

Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required.

I actually learned to dive while I was in pharmacy school; however, I grew up going to Florida almost every year, snorkeling in the springs and the Keys. That really got me hooked and eventually I decided to take the plunge no pun intended and take the Open Water Course. Growing up around nature influenced my decision as an undergraduate to major in Biology, which eventually led to pharmacy school. Through diving I also saw how beautiful nature is under the water but quickly learned about how commercial fishing often threatens that environment. As anyone who has been through a professional degree program knows, it can take a lot out of you. I remember having a final exam once, in a pharmacotherapeutics course, that encompassed over a thousand slides. In school diving was one avenue that helped me stay level during those times of intense studying. I remember being in the medical sciences library at UNC-Chapel Hill, with it snowing outside, and deciding that I really wanted to make the most of the next summer. I had earned my Open Water certification by then and started looking for ways to dive more. I landed a Divemaster Internship at Subway Watersports, in Roatan, Honduras, and spent four weeks loading the boats, diving a lot I dove almost 60 times in that period , filling tanks, meeting people from all over the world, and becoming a much better diver very quickly. I came back to UNC after seven incredible weeks refreshed and ready to start the new year. I returned to Roatan again the next year to complete an Assistant Instructor internship. I was graduating and had already taken a job with Walgreens, but I asked them if they could allow me to start on June 1, and between graduating and then I spent three more weeks in Roatan. I like to tell people that I wore my mask to my graduation! After graduating, I worked in South Carolina one year and then moved to Hawaii primarily to be able to dive a lot more. I lived on both the Big Island and Maui and got the chance to dive roughly times between both islands. On Maui I dove a lot for not working in the dive industry – on occasion 14 times per month! Both snorkeling and diving have been great ways to relax and be able to go into the next day ready to do the best for my patients. One thing I really respect PADI for is the focus on using evidence-based educational techniques to truly teach anyone to dive, and for being able to maintain consistent training standards in spite of having thousands of instructors all over the world, all with different personalities and a different outlook on diving. PADI has struck a delicate balance by allowing an instructor individual expression while also ensuring they maintain those consistent standards when it comes to the skills necessary to dive. Both of those points – the educational methods and the level of consistency and accountability – are things that can be carried over to many organizations, including healthcare. Teaching someone to use an insulin pen, for example, is similar to the way that we teach someone mask removal and replacement. Do you have any advice for divers who wish to continue diving alongside their careers? Unfortunately, especially in the US, many people come up with reasons why they are not able to do the things they enjoy including diving or spend time with the people they love. Working in a hospital is a regular reminder of that fact. A good start is by turning off the TV, putting down the phone, and doing something really fulfilling. I promise you that success will follow, whether it be in your career, with parenting, or with other life goals. One of my favorite quotes is from Richard Branson , whom I admire a lot: I am successful, wealthy and connected because I am happy.

Chapter 2 : Sea Under My Counter - The Orcadian Bookshop

Paul Harris Publishing Hardback ISBN First edition. Blue cloth covers. A clean book apart from the owner's name on front end paper.

