

Tuesday, March 9 2006 - Vol III Issue 2  
Publisher: Janet Bullard

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Hello Internet Marketer,

I would like to welcome everyone, old and new subscribers alike, to this issue of MWCE.

Can you believe this is already March. Spring is just around the corner. The trees down here are trying to bud. I am afraid though we will have a killing frost in April and that will be the end for them. I hope your year is running smoothly. If you live in the US, then you are facing the tax season. What a bummer!

I would also like to introduce you to a new site of mine: Christian Pen Pal Newsletter. You can subscribe online at a great discounted price at: <http://www.penpalezine.com/special/index.html>. This is for just being subscriber to MWCE.

We well into our second year of publication of our newsletter for my church, Greenland Baptist Church. It would be a blessing for us if you would become a subscriber to our newsletter. If you are interested in learning about Christ and God's love you may sign up at the following address: <http://greenland.magnoliawalker.com> Include your Full Name and mailing address.

If you have problems viewing this issue, you may go to <http://www.magnoliawalker.com/currentissue.html> or you may see the past issues of MWCE at: <http://www.magnoliawalker.com/archives/index.html>

**The purpose of this on-line publication has multiple objectives:**

- I. To help you promote your on-line endeavors by providing you with pertinent information through articles, e-books, tech tips, web resources, business builders and freebies.
- II. To help you manage your home. Without an orderly home you literally have a mess. Through the MWCE, you will have access to all kinds of tips for your home. Beginning with the Parent's Corner, Kid's Corner, Home Tips, Gardening Tips, Health Tips and Herb Tips.
- III. Free Access to an on-line Bible. Our nation has become so "politically correct", the Bible has been pushed to the side. In doing this we have separated ourselves from God. We cause ourselves much strife in our daily lives by simply not taking a few moments to find peace.

Sincerely,

Janet Bullard  
Home School Mom & Internet Marketer  
Plus bottle washer, diaper changer, cook, errand runner,  
& The Great "Where is my ?" answerer! :))

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***Quote of the Day!***

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**Which Way To God?**

There are so many religions with so many different teachings, all claiming to point men to God. We must take time considering the source of life and its purpose.

Some think choosing a religion is like choosing goods at the supermarket. 'You have all these brands to choose from, pick one that suits you. After all, they're all much the same, aren't they? I like Jesus, you like Allah, someone else like Mohammed. It doesn't make any difference.'

But do all religions lead to God? If they did, that would mean that religious teachings that completely contradict each other are possible! We would never accept such a thing in any other area of life, so why accept it when it comes to religion?

*Who is God?*

Some people deny God's existence. Others say there may be a God but it's impossible for us to know Him. Some say God is a God, a Supreme Being of some sort. Their problem is that they know so little, if anything, about Him. For example, if we could see God, and never truly know this One, would be like believing in happiness and never wishing to experience it.

What has God said about Himself? We must look in the Bible, which often refers to itself as "the Word of God" who is gloriously and wonderfully unique (Isaiah 46:9). There never was a time when God did not exist (Psalm 90:2). He is the space and everything in them. If there had been no God, there would have been no universe, no world (Revelation 22:13).

God is not like anyone or anything else. He has warned us against making up our own ideas about Him. "Who has equalled Him?" (Isaiah 40:18). God accuses us of thinking that He is like us: "Thou thoughtest that I was altogether like thee: I was as thou art, sitting upon the earth: and thou thoughtest that I would be as thou art, a man: but I am God, and thou art flesh" (Isaiah 50:21). "As the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts" (Isaiah 55:9).

God is unchanging and ever-present (Isaiah 45:21; Mat 3:6; Psalm 139:7-10) and absolutely holy (Ex. 15:1) and cannot, tolerate sin. That creates an immense problem for each one of us.

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This is the first installment of a nine part series from Daniel Shanks in his track "Which Way To God."

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**Take a minute out of your day and pray. Eloquency impresses only Man.**

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**In Today's Issue:**

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<http://www.magnoliawalker.com/advertising/adlandpro/adlandpro.html>



<http://www.adtactics.com/index.php?ac=magnoliawalker>

## ***Business Opportunities For You***

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When they said, "\$10,000 in TWO WEEKS" -- we believed they were telling the truth...THEY LIED TO US!

THE MOST COMMON LIES IN INTERNET MARKETING EXPOSED!

<http://all-in-one-business.com/cgi-bin/at.cgi?a=264608>

Alexa Tool Bar

[http://download.alexa.com/?amzn\\_id=themagnoliawa-20](http://download.alexa.com/?amzn_id=themagnoliawa-20)



<http://www.allsat.com/?kbid=8808>

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With DISH Network, get over 60 great channels, including local channels\*, starting at just \$31.99/mo.

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## How to Make Money Selling Ebooks

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By: Terri Seymour

If you are looking for ways to make money online or to expand your existing home business, selling ebook ebooks is easy, affordable and there are practically no expenses (other than purchasing the ebooks). You ebooks yourself to save money and to help spread the word about you and your business!

You can either purchase ebooks with or without resell rights. I would recommend buying ebooks with resell additional reason to purchase from you. They can then sell the ebooks them- selves!

There are several ways you can set up your new ebook selling site or ebook store.

Sell on Ebay

You can auction off your ebooks on eBay. eBay has very specific policies on selling ebooks so be SURE to

*Offer Ebooks on Your Site*

If you already have a site, you can easily offer the ebooks on your existing site. Make a folder called ebook to your host. Upload all your ebooks into this folder. Give them keyed names so people will not be able to

For example: if you have an ebook called Ezine Publishing and you call the file ezinepublishing.zip, this could "guess" the download link by the name and download the ebook for free.

You want to code the names- for example: instead of ezine publishing, you might name the file ez-pub-32c impossible for people to guess so they are unable to steal the ebook.

Then add an index page where you would introduce your ebook store to your visitors. Let them know there delivered electronically. Make sure you introduce your ebook store on your site homepage as well.

