

Alone ((FULL))

Alone is an American survival competition series on History. It follows the self-documented daily struggles of 10 individuals (seven paired teams in season 4) as they survive alone in the wilderness for as long as possible using a limited amount of survival equipment. With the exception of medical check-ins, the participants are isolated from each other and all other humans. They may "tap out" at any time, or be removed due to failing a medical check-in. The contestant who remains the longest wins a grand prize of \$500,000 (increasing to \$1 million in season 7). The seasons have been filmed across a range of remote locations, usually on Indigenous-controlled lands, including northern Vancouver Island, British Columbia, Nahuel Huapi National Park in Argentina, Patagonia, Northern Mongolia, Great Slave Lake in the Northwest Territories, and Chilko Lake in interior British Columbia. Season 2 began on April 21, 2016.[6] The season had 13 one-hour episodes, including the reunion episode and the first "Episode 0", which shows how the 10 contestants (pared down from 20) are chosen based on survival skills (i.e. ability to make a fire without a starter, basic animal prep, shelter), on-camera personality, and how readily they learn the camera equipment.[12] This was the first season to include women as well as men. The winner, David McIntyre, lost around 20 pounds in the first weeks alone. Mike Lowe made his time on *Alone* innovative and made a sink, boat, football game, and many more objects. **Real-life examples:** Some animals, such as tigers, like to be alone and spend most of their lives away from others of their species. You may want to be alone in your room, away from other people. An actor might be alone on stage when giving a monologue. **Real-life examples:** A widow might live alone in her house after her husband dies. A solo is when a singer or musician performs alone. Most games cannot be played alone and need at least a second player. Background: Patients with clinically localized, intermediate- or high-grade non-Hodgkin's lymphoma usually receive initial treatment with a doxorubicin-containing regimen such as cyclophosphamide, doxorubicin, vincristine, and prednisone (CHOP). Pilot studies suggest that eight cycles of CHOP alone or three cycles of CHOP followed by involved-field radiotherapy are effective in such patients. Methods: We compared these two approaches in a prospective, randomized, multi-institutional study. The end points were progression-free survival, overall survival, and life-threatening or fatal toxic effects. Two hundred eligible patients were randomly assigned to receive CHOP plus radiotherapy, and 201 received CHOP alone. Results: Patients treated with three cycles of CHOP plus radiotherapy had significantly better progression-free survival ($P=0.03$) and overall survival ($P=0.02$) than patients treated with CHOP alone. The five-year estimates of progression-free survival for patients receiving CHOP plus radiotherapy and for patients receiving CHOP alone were 77 percent and 64 percent, respectively. The five-year estimates of overall survival for patients receiving CHOP plus radiotherapy and for patients receiving CHOP alone were 82 percent and 72 percent, respectively. The adverse effects included one death in each treatment group. Life-threatening toxic effects of any type were seen in 61 of 200 patients treated with CHOP plus radiotherapy and in 80 of 201 patients treated with CHOP alone ($P=0.06$). The left ventricular function was decreased in seven patients who received CHOP alone, whereas no cardiac events were recorded in the group receiving CHOP plus radiotherapy ($P=0.02$). Conclusions: Three cycles of CHOP followed by involved-field radiotherapy are superior to eight cycles of CHOP alone for the treatment of localized intermediate- and high-grade non-Hodgkin's lymphoma. The transportation choices that communities and individuals make have important impacts on health through items such as active living, air quality, and traffic crashes. The choices for commuting to work can include walking, biking, taking public transit, carpooling, or individuals driving alone, the last of which is the most damaging to the health of communities. In most counties, driving alone is also the primary form of transportation to work. Walking and mixed-methods commuting are associated with lower body mass index than commuting by car. Choice of commuting method is dependent upon many factors which are influenced by the physical environment and individual safety concerns.¹ Car-only commuters have significantly higher body fat percentage than mixed and active commuters.² People who drive to work are less likely to reach recommended activity levels than people who use other forms of transportation.