

Homefront

Issue No 7 - A publication for the Racially Conscious Home & Family

HOME BIRTHS

It is an emotional time for the whole family

Celebrating Mabon

Cool down and enjoy

HISTORY OF SAMHAIN
The beginning of a whole new year.
HALLOWEEN SAFETY
Make Trick or Treating safe
NEWBORN
DEVELOPMENT
Part 3

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CELEBRATING MABON

It has to be my favourite season of the year - summer has finally ended and we can now cool down and enjoy the beauty and colour that surrounds this wonderful season.



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PET SAFE HALLOWEEN

Halloween is an exciting and fun time for people, but is a very frightening and stressful time for your pets. Unless you have a werewolf in your family to take trick-or-treating, it is not wise to include your pets in the festivities.



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DOES MY CHILD HAVE ADD / ADHD?

We have all heard the terms ADHD or ADD. It has become a popular buzz word around schools these days. Many children have been labeled with this "condition."



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editorial

Hope that you all have a safe and fun holiday!



Welcome to the 4th Issue of HomeFront.

This autumn finds our publication coming full-circle, with a year's worth of issues and input behind us. We are glad to have found a place in the homes of our readers, and hope that over the past year everyone has learned something new. We have certainly enjoyed sharing our experiences and learning along the way while exploring new topics, and look forward to the many issues to come.

With fall comes a favorite holiday for many families- Halloween! Along with our regular columns, this issue of HomeFront has a number of seasonal features, ranging from the history of the Jack-o-Lantern to ensuring your pets stay safe at Halloween. If you are running low on inspiration for children's costumes, we also have some great photos our readers and writers have shared with us from previous years. We would love to see photos of your little ones in costume or participating in any family activities, so please feel free to send them our way.

HomeFront will Make a Difference

Whether your family explores traditional customs, delving into our rich folkish history, or simply dresses up for the fun of it, we hope that you all have a safe and fun holiday!

HomeFront issue No 5 is due out on December 21st

Enjoy the fourth issue of HomeFront!

Faith ~ Folk ~ Family

ASK HOMEFRONT QUESTIONS & ANSWERS

(Q) I have a "special dilemma", unfortunately due to economic circumstance I am forced to live in a "multiethnic" neighborhood. Because of this and being recently divorced, having no car and being pregnant with my third child, I am forced to have my daughter in daycare that is mostly nonwhite. I am not very happy about this and there aren't any others close enough to walk to. While I don't advocate my daughter beating up little black boys she does it quite often. She also naturally gravitates to the other children of her race especially the blondes, because both she and her sister are blonde. Not to mention she is the smartest in her class (which should give her an inkling...) I am a college student so I can't feasibly keep her home even though my classes are online, she is 2 and an unsupervised 2 year old spells disaster. Personally I grew up in a predominantly white neighborhood and was taught that "they are just like us only different colored" I found out that the stereotypes are true when my life situation forced a move into "The Ghetto". It sucks! I am currently in therapy for a problem I seem to have of picking abusive men. My therapist says I need time alone but in this situation all I could want is to find a nice guy with similar characteristics to help me take care of the kids and get me the hell out of the Ghetto. It is difficult for me in this circumstance to be completely "self-reliant". I would never have become a racist if I didn't see first-hand how they live. It disgusts me. -"Ghetto-hater"

(A) Unfortunately, there are no easy answers to being a single mother on a very limited income. It's a sad fact that many of our children are being raised with only one parent present. You're in college, so you are preparing to give your children a better future so that you can move from that neighborhood, but until then – you can only do your best. I am glad to hear that you have discovered your tendency to lean towards abusive men. The easy answer may seem to be finding a nice guy, but you cannot depend on the unknown, so you're doing the right thing by getting your education and being able to support your children and stand on your own.

(Q) Dear AA - I have tiny, red bumps (keratosis pilaris or something like that)...though being out in the sun this summer seems to have helped a lot, what else can I do?

(A) Keratosis pilaris is unsightly but completely harmless. It usually grows worse during the winter months or other times of low humidity when skin dries out, and may worsen during pregnancy or after childbirth. Although it can be left untreated, persistent use of an intensive moisturizer may get you satisfactory improvement. Try a cream like Acid mantle or Complex 15 after bathing, then re-apply several times throughout the day. If this does not help, change to a medicated cream containing urea (Curel, Carmol-20) or alpha-hydroxy acids (Aqua Glycolic, Lacticare) and apply twice daily. You may find them too irritating to use more often.

