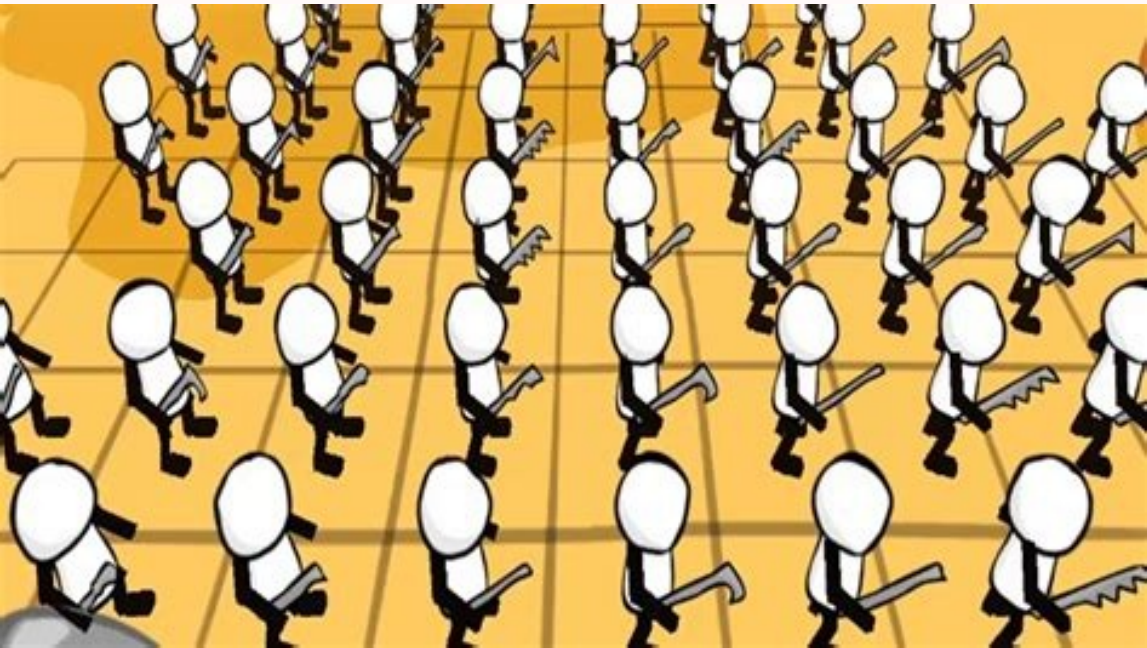


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We think you might also like News You know what's missing from most London pubs? A ruddy great tree in the middle of the room. I mean, it's the perfect antidote to a guilty day lost indoors to the boozing. And that certainly feels like what The Gun wants from you. It's a multi-purpose Spitalfields pub trying to be all things to all people and at all times of the day. Aside from that tree, there's a dining area with table service shielded away at the back and filled with fringed soft furnishings, while the main room plays host to sports-watchers as easily as it does to partygoers. The only sign of a DJ booth above the bar is a neon one, stating: 'keep it real', which feels surprisingly uncool for a pub from the team behind The Ten Bells, a place around the corner that seems to have understood the area well throughout its recent years of service. What seems to come more naturally is keeping east Londoners lubricated. The drink menu is expansive and the wine list is actually decent - they even recommend drinking one of the reds at an on-trend 'chilled' temperature. It's no secret that Heineken have invested heavily in the pub, and so the draught range is dominated by beers in their family. While Beavertown and Brixton Brewery now technically fall into that camp, fans of London's craft beer scene may be barking up the wrong tree by paying The Gun a visit. Play All You lift weights, sure, but you've probably never paid much attention to lowering them. So start now: Eccentric training, which involves focusing on the lowering (or "negative") phase of an exercise, can potentially trigger greater strength gains than concentric (lifting-focused) training, says Ellington Darden, Ph.D., author of the new book The Body Fat Breakthrough. "Your muscles can handle more weight during the lowering phase," Darden says. "And if you draw out that phase to a minute, as you will with the negative dip and negative chinup, you can recruit up to 40 percent more muscle fibers and enjoy a surge in muscle-building hormones." Related: THE 21-DAY METASHRED: an At-Home, Fat-Shredding Program That Helps You Reveal Lean, Hard MuscleThe result: more power and strength in significantly less time. Negative Chinup Grab the bar using a shoulder-width, underhand grip and hang at arm's length with your ankles crossed behind you. Pull your chest up to the bar. Lower yourself slowly, half an inch at a time. Negative Dip Grab the bars of a dip station and lift yourself so your arms are straight. Lean forward slightly and lower your body slowly—half an inch at a time—until your upper arms are below your elbows. The Challenge: You'll be completing only two reps total (one per move), but they'll probably be two of the hardest reps you've ever done. "Take one minute to lower yourself for each exercise, and rest two minutes between them," says Darden. If you can't last longer than 30 seconds, your eccentric strength needs a lot of work. Your goal: 1 negative dip, 1 negative chinup. The Editors of Men's HealthThe editors of Men's Health are your personal conduit to the top experts in the world on all things important to men: health, fitness, style, sex, and more. This is fun, safe, creative to have some fun with your siblings using Marshmallows! This is a cool design that takes up to 3 hour to do but its worth it. IF the steps are at all confusing look at the pictures or watch the youtube video that will soon be add below this text. 1 3/4" Cross, 3 3/4" T's, 2 3/4" Couplings, 2 3/4" 90 degree elbows, 1 3/4" Cap, 6 3/4" 45 degree elbows. 3/4 inch diameter PVC 50 inches long. 1/2 inch diameter bendy PVC 20 inches long. Grab 1 T and connect two pieces of the 3/4" diameter PVC cut into two pieces of 3.5" to each side followed by two couplings to each side leave the bottom alone for now. Now grab the 3/4" diameter PVC and cut a 3.5" piece off and connect it to the bottom. You will need 4 45 degree elbows 2 90 degree elbows and 33.5 inches of the 3/4" diameter PVC. You want to cut the 3/4" diameter PVC into a 7" piece, 9" piece, 10" piece, 2" piece, 12" piece, 1.5" piece, 2" piece, and another 2" piece. First, grab a 45 degree elbow and place a 2" PVC piece to the top and connect a 7" one to the bottom followed by another 45 degree elbow. Now connect a 10" PVC