tbsp. of the cooking water, and then toss everything together.


Calorie Count:
403 Calories per Servings

Servings: 2



Chapter Template

This is Optionl, for categories of pasta, depending on the cookbook's contents



SAMPLE INFOGRAPHICS:

10 CHILDHOOD ILLNESSES

SKIN INFECTION

In most children with skin infections, a skin test (culture or swab) may be needed to determine the most-appropriate treatment.

URINARY TRACT INFECTION

Bladder infections, also called urinary tract infections or UTIs, occur when bacteria build up in the urinary tract. A UTI can be found in children from infancy through the teen years and into adulthood.

EAR PAIN

Ear pain is common in children and can have many causes—including ear infection (otitis media), swimmer's ear (infection of the skin in the ear canal), pressure from a cold or sinus infection, teeth pain radiating up the jaw to the ear, and others.



BRONCHITIS

Chronic bronchitis is an infection of the larger, more central airways in the lungs. Often the word "bronchitis" is used to describe a chest virus and does not require antibiotics.

BRONCHIOLITIS

Bronchiolitis is common in infants and young children during the cold and flu season. Your doctor may hear "wheezing" when your child breathes.

COUGH

Coughs are usually caused by viruses and do not often require antibiotics.

SORE THROAT

Sore throats are common in children and can be painful. Babies and toddlers rarely get it strep throat, but they are more likely to become infected by streptococcus bacteria.



PAIN

Narcotic pain medications are not appropriate for children with common injuries or complaints such as sprained ankle, ear pain, or sore throats.

BACTERIAL SINUSITIS

Bacterial sinusitis is caused by bacteria trapped in the sinuses.

COMMON COLD

Colds are caused by viruses in the upper respiratory tract. Green mucus in the nose does not automatically mean that antibiotics are needed; common colds never need antibiotics.



BEST ESSENTIAL OILS

for Common Illnesses



PEPPERMINT

Peppermint is among the most popular essential oils for treating a sore throat. A 2013 study found peppermint oil to have antimicrobial properties against pathogens that enter the body through the mouth. A more recent study suggested that peppermint oil also acts as an antibacterial agent, meaning it may help fight off bacteria. Peppermint also contains menthol, which is the base ingredient of many sore throat medications, such as lozenges.



LAVENDER

Lavender has anti-inflammatory and antimicrobial properties. These properties could support lavender as a treatment for a sore throat.

Research suggests that lavender can kill bacteria, fungi, viruses, and other sources of infections. It may also act as an antioxidant.

ECHINACEA

Echinacea plant may help to treat cold symptoms. The essential oil is derived from the Echinacea plant and could have similar benefits.



GINGER

Ginger is a common ingredient in many different cuisines. It has also been used widely in alternative medicine, particularly for treating gastrointestinal problems, such as nausea and vomiting.



LEMON

Many throat medicines, including sore throat lozenges, are flavored with lemon. Lemon essential oils have antimicrobial and antioxidant properties, which may help treat a sore throat and prevent infection as lozenges.



ASTM C-31

STANDARD PRACTICE FOR MAKING AND CURING CONCRETE TEST SPECIMENS IN THE FIELD



GROUP 1

Almadrones, Maribeth L.
Enrile, Myka Marie
Fernandez, Kim Bob
Perico, Nihil Robin Mar
Romero, Joseph John
Ubaña, Anna Gladys

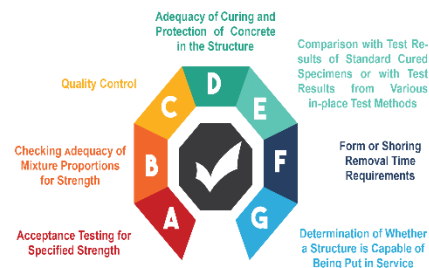


ACTIVITY DESCRIPTION

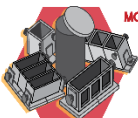
This practice covers procedures for making and curing cylinder and beam specimens of representative samples of fresh concrete for a construction project.

THE OBJECTIVES

If the specimens are made, standard cured, field cured, and succeeded in its every process, they can be used for the following purposes:



APPARATUSES



MOULDS

Molds, General, Cylinder Molds, and Beam Molds - made of steel, cast iron, nonabsorbent material, nonreactive with concrete containing hydraulic cement. Meets the requirements of Specification C 470/C 470M, with the dimensions required to produce the specimens



MALLETS

A mallet with a rubber or rawhide head weighing 1.25 to 0.50 lb. shall be used.



VIBRATORS

The diameter round vibrator must not exceed one-fourth of the diameter of the cylinder mold or one-fourth of the width of the mold of the beam.