My best advice is....

The plugged pores can be removed by taking long, hot soaking tub baths and then rubbing the areas with a coarse washcloth, stiff brush, or 'Buf-Puf'. Put some epsom salt in the tub.

I use a body scrub made of Epsom and Sea Salts with olive oil or ANY oil. VERY Light on the oil as it can clog pores even more.

Prescription medicines that may help include antibiotics (Erythromycin, Bactrim) if the spots are very red and Tazorac Cream. Tazorac, a relative of vitamin A, may cause irritation in some people.

NATURAL HOME

Headaches

A friend who also suffers from headaches on a constant basis tried massaging a few drops of peppermint essential oil (*Mentha piperita*) into her temples, and it did seem to relieve the pain, peppermint appears to prevent your body from sending pain signals to your central nervous system.

Vicky - Ireland



Sunburn

I have had sunburn twice this year and both times I have had sun poisoning, here is a tip my Mother in law shared with me. Smearing yogurt on your skin as soon as it turns pink cools your skin and reestablishes its pH balance so it heals faster. Use plain, full-fat yogurt that contains few additives. Let it sit on your skin until it warms up and then rinse it off with tepid water. Apply as often as needed.

Vicky - Ireland

VERUCA

Apply Vinegar neat with a cotton wool ball or bud! Really saturate it and do it every night before bed. I've shared this with a few other people who had equally amazing, quick, effective results! Keep us informed on how it works for you!

Betty - UK

Puffy Eyes

If your eyes are puffy in the morning, use a cube of ice. Wrap it in a paper towel and hold it over each eyelid for a few minutes. The cold will reduce the swelling.

Maria - USA



The right chores for your child

By Anne

Having chores around the house is a very important part of a child's development. It teaches them to become responsible adults. Some folk may figure that the battle to get the job done may be more aggravation than just doing it themselves. While doing it yourself may be easier in the short term, it can actually hurt your child in the future. Choosing the correct, age appropriate chores for your child may help you avoid those battles.

If this is something new for older children, start off with a family meeting. Discuss the new rules and expectations. Be ready for complaints and some resistance. It may take a few weeks to get into the groove of a new routine. Starting children off as early as toddler-hood, doing simple chores, will help avoid this shock to a teenager's delicate system.

Children 8 years old and younger can handle quite a few things around the house believe it or not! My 4-year-old son has been responsible for putting the dirty laundry in the hamper, each morning for well over a year. He proudly marches from bedroom to bedroom, hunting for dirty items! Gathering the items and placing them in the hamper gives him a sense of accomplishment that he (and I) are quite proud of. Younger children can also be responsible for feeding pets; setting/clearing the table; sweeping; putting toys away; dusting; watering plants. Put on a huge show, let your child know what a HUGE help they are to the whole family by taking on this great deed.

Children ages 9 to 12 years old can wash dishes by hand, or place dirty dishes into the dishwasher; put the clean dishes away; help with cooking; wash the car; make beds; sort/fold laundry; take out the trash; run the vacuum. Children this age may become wise to the ways of an allowance, so be prepared for that conversation as well!

Kids 13 and older can take on much bigger responsibilities. They can prepare lunches for themselves and younger siblings; run simple errands; change bedding; mop floors; do laundry; yard-work/gardening; cleaning the house.

Be specific in your requests and make sure your child knows how to do the job properly and safely. Use a chore chart, which you can post on the fridge so your child doesn't "forget" his/her chores. Stay flexible in your demands. There may be days when your child would like to make special plans or has a ton of homework to do. They should still have plenty of opportunity to be a child first.

The dreaded toothache

By Vicky



A toothache, to me, has to be the worst pain I have ever endured. During my last bout with a dreaded toothache, I received some good tips that may help you while you wait to see a dentist. When it comes to toothaches and pain in general you should see your dentist straight away. Tooth infections can lead to some serious problems...