piece to the bottom 45 degree elbow that was connected to the 7" PVC. Next, connect a 90 degree elbow so that the unconnected side is facing upwards. Now connect a 2" PVC piece to the other side of the PVC. Followed by another 90 degree elbow make unconnected point left. Connect a 9" PVC piece to the unconnected side of that 90 degree elbow followed by a 45 degree elbow pointing up. If you are confused look at the sketch above. Connect a 1.5" piece to that 45 degree elbow and place another 45 degree elbow and make it facing up also. Finally Connect a 2" piece to the top of that last 45 degree elbow. For this part you will need to cut your remaining 3/4" diameter PVC into a 9" piece, 6.5" piece, 3.5" piece, 3.5" piece, 2" piece, and another 2" piece. You will also need the Cross, 2 T's, and 2 45 degree elbows. On the left side of the cross connect a 9" piece and on the right connect a 6.5" piece. Next, grab a T so that the long side is facing down connect the 6.5" piece that you connected to cross into the left side of the T and the right side connect a 3.5" piece. following that grab another T and connect the left side to the other side of that 3.5" piece. On the right side of the second T connect a new 3.5" piece. connect the left side of the 45 degree elbow to the 3.5" piece so that the other side is facing up. Connect a 2" piece to the other side. Finally grab another 45 degree elbow and make it so that one side is facing to the right and connect the other side to the 2" piece. Remember if you are confused look at the image above. To end connect a 2" piece to the end of the last 45 degree elbow. Now grab the 1/2 bendy PVC pipe and stick it through that whole contraption so that it is sticking out both sides. Now to connect the scope and shoulder holder. Grab the scope and connect the 3.5" piece that is connected to the bottom of the T to the top of the cross. You can cut the the scope shorter if you want. Now to connect the shoulder holder. Hold the piece so that the 90 degree elbows are on the right. Now connect both of the open PVC pieces to the bottom of the 2 T's of the Main Air Tube. Now for the vertical grip. Cut a 7" piece from the 3/4" diameter PVC and put a cap t one end and connect the other end to the bottom of the cross and you have made your own DIY Marshmello Gun. keys. to have various keys on the gun i plan to take apart a keyboard and map out the connections for later use, the walking function will be controlled by the thumb using a small mounted joystick controlling the W,S,A and D keys. other keys will be accessible through button panels and toggle switches mounted around the gun. mouse. as far as clicking scrolling and more clicking i will once again be taking apart an old usb computer mouse and wiring it to various switches around the gun. most of the mouse functions will be situated around the trigger finger and the trigger will of-course be a left click. but the mouse has another function in FPS games, and that is to look around. and since the gun will be moving through the air there isn't many physical ways to interface the movement of the "gun" with the computer. i considered using an accelerometer mouse but that all gets a little complicated and expensive. so instead i chose to use my old web cam and some software (robo realm) to create a mouse like function by tracking an LED. here are some photos of sketches and ideas i had before building the gun. Video game light guns make it more interesting to shoot at targets. RichLegg / Getty Images Lots of home video games and arcade games use some sort of gun as an input device. You point the gun at the screen and pull the trigger, and if you hit the target on the screen, the target explodes. To create this effect, the gun contains a photodiode (or a phototransistor) in the barrel. The photodiode is able to sense light coming from the screen. The gun also contains a trigger switch. The output of the photodiode and the switch are fed to the computer controlling the game. At the same time, the computer is getting signals from the screen driver electronics. If you have read How Television Works, you know about the horizontal retrace and vertical retrace signals used to align the picture on the screen. The screen driver electronics send pulses to the computer at the start of the horizontal and vertical retrace signals, so the computer