You might also want to list the categories on the index page so your customers can click directly to the ebook short description of the ebook and a graphic (if possible). You can have a whole page for each ebook or you

Go to Paypal and make up a button to put on your site for ordering. If you do not like Paypal, use any payment processor.

**\*\*TIP - To avoid the time of making up each individual button, use the code from the first button and just change the item name and code. This will save you a lot of time in setting up your ebook store.**

### *Automatic Digital Delivery*

You can purchase a program for setting up your store and having all purchases automatically delivered. This helps your customers the items immediately which helps with repeat sales.

One such program that does this very well is called The Digital Store. Do a search for this or automatic digital delivery. There is a wide variety of scripts/programs to suit your needs.

Be sure to continually add new ebooks for your existing customers. We have had numerous repeat sales because we have a mailing list to keep people up to date of your new additions and any specials or sales you may be having.

### *Affiliate Programs*

You can also sell other people's ebooks by joining their affiliate program. This means that for every ebook sold you get a percentage from the ebook owner. If you write your own ebook, you could also start your own affiliate program. To find more information on ebook affiliate programs.

If you do purchase and/or write your own ebooks for resale, be sure to choose/write the ebooks with a lot of value for the customer. There are a lot of ebooks that are simply full of ads and sales letters for the writer's products. You want to write ebooks that are helpful to the reader.

People love to buy and read good ebooks and if you offer a good selection and price, they will continue to buy from you.

\*\*\*\*\*

Seymour Products can get you started with your ebook store. We offer a huge selection of ebooks and software for sale at a low cost. Each! Seymour Products also offer a low-cost, wholesale home based business distributorship with unlimited potential. Visit our website at <http://www.seymourproducts.com/ebooks-resell>

## ***Resources To Help YOU Build Your Business***

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### **Search Engine Masters Course**

A FREE 5 day email course on how your web site can get top 10 rankings in the other search engines. People who have subscribed to the course earlier have literally been amazed that we give away such invaluable information and secrets for free!

Enter your first name, last name and email address below to subscribe to the course:

First Name:

Last Name:

Primary Email Address:

Note: Your email address is safe and will never be given to any third party by us. For more information, please see our [Privacy Statement](#).

### **Stop Your Email From Being Stolen!**

<http://alicorna.com/cgi/obfuscator.cgi>

**Find What You Need Here:**

[ClickBank Marketplace](#)

### **Free Reports to Help You Make Money!**

<http://all-in-one-business.com>

### **Do you need articles for your newsletter?**

<http://www.ezinetrendz.com>

<http://www.freesticky.com>

<http://www.ideamarketers.com>

<http://www.isyndicate.com>

<http://www.marketing-seek.com>

<http://www.findarticles.com>

### **All of these are fr--, if you are building your own page here is some help.**

[Resource-A-Day](#)

[Creative Connectivity's Banner Creator](#)

<http://freewebtemplates.com>

<http://www.htmlgoodies.com>

<http://www.free-graphics.com>

<http://www.commercialnetworks.com/FormBuilder/formbuilder.cgi>

<http://www.internetseer.com>

<http://www.web-animator.com>

<http://www.flamingtext.com/>

<http://coolgraphics.com/>

<http://www.free-web-space-finder.com>

<http://www.free-webhosts.com>

[http://cgi.resourceindex.com/Programs\\_and\\_Scripts/](http://cgi.resourceindex.com/Programs_and_Scripts/)

<http://www.htmlgoodies.com>

<http://www.freesitetemplates.com>

<http://www.javascripts.com>

<http://www.swishzone.com>

<http://www.netmechanic.com>

<http://www.bignosebird.com>

<http://www.gotlogos.com>

<http://www.xav.com/scripts/axs/index.html>

<http://www.freedback.com>

## Free Search Engine Submission Pages

SearchHippo
<input type="text"/>
<input type="button" value="Search!"/>



[http://www.ah-ha.com/list/list\\_addurl.asp](http://www.ah-ha.com/list/list_addurl.asp)  
[http://www.alltheweb.com/add\\_url.php](http://www.alltheweb.com/add_url.php)  
<http://www.altavista.com/sites/search/addurl>  
<http://www.dogpile.com/t/help/addurl>  
<http://www.google.com/addurl.html>  
<http://hotbot.lycos.com/addurl.asp>  
[http://listings.looksmart.com/info/msn\\_free\\_submit.jhtml](http://listings.looksmart.com/info/msn_free_submit.jhtml)  
<http://www.nationaldirectory.com/addurl/>  
[http://www.northernlight.com/docs/regurl\\_help.html](http://www.northernlight.com/docs/regurl_help.html)  
<http://dmoz.org/add.html>  
<http://www.scrubtheweb.com/addurl.html>  
[http://www.voila.fr/Informations/Moteur\\_guide/submit.html](http://www.voila.fr/Informations/Moteur_guide/submit.html)

### Additional advertising opportunities:

[Viral Ad Board 1](#)

[Viral Ad Board 2](#)

[Viral Ad Board 3](#)

[Viral Ad Board 4](#)

<p>Want 1000's Of People Building YOUR Mailing List For Free? <b>HOT</b> <b>ListFire.com</b></p>
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<http://www.ShoppingWithWomen.com>  
<http://www.theExpoConnection.com>  
<http://www.MomPack.com>  
<http://www.MoneyMakingMommy.com>  
<http://www.InternetBasedMoms.com>  
<http://www.UnitedWAHMsOfAmerica.com>  
<http://www.aworkathomemom.com>  
<http://www.mothersworkathome.com>  
<http://www.BakingABusiness.com>  
<http://www.wahm.com>  
<http://www.motherlist.com>  
<http://www.digital-women.com>

## ***Internet and Marketing Help***

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### **The Search Engine Optimization Game Is Getting Tricky**

For more than 4 years now I have been modifying my work from home based web sites to search engines, Especially Google. Today with much disappointment I have come to the realization that search engine optimization will not make me rich. Yes my search engine rankings are now worse today than when I started.