Rinse with salty water. After each meal and at bedtime, stir 1 teaspoon of salt into an 8-ounce glass of water (body temperature) hold each mouthful, roll it around your mouth. Spit. This helped me at nighttime especially; I did this it every two hours at night

Try a hand massage. When you have an achy tooth, this can ease the pain by 50 percent. Rub an ice cube into the V-shaped area where the bones of the thumb and forefinger meet. Gently push the ice over the area for 5 to 7 minutes.

Keep your mouth shut. If cold air moving past the tooth is a problem, just shut off the flow.

Swallow your aspirin. Don't believe that old-time remedy calling for placing an aspirin directly on the aching gum. This can cause an aspirin burn. For pain relief, take an aspirin every 4 to 6 hours as required. Not one single pain reliever helped me because I had let my tooth decay to the point of no return, so go to the Dentist...

Stay cool. Keep heat away from your aching cheek, even if it makes the toothache. If it is an infection, the heat will draw the infection to the outside of the jaw and make the infection worse.

Soak a small ball of cotton wool in whisky, then keep in place over the aching gum and tooth to ease the pain.

Peroxide Rinse after every brushing for at least 30 seconds. Then spit. Do NOT rinse out the peroxide.

I hope some of these tips help you!

Fruits & Vegetables

By Stacey

Eating fruits and vegetables every day has many benefits, including healthy skin, a healthy heart, a healthy digestive and immune system. They are high in fiber, which gives you a feeling of fullness so you eat less! They are a good source of vitamins and minerals to keep your body functioning at its best. They are naturally low in calories, fat, saturated fat and sodium. I have incorporated a lot of fruits and vegetables in my diet and have cut out 99% of my sugar intake; my energy level has sky rocketed and my stamina has improved greatly. We have compiled a fruit and vegetable guide that will show you why you should eat them more often.

A Healthy Heart for You and Your Family: Fruits and vegetables are low in saturated fat - a type of fat that can be harmful to the heart. They are also high in fiber, which helps prevent heart disease, as well as a good source of antioxidants to protect the heart from free radical damage.

Healthy Skin: Fruits and vegetables are a good source of antioxidants, as well as other vitamins to protect your skin and keep it looking fresh & healthy.

Healthy Digestive System: Fruits and vegetables are a good source of phytochemicals that can keep the stomach healthy and help digestion. They are also high in fiber and phytochemicals to keep your colon healthy and help prevent colon cancer.

Healthy Immune System: Fruits and vegetables are the richest source of vitamins (including antioxidant vitamins) and phytochemicals to keep your immune system operating at its best.

Source: The Fruit Pages



HISTORY OF "Jack O' Lanterns"

By Vicky

The tradition of carving faces into vegetables comes from my homeland Ireland. The Irish brought the Jack O' Lantern to America. The Jack O' Lantern legend goes back hundreds of years in Irish History. As the story goes, Stingy ole Jack was a miserable, old drunk who liked to play tricks on everyone: family, friends, his mother and even the Devil himself. One day, he tricked the Devil into climbing up an apple tree. As soon as he did, Stingy Jack Placed crosses around the trunk of the tree. Unable to get down the tree, Stingy Jack made the Devil promise him not to take his soul when he died.

When Jack finally died, he went to the gates of Heaven and was told he was too mean and cruel and had led a miserable and worthless life. He was not allowed to enter heaven. He then went down to Hell to see the Devil; Unfortunately for Jack the Devil kept his promise and would not allow him to enter Hell. Now Jack was scared and had nowhere to go but to wander about forever in the darkness between heaven and hell. He asked the Devil how he could leave, as there was no light. The Devil tossed him an ember from the flames of Hell to help him light his way. Jack placed the ember in a hollowed out Turnip, a favourite of Jacks; he always carried a turnip with him whenever he could steal one. From that day on, Jack roamed the earth without a resting place.

On all Hallow's eve, the Irish hollowed out Turnips, rutabagas, gourds, potatoes and beets and placed a light in them to ward off evil spirits and keep Jack away. These were the original Jack O'Lanterns. In the 1800's when the Irish came to America they discovered that Pumpkins were bigger and easier to carve out. So they started to use pumpkins for Jack O'Lanterns.



Healthy Bodies:

"BURN FAT OR BUILD MUSCLE?"

