

Bluebirds boss forces bitter brigade to eat humble pie

Paul Abbandonato, Western Mail

THE Dave Jones must go brigade are deafening in their silence these days. In fact, the only sound I can hear from fans who so vigorously demanded the removal of the Cardiff City manager a few weeks ago is the one of them eating dollops of humble pie.

Peter Ridsdale reckons he has done some wonderful things for the Bluebirds since becoming chairman, including stopping the club going into administration (we'll have to take his word on that one) and getting the new stadium up and running (which he clearly has played a key part in).

But right up there at the forefront of any decent Ridsdale deeds was the chairman's refusal to buckle under the weight of a very loud minority calling for Jones head, and his decision to stick with what the silent majority wanted.

I use the phrase silent majority, because in every poll conducted amongst City fans about Jones' future as manager, more people voted for him to remain than go.

You wouldn't necessarily have thought that to be the case back in the dark days of November, as we kept hearing about how Jones had supposedly lost the dressing room, couldn't motivate the players, had to pay for making appalling signings and was taking the Bluebirds down into League One.

Even Ridsdale, I believe, was on the brink of change after a 3-0 loss at Charlton led to the fiercest barrage yet from fans, on websites, through word of mouth and via text messages.

At the time, I recall Ridsdale refusing to even give the dreaded vote of confidence to his manager. It was that bad for Jones, the writing appearing to be on the wall.

But Ridsdale stuck by his man for the time being and Jones started to turn results around against Ipswich and Leicester.

Suddenly, after Saturday's triumph over Sheffield Wednesday, City's fourth Ninian Park win on the trot, his Bluebirds find themselves perched in the lofty heights of eighth place, a mere two points off the play-off positions.

Some of the many critics who feared relegation under Jones are doubtless wondering whether their manager can take their team into Premiership dreamland.

Football being what it is, the criticism at the time was understandable from fans who pay their hard-earned money to go to Ninian Park.

City were playing dreary football, Jones had two ageing strikers in Robbie Fowler and Jimmy-Floyd Hasselbaink, he was embarrassed by John Toshack into picking teenager Chris Gunter, and results over a period of time had been poor.

But the significant thing for me, as the calls grew for Jones head, was that I never heard a single constructive alternative to him as manager.

Anyone can criticise, that's the easy bit. It's what you do as a different option that is the difficult part.

Some of the names being bandied about as better options for Cardiff than Jones were, frankly, laughable.

Geraint Williams, whose Colchester are rock bottom of the table; Simon Grayson, whose Blackpool outfit are looking nervously towards the bottom; Gary Speed, who doesn't have any managerial experience whatsoever, so what guarantees could he offer?

Then we had the pie-in-the-sky ones like Chris Coleman, whose wages Ridsdale couldn't begin to afford. Gary McAllister offered some food for thought, but no more than that. Is he really a better manager than Jones?

No. The problem is that Jones had raised expectation levels last season when his team rampaged away at the top of the table, playing brilliant football, the Premiership dream very much in their sights, only to falter badly.

Jones thought there were limitations amongst his players over a period of 46 games, so changed his squad around in the summer. He made some

highly questionable signings, but which manager doesn't?

He made a mistake not picking Gunter, while Wales did, and not playing Joe Ledley in the centre of midfield, where the youngster shone at the highest level for his country under Toshack.

Again, though, which manager doesn't make errors?

It was always going to take time for Jones' new players to gel together as a team and the signs are that it is finally beginning to happen.

I'm no Dave Jones apologist. I find the man to be dour and surly at times and even downright rude on the odd occasion.

His wish for the media to have a garbage journey home after an away match was, frankly, pathetic.

In another sport, in another country, that sort of thing could have led to an international incident with questions being asked of Jones at government level.

As such, when the pressure reached crescendo point, Jones didn't exactly find himself too many friends in the Welsh media ready to bail him out.

But the fact remains that Jones is a more than decent manager; possibly the best Cardiff City have had since the days of Jimmy Scouler. Having criticised Jones' persona, I have to commend him for the way he handled the post-match press conference after Saturday's win over Sheffield Wednesday. He could have been smug (in fact I half expected him to be).

Instead, he explained in quiet tones how a number of people at the football club were hurt by the original flak and outlined how, as human beings, they were keen to prove the critics wrong.

Jones won't thank me for saying this, but he was almost humble as he spoke.

He was certainly polite, with no air of 'I know best and you lot know nothing'.

Then again, the polls that were conducted during the torrid times did show the majority of City fans backed their manager. There is evidence, if Jones wanted it, that Cardiff supporters do know their football and when they are onto a good thing.

Plan could be best for City

HAVING commended Peter Ridsdale for sticking by Dave Jones, I have to take him to task a little for the somewhat disrespectful attitude he displayed to the FA of Wales and their bold plan to get Cardiff, Swansea and Wrexham back into Europe.

I just get the impression (and I would be delighted to print a story from Ridsdale saying I'm wrong) that the Cardiff chairman is a little dismissive of the grand old men of the FAW who run our game.