Google is constantly changing their algorithms which may or may not benefit your web site. And then there is Yahoo and MSN search on the horizon. It appears these 2 are beginning to take market share from Google. Although this is not necessarily a bad thing we now need to optimize for 3 search engines instead of the good old days if you had a number 1 ranking on Google for work from home (the holy grail) you had a number 1 on Yahoo and MSN for work from home. Today that is not the case.

I have always been reading other people saying not to place all your chips on Google and now I realize how correct they were. I still optimize for search engines this will never change. But for search engine optimization other advertising methods must be used if you want to make it on the internet.

If you have the money paying for placement is not a bad idea. Google has its very popular AdWords program which will place your website link in an ad box down the right hand side of the search results. Ads which are placed above the natural search results. But you will need to be in the top 3 for your keyword to be in the ad box.

[The Sims 2](#)  
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[Star Wars](#)  
Lucas Arts  
Entertainment Co. LLC

[Dungeons & Dragons Online](#)  
Atari

[World of Warcraft](#)  
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2K Games

[Microsoft Age of Empires 3](#)  
Microsoft Software

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<div data-bbox=)

There are literally hundreds more options for you to advertise your website both online a into in this article. The main point is don't put all your eggs into one basket like I did (GO everywhere and don't count on a good search engine ranking. If you do everything else r your site for you.

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Tom Worsley is a successful work from home Internet marketer and independent repres Webmaster for <http://www.bigmoolla.com> & <http://kawarthapublishing.com>. This article m your newsletter as long as this resource box is included.

## Helping Hand At Home

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## Your Journal, Your Journey, Your Story

### *Keeping A Journal*

Everyone has a story. Your experiences, your feelings, ideas, thoughts, and dreams all combine to form your story. A great way to keep a relative reflection of all those things that have happened in your life is to keep a journal, a month end summary journal, any or all these are ways you can keep track and record your experiences.

Your story, your journal is all about whatever, whomever, however, whenever you want it to be about. You can write a paragraph, or pages. You can write in YOUR journal every day, or you can write every week or every month or every few months.) Some people have not journaled for years and then started again, when the time was right for them. You choose when to write and when not to write.

YOUR journal contains whatever you want to write about - The beauty of the sunset you saw tonite, your child's joy and inspiration of the new art exhibit you just saw, your fear and excitement about what is happening with your new assignment at work. Writing about whatever is important to you right then and there is just one of the things you can write in your journal, or not. I have written about soup, the weather, my self, my friends, and my dreams for the future. Your journal, is a place where you choose to store what is important to you.

The start of your journal can be any day of any year. The day you feel you want to start recording your experiences is the day to start journaling. It can be January 1, August 19, or today. There is no set time of year to begin a journal. Some people like the idea of starting their journaling on January 1. They write their goals and ideas at the beginning of the year. Others start the very day it occurs to them that they want to write about their lives in a journal. Whatever you choose, that is all that matters.

What you want to journal in is up to you. You may get a notebook, plain paper, or a blank book. You decide what to write with, a pencil, is also up to you. I journal with a favorite pen that makes my writing easier for me because it "glides". You can record your journal on tape, video, or the computer. Writing letters can be another form of journaling your experiences. You can also write daily on a calendar.

Remembering to take vitamins is hard for me to do everyday. Unless I set them somewhere that I will see them every day. The same is true for my journaling. So, I keep my journal on my desk where I will see it every day. For you, it could be by your coffee in the morning, your night stand, or by your exercise equipment. Keep it someplace where you will remember to write.

You may want to have a special, secret place for your journal, so no one else can read it. You can keep it can also ask the people around you not to read your journal, as it is private and only concerns you. As you people you can also use code words or symbols for those experiences. It is important that you feel safe as Think about how you can create that safe space for yourself in your own environment.

There are many benefits from keeping a journal. They include reducing stress, help in setting daily and futi organization of your thoughts and planning your day. Journaling also helps you focus as you are putting in what you are thinking and feeling.

Write it down, get it out. A journal also creates a very helpful personal reminder. Keeping a journal of your about your life can improve your well-being, emotionally, physically, and spiritually. Taking time every day your journal, makes time for you. You can give that to yourself. The written record of your story becomes a scrapbook of your life and times.

### A place to start journaling

On a piece of paper, write your answers to the question, "Which three words best describe how you are fe excited, positive For example-nervous, tense, worried

When you are done writing, you have just journaled.

Writing, expressing, can heal us. It can focus, support, and enhance our lives and well-being. Whether we sorrow or joy, we can understand more about ourselves, and each other, through keeping a journal.

With the passage of time, we gain a different perspective. Time is a healer. What was once hard, or unbea giving us a clearer picture. Recording and tracking our lives by keeping a journal, can actually bring relief,

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Doreene Clement is the creator of, The 5 Year Journal, a journal where you can journal your life in one bo at [www.the5yearjournal.com](http://www.the5yearjournal.com) [aboutjournaling@aol.com](mailto:aboutjournaling@aol.com) 480.423.8095

## ***Another Guest Article For You***

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[Get FREE NEXT DAY Shipping on any order over \\$275 from Harris Michael Jewelry! Enter HMJfree2nd dt](#)

[10% OFF all Engagement Rings at Harris Michael Jewelry. Just enter HMJ10offENG when you check out.](#)

[Save 10% on any of the beautiful Cameo Rings at Harris Michael Jewelry! Just enter HMJ10offCAMR whe](#)

[Take another \\$10 OFF Any Order Over \\$100 at Harris Michael Jewelry! Just enter HMJD10off100 when yc](#)

## **How to 'Force' Your Visitors to Order Immediately!**

This may come as a surprise to you but, if you're using popups on your website (which you should), then wrong. Almost everybody is.

Did you know, for example, that top marketers are using HIDDEN techniques that make any given popup 10 times more effective than the VERY SAME popup would be on yours!

In fact, Stephen Pierce has actually admitted that one of these hidden popup techniques increased his pro

Here's how that technique works...