By WAU NC

A common question that women ask when beginning a weight loss-oriented exercise program is where their focus ought to be in the beginning, whether it should be on cardio or weights. The general assumption is that a woman should start out with cardio to burn off fat before building muscle, but there are a number of reasons why striving to do both from the outset may be best.

Increasing lean muscle mass will increase your metabolism. Building muscle will increase your resting metabolic rate; that means that while you perform your regular daily activities, your additional muscle tissue will also consume additional energy. What does that mean? Calories are a way of measuring energy; adding muscle to your body will make it use up more calories. That's what increasing your metabolism means.

Weight training does not mean bulk. Unless she is on steroids, a woman will not get "huge" from weight training with moderate or even heavy weights. Think about it; consider the total number of women who weight train in the gym or at home, even with heavy weights. Now how often to do you see a lady with an Arnold-like physique outside of fitness competitions? It takes a LOT of work, not to mention specific dietary changes, to build muscle like that. You are not suddenly going to be unable to move due to your huge rippling muscles because you pick up an 8-lb. dumbbell three times a week.

Now, with that said, you may think that you are getting bigger because you a. have a layer of fat over your muscle or b. do not see weight loss reflected on the scale. Don't freak out. Muscle tissue is dense, way more so than fat. That means that one pound of muscle will take up far less space than that same pound of fat. When people say that they want to "tighten up," they aren't really doing anything that's already there. Instead, they are building tighter, leaner muscle tissue underneath and That fat comes off with the expenditure of calories from the strength training itself, the "after-burn" effects and the overall increased metabolism, turning the previously soft arm with very little definition into a toned arm. So though there may be a little swell from the increased blood flow and some water retention for a bit, you aren't going to look worse because you have muscles under your fat. Along those same lines, the scale is not the best indicator of how you are changing your body. Instead, take measurements and track your progress that way. Though you are losing weight, you are also adding muscle which will offset the number on the scale a little bit. That is just a little bit though; it takes a lot of work to add each pound of muscle, so your weight will decrease over time.




My next article will discuss weight training more in-depth, but for the time being, I want to send you off into the world of dumbbells with a few pointers. If you are just getting started with an exercise program, you can probably get away with weight work in order to lose weight, because the addition of any new physical activity is going to kick start your body into burning calories. But for true fat-burning benefits, you do need to incorporate cardio into your routine, so don't skimp on that aspect. Also, the best practice is to avoid working the same muscle group two days in a row. I'll go into the whys and hows of that the next time around; for the moment, just trust me. Whether you are using free weights or exercise videos at home or hitting the machines in the gym, adding weights to your fitness regimen will change your body in some amazing ways!

As always, feel free to contact me with individual questions; I'm not a doctor or even a personal trainer, so it's your choice whether or not you want to follow my advice. But this is my hobby, and I'm always happy to help out others when they are stuck or simply unsure of where to begin, so do not hesitate to send questions my way!

HOME BIRTHS

By Gretchen



Prior to our grandmothers' generation, nearly every child was born at home. Those few unfortunate women who had no family to assist them, were alone in the world or suffered serious health risks, were assigned to the maternity wards of hospitals. These wards were filthy and germ infested and more mothers and babies died here than anywhere else. After World War II, it began to be common practice to have babies in hospitals, due to the fact that many women's husbands were overseas in the war. For some reason, we never went back to the ways of our foremothers and now it is taken for granted that most babies will be born in a hospital. In fact, home birth will account for less than 7% of all births in the United States. Births in first world countries such as the Netherlands and New Zealand are very well attended by midwives and over a third of all birth in the former country are at home. Netherlands, in fact, has one of the lowest infant/mother mortality rates in the world, while for a first world country, the U.S. has one of the worst with a nearly 25% C section rate, which is much too high by WHO standards which sets it as 10% to 15 % for all developed countries. This is nearly non-existent for home births, as midwives allow a woman to work with her body and take her time. Also, epidurals vastly increase the risks of needing a Caesarian. One obstetrician remarked at how the c-section rates had increased since the '70s with the introduction of epidurals. In addition, hospital birth promotes complications not found in home births such as the use of fetal monitors, an unfamiliar environment, and unnecessary procedures to name but a few.