Not only does it help you see what you are cutting up or stirring in the pot, it also defines the unique style and feel of your kitchen space. While overhead lighting is the priority for many homeowners, you should also consider installing under cabinet lighting. This refers to a variety of light fixtures installed on the underside of cabinets. These lights are important for work space lighting or as aesthetic complements or both. In this comprehensive guide, we compare various types of under cabinet lighting. We also provide some helpful shopping advice, detailing the important features you should consider when looking for the best under cabinet lighting. Note that under cabinet lighting is not just for the kitchen. It can be especially useful in providing focused illumination on the work area and highlighting the backsplash. Even with a bright overhead light, shadows may still form on the work area due to wall cabinets. Placing light under the cabinets eliminates these shadows, providing adequate illumination for your cooking and food preparation. Installing under cabinet lighting makes a big difference to the look of a space. Depending on the type of lighting installed, your kitchen or bathroom can attain a warmer, more contemporary or more futuristic feel. So if you are remodeling, consider adding a splash of style with under cabinet lighting fixtures. Features to Look for in Under Cabinet Lighting Different lighting options vary when it comes to light color, brightness, energy saving and life span. To make sure you are getting the right option for your needs, here are the features you need to consider. You can take a look at our Home Remodeling Ideas , which is a collection of our previous projects. Voltage In regards to voltage, there are two main types of under cabinet lighting; normal line voltage V lighting and low voltage 12V or 24V lighting. There is no significant difference in energy savings, light quality and life span between high voltage and low voltage under cabinet lighting. Low voltage lighting however has a few advantages. For one, you can use smaller light fixtures, making it possible to fit more lights in a tight space under the cabinet. Secondly, low voltage lighting produces less heat, making for a more comfortable space. Note that a transformer is necessary if you opt for low voltage lighting. The transformer steps down the high V voltage into a lower 12V or 24V voltage. Usually, the transformer will be installed inside the cabinet or in another remote location along the circuit. Wiring There are two basic types of wiring used with under cabinet lighting; hard-wire and simple plug in. Hard-wiring involves connecting the lights directly to the existing wiring in the house. Power is drawn directly from a power source. Plug in draws power from a power outlet, often a wall socket. Obviously, plug-in lighting is the simpler and least expensive option that you can even install yourself. For the hard-wire options, the services of a professional electrician will be necessary. So for ease of installation, our recommendation is plug in lighting. Some sellers will sell under cabinet lighting that can either be plugged in or hardwired. Other types of under cabinet lighting are plug-in only or hard-wire only. So make sure you check the wiring requirements when shopping for under cabinet lighting. Some types of under cabinet lighting have no wiring requirements at all. They are battery powered. Dimming Capability We highly recommend that you get lighting with a dimming capability. While this may mean incurring extra cost for the dimmers, it gives you much more control over the lighting. One benefit for this is saving energy. When you do not need the bright light, dimming it can save some energy. Additionally, different people may have varying visual needs. For example a person with eyesight problems may want low-intensity lightning without the painful glare. Dimmers ensure that everyone can work in the lighting conditions they prefer best. Dimmers also come in handy when you want some mood lighting in your kitchen. Fixture Lenses Fixture lenses are important in creating a uniform light distribution, minimizing bright reflections on the counter and reducing glare. Halogen and xenon lighting fixtures can be especially glaring making it necessary to include lenses in your purchase. Energy Efficiency Energy efficiency has become an all-important part of residential lighting. If you are looking for the most energy efficient under cabinet lighting option, LED is the place to go. Some LED fixtures use as little as 5 watts while still emitting adequate illumination. An added advantage is that LED lights are easy to dim, adding to their energy-saving capability. They also produce very little to almost no heat.

