

Heroes rising watch

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Or just as likely, we’ve got questions and you’ve got answers. Log in Edit Profile Log Out In every parent’s life, we have challenges we must rise to meet — or rise above. Tell the TODAY Parenting Team about how you rise to the challenges of your life. Perhaps you’ve overcome something huge or you’re in the middle of the struggle. Hey, maybe the challenge is just getting through the day without losing your marbles. We get it. And we’re here to support each other. Let’s share our trials and triumphs as parents and people, and help each other rise to the occasion! We’re presenting this challenge as part of our partnership with Mom 2.0; the TODAY Parenting Team is the national media partner of the Mom 2.0 2017 Summit. Thanks for joining the conversation. Remember, your photos, content and comments may be used on the TODAY show and its digital and social platforms. You must be a parent or guardian of any minor featured in any content that you post or you must have parental permission to do so. If you have any questions please contact today_community@tidalmail.com. Join the Conversation Join or Login to Submit! Most popular | Most recent A report from analytics company The New Stack and microservices creator Lightbend says more than ever before, companies are turning to streaming as an avenue to relay data. “We see a renaissance right now where developers are being asked to be a lot more ‘data smart,’” said Mark Brewer, CEO at Lightbend. “Streaming data is table stakes for the most interesting future use cases—Artificial Intelligence and Machine Learning most notably—and that’s giving rise to the number of programming languages, frameworks and tools for building and running streaming data-centric applications.” Although many organizations have struggled to find developers capable of handling complex systems, they still have an understanding that streaming is the way of the future whether they are ready for it or not. “Competitive pressure is driving organizations to embrace streaming data to extract useful information more quickly from incoming data, as well as to serve impactful results from Artificial Intelligence/Machine Learning to customers,” the report says. “The ‘always on’ characteristics of streaming pipelines require the same scalability, resiliency, and efficiency that microservices deliver, which is why mature tools, like Akka Streams, that bridge the gap are popular.” SEE: Tips for building a successful career as a software engineer (free PDF) (TechRepublic) For their report, the New Stack spoke to more than 800 IT professionals, mostly from Europe and North America, and found that the number of companies processing data in real time for Artificial Intelligence/Machine Learning jumped from 6 percent in 2017 to 33 percent this year. There was also a marked increase in real-time data processing used for Internet of Things (IoT) devices, which the report said would only increase as these devices become more popular and companies seek to make them friendlier to more kinds of content. Thankfully, the skill-levels of developers are improving as demand for more complicated microservices and streaming systems grows. The New Stack said “scaled out, distributed architectures are built by teams of developers whose experience dictates what data streaming technologies to adapt into the services they are building and managing. A data streaming architecture built for microservices becomes a salient decision.” But they cautioned that the barriers to developing and managing the infrastructure needed to run a streaming platform were still high. They called it a “sophisticated technology that requires an understanding of how to keep a long-running application resilient and able to scale up and down.” “Developer teams are adapting and trying new workflows but it can be very risky when the impact on performance is unknown. The right knowledge for the problem is still the biggest challenge in adoption of nascent data streaming technologies,” they wrote. “Further data streaming adoption will soon follow as their services become more advanced and machine learning and artificial intelligence become more important to achieve higher business value.” The report found that microservices and streaming were used most often with application monitoring and log aggregation, mostly because these both required the ability to spot problems quickly as opposed to waiting for analysis to happen offline. Companies are choosing to aggregate and store data in “timeseries” databases that really only store easily-analyzed metrics instead of keeping all of the raw data that is churned out by modern applications and systems. “The application’s end user is a particular concern when stream processing is utilized in applications that require non-technical teams to actively use an application,” they wrote explaining that many organizations have been slow to adopt modern technology because not enough of their staff members are capable of dealing with complex systems. “Thus, organizations that utilize stream processing are more concerned about one type of user (DBAs) when they have an active data warehouse use case, and another (business analyst) when streaming data is integrated into dashboards for operational insights.” For more, check out “Which are the best new programming languages for software developers to learn?” “The hero’s journey can take place on a battlefield or in a cubicle. We can live it out amid public clamor or in the soundless vault between our ears. The demons we are dueling are always the same. They are our own fears of becoming who we are. No one who has ever lived—or ever will—has a journey like ours. And yet our journey is universal. It is every woman’s and every man’s.” –Steven Pressfield MeSamong | Shutterstock Did you know that you are the hero of your own story?Living life from behind your eyes, you are the protagonist, and you are the author. Some might say you are the co-author with destiny or with your higher power.You may have understood this at one point in your life and circumstances got in the way of your ability to see clearly that you can still captain your own ship.You see, on every hero or heroine’s journey, the hero gets lost. The hero nearly dies. The hero wants to give up.It’s an essential part of the journey, in fact.If you are lucky, you will find your way back quickly, or after a little time.Some people get lost for so long they forget what it was like to be themselves.You know the ones—people who once walked in their full power but now sag beneath the weight of their disappointments and losses.Sometimes the pain in life can seem too much to bear, and there are those among us who suffer harder, maybe even feel deeper.Pain is inevitable, but suffering—the story we tell ourselves about the pain—is optional.We are all heroes and heroines —either answering the call of our highest selves or not.We will most certainly get lost when we don’t answer, and we most likely find our purpose when we do. That is just part of the process.Sam Raimi said, “When we read stories of heroes, we identify with them. We take the journey with them. We see how the obstacles almost overcome them. We see how they grow as human beings or gain qualities or show great qualities of strength and courage and with them, we grow in some small way.