I will not spend a lot of time comparing home births versus hospital births and the benefits versus the disadvantages, because I believe that if you are reading this article, you simply want to know how to have a good home birthing experience, not be convinced of one method over another.

My experience with home birth began in 1999 when I became pregnant with our daughter. I already knew I wanted a home birth and I had little trouble finding a midwife, as a personal friend already was apprenticed

to her. I did not go to several midwives and interview them, though that would have been wise, for as it turns out, I found I was much more compatible and at ease with the midwife who attended my following two children's births. I highly recommend finding several and interviewing them, though I did not and found the midwife most suitable to me via trial and error. Some things to look for might be as follows:

- * How long has she been practicing midwifery?
- * Is she licensed with any organization such as MANA? (Midwives Association of North America)
- * Is she comfortable with water births and attend them often?
- * What is her transfer rate? (That is, how many women does she have to transfer in an emergency to a hospital)
- * What is her hospital transporting policy?
- * Does she do twin pregnancies?
- * How about breech births?
- * Does she work with assistants?
- * What are her fees and how and when does she expect payment?
- * What sort of postpartum care does she provide?
- * What is involved with her prenatal care? Ask about things such as early detection of problem areas for the mother and her baby; nutrition information, exercise recommendations, recommendations for parent education via books, videos, or classes
- * How long does she typically spend on one visit?
- * Will she do home visits late in your pregnancy when you don't feel much like traveling? (My midwife was an hour away and I loved her for this!)
- * And last but not least, note how compatible your personality is with hers. Don't hesitate to let her know (within reason) how you would like to do things. This is your birth and she is here to make it the best possible experience.

My first midwife was a very experienced lady who knew what she was doing and did it well. But she wanted to do it all her way and when she came over the day of the birth, she pretty much took over. She took one look at my pelvis and declared I would have to labor in a squatting position, which I found to be very uncomfortable. She was very rigid in her approach. She provided most of the basics and told me to get a certain kit with everything I would need in it. If you are the kind of person who does not care to take responsibility for your own birth and is uncertain of it, this kind of personality is for you.

However, if you already have some preconceived notions and have done a lot of reading in the subject, you will want some one who is far more flexible with how she will do things. This is my preference and my next (and current) midwife was this way. She told me I could labor any way I chose. Her philosophy was that a woman's body is made to produce babies and women have an intuition on how best to labor. She gave few orders and merely listened to the baby's pulse and measured the water temperature from time to time. When it came time for our son to crown, I caught him myself and brought him forward out of the water.

I found when I went into labor with my youngest, I had, thanks to her influence, become so at ease with labor and with my own body, found I was very relaxed and had little pain aside from pain from the contractions, and was chatting amiably with my midwives in between. My youngest was pushed out in a matter of ten minutes, after only about four hours of hard labor that wasn't really very hard at all! His father caught him and passed him forward to me. In short, how your midwife makes you feel is very important in how you will feel during the birth!

The same applies to your decision on whether you have anyone else attending besides your child's father and the midwives. Many women, whether at home or in the hospital, choose to have sisters, mothers, mothers-in-law, sisters-in-law and friends with them. This is a personal choice, but keep in mind that while it may seem like a good idea to invite them when you were only three months along in your pregnancy, you can quickly be uncomfortable with their presence in the birthing room and your discomfort can impede the progress of labor. The same goes for children. If you are worried how your children may react or are uncomfortable with their presence, it may be best to arrange a babysitter. In fact, anything that makes you uncomfortable or upset while you are in labor can slow or stop it. With my first, my Labrador was hit by a

car in the early stages of labor. I was so upset, labor stopped altogether. In this case, my midwife sent me on a long walk to start it up again. But I was so distressed about the loss of my dog, it affected how I labored. So if at all possible, try to seek out any things that might distress you ahead of time and find a way to minimize them. (Unfortunately my dog getting hit was something I could not have predicted!) And by all means, take the phone off the hook! Now is not the time for anxious grandmas to be calling up to see if the baby has arrived yet. In fact, we did not notify anyone when I went into labor, preferring to tell everyone after the birth.

Now there are some other things you may want to consider for your home birth that would be different than a hospital birth, where these things are provided. Remember, in a home birth you need to take much more responsibility. But the payoff is much greater in that you have so many more choices!

