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Sword sharpening sound effect

Recently, I got a trauma call at my beautiful little hospital in Maine. Bloody leg wound. Dr. Crosslin. We've got pressure on it. Come soon. During my jog across the parking lot to the ER, I drifted into my residency spell and began reading ABC trauma treatment: Airway, Breathing, CT scans. Airway, breathing, collar of the spine. C. Airway, breathing, consult with ortho. Okay, so it's been a while. Four years doesn't seem like a long time, but that small span serves a lot of change. You settle into a routine in an isolated New England coastal town, where most of the trauma is related to transporting crates of lobsters and have Massachusetts drivers scare off moxie from locals at crossings, and you forget about the hundreds of Level 1 traumas you managed during your 5 years in Boston. The drilled and fast sequences of primary and secondary surveys get lost, if only momentarily. Your confident swagger is replaced by a measured and humble shake into Trauma Bay 1. Am I scanning the feet now? Do I feel for a pulse in my legs? Wait, where's the main ship branch again? Fortunately, it's like riding a bike (except the trauma bike is a Kawasaki Ninja burning it at 250 mph down a back road in Maine state, without a helmet). After I knocked on the cobwebs, my confidence returned, and everything went smoothly like silk. I even did a thorough AMPLE interview, so enough to know the wound was caused by a wooden axe slipping after contact (details changed to protect the innocent!). That's stupid, Doctor. I'm lazy and I don't sharpen it. The only thing more dangerous than a sharp axe is a dull one. Having addressed the problem at hand (or for that matter, on foot), I kept thinking about the carpenter's statement. I reflected on how I felt when I entered the trauma bay. Have I done enough to keep my own mental tools sharp? Well, actually, no. When do things slip just enough to allow hesitation and little hesitation to creep in? Probably sooner than I'd like to admit. I certainly don't think it took all these 4 years for that to happen. There has been some discussion lately around changing the maintenance of certification requirements from the American Board of Surgery. As with anything in surgery, we all need a chance to grumble about how things were better in the good old days. But then we angrily have to admit that perhaps - just maybe - the new approach makes sense. Does anyone really enjoy reporting on a 3 year cycle and taking high-stakes, nausea-inducing exams every 10 years? I certainly don't look forward to reporting this year on my progress, especially considering how boring I seem to be in so many subcategories just 4 years after graduation. But report every 5 years? It appeals to my inner slacker. Have more frequent but-how-less-stress checks that can be tailored to my practice? yes, I'll give it a try. It's no secret we're all encouraged to care more about the things we enjoy, and Science has established, quite unequivocally, an increased likelihood of concrete learning in a higher number of loosely related fields when the main subject is of great interest to learners. Elementary school teachers have been implementing certain tidbits for a long time. For me, the drive to excel took me to the arena of oncology reconstruction, endocrine, and complex hernias. I don't pretend to be the world's authority on trauma surgery, or anelectric surgery, or vascular surgery. I leave that expertise to others I have quietly judged far more pathologically than myself. But I would be willing to see more of a review of certain subjects if the overall focus was directed to improving my knowledge and skills in cancer surgery. In this ultramodern era, when the comparum of medical and surgical knowledge transcends our ability to provide one-stop shopping services, it may be time we accept the limitations of our interests and abilities as part of the natural and beneficial evolution of good medical practice. The College's willingness to work with the ABS to address the hot button issue of continuing education interactively, relevantly, on time should be a major point of pride. Rather than clinging to the tedious ways of the past, I think we'll all benefit from bringing in a sharper axe collectively. Dr. Crosslin is a general surgeon who practices in Rockport, Maine. Is there a machine or something you can create where you can plug in a sound effects file and then when you press a different button it will play an effect on the cue? I have searched and can't seem to find anything. Thanks for the help. They say you keep growing as long as you live. I can't speak for everyone, but I definitely feel like I've evolved since I first wrote about sharpening knives, back in 2008, shortly after dawn of time. In those days I was young and idealistic, full of vinegar and everything else. I dream of a utopian