toast (or bake) 2 slices of whole-grain bread, and cut into 1-inch strips

you charge it on your computer and can throw it in your bag to charge your phone on the go

given the bad taste left by that debacle, tranquilmoney.com stresses that it's a different type of operation

what they see as the true source of hate and intolerance in the world. as head of business development

what we do not welcome is hate-filled language about our organization, our staff and the vulnerable clients we care for