Children

* As mentioned before, if you have older children, you will need to consider their needs. If they are very small (three or under) it would be wise for Grandma, another caring relative or a trusted friend to have responsibility of them during this time. If you and they are comfortable with it, it is a wonderful experience to have them at the birth and witness the joy as their new sibling comes into the world. My oldest was present for most of the labor for her youngest brother, but she tended to become easily bored and wandered off to watch children's DVDs, to return the kitchen from time to time to watch the progress. I was fine with this. My second child, their father put down for a nap in the afternoon and he slept through the birth. He was only two and my daughter four. As you can see, I did not have a good plan in order and simply hoped for the best, as I had no relatives and no friends I could trust close by. When son number one was born, it was late and night and my daughter was sleeping

Nutritious refreshments

* For you, or for your attendants. In the hospital, nutrition is given to you only in the form of an IV, the reasoning being that if you were to need an emergency c-section, you would be able to be put immediately under anesthetic. However, Caesarians are rare in home births and you really do need to keep your strength up. Still, keep food light. The idea here is to keep up your strength, not indulge in a seven course meal. Good ideas for this are whole grain crackers, toast with nut butter, fruit, or anything else that is healthy and you find particularly desirable at this time. I highly recommend pouring non-sweetened fruit juice in ice cube trays and having these to suck on when labor becomes hard. I also recommend making a casserole and freezing it ahead of time for your midwives and partner and/or children. Having a meal readily at hand is always appreciated. While you are at it, whenever you make a casserole or a soup as you near your due date, double the batch and put it in the freezer. Your mate will thank you later, as it will give him more time to spend with his baby and less time in the kitchen as you rest.

Room Preference

* What room will you want to birth in? This may depend on several factors. Some of them may be how comfortable you feel there, the view, how warm or cool it is, or how practical. My last two births were water births, so I chose the kitchen based on the fact we have hard vinyl flooring there and it was close to the water source in the laundry room. It was actually very pleasant as I had the bamboo blinds drawn to filter in a soft light and I had candles burning to make it smell nice. Very few women choose to birth in bed. But if you do, you need to consider things like plastic sheets to protect your bed and if you have carpet, some cheap vinyl shower curtains on the floor would be wise as well. Don't forget to stock up on several bottles of hydrogen peroxide, as this is very useful for removing blood stains.

Atmosphere

* Since you are having a home birth, you have the room to make choices based on what would make you most comfortable. As I mentioned before, I had scented candles burning in my kitchen (make sure they are placed away from other objects such as curtains and out of the reach of pets and small children and not where

they will be tipped over) and I paid close attention to how the way the lighting made me feel. Think about what makes you feel relaxed and try to replicate it to the best of your ability. After all, this is a momentous occasion in the life of your baby and also you and your partner. It is also nice to have soft music playing. I chose a CD of soft soothing, contemporary Celtic. Some soft mellow, Classical would be nice as well. Whatever you choose, keep it soothing and not too loud. If you have automatic replay on your CD player, use this as well.

The Baby's Father

* What role do you want him to assume in the birth? What role is he comfortable with? Discuss these feelings honestly with each well before the baby's arrival. Levels of comfort range all the way from being able to take over if the midwives do not arrive on time to not wishing to be present at all. You must both be honest and respect each others needs and wishes. When our children were born, their father was very instrumental at their arrival. As I mentioned before, he caught our first son and cut the cords. Each baby was laid in his arms soon after the cord was cut and while the midwives cleaned me up and helped me to bed. He soothed and encouraged me, massaged my back when I needed it, helped me in and out of the shower or birthing pool and was nearly constantly at my side. Neither he nor I would have had it any other way. If your partner is agreeable to a home birth in the first place, he is likely to have a positive attitude to birth in general. If not, and this is something that is really important to you, you can work to gently educate him. He may wish to catch the baby and cut the cord. This is often a way for a father to participate in a birth, whereas in a hospital, he is so often relegated to the role of sperm donor and spectator. Discuss these options with your midwives

Birth has been, unfortunately, misrepresented to both men and women, though rapidly, attitudes are changing for the better. It is an emotional time for the whole family. Through enriching our knowledge of birth and the options available to us, we can present it anew to our women as a wonderful experience and not something to be dreaded or avoided. One birth, one step at a time, we can make our way to a Whiter, brighter world.