Xenon lights are less energy efficient but are still a lot better than the power-gobbling incandescent lamps. They have a nice warm glow, giving your kitchen a homely ambiance. They are also dimmable, which can help save some energy. Note that xenon lights tend to give off a little heat. The other great options for energy efficient under cabinet lighting include halogen and fluorescent lighting. Fluorescent lighting is especially energy efficient and produces almost no heat. A downside of fluorescent fixtures is that most of them cannot be dimmed, giving you less control over the light intensity. To recap, fluorescent, and LED lighting are best when it comes to heat output. They are cool to the touch. This is especially important in a kitchen where certain foods or food ingredients could be sensitive to heat. Halogen lighting is often regarded as the hottest under cabinet lighting, though it is still a much more preferable option to traditional incandescent bulbs. Ease of Installation If you are planning to do some DIY installation, you need to consider how easy it is to install a certain type of under cabinet lighting. LED strips and ropes are the easiest to install. Puck lights can be a bit more challenging. Looking for additional lighting ideas, head to this Pinterest Board. Generally, go for simple plug-in or battery-powered lights rather than those that require hard-wiring. There are a few other factors that are mostly just a matter of reference. For example, do you go for puck lights, linear, or strip lights? Linear lights such as LED strips tend to provide uniform lighting on the work surface. Puck lights on the other hand provide spots of focused lighting. Another question is, recessed or surface mounted? There is not much difference between the two types when it comes to function or aesthetics. Most people assume that surface mounted puck lights will look unattractive. How to install under cabinet LED lighting Seeing that they are the most popular option for homeowners, we have provided a brief overview on how to install LED under cabinet lighting. Strip lights The first step is choosing the right LED strip lights. The most important thing to check is the brightness. If you plan to use the light for illumination, the brighter the better. On the other hand, if it is for decoration, you can do with less intensive LED strips. To be safe, get the bright options and then install a dimmer for more control. Installing an LED strip is fairly easy and straightforward. You just need to measure the length of your cabinet along where you plan to install the lights and then cut off the same length from your LED strip. You will need extra low-voltage wires if you plan to connect a dimmer to the strip. Most strip lights come with an adhesive back with a protective cover on top. This should be enough for most types of cabinets. For rougher cabinet surfaces such as concrete, an extra adhesive can be used. Some strip lights attach to the cabinet using screwed-in clips. Once you have set up the strip, plug it into a power outlet and switch it on. If it requires hardwiring, you are better off leaving the installation to a trained technician. Puck lights When installing LED puck lights under your cabinet, aim for a spacing of 8 to 12 inches. For surface mounted puck lights, you need to drill small holes first. Be careful not to drill all the way through the cabinet. Remove the mounting cap off the light and use it to mark hole positions on the underside of the cabinet before drilling. Then, install the mounting cap, securing it with screws. Twist the light onto the cap. For recessed puck lights, you will need to cut through the cabinet underside using a hole saw. Secure the mounting cap with screws and twist the puck light in. The power hub connecting all the puck lights to the power outlet also needs to be mounted underneath the cabinet. For both puck and strip lights, it is a good idea to install them closer to the front face of the cabinet.

Chapter 3 : Sea Gull Lighting Undercabinet

Sea Under My Counter by William Groat. Sold in aid of the funds of British Red Cross.

Chapter 4 : Sea Under My Counter: William Groat: theinnatdunvilla.com: Books

UNDER MY SEA. 1. PROJECTS 2. PROJECTS 3. PROJECTS 4. Projects Festivities PROYECTOS Mr. JosÃ© Carlos Escobar Year 1 - Josefa FrÃ¡as Bilingual Primary School.

Chapter 5 : Under Cabinet Lighting | Counter Lights & Systems at theinnatdunvilla.com

The Sea Gull Lighting Lx Wedge Base Lamp The Sea Gull Lighting Lx Wedge Base Lamp supplies ample lighting for your daily needs while adding a layer of today's style to your home's decor. Ambiance Lx Wedge Base Lamps provide illumination for a varied list of applications.

Chapter 6 : Sea Gull Cabinet Lighting

Set of 72 under the sea themed counters includes whale, shark, sea lion, octopus, stingray, and sea turtle. Includes storage bucket and activity guide. Product.

Chapter 7 : Career Sea Pay | theinnatdunvilla.com

The Sea Gull Lighting Under cabinet Fluorescent one light fluorescent task light fixture in white is an ENERGY STAR qualified lighting fixture that uses fluorescent bulbs to save you both time and money. Sea Gull Lighting under cabinet fluorescent lighting is designed with quality and performance in.

Chapter 8 : Ukraine needs Azov Sea base to counter new Russian threat: military chief | Reuters

Undercabinet Lighting blurb goes here! Task Lighting - Fluorescent (6) LED Components (2) Task Lighting Components (7).

Chapter 9 : How to Choose The Best Under Cabinet Lighting | Home Remodeling Contractors | Sebring De

Sea Gull Lighting Cabinet Lighting Undercabinet fixtures offer both task and accent lighting. Mounted under kitchen wall cabinets, they provide excellent task lighting at the countertop.