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Joe Biden showed great emotion during a tearful address before taking office. Australian Associated PressScott Morrison says he will continue to reassess the needs of the sectors most affected by coronavirus, but warned welfare packages could not continue indefinitely. Hell-melanin-goddessNava you for your reviews. We will remove this and make the necessary changes. We've all heard that an early bird catches a worm. Well, how about an early investor catches the glory. In this episode of MarketFoolery, host Chris Hill joined Motley Fool analyst Maria Gallagher to discuss how things are going for Delta Air Lines (NYSE: DAL). Maria analyzes these stories and delves into how and why GameStop (NYSE: GME) stocks have doubled in just one week. To catch the full episodes of all the free Motley Fool podcasts, check out our podcast center. This Florida-based company is a locomotive in its market and is well positioned to expand in other states. Australian Associated PressFeature race winners Prince Fawaz and Mizzy are looking to make fun of lost time as they prepare to revive their careers this autumn. Ad-Finance.here.com Save you for your feedback. We will remove this and make the necessary changes. A mum reveals how she earns 1,000 pounds every day while working from home, following her online trading platform worth 10 million pounds! An Australian Associated PressA 44-year-old man has been charged after a four-hour stand-off with police in the NSW Blue Mountains and will remain behind bars for at least another two months. Crews from the Pacific Gas and Electric Company (PNGE) began the process of repairing and restoring power after a powerful hurricane swept through Northern and Central California on Tuesday, causing wind hazards and associated disruptions. Australian tennis player Julia Putintseva has been accused by a Victorian official of feeding a mouse that wanders through her quarantine hotel room. Mainos-Bank NorwegianThank you for your feedback. We will remove this and make the necessary changes. Luckydestus Puolitti Corcokaton. Lynan hackeminen wai olla cannattawampaa que coscaan ayemmin. Edulliset hinnat ovat voimassa vuoden loppuun asti. Australian Associated PressNathan Lyon told the Sydney Sixers he would sit out the end of the BBL season with fellow Test stars Mitchell Starc and Cameron Green also set to miss games. NEW YORK, NY, January 19, 2021 (GLOBE NEWSWIRE) -- Legato Merger Corp. (Nasdaq: LEGOU) (The Company) today announced that it has valued its initial public offering at 20,500,000 units at a price of \$10.00 per unit. The units will be listed on the Nasdaq capital market and will be traded under the LEGOU ticker starting January 20, 2021. Each unit consists of one share of common shares and one order to buy one common share at a price of \$11.50 per share, subject to Once the units-made securities begin to separate trades, common shares and orders are expected to be listed Nasdaq under the symbols LEGO and LEGOW, respectively. EarlyBirdCapital, Inc. acts as the sole book manager working for the offer. I-Bankers Securities, Inc. acts as co-manager. The company provided underwriting a 45-day opportunity to purchase up to 3,075,000 units at the initial price of a public offering to cover the disguised, if any. The offer is made only with the help of a prospectus. Copies of the prospectus can be obtained, whenever possible, from EarlyBirdCapital, Inc., 366 Madison Avenue, 8th Floor, New York, NY 10017, Attn: Investor Relations, 212-661-0200. Copies are also available on the Securities and Exchange Commission's website, www.sec.gov. Registration statements relating to these securities were announced by the Securities and Exchange Commission on January 19, 2021. This press release is not an offer to sell or request a purchase offer, nor shall there be any sale of these securities in any state or jurisdiction in which such an offer, solica or sale would be unlawful prior to registration or qualification under the securities laws of any such state or jurisdiction. Legato Merger Corp. is an empty company inspection organized with the aim of implementing a merger, stock exchange, asset acquisition or other similar business combinations with one or more businesses or entities. The Company's efforts to identify a prospective target business will not be limited to any particular industry or geographic region, although the Company currently intends to focus on targeted enterprises in the renewable, infrastructure, engineering and construction and industrial sectors. Forward-looking statements This press release includes forward-looking statements that involve risks and uncertainties. Forward-looking statements are statements that are not historical facts. Such forward-looking statements, including the successful placement of the Company's initial public offering, are subject to risks and uncertainties that may cause actual results to differ from forward-looking statements. The Company expressly waives any obligation or obligation to publicly disclose any updates or changes in any forward-looking statements contained in this matter to reflect any changes in the Company's expectations regarding this or any change in the events, conditions or circumstances on which any statement is based. Contact: David D. Sgro chief executive officer Legato Merger Corp. 212-319-7676Grosy buyer urged Woolworths to recall penn beef bake after spotting black chunks in its food. Ad-Market MalateThank you for your feedback. We will take this down and make the necessary changes. Europeans are increasingly turning to digital technology the way they spend, save and invest. Two more Open Championship players Positively tested for a coronavirus, authorities revealed Wednesday, taking the number of cases involving a tennis tournament to 10.Outside a A stone church in the northern Ethiopian city of Gondar, a dramatic troupe performed parodies welcoming the military defeat of former leaders of the Tigre region. The Los Angeles Sparks star and ESPN analyst is working on an upcoming documentary about the WNBA season bubble last summer. Ad-BabbelThank you for your feedback. We will remove this and make the necessary changes. Secret language expert: How to start learning any language in just 15 minutes a day The Australian