SMALL TOOLS

Shovels, hand-held floats, scoops, and a vibrating-rod tacheometer shall be provided.

SAMPLING RECEPTACLE

The receptacle shall be a suitable heavy gauge metal pan, wheelbarrow, or flat, clean nonabsorbent board of sufficient capacity to allow easy remixing of the entire sample with a shovel or trowel.

SLUMP APPARATUS

The apparatus for measurement of slump shall conform to the requirements of Test Method C 143/C 143M.

TAMPING RODS

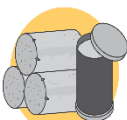
The tamping end or both ends rounded to a hemispherical tip of the same diameter as the rod.

AIR CONTENT APPARATUS

The apparatus for measuring air content shall conform to the requirements of Test Methods C 173/C 173M or C 231.

TEMPERATURE MEASURING DEVICES

The temperature measuring devices shall conform to the applicable requirements of Test Method C 1064/C 1064M.



CYLINDER SPECIMENS

Compressive or splitting tensile strength specimens shall be cylinders cast and allowed to set in an upright position.



BEAM SPECIMENS

Flexural strength specimens shall be beams of the concrete cast and hardened in the horizontal position.



FIELD TECHNICIANS

The field technicians making and curing specimens for acceptance testing shall be certified.

TESTING REQUIREMENTS

RODDING

- Concrete in the mold must have the required number of the layer in equal volumes.

- Each layer is to be rod with the required number of rodding and rod the bottom layer through the depth of it.

The penetration of the rod of each layer should be below approximately 1 in (25mm)

- After the layers are rodded, tap the outsides of the mold with a mallet 10 to 15 times to close holes and release air bubbles trapped inside.

- An open hand should tap light-gage cylinder molds because cylinder molds are susceptible to damage if mallet is used.

- After tapping, use a trowel to spade each layer of concrete along the sides and ends of the beam.

- Overfilled molds shall have excess concrete removed

CONSOLIDATION

(To strengthen) via rodding or internal vibration.

CASTING BEAMS

Tamping rods and vibrators, refer to standard procedures provided

CASTING CYLINDERS

Tamping rods and vibrators, refer to standard procedures provided

PLACE OF MOLDING

(Start) free of any disturbance, near storage locations

VIBRATION

- The duration of vibration required will depend on the workability of the concrete and the effectiveness of vibrator

- Fill the molds and vibrate the required number of approximately equal layers.

- In compacting the specimen. The vibrator should penetrate slowly and do not allow it to rest in the bottom or the side of the mold...



MOLDING SPECIMENS

SLUMP

Measure and record the slump of each batch of concrete immediately after remixing in the receptacle



SAMPLING CONCRETE

The samples used to fabricate test specimens under this standard shall be obtained by Practice C 172 unless an alternative procedure has been approved. Record the identification of the sample concerning the location of the concrete represented and the time of casting.

TEMPERATURE

Determine and record the temperature



AIR CONTENT

Determine and record the air content. The concrete used in performing the air content test shall not be used in fabricating test specimens.



...Slowly withdraw the vibrator so that there will be no large air pockets in the specimen.

- When placing the final layer avoid overfilling by more than 1/4 in (6 mm)

CYLINDERS II

- Use a Guide for Vibrating Cylinders
- Penetrate with Vibrator Approximately 1 in. or 25 mm
- Tap the cylinder with mallet to close holes and release trapped voids.

BEAMS II

- The vibrator should have an interval not exceeding 6 in (150 mm) along the center line of the long dimension of the specimen
- Penetrate with Vibrator Approximately 1 in. or 25 mm
- Tap the cylinder with mallet to close holes and release trapped voids.

FINISHING

Perform finishing with minimum manipulation necessary to produce an even flat surface that is level with the rim of the mold, and that has no depressions or projections larger than 1/8 in (3.3 mm)

CYLINDERS III

After consolidation, finish the top surfaces by striking them off with the tamping rod where the consistency of the concrete permits or with a wood float or trowel.

BEAMS III

After the consolidation of the concrete, use a hand-held float to strike off the top surface to the required tolerance to produce a flat, even surface.

IDENTIFICATION

Mark the specimens to positively identify them and the concrete they represent.

CURING



STANDARD CURING

The method used when the specimens are made and cured to check the adequacy of mixture proportions for strength, and quality control.



INITIAL CURING

Specimens are stored for 48 h in a temp. The range from 60 and 80°F [16 and 27°C] is controlled by heating and cooling if necessary, in an environment preventing moisture loss from the specimens.



FINAL CURING

After initial curing and within 30 min after removing the molds, cure specimens with free water always maintained on their surfaces at a temperature of 73 ± 3°F [23 ± 2°C] using water storage tanks.