³ For many people, powering their homes or small businesses using a small renewable energy system that is not connected to the electricity grid -- called a stand-alone system -- makes economic sense and appeals to their environmental values. In remote locations, stand-alone systems can be more cost-effective than extending a power line to the electricity grid (the cost of which can range from \$15,000 to \$50,000 per mile). But these systems are also used by people who live near the grid and wish to obtain independence from the power provider or demonstrate a commitment to non-polluting energy sources. Successful stand-alone systems generally take advantage of a combination of techniques and technologies to generate reliable power, reduce costs, and minimize inconvenience. Some of these strategies include using fossil fuel or renewable hybrid systems and reducing the amount of electricity required to meet your needs. **State child abuse and neglect reporting laws do not specify the age at which a child can be left home alone.** You may want to contact your local police department or child protective services agency for information about specific local regulations or ordinances. If you have concerns that a child is being left home alone inappropriately, you should report your concerns to the appropriate authorities, such as Child Protective Services (CPS), in the State in which the child lives. Each State has trained professionals who can evaluate the situation and determine whether intervention and services are needed. In countries with more advanced economies, people tend to have relatively few children and have them later in life; they are also more likely to live well beyond their childbearing years. Governments in wealthier countries also may offer financial assistance or health care benefits to retired adults, making it more affordable for older people to stay in their own homes. In many European countries, for example, rates of living alone for older people are even higher than they are in the U.S. Children in primary school aged 6-12 are usually too young to walk home from school alone, babysit or cook for themselves without adult supervision. If you need to leave them home, it's worth considering leaving them at a friend's house, with family or finding some suitable childcare. We have advice about this below. As your child gets older, talk to them about how they feel about being left home alone. If they're worried, work out what parts of being home alone worry them. Do they feel safe in the neighbourhood? Are they afraid of the dark? Give your child a call every so often. If it's the first time they've been left alone, try to check in regularly. Even if your child is older and has been left home alone before, you should still check in once every few hours, particularly if you're out late. As you build up to leaving your child alone for longer stretches, keep checking in and making sure they're comfortable. Being left home alone for an hour is very different to being alone for a whole afternoon or overnight. Sometimes it might be better to arrange for someone to stay with your child instead of leaving them home alone. This doesn't have to be an extra cost - family and friends that you know and trust may be able to help. Do you work or volunteer with children and families in the UK? Visit NSPCC Learning to download our Home alone guide, which contains advice and tips you can share with parents and carers to help them decide if their child is ready to be left alone. We consider children ages 12 through 17 traveling alone to be Young Travelers (YTs). Our Unaccompanied Minor (UMs) procedures do not apply to unaccompanied Passengers ages 12 through 17. A Young Traveler must have the maturity and capability to travel alone, including but not limited to checking in, passing through the security checkpoint, boarding, deplaning, and claiming luggage. In the US, the share of adults who live alone nearly doubled over the last 50 years. This is not only happening in the US: single-person households have become increasingly common in many countries across the world, from Angola to Japan. (NB. For the US and Canada there are long-run time series from census data that let us directly track the share of people who live alone. This is shown in this other chart, where you can see the same trend.) These correlations are partly due to the fact that people who can afford to, often choose to live alone. Indeed, rising incomes in many countries are likely part of the reason why people are more likely to live alone today than in the past. Higher incomes, economic transitions that enable migration from agriculture in rural areas into manufacturing and services in cities, and rising female participation in labor markets all play a role. People are more likely to live alone today than in the past partly because they are increasingly able to do so. One possibility is that there is a causal link between living alone, being socially isolated, and feeling lonely. But these are three distinct conditions,

and experiencing one (living alone) does not necessarily mean experiencing one or both of the others (being isolated or feeling lonely). For example, when I interviewed more than 300 people for my book, *Going Solo*, many told me that nothing had made them lonelier than being in a bad marriage. Moreover, survey data show that, on average, Americans who live alone spend more time with friends and neighbors and volunteer in civic organizations more often than married people.¹ Unfortunately, journalists, scholars, and health care providers often conflate living alone, feeling lonely, and being isolated, and the result is widespread confusion about each condition.



Alone

21f597057a