knows where on the screen the electron beam is located during each frame. The computer normally uses one of two different techniques to figure out whether or not the gun is pointed at the target when the user pulls the trigger: The computer blanks the screen and then paints just the target object white. If the photodiode senses darkness after one vertical retrace signal and then light after the next, the computer assumes that the gun is pointed at the target and scores a hit. The computer blanks the screen and then paints the entire screen white. It takes time for the electron beam to trace the entire screen while painting it white. By comparing the signal coming from the photodiode with the horizontal and vertical retrace signals, the computer can detect where the electron beam is on the screen when the photodiode first senses its light. The computer counts the number of microseconds that pass between the time the horizontal and vertical retrace signals start and the time the photodiode first senses light. The number of microseconds tells the computer exactly where on the screen the gun is pointing. If the calculated position and the position of the target match, the computer scores a hit. Freeview: the UK's biggest TV platform Freeview is the UK's biggest television platform and has provided a vital and subscription free service for millions of homes going through the recent analogue TV switchoff - but with Britain now adjusting to a digital world, the service is aware of growing pressure from pay TV alternatives. TechRadar caught up with two of Freeview's most senior figures, Managing Director Ilse Howling and Marketing Director Guy North to talk about a new policy of coaxing people away from pay TV giants like Sky and Virgin. TechRadar: Can you tell us a bit about Freeview and what it stands for? Ilse Howling: What we are about is providing high quality, free TV. All our focus this year is going to be on value. Freeview's vision is really simple: it's about continuing to give consumers vibrant, high quality, free television and we won't compromise on that principle. It's something that has been our raison d'etre since the start of Freeview. Let's not forget there were a lot of doomsayers about Freeview when we started, saying this would be the end of free television. But I think that threat to free television is even more pressing than it was 10 years ago. With pay TV companies no longer having analogue companies to chip away at, I think it puts Freeview homes right in their line of sight as those that want to upgrade and take across into pay. Freeview today has 19.1 million homes: that makes us the biggest television platform in the UK, and we see ourselves as the champions of the mainstream viewer offering what viewers want to watch, and how they want to watch it. This is a lovely statistic - we provide over 95 per cent of the nation's most-watched programmes, and all of them are there subs free. TR: Just focusing on your 95 per cent point, there's a couple of things that need to be raised about that. First, presumably that figure was significantly higher 10 years ago, so it's falling; and secondly, isn't it inevitable that something available [for free] to a larger audience gets more views? If you asked people what they wanted to watch rather than what they are watching it would be completely different. Guy North: A couple of things on that, the clarification is that the figure is taken from BARB January to June figures from last year and would have been higher than 95 per cent if we hadn't striped out one-off programmes like the Jubilee because we felt that was unfair. So actually the figure would possibly be higher than that. Yes, if you look ten years ago it would be higher than that, but there isn't mad men further you can go. The key fact is where we are now, in a marketplace with very strong pay TV providers, that [95 per cent] fact is pretty stunning from a consumer point of view. So much is available free from subscription. TR: But that second point about they are most viewed BECAUSE they are available for nothing. If you take something like Mad Men - if that were still on terrestrial [for free] it would be one of the most watched programmes, but because it's on pay its audience is inevitably limited. That 95 per cent is because they are widely available. GN: True. It is because it's