

Many people wonder how all-you-can-eat buffet can be profitable. It turns out these restaurants use a few tricks to stay in business. Because most people fill their plates with food from the first three trays they see, restaurants tend to place cheaper, more filling foods like pasta, rice, or potatoes at the front of the buffet line. What's more, platters of expensive items like steak or seafood are refilled less frequently than others to discourage extra helpings.

These restaurants also typically use smaller plates and bowls to limit customer portions. Meanwhile, cups and glasses are usually quite large, encouraging diners to fill up on drinks. Another restaurant practice is to set prices based on the average food cost per person, which is calculated by dividing the total food cost by the average number of customers per day. While some customers eat more than the average cost, most customers eat less, so the restaurant earns a profit. Ever since Herb McDonald put an American twist on a Swedish concept, all-you-can-eat restaurants have been a hit with hungry customers. Though these restaurants may seem like a surefire way to lose money, clever business practices have enabled them to turn a profit and feed countless people in the process.

Imagine getting happily lost among winding stone alleys in beautiful sunny weather, with a striking church stretching high above you and the sound of running water all around. If that seems like a perfect day to you, Freiburg should be on your travel list. Freiburg is located just on the edge of Germany's famous Black Forest, somewhat far from other German cities but very close to the borders of both France and Switzerland.

Known for some of the best weather in the country, it's surrounded by green mountains and has a river that runs right through the middle of town. The river is a popular place for taking a dip to cool off on hot summer days. The city was founded around 900 years ago as a market town. People came there to trade freely, and the locals' relative wealth made them proud and independent. They have a history of standing up for their personal freedoms and even destroyed the lord's castle in the thirteenth century, when he tried to raise taxes. After a university was established in the city in 1457, it became a cultural center for the arts and sciences. The first things you'll notice while walking through Freiburg's old city center are the many narrow water-filled channels. In the Middle Ages, they served as a water supply and were used to fight fires. An old Freiburg legend says that if you step or fall in one, you'll marry a local.

Stress is an unavoidable part of life. Our distant ancestors faced it when they went hunting in the deep jungle or fishing on the open sea. Today, common stress inducing tasks include sitting for an important job interview or taking a final exam. Whatever the event may be, rituals have helped us deal with stress and the unknown for thousands of years. The actions that make up a ritual can be simple or elaborate. Either way, rituals have been proven effective in reducing stress and anxiety in diverse situations. One situation, for instance, is the performance of high-pressure tasks, such as taking part in a sporting competition or singing on stage.

Tennis champion Rafael Nadal has a sequence of pre-match rituals that include taking a cold shower and listening to music, activities which, Nadal has claimed, sharpen his senses. Singer Beyonce's pre-show ritual includes saying a prayer with her band members. As a cultural phenomenon, rituals help individuals deal with grief resulting from loss. Hindu mourning rituals call for the shaving of one's head, while Jewish rituals require men to grow out their beards during the period of mourning. Loss is often accompanied by feelings of uncertainty, so it's unsurprising that rituals can help alleviate the feeling of sadness that arises when a loved one passes away. Besides high-pressure tasks and the experience of loss, another stress-inducing scenario is boredom, a common feature of modern life. Boredom may arise from the daily grind—doing the same things day in and day out. Even here, rituals can help manage your mood and improve your overall well-being.

Do your eyes feel itchy, sore, or dry? If so, you might have dry eye syndrome. This common condition can affect the enjoyment of social activities and your ability to focus on your studies. But solutions for dry eyes do exist, so read on. To begin with, dry eye syndrome usually results from a tear imbalance in your eyes. Tears are important because they keep your eyes moist. Without them, your eyes can get irritated or infected. If you suffer from dry eye, perhaps your eyes aren't producing enough tears. Or your tears dry up too fast. In the past, dry eye syndrome was mainly a condition experienced by older adults, but it currently affects many young people as well.

Dry eye often results from extended computer or smartphone use, which causes the user to blink less. Since blinking helps keep our eyes moist, a lack of it can lead to dry eye. Air-conditioning and fans also contribute to dry eye, so those who spend a lot of time indoors are particularly at risk. Finally, wearing a medical mask can cause dry eye, since breathing with a mask on can force air out through the top of the mask and into our eyes. All it takes is a few simple lifestyle changes to prevent and treat dry eye syndrome. The first step toward prevention is cleanliness. When you wash your face, clean your eyelids and lashes with a mild soap. Then, cover your eyes with a warm, damp towel to provide more moisture for your eyes.

