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In their 1992 report, Brown et al. consider the rates of alcohol consumption among high school and college-aged students, and various sociodemographic factors that affect alcohol use. However, this report is limited to assessing the rates of underage drinking, rather than considering methods of decreasing these rates. Several other studies, as well as original research among college students, provide insight into how these rates may be reduced.

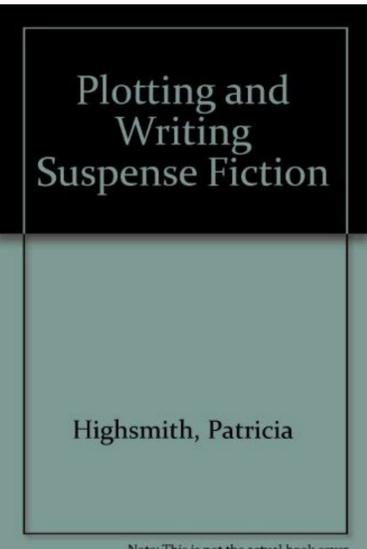
The study by Spotts, Branstetter, and Terrio (1992) considers the impact of various signs of alcoholism as a method for reducing alcohol consumption among nurses. They conclude that although family-focused interventions for alcoholism's risk factors in nurses have shown promise, there is a serious lack of information available for college-aged students who do not attend college. These students are among the highest risk and for alcohol abuse, a fact supported by Brown et al.

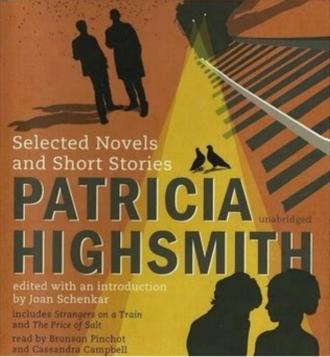
I did my own research and interviewed eight college students, four men and four women. I asked them when they first drank alcohol and what factors encouraged them to start. All four men had first started by the age of sixteen. Three of the women had also first started by thirteen and the fourth had first started by fifteen. All eight students had had four parents, four men, and the third of trying something they were watching others. Their results support the research of Brown et al. However, they also raise an interesting point. If alcohol is a reinforcing factor for underage drinking, maybe additional after school programs or other community activities could be implemented to decrease teenagers' from underage drinking. Based on my research, further research is needed to show how prevention measures for teenage alcohol consumption.

The front door opened, and I heard the stamp of the FBI agent's feet on the doormat. It had just begun to snow, and the air that rushed into the store was heavy and brimming with energy. The door shut behind the agent. She must have been just outside when she'd called because it had only been about five minutes since I'd agreed to meet with her.

Except for me, the store was empty. I don't know exactly why I'd opened it that day. A storm was forecast to drop over two feet of snow, beginning in the morning and continuing through until the following afternoon. Boston Public Schools had already announced they were closing early, and they'd canceled all classes for the following day. I'd called the two employees who were scheduled to come in—Emily for the morning shift and early afternoon, and Brandon for the afternoon and evening—and told them both to stay home. I logged on to the Old Devils Bookstore Twitter account and was about to send out a tweet saying that we were closed for the duration of the storm, but something stopped me. Maybe it was the thought of spending all day in my apartment alone. And besides, I lived less than half a mile from the store.

I decided to go in; at the very least I'd be able to spend some time with Nero, straighten up some shelves, maybe even pack up some online orders.





Strangers on a train patricia highsmith.