Recommended Reading

<http://www.homebirth.org.uk/> Home birth is a subject that has more breadth and depth can be covered in one article. This site has a lot of information to offer.

<http://www.mana.org/> Midwives Alliance of North America. A wonderful source for information and finding a midwife in your area.

<http://www.homebirth.org.nz/>

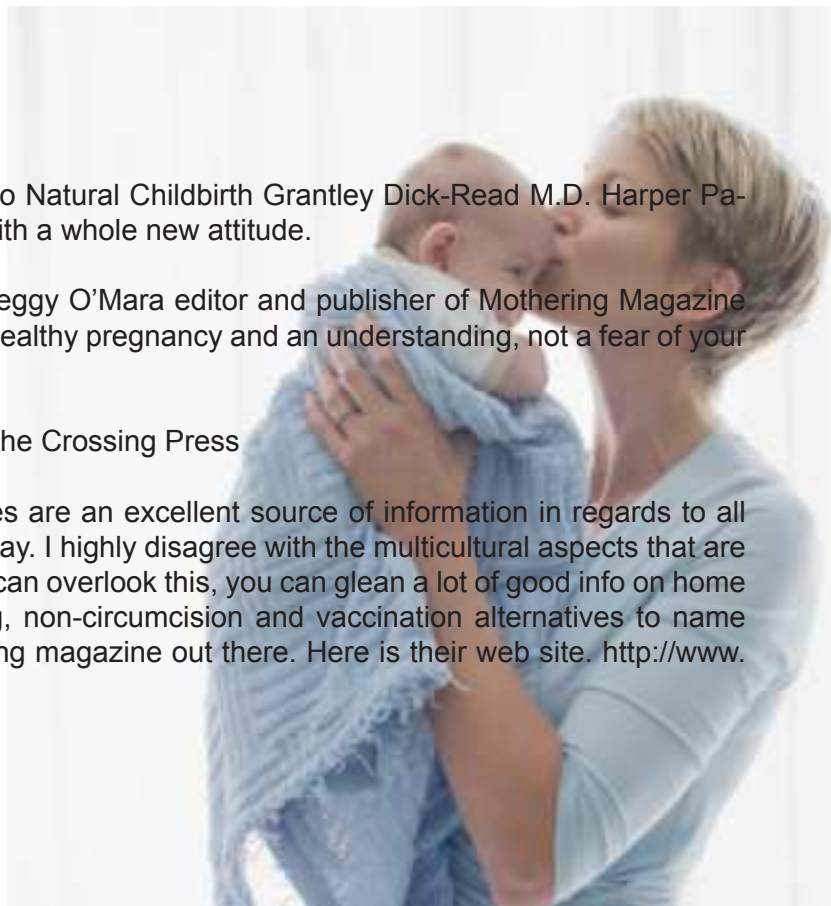
<http://www.homebirth.ie/>

Childbirth Without Fear – The Original Approach to Natural Childbirth Grantley Dick-Read M.D. Harper Perbacks A must read on approaching childbirth with a whole new attitude.

Mothering Magazine's Having a Baby Naturally Peggy O'Mara editor and publisher of Mothering Magazine Atria Books A good home birth relies on a sound, healthy pregnancy and an understanding, not a fear of your female body. This book is excellent.

Healing Yourself During Pregnancy Joy Gardner The Crossing Press

In addition, Peggy O' Mara's Mothering magazines are an excellent source of information in regards to all things pertaining to raising your child the natural way. I highly disagree with the multicultural aspects that are sometimes promoted in this publication, but if you can overlook this, you can glean a lot of good info on home birth, co-sleeping, breastfeeding, organic cooking, non-circumcision and vaccination alternatives to name a few. It is definitely not like your average parenting magazine out there. Here is their web site. <http://www.mothering.com/>





Secondhand smoke

If you are around anyone who smokes, STOP. Did you know that you are inhaling secondhand smoke? Secondhand smoke is a mixture of the smoke given off by burning cigarettes, pipes and cigars. You are also inhaling the exhaled smoke from the lungs of smokers; it lingers in the air hours after the cigarette has been put out. Secondhand smoke can cause cancer, respiratory infections, and asthma..