Let's say Joe Bloggs has visited your site but has decided ( for whatever reason) not to order just yet. He c

Up jumps a window that makes Joe a special offer he just CAN' T refuse. On top of that, Joe has only got 10 seconds on his mind. There's a countdown happening right before his eyes. If he doesn't react before the time expires,he

Suddenly Joe is back on your site and placing his order.

I call these 'Pressure Popups' because they really put your visitors' backs to the wall and practically force t

For pressure popups to be completely effective they have to be 'conditional'. In other words, they should o

You don't, for example, want the pressure popup to show if your visitor is about to order your product. Afte

In short, if your visitor is ordering, leave him/her alone. However, if your visitor is clicking away, hit him/her

Make sure there's a live countdown on your popup. Remind your visitor that, once the countdown has ended, never be displayed again.

It's easy to see how this kind of popup will make the visitor seriously reconsider your offer. This is particularly like your product but decided to order later (and usually never come back). This is the incentive they need guarantees you a sale that would otherwise have been lost.

In the four months since I first added a conditional pressure popup to one of my sites, sales have increased to know that every single extra 'pressure' sale I've made is one that would never have happened otherwise.

Adding conditional pressure popups to your site is simply a question of placing a piece of javascript on your page. ScriptLance.com and hire a programmer to create the code. Or, you could download point and click software and make them for you.

Whichever approach you decide to use, go ahead and add these powerful popups to your website today with a pressure!

Michael Hopkins is a successful web marketer and developer of the world's most powerful popup generator. [Here](#)

## ***Gardening Tips To Improve Your Landscape, Vegetable Garden &***

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[Frugal shoppers rave about the amazing aisle-by-aisle grocery list software that simplifies day-to-day solution to simplify grocery lists and save steps at the store?](#)

[\\* Looking for a grocery coupon organizer to simplify saving money?](#)

[\\* Looking for a food recipe organizer to simplify meal planning?](#)

[\\* Looking for a way to beat stress and have more fun at the store?](#)

### **10 Beneficial Insects For Gardening**

1. Aphid Midge: These insects look like a delicate, small wasp. The larvae eats more than sixty varieties of plants. They attract them by growing plants with a lot of pollen and nectar.
2. Big-Eyed Bug: This is a fast-moving bug with large eyes and very small black spots on its head and thorax. They are found in field crops and orchards. The big-eyed bug eats leafhoppers, spider mites, plant bugs, aphids, and other insects.

asset to gardening.

3. Ladybugs come in sizes ranging from 1/16 to 3/8 inch and have circular red, orange or yellow trunks amounts of pollen and nectar- producing flower are that is where you will find ladybugs. Aphids, mealybugs are the ladybugs favorites. The ladybug is related to the Mexican bean beetle but they are beneficial.
4. Minute Pirate Bug: This bug is black and white and is typically about ~ of a inch long as an adult. The eggs, leafhoppers, and thrips. They move fast and are attracted to gardens that contain goldenrod, y
5. Mealybug Destroyer: The adult mealybug is 1/3 inch long with an oval body and a coral-colored abd mealybugs are present, the mealybug destroyer is there naturally and feeds on mealybugs in the gar
6. Spined Soldier Bug: An adult grows to ~ inch in length. They are grayish brown and the shoulders of Bugs of choice are caterpillars, armyworms, grubs, sawflies, and Mexican bean beetle larvae. The sp perennial plants near a garden.
7. Tachinid Fly: These bugs resemble large, hairy houseflies and can become quite large (1/3 to ~ inch Tachinid Fly kill a variety of species of caterpillars. Adult Tachinid Flies like flower nectar, parsley, sw
8. Tiger Beetles: Look for adults that range in length from ~ to 3/4 inches. They are long-legged and bri pests. Plant perennials when gardening and the tiger beetles should follow.
9. Tiger Beetles: This bug grows to approximately ~ to ~ inches long. They have long legs and are brig variety of pests and are therefore an asset to gardening. To attract them plant perennials.
10. Bumblebee: The adults grow to 1 inch long and are plump with yellow and black striping. They have wings. The bumblebee is a pollinator and is attracted to pollen and nectar flowers.

It's important to attract beneficial insects to your garden. They pollinate and can rid your garden of unwanted

Shamine Hoh is the webmaster and owner of [Razo Gardening](http://www.razogardening.com/) which is an excellent place to find gardening more information on this article, please visit: <http://www.razogardening.com/>

## ***This Week's Ad Code***

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[\\$10 off \\$100 purchase at Aunties Beads: PRESENT05A](#)

Get your FREE Ad included in next weeks issue!

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## ***Kid's Corner***

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## **20 Fun, Indoor Activities for Bored Kids**

**By Amanda Formaro**

When it's raining, snowing, or just plain too cold to play outside, your household can fall victim to the "I'm Bored" syndrome. With a little creativity and imagination, you can turn the tables and find fun things to do without running to the store or turning on the TV. Write each idea on a slip of paper and put them in a hat. The next time the kids are bored, let them decide which activity to do first!

1) **Plate of Bubbles** - All you need for this fun activity is a small plate, a plastic drinking straw, dish washing liquid (that's all you need!) of dish washing liquid in the center of a plate. Carefully run tap water onto plate to create some foam or bubbles. Carefully place the plate on a flat, sturdy surface, such as the kitchen table, into the water. To create bubbles, blow gently and slowly into the sudsy water. Not too fast, it won't work! 5 bubbles!

2) **Animal Jumble** - This works best with 3 or more children, but can certainly be adapted for 2 kids. Assign the child choosing the animal. Have them draw their part on white or construction paper. The idea is that everyone is drawing. For example, have Bobby draw the head (maybe he chose a dog), Cindy draws the legs, and so on. When they are all finished drawing, have them cut out their parts and tape the animal together. Have fun! You may be the first to discover the "Dog-aphant-monk-iraffe"!