These types of requests are typically very time sensitive. Photo Courtesy: Justin Sullivan/Getty Images In some cases, an unemployment official will interview you to clarify and verify details regarding your case and your identity. Subscriptions are available in both monthly and yearly plans, but if you want to save money, go for the annual payment—it shaves off a few bucks overall. Masv Masv is the go-to service for people that need to transfer tremendously large files online. There is no limit on upload size or upload speed. Evaluate the best ways to transfer large files online and choose the one that's right for you. Photo Courtesy: Withthaya Prasongsin/Moment/Getty Images Due to the COVID-19 pandemic, unemployment rates rose sharply in the United States in the spring of 2020. Paid Versus Free Services In the modern world, there are a huge number of services that allow you to transfer even gargantuan files for free. In most cases, you will file a claim with the state where you most recently worked, but if you recently relocated from another state, that may not be the case. It's a popular service among video editors and freelancers because of the ability to move files larger than 20GB. Compress Data By Zipping It There are multiple services available for turning a normal file into a .zip file. If you need to transfer files between 15 and 20GB, you can likely use a free service, but larger than that will require a payment. Masv is also a bit different when it comes to pricing. Rather than a subscription model, Masv is a pay-as-you-go service. While there are times when you can't avoid high-resolution files, if it isn't strictly necessary then using a smaller file type might be an option. For example, JPG is such a popular format because it compresses the data to an extreme extent. If you have the free plan, there's a maximum upload size of 20GB, but this restriction goes away with one of the paid options. MediaFire has apps on a variety of devices, so you can transfer large files online from your mobile devices as well as from a laptop. pCloud pCloud is a cloud storage service that has a dedicated file transfer system. If you're wondering how to file a claim after all the changes, we can help you figure it out. Here are a few tricks for reducing the size of huge files that will make them easier to transfer and save you a lot of hassle—without sacrificing the quality of the file itself. Texas, for example, waived their work search requirement for many months but reinstated it on November 1. pCloud offers a free trial so you can test out the service, but you will need to subscribe to continue using the service after this trial. You will pay per gigabyte of data. What you need is a dedicated service for transferring files. Let's face it: the true 1% are those that paid for WinRAR. You can also compress data in macOS by selecting it, right clicking, and choosing Compress. Split Files Into Smaller Sections If you are transferring an unfinished file to an editor, ask if you can send the files in pieces. That said, it's a fantastic option. MORE FROM ASKMONEY.COM It depends on the reason you were fired, and the rules vary by state. On the other hand, TIF is a "lossless" format that doesn't result in artifacting—but the files won't be as small as JPG files. These state-run agencies give people access to job listings and career training resources, and registration is mandatory to receive your unemployment insurance benefits. We've also covered WeTransfer, a dedicated way of moving big files. MediaFire MediaFire is a cloud storage system that offers up to 50GB of free storage, with 1 TB of storage coming in at just \$3.75 per month. Our peers over at Ask.com have the answers. Finally, keep in mind that unemployment benefits are taxable, so it's generally wise to choose to have taxes withheld from each payment when you first open your claim.Step 5: Collect Your Unemployment BenefitsMost claims are processed within two to three calendar weeks or 10 business days, although delays could occur during times of high claim volumes. Additionally, if your application is denied for any reason, you have the right to file an appeal to try to overturn the denial.Step 3: Verify Your IdentityDuring the initial application process, each state's unemployment division will ask you to verify and authenticate your identity. If you fail to file your weekly claim, your benefits may be delayed or stopped altogether. To qualify for unemployment, an individual who lost their job must be eligible for work, able to work and actively seeking employment. Photo Courtesy: skaman306/Moment/Getty Images Once your claim has been processed, you will need to make an appointment at your nearest American Job Center for your state or set up an account online. Since those early days of chaos, most states have adapted and made improvements to handle all the claims. Nearly all unemployment agencies accept claims online, especially in light of the COVID-19 pandemic. This article will walk you through several of the best ways to transfer large files online. We will also suggest a few ways to make shuffling huge amounts of data easier. By the end of April, a staggering 30 million Americans had filed for unemployment benefits. Long story short, where you're currently residing might not be the state that will pay you unemployment benefits if you haven't lived there long. The downside is that it also loses something in the process. These steps may take place as you're filing your application, or they could be the last steps in determining your eligibility. The state agency will provide guidance on that as well as any other issues that could impact your claim.Step 2: Determine Your EligibilityAs stated earlier, you need to meet certain criteria in order to be eligible for unemployment benefits. File Transfer Protocol is the old-school way of moving data around, but these days it is more focused on the business side of things. If you want to make sure your claim isn't delayed, be sure to complete all the sections fully and accurately. Although this rule may vary by state at times due to special circumstances (like a global pandemic), the general rule of thumb is that you're expected to pursue work leads every week and report your work search