“We all have a unique gift that is striving to come alive in us, and that is the call. After the call is answered, then comes the initiation.The initiation we go through includes the tests, the leaps of faith, the actions we must take to get to the work we are meant to do. This manifests in the shape of anything risky that we wish to gain or accomplish.If we wish for love and romance, we must take a chance at getting hurt and trust the process of relationship.If we are starting a business we must take one step at a time towards our vision often with failure after failure coming before success.During the initiation, you will need to persevere.When you persevere and you don’t give up, you will emerge having grown, stretched, and expanded. You will have found something precious and unique to give to the world.Being the hero of your own story means stepping back from the overwhelm of any moment and seeing that every journey has ebb and flow, up and down.Don’t wait for someone to save you. Save yourself. Step into your power and become the hero or heroine of your own life.Subscribe on iTunes, Stitcher Radio or TuneIn Meet the Dermatologist Who Wants to Save You Money — and Just Hit a \$200 Million Milestone for Patients Your Employees Want This Perk, and Giving It to Them Can Improve Your Bottom Line The Hidden Dangers of Not Taking Your Vacation Days This Family-Owned Manhattan Jewelry Shop Struggled to Rebuild After 9/11. Today, 2 Sisters Who Run the 46-Year-Old Business Reveal What It Takes to Persevere. Businesses Need More Women Investors. Here’s How That Can Happen. Franchising Isn’t for Entrepreneurs. It’s for Systempreneurs This Former Disney Exec. Shares Her 5 Most Valuable Takeaways on Leadership Following Viral LinkedIn Post Gigi Pritzker, CEO of content company MWM, gives her insight into the future of multi-platform content and the importance of training young people into aspiring roles. Feb. 14, 2019 6:30 am ET Order Reprints Print Article Recent headlines about two big private Chinese companies struggling to service their debts puts the spotlight back on long-held concerns about China’s debt load, just as foreign investors increasingly hunt in China’s credit markets for opportunities. An error has occurred, please try again later. Thank you This article has been sent to An increasing number of people in the US are being diagnosed with—and dying from—anal cancer, according to research published in the Journal of the National Cancer Institute in 2019. The incidence of the most common type of anal cancer, squamous cell carcinoma of the anus, rose 2.7% per year between 2001 and 2015, while the number of people who died from anal cancer increased 3.1% during that period. Young black men and elderly women are most affected, say the study authors. “The rates are increasing very rapidly,” the study’s lead author Ashish Deshmukh, an assistant professor at the UTHealth School of Public Health in Houston, told Today. “It’s concerning. Traditionally, our perception of anal cancer has been that it’s one of the rarest forms of cancer and because of that, it’s neglected.” Most cases of anal cancer are associated with human papillomavirus (HPV); according to the Centers for Disease Control and Prevention (CDC), it’s believed that 91% of people diagnosed with anal cancer each year develop it as a result of a previous HPV infection. “People must recognize that certain cancers, including anal cancer, are essentially STDs,” Jack Jacob, MD, medical oncologist and medical director of MemorialCare Cancer Institute at Orange Coast Medical Center in Fountain Valley, CA, tells Health. “The HPV infection transforms normal squamous cells that line the anus into cancerous cells in some individuals.” Another recent study, also led by Deshmukh and published in the journal JAMA Pediatrics, found that about 75% of American adults don’t actually know HPV, the most common sexually transmitted infection in the US, causes the disease. Currently, the CDC recommends that everyone age 26 and younger get the HPV vaccine, starting around ages 11 to 12, long before they are likely to be exposed to the virus, which is transmitted through sexual contact. “We often do not have a method to prevent cancer, but getting the HPV vaccine could significantly decrease the likelihood of developing several types of cancer, including anal cancer,” Stacey A. Cohen, MD, GI medical oncologist at Seattle Cancer Care Alliance and Assistant Professor at the University of Washington, tells Health. The most effective way of reducing your risk of anal cancer is through prevention, adds Dr. Jacob. “Avoid high-risk sexual behavior, including limiting your number of sexual partners,” he says. People who have many sexual partners and have anal sex often are at a higher risk for HPV and anal cancer, Health previously reported. According to Dr. Cohen, the most common symptoms of anal cancer are rectal bleeding or blood in the stool, anal pain and/or anal pressure. “Sometimes people will think bleeding is from hemorrhoids or some other source,” she says. “It’s important to have a visual evaluation with your primary care doctor.” The good news is that if anal cancer is detected early, survival rates are good. “Localized anal cancer has a very good prognosis, especially when it is associated with HPV,” says Dr. Cohen. “Treatment usually includes chemotherapy and radiation, with surgery saved for cases where chemoradiation is not effective.” To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter Thanks for your feedback!