3) **Cartoon Strip** - Many parents will remember this from their own childhood! You will need a pad of paper. At the bottom of the pad, starting from the left, draw a stick figure, a box car, cartoon dog, anything you want to picture. On the next page, draw the figure again with a slightly different pose and a position a little bit to the right of the page before. Repeat until you reach the right side of the pad. Now fan the pages with your thumb to watch your character move!

4) **Coffee Can Stilts** - Turn 2 coffee cans upside down so that the plastic lids are on the bottom. Poke a hole in the center of each lid using a screwdriver (parental supervision is recommended). Use rope, bailing twine, or several strands of string. Thread through one hole. Thread the other end of the rope through the hole on the other side and tie off into a loop long enough so that when your child stands on the cans, the rope is high enough for them to hold in their hands. Turn the cans over.

5) **Cookie Cutter Glitters** - Pull out the construction paper, glue, glitter, stickers and cookie cutters. Kids can choose shapes, spread glue over the shape and decorate with glitter and stickers. This can be a messy craft, so bring a drop cloth and garbage can for scraps. Using a vacuum with a hose attachment is a much easier method of cleanup.

6) **Feely Box** - Use any box that closes or has a lid, a shoebox is ideal. Cut a hole in the side of the box large enough for a hand to go inside. Place an object inside the box and see if they can guess what it is. If they can't guess right away, let them feel the object with clues until they figure it out.

7) **Hide the Object** - Using any ordinary object (stuffed animal, vitamin bottle, drinking cup, etc), play this game with children. Simply have your child hide their eyes, then place the object somewhere in plain view (on the fire escape, the front door, etc) and then have them look for it. Another idea is to use objects relating to a particular theme. If the Kindergarten is focusing on the letter "A" that week, use objects that begin with "A" (apple, alligator [stuffed], etc). For older kids, tuck this game for older kids by hiding the object a little deeper. You might place the vitamin bottle halfway behind the couch, tucked halfway down the side of the couch.

8) **Writing Box** - If your house has kids, you need one of these. You can find shoe box sized plastic containers at a store. Stock the box with crayons, markers, colored pencils, small plain paper pads, stickers, stencils, a pencil sharpener. The box should be kept stocked so that when needed, everything will be at your fingertips. Explain to children that everything that comes out, must go back in for the next time they want to get creative.

9) **Picnic Indoors** - Pack a basket with paper plates, utensils and cups. Make sandwiches, pack fresh fruit and yogurt for dessert. Spread a blanket on the living room floor and serve a picnic lunch indoors! Add to the fun!

beach attire. Be sure to wear your sunglasses and your sunscreen!

10) **Paper Bag Puppets** - The easiest form of this requires only a paper lunch bag and crayons or markers. Have a puppet! To make the characters more elaborate, decorate with yarn for hair, buttons for eyes, and buttons added to the hair or made into a bow tie for the "neck". Draw on eyelashes and lips with colorful markers.

11) **Collages** - Save old magazines and catalogs and store them in a cabinet just for this purpose. Have them stick them onto a piece of cardboard or construction paper. You can let them cut out whatever they want, or assign a theme to go by for a more challenging project. Keep a trash can close by for the scraps and be sure to

12) **Coloring Pasta** - Place a handful of dry, uncooked pasta, such as ziti, rotini or farfelle, into a plastic ziplock bag with white vinegar and 2-3 drops of food coloring. Close the baggie and have the kids shake the bag until the pasta is coated. Lay out onto a paper plate or paper towel and allow to dry. Use several baggies to create different colors. Once the pasta is dry, string together pieces to make necklaces and bracelets, or glue them to paper plates or construction paper.

13) **Shadowboxes** - Paint the inside of a shoebox with black or dark blue poster or acrylic paint. If you don't have black construction paper inside the box. Using white crayons or stickers, create a nighttime scene with stars on a black background. You can use small plastic toys to create a scene inside your shadowbox, or make your own with small pictures from coloring books and color and adhere to your scene. Hang a spaceship or shooting

14) **Indoor Hopscotch** - If you have a cement basement floor, use chalk to draw out a hopscotch board. The chalk will wash off with a mop and warm water.

15) **Family Memory Game** - Play a family memory game with your kids by asking questions like "What is Aunt Tammy married to?" Look through old photo albums and see if kids can guess who is who in each picture.

16) **Hot Beanie** - This variation of the old favorite "Hot Potato" uses a beanie type toy. Have everyone sit in a circle, one person to another, never knowing where it's going to end up.

17) **Name That Tune** - Hum tunes from popular songs and see who can guess it first. Whoever guesses correctly

18) **Create a Story** - You can do this out loud or have kids write their entries on paper. Someone starts the story with "I lived a...", that person chooses the character and setting (princess in a far away land). The next child tells the story around the room, the story changing with each new addition.

19) **Never Ending Adjectives** - Ask your child to point out an object, then takes turns coming up with adjectives. For example, you may say "a ball", your child would say "a big ball". The game might continue with "a big round ball", "a bouncing white ball" and end with "a big round bouncing white beach ball".

20) **Sardines (Reverse Hide-n-Seek)** - One child is the hider, everyone else is a seeker. The hider hides when a seeker finds the hider, instead of pointing him out, he joins him in the hiding place. Soon, the child has a box of sardines! The first child to find the hider gets to hide next.

Amanda Formaro is the crafty, entrepreneurial mother of four children. While Amanda's professional background chose to stay home to raise her family after her third child was born. Amanda enjoys tole painting, crafting and working on her website [FamilyCorner.com Magazine](http://www.familycorner.com)

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## ***Recipes - Everyone has to eat, so lets eat well!***

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### Diabetic Chocolate Cake

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- 6 tablespoons reduced-calorie stick margarine
- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon chocolate extract
- 1 cup plus 2 tablespoons all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup plus 2 tablespoons granulated sugar
- 12 packets or 4 teaspoons bulk Sweet'n Low granulated sugar substitute, divided

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- 1/4 cup liquid egg substitute
- 2 teaspoons vanilla extract
- 1 teaspoon grated orange peel
- 1/2 cup buttermilk
- 2 large egg whites, at room temperature
- 1/4 teaspoon cream of tartar

1. Preheat oven to 325 degrees F. Spray bundt pan with nonstick cooking spray; set aside. Melt 2 tablespoons margarine; remove from heat. Stir in cocoa and chocolate extra sift together flour, baking powder, baking soda and salt. Set aside.

