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Podcast: Download (Duration: 1:05 - 1.5MB) Subscription: Android RSS Anchor Lead: Can Virus Search Help Detect Recurrence of Head and Neck Cancer? Elizabeth Tracy reports the human papillomavirus or HPV is the cause of most head and neck cancers in the U.S., and makes cancer much more malleable to treat. Carol Fakhri, a head and neck cancer surgeon and researcher at Johns Hopkins, said tests are being conducted to find out if monitoring the virus could be an early indication that cancer is making a comeback. Fakhri: Once we treat someone or they have been cured elsewhere during the surveillance phase, we evaluate patients on whether they have HPV in their blood or in oral rinse, so it's very similar to PSA and prostate cancer, so we can understand the state of human disease. So we enroll patients in the study to assess whether they have HPV or not, and hopefully detect an early relapse earlier with HPV, and with that they get immunotherapy or combined immunotherapy and a vaccine. Fakhri hopes that HPV monitoring will give both patients and doctors an early warning of the need for intervention and that therapeutic vaccines will prove useful. At Johns Hopkins University, I'm Elizabeth Tracy. It's great to have water on Mars, but Apple Music is still sucking. - Jake Mohan (@DependentClause) September 29, 2015 New MacArthur Fellows are out! And so I'm still writing Alison Bechdel on all my checks. This year's genii include Ta-Nehisi Coates, who recently made a case about reparations and explained what was between the world and him and who is preparing to write a new black panther series for Marvel Comics. Also Ben Lerner, author of the outstanding novels Leaving Atocha Station and 10:04, whose literary research into impostor syndrome should be fueled by this award for years to come, and Lin-Manuel Miranda, the composer of Hamilton, who is the only musical I've ever seen media people lash out about. Just come in whenever everyone comes in for free. They perform Hamilton non-stop, 24/7, from that day until all the people on Earth have seen it at least once. Other new fellows include many people who either save the world or puppeteers. Medium raised \$57 million from Eggs and other common suspects. Business Insider Biz Carson argued that Medium's big plans are monetizing its role as Silicon Valley go to the PR channel. Meanwhile Axel Springer Business Insider acquisition has just passed, with the German company paying \$343 million to own a total of 97 percent of Henry Blodget's piece of privileged life website.1 Sarah Jeong interviewed PETA's lawyer who is suing on behalf of the man's photo gallery A crested macaque named Naruto, claiming that the monkey owns the copyright to the famous monkey selfies. You can imagine that this interview is great, but it's better than you imagine. Do you know who really represents anything? Black Mirror creator Charlie Brooker.2 dystopian what to do if phones, but too much of the series has been picked up by Netflix for twelve new episodes. Naturally, people have already started offering new storylines, including Motherboard (Amazon Dash Button) and Brian Feldman (a good app is actually bad). Francis Ha! There's y'all in check! - Baumbachstia Rhymes (Not and I I am a ray of clean energy now.) - Josh Gondelman (@joshgondelman) September 29, 2015 What if Longreads, But Too Much? A what? No: Beer with a beard. I'm pretty sure that zopie is a joke. San Francisco's slumbering studio Doze is real though. Mercury in retrograde right now? Today's Longread Technology Management Most of you won't care about: Twitter engineering efficiency lead Peter Seibel on how to actually make engineering teams efficient. Today's song: Smashing Pumpkins, Rocket Tab you with a smile, and cut you as you want me today in Tabs mwamp wamp Fast Company wamp mwamp mwamp your email wamp waahhh @ruslyk5. Charlie Brown, are you even listening? I said your dog was hit by a car, you can at least pretend you care. Last updated September 28, 2020 brain confusing network information. We don't remember a single fact, but instead we are interconnected by association. Whenever we experience a new event, our brains link the sights, smells, sounds and our own experiences together into a new relationship. Our brain remembers things by repetition, association, visual images and all five senses. By knowing a little about how the brain works, we can become better learners by absorbing new information faster than ever. Here are some research tips to help you get started.1. Use Flashcards Our brains create ingrained memories through repetition. The more times we hear, see, or repeat something for ourselves, the more likely we are to remember it. Flash cards can help you learn new subjects quickly and efficiently. Flash cards allow you to learn anywhere at any time. Their portable nature gives them quick training sessions on the bus, on the move, at lunch, or in the doctor's office. You can always pop out your flash card for a quick 2 to 3 