He wouldn't be the first to criticise them. Ridsdale should see some of the things I've said in print about the FAW!

I get the impression, though, that Ridsdale and Jones would rather sever ties with the FAW and throw in their lot with the supposedly more competent FA in England.

It can't happen and it won't happen, because Cardiff City are domiciled in Wales.

Way, way, way after Ridsdale and Jones have left Cardiff City, the FAW will still be running our game. They may not do it as well at times as some would wish, but they are the men charged with governance of Welsh football and many on the council voluntarily give up their time and money to do so.

Ridsdale, it appears, is somewhat aghast at the idea of putting a Cardiff reserve team in the Welsh Premier because of his understandable fears it could lead to the Bluebirds losing their Football League place.

But, as a result of a radio interview Ridsdale did, FAW head honchos get the impression he is against their proposal.

Hopefully, what Ridsdale has said to the written press, namely that he wishes to discuss the idea with the FAW, is the truer story. There are many obstacles to overcome.

But if guarantees about City's Football League future can be given, this could be one of the best things to happen to the City in recent times.

At the very least, Ridsdale owes it to himself, the club and Welsh football to open constructive dialogue with the FAW.

Rather than appear to dismiss them as a bunch of old blokes who don't understand the rules of football.

Yoga food concept

Diet in the yoga system occupies a decisive position. This is because of the type and quality of the food directly affects people's body, and mental condition. Budedang diet, nor understanding of the principles of diet, and this will gradually on the body and spirit of individuals have had a negative impact of continued bad eating habits and it is the thinking and action, and external performance, not natural bed of roses.

Yoga food into inert food, denatured food, Wyatt food.

Inert food: it is easy inertia caused, disease and mental retardation food such harmful food on the soul, the body no good. Quiroga from India of feeding the king, the royal family is said to the table in India, usually placed 50 to 60 kinds of dishes, cooking these dishes is a deep-fried food, baked some use curry powder seasoning done, heavy flavor; of these yoga is not that great, because this would make his body obesity, additional weight, the meal longer period of time will be Zhizhi idleness, and easily agitated irascible temperament. It includes: all meat, eggs, onions, Mushroom, fungi, mustard, Chuangsuan, narcotic-type beverage, tobacco, drugs of all anesthesia and can be inhaled by non-fresh, stale food.

Modified Food: to provide energy, but there is a physical disadvantage soul food. Regular use will cause physical and psychological impetuous unrest. Such as tea, milk and dairy products, strong spices, soy sauce, white carrots, kelp, chocolate, cocoa, soft drinks, too many spices and salt, pepper, who love the food, most of them rude character and hot-tempered, preferences strife, a closed mind. Such foods are also not suitable for yoga.

Wyatt food: the food-scented United States, full of nutrition, little used spices and seasoning, cooking method is simple. Consumption of these foods can cultivate noble sentiments, and the body become healthy, pure, relaxed, energetic, happy and tranquil mind, wholesome. Such foods create a more sophisticated, more sensitive to physical and mental systems. It includes all fruits, most vegetables, all soybean products, nuts, spices mild and moderate green tea, all of the cereal products.

Apart from the observation of the properties of food in the distinction between the types, but more should be based on the cooking method, and sometimes a vegetable can also be done into inert food. Yoga value the quality of food and rich nutrition, food people think obesity is not correct, this extreme view people will have a harmful impact. If a person in accordance with yoga diet arrange for their own lives, she will achieve the purpose of weight loss or fertility, and no harm to health.

Yoga think that, in order to good health, spiritual calm, Wyatt should eat more food, eat less food degeneration completely inert food to eat, if excessive consumption of dietary equivalent inert food. After the massacre of animals regardless of how to deal with, they can not completely dispel the lives of death body and drugs at the same time too much meat easily cause cancer, hypertension and chronic heart disease. Human characteristics appear to be in the fresh fruit similar animals in herbivorous animals similar to human nature is not inherently predatory trend.

For those who want the terms of spirituality, vegetarianism is very helpful. Some nuts and seeds and meat protein content as much, but it does not contain more calories. As long as integrated grains and beans, people can also create a complete protein food. Vegetarian fewer people have constipation, hemorrhoids, hypertension, in addition to longer life, in the elderly, can be normal and correct thinking, sensible discussion. Yoga, for example: When fighting tigers and elephants, tigers can not be sustained over two hours, but continued fighting elephants can be three days.

Cook enough food cooked or chopped enough rotten, it will have to digest that, chewing food more thoroughly, get more nutrition and energy. If a portrait to reduce weight, it does not want to cut food, then it can try again and again by the chewing of food, at least 30 times more.

About the Author

From icwales.icnetwork.co.uk:

Products and lists tagged rude food by ThisNext members. Real product recommendations and product images for rude food, strange.

Rude Food. Hilarious Japanese foodstuffs in action. All of these were found in my local supermarket, convenience.

This naughty recipe book covers everything from saucy starters to desirable deserts. The recipes have been selected from around the world to aid the perfect.

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