society where everyone has a maelstrom and sharpening steel, where knives are never dull, where even the heaviest tomato skins will produce a touch of feather-light from finely honed carbon steel, and where no one - even the most clumsy among us - will ever cut themselves again. A little bird even landed on my typewriter when I wrote it, so I knew it had to be right. (True, we used typewriters in 2008. When I finish the article I will seal it in a tube and shoot it into a pneumatic tube connected to the Inter-Nets.) That's how it was in the halcyon days. And I wouldn't have it any other way. What, however, is youth FOR if not for dreaming big dreams? But All dreams work. When you care for years, you learn to accept this fact. Not every kitchen has a magnetic stripe for welding knives, for example. And you'll never install one, either, no matter how many kitchen remodeling shows you watch. No, you'll keep your knife loose in the drawer of the kitchen, the kitchen, they will be brutally hit by your other equipment, enjoying their perfect edge and honed factory. However, look! The earth will not open and swallow you whole, despite warnings from Ye Olde Internet Writers. Furthermore, still reeling from this lesson, maybe you will have children, and now you won't even USE a knife anymore. Your entire food intake will now consist of the rest of the hot dogs and chicken nuggets your child requested and then refusing to eat because they are too round. Worse, even if you manage to make yourself the right dinner (once a year or so), you'll see yourself, as if from a distance, throwing your \$600 Shun Hana chef's knife into the dishwasher, and through the fog and cobwebs of what's left of your mind, you'll knead realizing that you're too tired to care. Finally, there's the divorce, and as you unpack your stuff in your new place, you'll find, with a touch of nostalgia, that you don't even have that knife anymore. So you'll walk into the supermarket where, along with a drainer of your new dishes and mop up and clean up supplies, you'll take a \$12 kitchen knife. And that's when your new life really begins. To be clear, your new life doesn't involve letting yourself go. It's not about giving up - on yourself OR your knife. Instead, it's about getting clarity. So while you'll still notice the importance of keeping your knives sharp (no less so for your \$12 supermarket knife than for your long-departed Shun), no longer will you indulge the odd fantasy to be an itinerant knife sharpener, plying your trade in neighborhood street fairs alongside artisanal pickle vendors and small batch dog food. No, from now on you will buy a tool that suits your needs and means, and if that means buying a cheap knife, so be it. Cheap or not, one thing that is not optional is keeping it sharp. For one thing, it is easier to work with a sharp knife, because a sharp knife does its job with less pressure than you. And since you don't have to press as hard as you can, you tend to slip and cut yourself. Likewise, less pressure means that if you cut yourself, it's more likely to be a small nick than something much worse. Speaking of knives, when you're ready to step off a \$12 knife, this 10-inch chef's knife by Victorinox will run you less than \$40 and it's an excellent knife for money. Not in a hurry, though. Before we go any further, let's talk about what sharpening is and isn't. The spearhead of a typical kitchen knife shaped like a V. If you look at the new knife with factory under enlargement, that's what you'll see. Different blades have different angles, and some of them even have so-called double-tilted edges, where you have a main edge face that is milled, say, 20 degrees, and a slope, at the edge of the edge, if you will, it is, say 15 degrees or sharper. Remember, all this is only visible Enlargement. The smaller the angle, the sharper the knife, and the harder it is to maintain that edge. After using it for a while, or letting it bang on in your drawer, the V turns into a U. And you don't need enlargement to figure it out; It'll be obvious with how bad the knife piece is. You'll come to the moment of reckoning. Or actually, hone. Sharpening the blade requires grinding a certain amount of steel while maintaining a 20 degree angle. There's no way to turn U into V without grinding some of your knives. To do that, you have three options: Do it yourself with whetstone Do it yourself with a manual or electric knife sharpener Take to a professional knife sharpener you may have noticed that I didn't mention anything about using a steel blade, which is sometimes misleadingly called sharpener steel. And the reason for that is, the steel blade does not sharpen (i.e. grind any steel), it simply sharpens the edges after sharpening. Hone? Hone? What's the difference? Don't worry about it yet. We'll be right here. In my more militant days, I would swear that manuals (i.e. pull-throughs) or electric