2. In large bowl with electric mixer at medium speed, cream remaining margarine, sugar, (2 1/2 teaspoons bulk), egg substitute, vanilla and orange peel. Beat in reserved chocolate mixture, buttermilk, beginning and ending with flour and beating well after each addition.

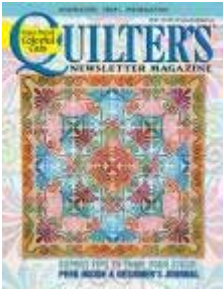
3. In large metal bowl with electric mixer at high speed, beat egg whites, cream of tartar until stiff peaks form. Spoon into prepared pan. Bake 30 minutes or until wooden toothpick inserted into center comes out clean. Remove cake from pan and cool completely on rack.

Makes 12 servings.  
 Serving size: 1/12 recipe  
 Yield: 12  
 Exchanges: 1 Starch, 1 Fat  
 Nutrition: 112 Calories, 3 g Protein, 18 g Carbo, 4 g Fat

<http://www.e-cookbooks.net/recipes/diab39.htm>

## ***Parent's Corner - Keeping Sane in today's world***





## Co-Parenting with God

By Debbie Milam

It was a day that will forever be etched into my being. My husband was out of town for a week visiting his r passed away and I was parenting my extraordinary children solo. After five days of referring high drama, g emotions, loving unconditionally and relaxing righteous indignation, I was exhausted.

Feeling both physically and emotionally drained I put my children to bed and sat down to meditate and pra surrounded by a blissful connection to the creator. In my mind I asked God what I needed to learn to parer moments God's wisdom poured through my soul. As I melted into to the divine communion, several keys fr guided to look deeply into my children's eyes when I become frustrated and remember how small they rea they hug me and how they melt my heart with love.

I felt my burdens being lifted as more insights were revealed. I was guided that when I lose my patience to my children to do the same. I was directed to support them in making right choices, but to remember that t their souls need to make mistakes. I was shown that we were brought together to help each other grow an lessons to learn and so did I.

Tears began to flow as the wisdom poured forth. I was told that when the world seemed overwhelming to p loves each of them. I was told to be an example of the healing power of kindness and to teach that each o world.

The joyous lessons became more profound as God whispered, "When you are with your children be fully p cry with them and celebrate life with them." But perhaps the wisdom that touched my heart the deepest wa blessing God had ever bestowed upon me.

I felt my life force reignite and I was now able to see the beauty and the innocence in my children. I was at to their souls. With this reverent knowing in my heart I walked into my children's room. As they lie sleeping for the wisdom that would help me be a better parent and for the blessing of these beautiful little angels.

How different would our families be if God's wisdom guided all our parenting choices? Take a deep breath learn to parent more effectively. As this guidance fills your heart you can then parent from a place of strength and children reach their highest potential. May you and your children be showered with peace, health, joy and

Debbie Milam is an occupational therapist, life coach and syndicated columnist for United Press International over 300 in places like the Hallmark Channel, PBS, First for Women, The Miami Herald, Elle, Ladies Home Journal and WebMD. Her book is The Art of Overcoming, Your Remedy for Rising Above Stress, Adversity, and Life's Challenges. Through her website www.TheArtOfOvercoming.com she has developed a wealth of resources to help you and your children discover your personal pathway to peace, health and joy.

[debbie@theartofovercoming.com](mailto:debbie@theartofovercoming.com)

Author's URL: <http://www.theartofovercoming.com> More Details about <http://www.theartofovercoming.com> occupational therapist, life coach and syndicated columnist for United Press International. Her work has been featured on the Hallmark Channel, PBS, First for Women, The Miami Herald, Elle, Ladies Home Journal and WebMD. Her book is The Art of Overcoming, Your Remedy for Rising Above Stress, Adversity, and Life's Challenges. Through her website she has developed a wealth of resources to help you and your children discover your personal pathway to peace

## ***Pet's Corner - Taking care of our animals correctly***

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The Animal Rescue Site is having trouble getting enough people to click on their link daily to meet their quota of getting free food donated every day to abused and neglected animals. It takes less than a minute to go to their website and click on "feed an animal in need" for free. This doesn't cost you a thing. Their corporate sponsors/advertisers use the number of daily visits to donate food to abandoned/neglected animals in exchange for advertising.

Here's the web site! Pass it along to people you know. <http://www.theanimalrescuesite.com>

### **Animal Care - Pet Pests Are Back!**

**By Bill Knell**

While most Garden Buffs can hardly wait for spring and summer to arrive, many pet owners fear this lovely beginning of flea and tick season. While the exact time when these tiny pests appear en masse to torture p wise Pet Owner starts to prepare for their arrival as the snow melts, flowers bloom or the temperatures sta

Preparation can help avoid infestation. Flea and ticks may seem like super-pests that are able to thwart ev keep them out, but they are not as tough as you might think. In most cases, people actually invite these pe homes by their action or inaction. They do this by creating a flea and tick friendly environment.

I received a letter from a big city apartment dweller a few years ago. He had a small dog and lived in a clea apartment. He took stellar care of his dog, had his place professionally cleaned and always made sure tha animals and areas likely to be infested. Despite all these precautions, his pet always ended up with fleas. I for a number of years, I knew that his problem was a common one. People who live in urban areas or clea understand how their pets get flea and tick infestations. Well, it's a lot easier than you might think.

During my days in New York City, I watched more then a few people walk their pets near trees. I mean, w The problem is that almost all trees in urban or suburban settings have grass, weeds or some other form c grass is rarely trimmed to proper standards. Fleas love tall grass because it's just a hop, skip and jump to use the nearby tree as an animal restroom. Ticks also have a field day with these areas. Animals free and infested pets and you know the rest of the story.