available, and that's what's happening. That's people's actual behaviour. IH: If I can jump in here as well, if you look at what you are paying for if you are paying a subscription, and think of how high the average revenue per home is across pay TV operators, and then you think about what are most watched programmes. So then obviously you take out sport - because if you are really into sport then you are likely to go for a pay TV package - and then you look at the dramas coming in, things like Mad Dogs and Game of Thrones, and you contrast if you were to buy the DVD and get the box set; but actually paying a subscription to get [those shows], I'm not sure it stacks up to value. Page 2 Ilse Howling - flying the flag/balloon for Freeview TR: What message do you want to take to those people with pay TV who you think should plump for Freeview instead? IH: I think what we want most is to get across to people that Freeview has amazing value, not only amazing value in its programmes but amazing value with its functionality. [We want to promote] those two factors combined: 95 per cent of the most watched programmes [are] available for free on Freeview, but also Freeview HD and Freeview+. So many people don't know that's available, and that's a really big theme for us this year. TR: A lot of the talk today has been around Sky. Is that the competitor you believe you can chip away at? IH: I wouldn't name one particular company over another. It's about whatever the pay TV offer is. [Pay TV] may well turn out to be what somebody wants, but I would encourage them to really look at it and what it gives - if that's what you want then great, but if it isn't then I hope they realise that by comparison Freeview is much better value. I want people to look again at Freeview and understand what we have to offer. Freeview - no need for a satellite dish or cable TR: You're up against some huge companies with big marketing budgets, how can you compete? IH: I would say look at what Freeview has to offer you. Lots of people have Freeview and it's just there. They haven't necessarily realised the richness of what it has to offer. If they are still thinking about normal television back in the "old world" - maybe they had digital from another provider, for instance - they should realise the richness of Freeview. We have over 70 TV channels plus radio channels and interactive services - it's a really rich offer. So if you have got Freeview already, think about upgrading to Freeview + or Freeview +HD. If you have pay TV and are starting to question whether it is what you want, then think about us. TR: What are your thoughts on YouView, which is offering IPTV services and has been called a competitor to Freeview? IH: If you think of all the homes in the country, some and more advances and have a greater appetite for things like connected TV, YouView or thorough an iPad. It's a large group but it's still a minority who are interested. But for the mass mainstream of viewers, I think [YouView] has a long way to come. We're really interested in allowing consumers to get into the programmes that they love faster. And [through the internet ] is a really good way of doing that. But nonetheless, it's back to the point I was making about linear television and its extraordinary resilience and longevity. When you look at how most people in this country are watching, despite the fact that all those catchup services are starting to become available, actually most are watching live and through the broadcast signal to their own televisions. TR: This feels like a bold step into going directly after pay TV customers... GN: It's quite a departure for us. It's a bit more punchy and a bit more aggressive than what we have done before, but that feels right for us, for where the market is and also the mood of the nation. If we are positioning ourselves as being the consumer champion, it's right we make sure all consumers have information they need to make the right decision for them. We are confident that by pointing out the key facts within the advert, we will help them make that decision. The questions and answers were pooled from a one-to-one interview with Ilse Howling and a journalist's round-table event with Ms Howling and Graham North on the same day. Current page: Page 2 Prev Page Page 1



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