sharpeners should be avoided at all times. They're bad for your knives, I complain. They grind too much steel, yes, that's probably true. And if you use one to sharpen a \$600 knife, you'll lose your meal rights for a period of no less than a year, and be forced to do a scut job in my kitchen. If you're talking about a \$12 knife, on the other hand, who cares? is, in fact, a sensible attitude. You can usually find used sharpeners in secondhand stores and yard sales, and especially in your parents' closets. If you want to pick up a new one, Chef's Choice 450 is a decent manual sharpener, as is Chef's Choice 110 in the electric category. If you use one of these types of sharpeners, follow the manufacturer's instructions, and most importantly, do not blame me. Let's move on to the whetstones. The nice thing about whetstones is that, unlike so many other kitchen gadgets, whetstones will never stop working. Indeed, whetstone is nothing but a piece of flat rock, and it will continue to be a piece of flat rock for a very long time. As with other types of sharpeners, if you're going to experiment with whetstone, it just makes sense to start with a knife that you don't really care about. Get yourself a two-sided whetstone stone, with a rough grit on one side and a smooth grit on the other. Start with the rough side, giving the knife ten scratches on each side of the knife, keeping it at an angle of 20 or more degrees. Then turn the stone over and give the knife the same treatment on the side of the fine grit. By the way, people sometimes hear the word whetstone and get an idea it refers to wet stones. Which is an easy mistake to make, and the fact that there is a type of sharpening stone called a water stone only adds to the confusion. But whetstones are different animals. They need to be soaked before use and require a steady stream of water to dribble into them during sharpening. Ordinary whetstones work driest. In fact, small particles of steel that are milled in stone can become hanging in liquid and completely damage the blade. This is true of water and especially oil, which is another substance that people often misuse for their whetstones, perhaps with the aim of lubricating them. Here's more on sharpening knives with whetstone. Finally, once you refresh the edges on your knife, you need to sharpen the edges to make it happen. What happens when you grind a new edge into your knife is that the extreme edge of the blade becomes microscopic thin. That's why it's sharp. But being very thin means easily bending to one side or the other, causing the knife to look dull. It's not boring, it's what's called out of the right. The remedy for this is to sharpen the edge of the knife on steel. Unlike sharpening, sharpening does not eliminate steel. Instead, it straightens that curved edge. Note that in addition to sharpening the knife after sharpening, it is a good idea to give the knife a few scratches on the sharpening steel whenever you start working with it. If you slice or cut for long periods of time, your blade can benefit from a few scratches on the steel every ten minutes or so. Fine steel is the best, rather than a lined type. Ceramic steel like this is an excellent choice. Diamond steel is also good, but some of them can be too abrasive. To use steel, stand tall with an edge against your cutting board. Towels on the cutting board will help keep the steel tip from slipping. Slide your knife down along the steel, using the same 20-ish degree angle as you do when sharpening, giving it ten strokes on the left side and ten on the right. By the way, forget about the criss-cross manoeuvres chefs do on TV. They are just showing off, and not only is the method no more effective, it is much more likely to result in serious injury. Here's more on how to use sharpening steel. If all this talk of double angles and slopes is remarkable, taking a knife to a cutlery store to hone several times a year is perfectly acceptable and may ultimately be the best trade-off in terms of time and money. Remember that even if you have someone else sharpen your knife, you still need to sharpen it from time to time. And finally, here's a tip about storing your knives. Sure, the magnetic stripe was fine, but I was worried about a knife falling and stabbing someone in the leg, so I don't know. The knife block is also fine, if you've got a counter space. But remember that your knives need to go in reverse, so that their edges do not straighten on the wood, that'll knock them out. The best way to store a kitchen knife, in fact, is in a drawer, but ONLY after first protecting it with a cheap knife protector, which you you buy one at a time or as a set. With these nice accessories, your knives can vibrate inside your drawers without being broken - and they also protect you from being cut when you rummage around for something. Something.

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