Associated PressAs Australian economy is starting to settle after a year of turmoil, new data has revealed which industries have the best prospects for the year ahead. Australian Press Australia's Prime Minister Steven Marshall has announced state plans to launch its own satellite into low Earth orbit next year. Oil prices rose in early trade on Wednesday, adding to solid gains overnight, on expectations the incoming U.S. administration will go ahead with massive stimulus spending that will spur fuel demand and bring down crude inventories. West Texas Intermediate (WTI) crude futures rose 23 cents, or 0.4 percent, to \$53.21 a barrel at 0155 GMT, up 1.2 percent from Tuesday. Joe Biden's nominee for Treasury Secretary Janet Yellen urged lawmakers on Tuesday to act on a large scale in response to the pandemic, bolstering hopes for huge spending to accelerate growth. Ad-Reporters Save You for your feedback. We will remove this and make the necessary changes. Fintech Lufax, delivery firm Dada Nexus and smartwatch maker Huami will benefit from stronger consumer confidence and growing confidence in the country... The Australian Associated Press Has released more than 20 refugees who have been transferred to Australia from Nauru or Papua New Guinea from their Melbourne hotel detention centre. The Australian Associated PressThere has up to 20 witnesses who could be called to NRL player Dylan Walker's upcoming hearing after he was accused of assaulting two men in Sydney.India cricketers were hailed as Immortals on Wednesday following their record-breaking win in Brisbane, but some former greats have called for australia's punished change. Grass-fed beef is almost always on the menu for Will Witherspoon, the 31-year-old Tennessee Titans linebacker. I eat so much red meat my blood is probably black from all the iron, he jokes. While the 6-foot-2, 240-pound athlete and foodie is often quick to crack a joke or share a funny story, he actually spent Tuesday in Washington, D.C., on some. C very serious case: He wants Congress to get antibiotics out of the meat industry. Farmers currently feed more than 30 million pounds of antibiotics to produce animal food per year. Some experts believe this creates a dangerous spike in deadly superbug infections in humans. The more drugs are used on animals, the more bacteria become outsmarting the drugs that people rely on. For Witherspoon, the fight to remove drugs from the meat industry is personal. Known more His intense on-field looks and ability to smooth out defenders, the 10-year-old pro has a secret soft spot for animals, too. Witherspoon owns Shire Gate Farm, an 800-acre sustainable farm in Missouri, where he raises (and sells) his own stock of humanely raised, animal welfare-approved grass-fed beef. Witherspoon, or Spoon as friends call him, testified against the regular use of low-dose antibiotics used in conventional farm animals during a congressional briefing on Tuesday. There is legislation on the table that will ban the abuse of antibiotics in agriculture. That's why Witherspoon eats grass fed, and why you should, too. (See where the grass-fed beef ranks in our list of 40 Foods with superpowers.) It's all about TasteWitherspoon cows healthy by default because they grew up on lush pastures, a natural food for cows. Grass fed cattle produce meat higher in the heart protecting omega-3 fatty acids, and they are much less likely to harbor a deadly E. coli O157:H7 strain of bacteria that thrives in the guts of cows fed a grain diet. Grass-fed beef also boasts a powerful dose of conjugated lino-acid, or CLA, a good fat that has the ability to stop tumor growth, according to laboratory research. In addition, Witherspoon ensures the grass is fed tastier. It's a more complete, bold taste. Many older people say it tastes like beef is used to taste, he explains. It has a deeper red color, and the fat is good yellow, which means it has taste and texture. In the usual beef, you trim the fat because it doesn't taste good. (Now that you have the right beef, grill it! find dozens of delicious, nutritious summer recipes in.) Want to avoid antibiotics in meat?

Here's how it's done. Go organic. Organic farming prohibits the use of antibiotics in livestock. Organic does not guarantee, however, that cows ate a completely herb-based diet. If that's what you're aiming for, look for the American Grassfed label from the American Herbalists. Look for Animal Welfare Approved Seal. AWA is considered to have the highest animal protection standard for meat products. The animals raised in this proven program should be raised primarily on pasture or range, and antibiotics are administered only if the animal is actually sick and needs medication to recover. Check out certified humane. This program allows antibiotics only if the animal is sick. Talk to local farmers. Visit LocalHarvest.org to find sustainable farmers in your area, and check out the operations for yourself. Ask the farmer how he or she deals with the disease and if they use antibiotics. (Want more help navigating labels in your supermarket's butcher's shelves? 4 Meat Label Lies.) Spoon the grass fed beef Cooking Tips not to deferat in the microwave. Grass-fed beef cooks much faster than regular meat, and a microwave - even in soaking mode - can ruin your steak. Thaw it in the fridge and then bring it to room temperature before cooking. Avoid the biggest cooking The less heat, the better. Most people overcook grass-fed beef. To avoid this, lower the oven temperature by 50 degrees if the recipe is not designed specifically for grass-fed beef. Don't cook it that long. Grass-fed beef usually requires 30 percent less cooking time than regular beef, despite the lower cooking temperature. Turn it once. Otherwise, you cook juices, Witherspoon advises. Let it be a rest. Remove the beef just before it reaches the finish line you want. Then set it on a plate where it will continue to cook for a few minutes. For more cooking and nutrition tips, subscribe to our free weekly Cook It, not that! Newsletter. If you liked this story, you'll love these: Grill Bugs Every Guy makes 11 easy ways to go Organic America's Greatest Guy Foods This content is created and maintained by a third party, and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io

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