BEAMS

Same as cylinders except, stored in water saturated with calcium hydroxide at 73 ± 3°F [23 ± 2°C] at least 20 h before testing.



FIELD CURING

The curing method is used for the specimens made and cured to determine whether a structure is capable of being put in service.

CYLINDERS

Store cylinders on the structure as near to the point of deposit of the concrete represented as possible.

BEAMS

- Cured same as the concrete in the structure. Store specimens representing pavements of slabs on a grade by placing them on the ground as molded, with their top surfaces up.
- Store specimens representing structure concrete as near the point in the structure they represent as possible.
- At the end of curing period, leave the specimens exposed to the weather in the same manner as the structure.



STRUCTURAL LIGHTWEIGHT CONCRETE

Cure structural lightweight concrete cylinders following Specification C 330.

TRANSPORTATION

Protect the Specimens

The suitable cushioning material will prevent damage from jarring. During cold weather, protect the specimens from freezing with suitable insulation material.



Prevent Moisture Loss

By wrapping the specimens in plastic, or by surrounding them with wet sand, or tight-fitting plastic caps on plastic molds, transportation time shall not exceed four h.

Before transporting, cure and protect specimens, specimens shall not be transported until at least eight h after final set.

REPORT



Identification Numbers



Location of concrete represented by the samples



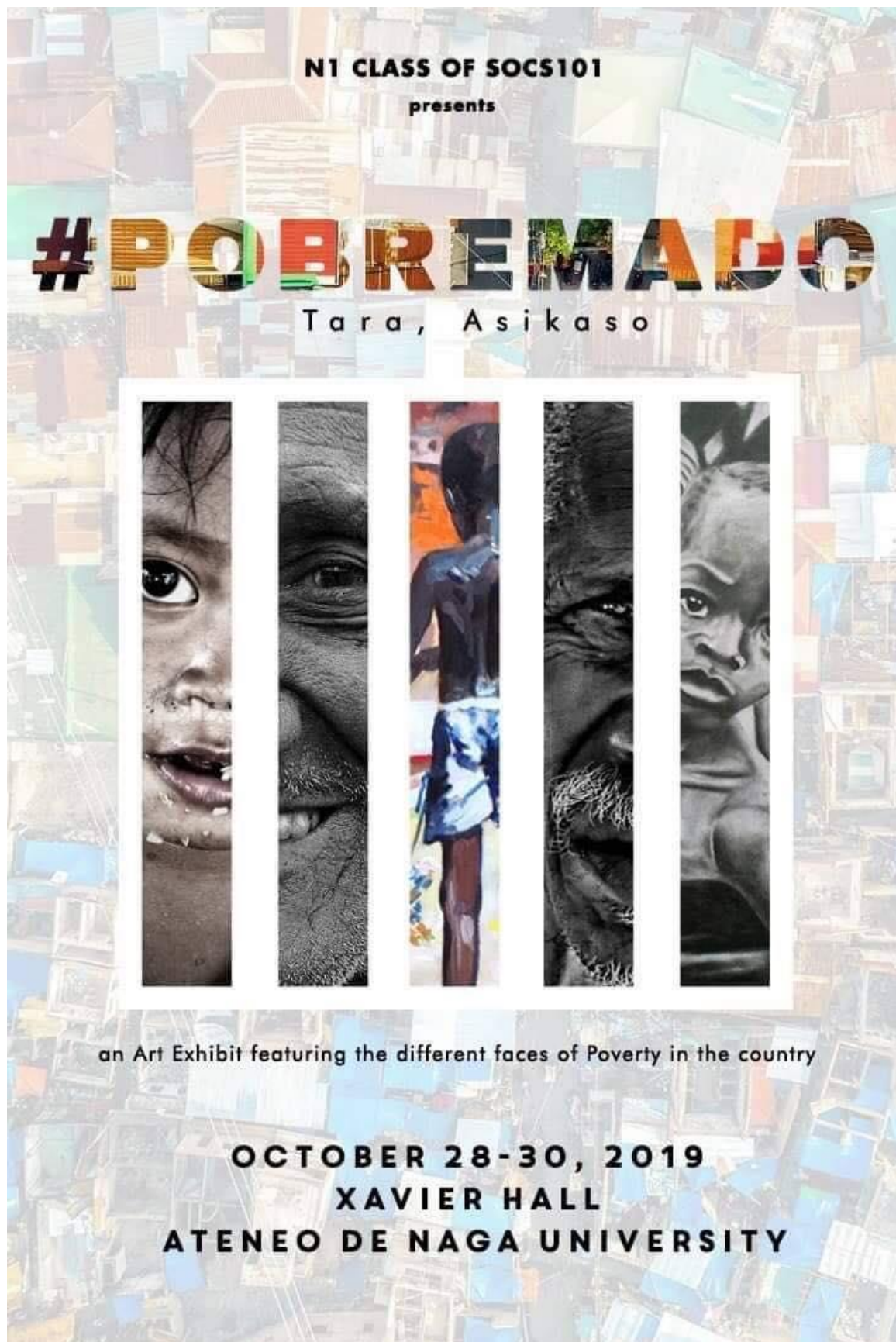
Date, time, and name of individual molding specimens



