Against the grain

Some birthdays today:

- Charles Atlas (1893-1972). Angelo Sicil- liano, also known as the Living Statue, was born in Campobello, USA. He was a physical culturist and advertised his home-study programs as “You Too Can Have a Body Like Mine.”

- Emily Post (1860-1960). She wrote Etiquette, a book that has become a classic in manners. It is read by millions of people around the world.

- Henry Kissinger (1923). Born in Munich, West Germany, he is a former Secretary of State for the USA. He has written several books and is known for his diplomatic work.

- Jimmy Carter (1924). Born in Plains, Georgia, he is a former President of the USA.

- Barbara Tuchman (1912-1989). She was a historian and a Pulitzer Prize-winning author. Her books include “The Guns of August” and “The Zimmermann Telegram.”

- Martin Luther King Jr. (1929-1968). Born in Atlanta, Georgia, he was a civil rights leader and a tireless campaigner for racial equality.

- Bob Dylan (1941). Born in Duluth, Minnesota, he is a singer-songwriter and poet. He has won several Grammy Awards and has been inducted into the Rock and Roll Hall of Fame.

- Mario Testino (1949). Born in Lima, Peru, he is a fashion photographer. He has worked with many of the world’s leading fashion brands.

- Ben Affleck (1972). Born in California, he is an actor, producer, and director. He has won several Academy Awards.

- David Beckham (1981). Born in London, he is a soccer player. He has played for several teams, including Manchester United and LA Galaxy.

- Justin Timberlake (1981). Born in Tennessee, he is a singer, songwriter, and actor. He has won several Grammy Awards.

- LeBron James (1984). Born in Akron, Ohio, he is a basketball player. He has won several NBA championships.

- Taylor Swift (1989). Born in Reading, Pennsylvania, she is a singer-songwriter. She has won several Grammy Awards.

- Anonymous

Trends in digital stands

Many people are now using digital stands to read books and other materials. These stands allow people to read in a more comfortable and ergonomic way. They are especially useful for people who spend a lot of time reading, such as students and workers.

2. E-readers

E-readers are electronic devices that allow people to read books and other materials on screens. They are often used in libraries and schools.

3. Audio books

Audio books are books that are read aloud by an actor or narrator. They are often used by people who are visually impaired or who prefer to listen to books.

Dark versus light

Brewers know about chocolate:

- Amusing chocolates, dark chocolate can be a source of health benefits. Dark chocolate contains antioxidants that can help reduce the risk of heart disease.

- Dark chocolate is also a good source of dietary fiber and copper.

- Dark chocolate can improve blood flow and reduce blood pressure.

- Dark chocolate can improve cognitive function and reduce the risk of dementia.

Ask a journalist

- How can I comfortably give half my income/interest to charity? Giving away a substantial part of your income or investments to charity can have several benefits. For example, it can help reduce your taxes.

- You can also consider setting up a charitable foundation. This can provide you with greater control over how your money is used.

- You can also choose to give your money to a specific cause that you are passionate about.

- The key is to find a cause that you are passionate about and that makes a difference in the world.

Thoughts on dusk

- For some people, dusk can be a time of reflection and introspection. It can be a time to take a deep breath and consider the day that has passed.

- For others, dusk can be a time of excitement and anticipation. It can be a time to plan for the future and set goals for the next day.

- The key is to find a way to make the most of dusk, whether that means taking a walk, spending time with loved ones, or simply enjoying the beauty of the moment.

Livestreaming in the age of social media

Livestreaming has become a popular way for people to share their experiences with others. It is often used to broadcast events, concerts, and other live performances.

- Livestreaming can also be used for educational purposes. For example, it can be used to broadcast lectures and seminars.

- Livestreaming can also be used for political purposes. For example, it can be used to broadcast political rallies and debates.

The key is to find a way to make the most of livestreaming, whether that means sharing your experiences with others, learning from others, or using it to make a difference in the world.