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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Advioding AMS

By B.J.Baker

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Safety at High Attitude

The Rockies Mountains rest from 5,000 to 14,000 feet above sea level which equates to less oxygen. The fact that oxygen is one third less than at sea level can make low-landers feel sluggish and may bring about headaches, insomnia, nausea, fatigue and a shortness of breath. The medical term for these symptoms is Acute Mountain Sickness (AMS). Generally speaking, the faster one ascends to the higher altitudes, the greater their chances of getting AMS. The symptoms can occur six hours to two days after ascent and can take up to a week to subside. Supplemental oxygen and descent to lower altitudes are the primary treatments for AMS. People with severe headaches, poor balance and extreme shortness of breath should seek medical attention immediately. Because our bodies need time to acclimate to the thin air, it is suggested that you avoid or moderately intake alcohol and caffeine for a few days, drink plenty of water, load up on carbohydrates, eat lightly and do not overexert yourself as it increases your oxygen demands. That may be hard considering you only have a 3-7 day vacation planned. In my experience I have only suffered attitude sickness when I have flown into an airport over 5000 feet and proceeded to play at attitudes over 9,000 feet with 24 hours. That may change as age catches up with me, but generally do some shopping in the mountain towns the first day you arrive and save two day for the real adventure.

B.J. Baker is an avid outdoor enthusiast who currently resides in The Woodlands, Texas. As a child, BJ accompanied his family on family excursions to Japan, China, South East Asia, Europe and to the Rockies snow skiing. Still traveling the world and instilled with a love for travel and adventure, today BJ is the owner of several travel websites. www.placestosleep.com, www.vacationresorttravel.com, www.advenquest.com, and www.snow-skiing.com.

How Do You Know What an Autographed is Worth?

By Anita Cola

Advioding AMS

Have you recently started to become interested in autograph collecting and would like to know the present day market value of an autograph that you are interested in purchasing? Or have you inherited an estate from a family member and was surprised to find an abundance of autographed photos, items, cards, posters that you have no idea how to find the value much less who to sell them too?

There are several sources to find out how much your collectible or autographed collectible is worth. The internet has open a world at our finger tips, with online auctions to online stores, published price guides that can be purchased at most bookstores offer a " rough estimate", mainly it is worth what someone is will to pay for the item. Online Auctions are now a great source of finding out just that.

The key points that influence the value of autographed memorabilia is supply, demand, condition, form, content, subject, rarity. There is a demand for certain celebrity autographs and people willing to buy and sell them. That creates the market, which determines the value which is understood by both buyer and seller. Collecting autographs usually starts with a particular interest in and individual or occupation or interest in a certain subject. It is one of those hobbies that once you dabble in become a passion. Then in time become a very nice investment as those of you who have inherited collections and were surprise to find out that their value was more than you had ever imagined.

Many categories determine the price of a signature from an individual. The following abbreviations are used to help describe the type of letter or document that is being offered for sale.

- AD: Autograph Document (hand-written by the person to be collected, but not signed)
- ADS: Autograph Document Signed (written and signed by same individual)
- AL: Autograph Letter (hand-written by the person to be collected, but not signed)
- ALS: Autograph Letter Signed (hand-written and signed by same individual)
- AMs: Autograph Manuscript (hand-written; such as the draft of a play, research paper or music sheet)
- AMsS: Autograph Manuscript Signed (hand-written and signed by same individual)
- AMusQs: Autograph Musical Quotation Signed (hand-written and signed by same individual)
- AN: Autograph Note (much shorter than a letter)
- ANS: Autograph Note Signed (hand-written and signed by same individual)
- AQS: Autograph Quote Signed (hand-written and signed by same individual; poem verse, sentence, or bar-of-music)
- DS: Document signed (printed, or while hand-written by another, is signed by individual sought to be collected)
- LS: Letter Signed (hand-written by someone else, but signed by the individual sought to be collected)
- PS: Photograph Signed or Postcard Signed
- SIG: Signature on index card, cut out of autograph book or letter
- SP: Signed Photograph
- TLS: Typed Letter Signed
- TNS: Typed Note Signed
- folio: A printer's sheet of paper folded once to make two leaves, double quarto size or larger.
- octavo(8vo): A manuscript page about six-by-nine inches. (Originally determined by folding a

printer's sheet of paper to form eighty leaves.)

· quarto(4to): A manuscript page of about nine and one-half by twelve inches. (Originally determined by folding a printer's sheet of paper twice to form two leaves.)

Not only does the category determine price, but so does condition, quality, rarity and the person of interest celebrity will also play a major part in determining value. As you will see in future weekly articles; a detail definition of each abbreviation, so you will become more educated in the valuation process of collecting.

Enter into the most diverse collection of exclusively designed memorabilia. Each piece has been personally acquired. Unbelievable Memorabilia purchases its collectibles from celebrity charity auctions, estate sales, studio back lot sales, and private sports memorabilia collectors.

www.umauctions.com

– Autograph Auctions



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