Slump, air content, and concrete temperature, test results



Curing method. Report the initial curing method with maximum temperatures and final curing method.





ATENEO DE NAGA WOMEN'S FOOTBALL TEAM...



IS OPEN FOR RECRUITMENT!!!

OUR TEAM NEEDS YOU

BE ONE OF US



**JOIN THE
TEAM!!!**

FOR MORE INFORMATION:
Just Contact Marck Sevilla

| Call or Text | 0999 4807 326

PIZZA AND MOJOS

Bidang's Tactics

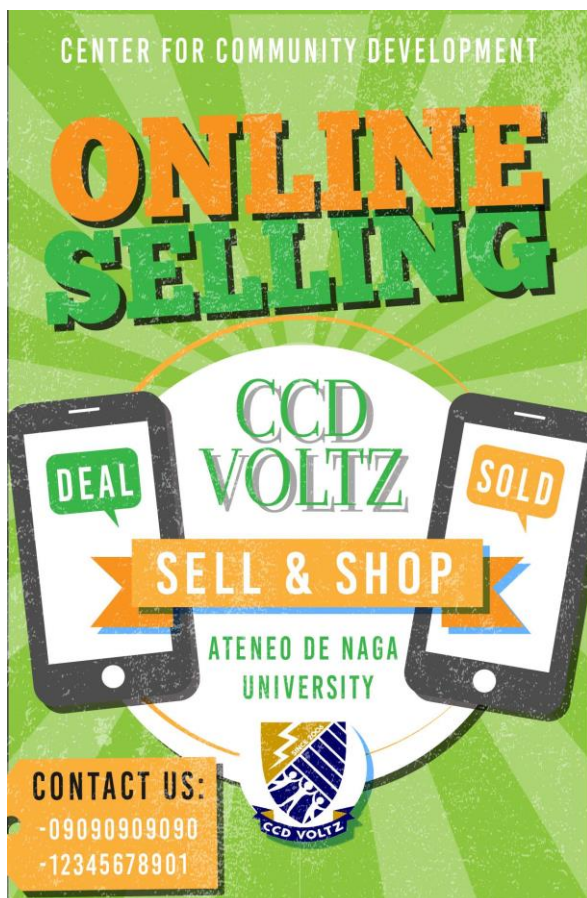
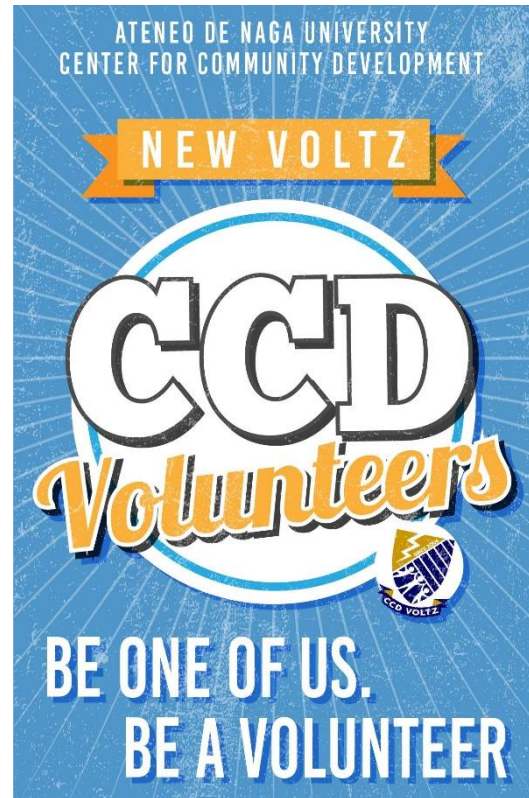


Tranche de Pizza and Mojos Nirvana

Available @ **OUR LADY OF LOURDES ACADEMY
SENIOR HIGH SCHOOL CORRIDOR.**

For Orders : Call/Text **0948-7510-561**

Date: October 17-20 , 2017



TSHIRTS



LOGOS



KIWI

@kiwiofficialph



Illustrations (Adobe illustrator)