Glass is all around us. You'll find it in windows, light bulbs, mirrors, cars, and cell phone screens, among other things. Yet we rarely stop to think about this amazing material. What is glass? And how is it made?

By 3500 BC, people were already using crushed quartz to make glass in ancient Egypt, and the science behind glassmaking hasn't changed all that much since then. The modern glassmaking process involves heating tiny crystals of quartz, more commonly known as sand, just like the kind you'd find at the beach, to a very high temperature. Depending on the combination of sand and other materials, such as limestone, different types and colors of glass can be created. High temperatures are required because sand melts at around 1,760 degrees Celsius. When melted sand cools, it doesn't turn back into sand. It is transformed into a completely different state—something between a liquid and a solid. This molten glass is then poured into molds to make bottles or containers, or it is poured into a molten metal bath, where it floats on top to form sheets of glass for windows.

Unusual glass containers and art are made by glassblowing, which is the act of shaping glass by blowing air into molten glass. Glass is a common construction material because of its unique properties. For example, it's transparent, yet it's strong enough to resist the elements. Here are some fun facts about glass.

Everyone gets nervous during an interview. Sometimes, an interviewee can show their anxiety by saying things that are inappropriate or even embarrassing. For the most part, interviewers understand and are often sympathetic. However, there are three common statements that should never be said during an interview.

First, you should never state your intention of asking questions during an interview. It's unnecessary to make such a statement; you can simply ask questions throughout the interview or wait until the interviewer asks if you have any questions. You should never ask about the salary at the beginning of the interview.

By doing so, you put the interviewer in a defensive position. Take the opportunity to showcase your skills, stay calm, and listen to what the interviewer has to say. Give the interviewer a chance to know about you and your skills first. Finally, don't express your doubts that you may not want the job. The goal of an interview is to secure a job offer. Put your doubts aside, and focus your energy on learning more about the organization and the position. Once you get a job offer, then you can make the decision if the job is right for you.

You may be surprised.

Dear Ms. Peterson,

Thank you for your email and your email submission. I can certainly assist you in correcting the mistakes on your résumé.

First of all, do not include any graphics, colors, or strange font on your résumé. You can place such things in your portfolio, if you're applying for a designer or artist job. On your résumé, you should focus on making it clear and easy to read. Use black ink, white paper, 10-point size font. Make sure your spacing is consistent throughout your document.

Secondly, your résumé does not need to be three pages long. A good résumé conveys the most important information about you, and you can save descriptions of your experience for the interview, your portfolio, or your LinkedIn profile. I would suggest cutting down to two pages. If you have any questions about what should be cut, please don't hesitate to contact me again.

As always, continue checking for spelling and grammar mistakes. I suggest getting someone to read your résumé every time you make changes. Your résumé, however, has none of those mistakes. I also appreciate that your experience and education are expressed honestly. I will be glad to offer further assistance if you need it. Best of luck to you!

Sincerely,

Colin Maxwell

Dear Ms. Jackson,

I appreciate your concerns, and I will be happy to address them to the best of my ability.

First, try to avoid making loud noises and wearing strong fragrances when around a hive of bees. In the unlikely event of a swarm, run away from the bees and protect your face with your hands. Try to run against the wind so the bees stop following you.

Contact a medical professional if you are in serious pain from stings. As for detailed information, I am sorry that you could not find what you were looking for. I will update the City Bees UK web page to make it more user-friendly. For now, here is a link to our upcoming beekeeping classes and seminars: [citybees.uk/classes and seminars/future](http://citybees.uk/classes-and-seminars/future).

For you and your husband, I would recommend the “Urban Beekeeping: How Can I Get Started?” seminar. You will need to buy a hive. The total cost of a hive and its various components will be around US\$300. In addition, you will need to buy tools to use the hive and protective clothing. In all, the total cost to become an urban beekeeper is between US\$400 and US\$500.

If you have any other questions or concerns, don't hesitate to send me another message.

Sincerely,

Benjamin Warren