There are just no shortcuts to preventing flea and tick infestation. It is all about cleanliness, vigilance and r clean and well-kept environment for your pet is the best way to avoid infestation. Problem areas include re bushes. Problem situations include contact with other animals and exposure to environments outside of yc

Let's begin with the garbage. Refuse areas are the perfect breeding ground for all kinds of pests. Keeping containers clean and making sure they are tightly covered is a step in the right direction. However, you als near or have regular contact with the containers or the area where they are kept. Pets are attracted to the even be able to detect). So are other animals. Birds and various animal visitors to your property can bring end up infesting your pets. Refuse areas should be fenced off or placed outside of your pet s roaming are away from areas where your pet eats, drinks or exercises.

Wild birds carry a number of tiny pests and diseases that can seriously affect the health of domesticated p to drink or bath, they can pass all kinds of health problems along to your animals. A large or concentrated major problem. While you cannot avoid having birds visit your yard or balcony, you can help limit their acco your way to welcome large numbers of them. Feed and water your pets inside. Avoid Bird Feeders if you h nearby. Keep pets inside when you seed your lawn.

The best way to place a NO VACANCY sign on your property when it comes to fleas and ticks is to avoid clutter. Keep your lawn, trees and bushes trimmed. Use small portable gardening fences or other means of containing areas between bushes, small trees, gardens and your house. Purchase flea and tick preventive lawn spray and allow the spray to be easily applied to your lawn, trees, plants and bushes. Most of these spray products are available at garden department stores. Outside areas should be sprayed once a month from March until October (and later if the pet has access to a balcony, patio, deck or garage, these areas need to be kept clean as well and may also be available in aerosol cans.

Dog Houses, concrete Pet Runs and containment areas can become havens for all kinds of bacteria, pests and diseases. If you have a specific need to have these artificial areas on your property, don't bother with them. Your pet is better off with a clean environment. They require a huge amount of maintenance and cleaning. Even when properly maintained and cleaned, it's difficult to avoid troublesome pests.

Once you get the clean pet area thing down, you have another big hurdle to jump. Spring is the perfect time to visit parks and park facilities. We all love to take our pets to the park and show them off. Well, fleas and ticks love the kinds of pests and health threats rear their ugly heads to threaten your beloved pet. That is why it's smart to avoid parks with lots of other pets, wild animals, tall grass and poorly maintained flora.

If you've got Spring Fever, curb your enthusiasm and keep your pet safe. I just cringe when I see people bring their dogs to parks and allow them to run all over the place unleashed. That's wrong on so many levels and it is an even bigger problem when you consider that maybe they watched too many Lassie reruns and have a vision of their dog running across a high grass meadow and having a heart attack while plowing his field? Perhaps they saw Free Willy, all the sequels and want to give their pet the existence they endure as domesticated pets? Either way, letting your pet run free in public areas is not doing it right (except fleas and ticks, they love you for it).

Another way to help keep your pet free of pests is by keeping the outside from coming inside. During the 1950s, my mother loved to go walking out in the country (as long as it consisted of meadows off any one of the parkways or highways). She brought all kinds of wild plants and berries into the house from those places. I decided to make Dandelion Wine, spent a couple of days collecting Dandelions and a couple of months trying to make something someone would actually drink.

After any one of her attempts to get closer to nature, our home quickly filled with wild flora and all kinds of other annoying bugs that came along for the ride or were attracted by them. My Mom got really mad at me when she caused a fly with a human head to be brought into the house after collecting a bunch of wild plants and ferns from a laboratory. I think the fly kept saying, "Help ME Help ME!" The object lesson here is to keep inside plants and ferns outside away from your pets. Trudging around nature and making it welcome in your dwelling can bring more pests into your environment. May I suggest getting your inside flora from a reputable Nursery?

Because fleas and ticks have become such a big problem, there are now a number of indoor and outdoor pet products available.

pet and their environment. Given the possible repercussions of exposing a pet to any chemicals, I suggest input on these choices before using any. They are some natural choices that produce the same result.

A natural flea repellent can be produced by cutting up a lemon, allowing it to sit in a spray bottle overnight dog. Avoid their eyes, but spray behind their ears. The spray can also be used on your pet's environment be added to the final rinse of your pet's bedding to help keep those tiny varmints away. Fleas hate salt and really hopping with fleas, apply a thin layer of salt to your floor, carpet and furniture, then vacuum. You will be against all kinds of annoying pests. Dogs who need a flea bath can be bathed with some Lavender oil. . hate garlic, but so do fleas and ticks. Garlic can be added to a nice piece of meat or chicken. When your p pests.

When it comes to fleas and ticks, they always prefer to come into a pest friendly environment. The best way your pet, your housing and yourself is by making sure that you do not put out a WELCOME sign. Keep you well groomed. Pest proof your dwelling. Use common sense when taking your pet outside or away from home easier to keep these pests out then to make them leave once they have found a nice place to stay.

Read more about Dog Care and health tips at <http://doggiestyle.billknell.com> Adopt a puppy at <http://www.http://www.ArizonaPups.com>

A native New Yorker now living in Arizona, Bill Knell is a forty-something guy with a wealth of knowledge and a number of articles on a wide variety of subjects. A popular Speaker, Bill Knell presents seminars on a number of topics to popular radio and television show Guest, you've heard Bill on thousands of top-rated shows in all formats ; international television programs. <http://www.billknell.com>

## ***Herb Tips - Using God's Gifts for food and health***

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### **IONIC MINERALS THE KEY TO MAINTAINING GOOD HEALTH**

© By Lena Sanchez

What are minerals? Why do we need minerals? What are Electrolytes? Why do we need electrolytes? What are ionic and colloidal? Read on for answers to these questions and more!

Minerals make up our body and keep each system and organs working in sync, when the proper balance is maintained.

What are minerals?