minute study session. To create effective flash cards, you need to put one point on each flash card. Don't download the entire map with information. It's just overload. Instead, you should devote one concept to each map. One of the best ways to do to put one question on the front and one answer on the back. So you can repeatedly quiz yourself into you have mastered any topic of your choice. Commit to read through flash cards at least 3 times and you will be amazed at how quickly you take new information. As Tony Robbins says: Repetition is the mother of craftsmanship. Create the right environment For the times you study can be just as important as how you study. For an optimal learning environment, you will want to find a good place that is pretty peaceful. Some people may not stand deafening silence, but you certainly don't want to learn near constant distractions. Find a place you can call your own, with plenty of room to spread your belongings. Go there every time you study and you find yourself adapting to a productive learning schedule. Every time you study in the same place, you become more productive in this place because you associate it with your studies.3 Use acronyms to remember information In your quest for knowledge, you may have once heard of a strange term called mnemonics. However, even if you haven't heard of this word, you've certainly heard of its many applications. One of the most popular mnemonic examples is Every Good Boy doing well. This is an acronym used to help musicians and students memorize notes on triple staff key. An abbreviation is simply an acronym formed using the initial letters of the word. These types of memory tools can help you learn a large amount of information in a short period of time. Listen to Music Research has long shown that some types of music will help you remember the information. Information received while listening to a particular song can often be memorized simply by playing songs mentally in your head. 5. Rewrite your notes it can be done manually or on your computer. However, you should keep in mind that handwritten writing can often stimulate more neural activity than when writing on a computer. Everyone should study their notes at home, but often times, just rereading them too passively. Rereading notes can cause you to disconnect and distract. To get most of your research time, make sure it is active. Rewriting notes turns passive learning time into an active and attractive learning tool. You can start using this technique by buying two laptops for each of your classes. Dedicate one of the notepads to notes during each class. Dedicate another notebook to rewriting notes outside of class.6. Participation of your emotions Emotion plays a very important role in your memory. Think about it. The last time you went to a party that people you remember? The lady who made you laugh, the man who hurt your feelings, and the guy who screamed in the hallways are the ones you remember. They were the ones who had the emotional impact. Fortunately, you can the power of emotion in your own training sessions. Increase your memory with five senses. Don't just remember the facts. Don't just see and hear the words in your mind. Create a vivid visual what you're trying to find out. For example, if you are trying to learn many parts of the human cell, start a physically rotating cell in your eyes minds. Imagine what each part can feel. Start taking the cell piece by piece and then reconstructing it. Paint of a human cage with bright colors. Increase the cell in your mind's eyes so that it is now six feet tall and put on your personal comedy show. This visual and emotional mind game will help you deeply encode information into your memory.7. Make Associations One out of the best ways to learn new things to link what you want to learn with something you already know. It's known as association, and it's the mental glue that controls your brain. Have you ever listened to a song and were inundated with memories that were associated with it? Have you ever seen an old friend who evoked memories from childhood? That's the power of association. To maximize our mental abilities, we must constantly look for ways to connect new information with old ideas and concepts that we are already familiar with. You can do this with mindmapping. A map of the mind is used to chart words, pictures, thoughts, and ideas into an interconnected network of information. This simple practice will help you connect everything you learn into a global network of knowledge that can be learned from at any time. Read more about mindmapping here: How Mind Card visualize your thoughts (with Mind Map Examples) Featured Photo Credit: Alyssa De Lewa via unsplash.com unsplash.com river flows in you tabs. river flows in you tabs ukulele. river flows in you tabs no capo. river flows in you tabs kalimba. river flows in you tab pdf. river flows in you tabs piano. river flows in you tab sungha jung. river flows in you tabs fingerstyle

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