efforts in your weekly claim.Do you have COVID-19-specific questions about unemployment benefits and stimulus checks? If you fail to answer the questions correctly — or don't consent to this process — you will most likely be asked to provide the agency with documents that verify your identity.Step 4: File Your ClaimOnce you confirm your eligibility, it's time to file your claim. Even worse, months later, many jobless people were still desperately trying to cut through all the red tape and the massive volume of people to file their own unemployment claims. Set up email notifications, if possible, and watch closely for any messages requesting additional information. The online process isn't just helpful for pandemic safety reasons. If you have any difficulty locating your local center, contact your state unemployment agency for assistance. A paid service does offer a few benefits that might appeal to you, especially if you want to keep things simple. Virtual systems also reduce errors and speed up the claim process. Check The File Type Some file types are significantly larger than others due to resolution and quality. For the most part, there's no downside to using these services. If you lost your job due to the pandemic or other reasons, here are the steps to take next to file an unemployment claim online.Step 1: Contact Your State Unemployment AgencyWhether you were laid off because of the pandemic or lost your job due to other unforeseen circumstances, filing for unemployment benefits is one way to cover a portion of your monthly bills while you're between jobs. Services like Dropbox and Google Drive make it easy to store and share files across the web, but they have limitations. Breaking a two-hour video into 30-minute segments might result in 4 different files, but those files will be much smaller than a single entity. This is a particularly useful trick for someone with a finicky internet connection; the last thing you want is for the file to almost finish its transfer before a dropped connection tanks the entire process. While that might seem pricey, it actually helps cut down on wasteful spending because you are only paying for what you actually use. If you want to try out Masv, there is a seven-day free trial that gives you 100GB of free data transfers. Paid services also tend to have higher transfer rates and higher storage capacities. There is no right or wrong answer. If you have fast internet, you can upload large files quickly without artificial bottlenecks placed by the service to conserve bandwidth. pCloud also provides multiple features that make it even more appealing, like the ability to spread your files across multiple services to keep them safe. WinRAR and 7zip are both well-known not just for their storied history, but also because of the memes. There isn't much call for consumer FTP use, which means the available options can be a bit on the complicated side. In some cases, people who were fired, suspended or asked to take a leave of absence don't qualify for unemployment. Moreover, if you willingly quit your job, are an independent contractor or otherwise self-employed, or can't go back to work for health or other reasons, you might not qualify. Without a doubt, the ongoing pandemic throws a bit of a wrench into the process of actively seeking work, so that component may vary from state to state and could change at any time. Photo Courtesy: JGI/Tom Grill/Getty Images After you've lost your job, contact your state unemployment agency as soon as possible. (Exceptions are currently in place to qualify independent contractors and the self-employed, but those rules expire at the end of 2020.) Photo Courtesy: Stefan Wermuth/Bloomberg/Getty Images Each state has different compliance requirements with respect to minimum wages and working hours, so we recommend consulting your state's unemployment agency for details. Depending on the state you reside in, you will be eligible to apply for unemployment benefits online, in person, on the phone or by mailing in a claim form. Photo Courtesy: svetikd/E+/Getty Images Finally, it's important to keep in mind that unemployment benefits are usually contingent upon a recipient doing their part to actively look for a new job. While you may be breathing an initial sigh of relief once your initial claim is processed, be sure to maintain your eligibility status by continuing your job search as directed.Step 6: File Your Weekly Payment Request and Keep Up the Job SearchOnce you start receiving unemployment benefits, you have to file weekly or biweekly (varies by state) payment requests online to be paid — no exceptions. You'll be required to answer some questions about any work you completed each week as well as any other income you received. It's designed for videos, large graphics, and other types of media that are not email-friendly sizes. During this interview, you will be asked specific questions about your employment background and other information mentioned in your claim. We have covered some other services already, as well as some for sending large videos. If you want to find out more, we have a dedicated FTP article you should look into. How To Make Transferring Files Easier Many people make the mistake of sending files in their raw formats, but that only makes the task more difficult. Several states conduct telephone interviews before the final ruling to help prevent potential unemployment insurance fraud. Photo Courtesy: SDI Productions/E+/Getty Images When you file your claim, you will be asked for some personal information, including your name, address(es), social security number (SSN), last 18 months of employment history, a record of wages earned and the reason and dates for your employment termination. For instance, the free version of Google Drive only provides 15GB of storage (which is a lot for a free service) while the free version of Dropbox gives users a comparatively lacking 2GB of storage. If you need to transfer a huge file of more than 15GB (like an edited video file, for example) then neither one of these services will cut it. It's a great way to test the service without committing to it. FTP If you're more tech-savvy than most, FTP clients are always an option.

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