Minerals are the electrolytes in our body that balances it out and gives us a healthy mind and body, making it strong enough to support our weight, giving our brain the ability to function as it should.

What is an Electrolyte?

Electrolyte: A substance that dissociates into "ions" when fused or in solution, thus becoming capable of conducting electricity. Electrolytes play an essential role in the workings of the cells and in maintaining fluid balance and a normal pH level. Electrolytes are something you need in the right amounts to be healthy in both mind and body, without BALANCE.

Think of minerals as the battery to your body, as the battery is to your car. Without that battery in your car, the car will not start. Well, same thing with your body with one slight difference. That difference is that your body can function for a long time, where the car will not.

When the electrolytes are imbalanced, or are out of balance in proportion to each other, symptoms occur. These symptoms are subtle and most people will ignore the symptoms until illness occurs.

If a body has inefficient amounts of Electrolytes in the system, all kinds of things happen to you. First off, vitamins are not absorbed into your system without the correct amounts of electrolytes. When this occurs, small things happen, such as slight depression, headaches, dry mouth, ever so slight dizziness, dry skin, dry hair. All of which are taxing the systems and organs. Over time, when mineral imbalance is prolonged, more exaggerated tiredness (chronic fatigue), migraines (migraine, tension), dry skin, dry hair, brittle nails, depression, manic episodes, paranoia, and even obesity can be recognized as a mineral/vitamin problem. The drug companies have come up with all kinds of little pills to treat these symptoms, but what is usually needed is constant daily mineral and vitamin balance.

What minerals to take? There is a controversy raging out there on that very question, as to whether it should be taken or not. I will tell you what I know and you make your decision.

Ionic versus colloidal mineral supplements!

Definition of colloidal: One large or several smaller clumped molecules that are too large to penetrate the cell wall.

Definition of Ionic: Smallest liquefied particle which can enter through the cell wall immediately.

"Many colloidal mineral supplement products contain high concentrations of some minerals, but no indepe colloidal product out there that contains significant levels of more than a dozen or so minerals." States Ale: Life Sciences Division, American Institute for Biosocial Research, Inc., Tacoma WA.

Our blood plasma is made up of 84 minerals and trace minerals. A long known fact is that the ocean conta blood plasma The ocean is ionic consisting of both "cations" and "anions" Is that a coincidence or what? treated properly a complete mineral tonic is derived

"It is not commonly known that in the absence of minerals, vitamins have no function. Lacking vitamins, ou minerals, but lacking minerals, the vitamin is useless." The human body can manufacture some vitamins, ( sunshine) but the body cannot manufacture its own minerals - they must be supplied by food and water. W a strong healthy mind and body. When they are lacking, disease sets in Charles Northen, M.D. & Bernar Nutrition."

A very easy and simple way to check your overall health is to test the pH of your saliva and urine. pH testit pharmacies. This test shows if your body fluids are either acidic, alkaline or within an acceptable range. Al constantly working to keep the correct balance in the body. The acid-alkaline balance regulates ones brea eliminations, hormonal production, immunity and much more.

Pure water is neutral with a pH balance of 7.0. Average pH ranges of saliva and urine is 6.0 - 6.8. Anything and above 6.8 is too alkaline.

Author S. Whang in his book "Reverse Aging" states that, "As long as there are sufficient amounts of alkal acids are neutralized. When there is not adequate supply of calcium or other alkaline minerals in the body, bones to survive." The Alkaline minerals include sodium, potassium, calcium, magnesium and others.

So for strong bodies, mind and organs mineral and vitamin BALANCE is a must! \*\*\*Lena Sanchez a happy Nurse/Administrator/Consultant who took charge of her life 12 years ago found pain relief and committed t of "A Natural Environmental Health Facts & Your Home Business Coach" Ezines subscribe by <mailto:aneh> Author of Three How-To health building books available at <http://www.antibiotic-alternatives.com>

## ***Health Tips - Helping us live better***





## Common Herbal Remedies

**By David Chandler**

People have been collecting herbs to use as medicine for centuries. Many doctors claim however that taking medication is not recommended. There has been a vast amount of information and testing with regard to herbs that are good for your body and overall health. Although the exact cause of why herbs have a positive effect or not is not usually known. Usually, herbs need to be taken over a long period to receive the benefits to your health.

Listed below is information about some common herbal remedies.

Alfalfa has been known to be effective in healing ailments such as gas pains, pain and stiffness from arthritis. Alfalfa possesses no adverse components and is safe for all people including children.

For relief from upset stomachs, colds, bronchitis, bladder troubles, and jaundice, Chamomile is recommended. Chamomile is also effective in regulating menstrual cycle's rheumatic pains, and headaches. Chamomile has also been effective for babies as an insect repellent when used properly.

Dandelion increases activity in the pancreas, liver, and spleen and contains insulin substitutes. Dandelion root extract is used for treating kidney and liver disorders, along with skin disease and loss of appetite.

Eucalyptus is a major ingredient in many commercial medicines such as cough and sore throat medications. Eucalyptus oil is an extremely potent antiseptic. The oil may be applied locally on wounds, sores, and burns. Eucalyptus is also used as an insect repellent.

Ginseng has been used for more than 5000 years in the Chinese culture. This herb strengthens the heart and builds up a general mental and physical vitality and may be effective for treating colds, coughs, gout, diabetes, and high blood pressure.

Hawthorn is known to cause the dilation of the coronary vessels. An improvement has been shown in patients with heart disease. Hawthorn has been used to treat high blood pressure when taken over a period of time.

A strengthening tonic for the entire system is Strawberry. It is helpful with diarrhea, night sweats, liver complaints, and constipation. Strawberry is used internally for weak intestines and is also used for enemas.

The above herbal remedies listed above are general guidelines. If an herb does not agree with you or if you have any questions, please consult your doctor.

using the herb. The information contained in this article is not intended to replace the services of a physician.

For more information about herbs and herbal remedies, visit [Herbal Remedies and Herbs](http://www.herbalremediesguide.com/)  
<http://www.herbalremediesguide.com/>

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