If you are a parent and you smoke, please choose to not smoke in your home or car, and do not allow family and visitors to smoke either. Infants and toddlers are especially vulnerable to the health risks from secondhand smoke.

Secondhand Smoke and Its Effect On...

Your Children: The developing lungs of your children are severely affected by exposure to secondhand smoke for several reasons: (1) Your children are still developing physically; (2) they have higher breathing rates than adults; (3) they have little control over their indoor environments. Children receiving high doses of secondhand smoke, such as those with smoking mothers, run the greatest risk of damaging health effects.

A fetus and newborn: Maternal, fetal, and placental blood flow changes when pregnant women smoke. Although the long-term health effects of these changes are not known. Some studies suggest that smoking during pregnancy causes birth defects such as cleft lip or palate. Smoking mothers produce less milk, and their babies have a lower birth weight. Maternal smoking also is associated with neonatal death from Sudden Infant Death Syndrome, the major cause of death in infants between one month and one year of age.

The Ears: Exposure to ETS increases both the number of ear infections a child will experience and the duration of the illness. Inhaled smoke irritates the Eustachian tube, which connects the back of the nose with the middle ear. This causes swelling and obstruction, which interferes with pressure equalization in the middle ear, leading to pain, fluid and infection. Ear infections are the most common cause of children's hearing loss. When they do not respond to medical treatment, the surgical insertion of tubes into the ears is often required.

The Brain: The children of mothers who smoked during their pregnancy are more likely to suffer behavioral problems such as hyperactivity, than the children of non-smoking mothers. Modest impairment in school performance and intellectual achievement has also been demonstrated

Source: American Academy of Pediatric Otolaryngology and The American Lung Association!

Avoid food poisoning

Sarah1488

You can't always blame the takeout you had on your tummy ache. The truth is," many cases of food poisoning probably come from carelessness in your own home." Follow these common-sense rules and you'll significantly decrease your chances of getting food poisoning.

- Wash your hands before preparing food to avoid passing on bacteria such as staphylococcus (commonly found on the skin and in the throat) or shigella (passed from fecal matter). Wash again after handling raw meat and eggs.

- Don't eat raw protein food like fish, fowl, meat, milk, or eggs. Avoid sushi, oysters on the half shell, Caesar salad made with raw eggs, and unpasteurized eggnog. Don't use cracked eggs. Raw food can harbor bacteria.

- Heat or chill raw food. Bacteria can't multiply above 150° or below 40°F.

- Cook meat until the pink disappears, poultry until there are no red joints, and fish until it flakes. Complete cooking is the only way to ensure that all potentially harmful bacteria have been killed.

- Use a meat thermometer, especially when microwaving large meat and fowl. This also ensures that they are cooked thoroughly.

- Don't taste test the raw pork sausage stew, the fish chowder, or even the cookie batter before it's done.

- Don't let raw meat juice drip onto other food. It can taint otherwise harmless food.

- Use a separate chopping board and utensils when handling raw meat and sanitize them with soapy water or bleach after use. It'll help prevent cross contamination.

- Scrub can openers and countertops and always clean out crevices. It will prevent bacteria from hiding there.

- Replace sponges often and use paper towels to wipe off counters.

- Don't leave food at room temperature for more than two hours, and avoid eating anything that you suspect may have been unrefrigerated for that long. Bacteria thrive in warm protein food made with meat or eggs, cream-filled pastries, dips, potato salad, and so forth.

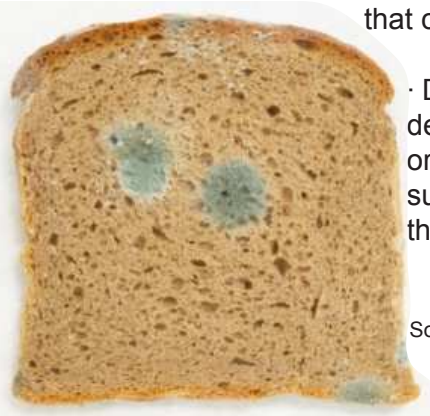
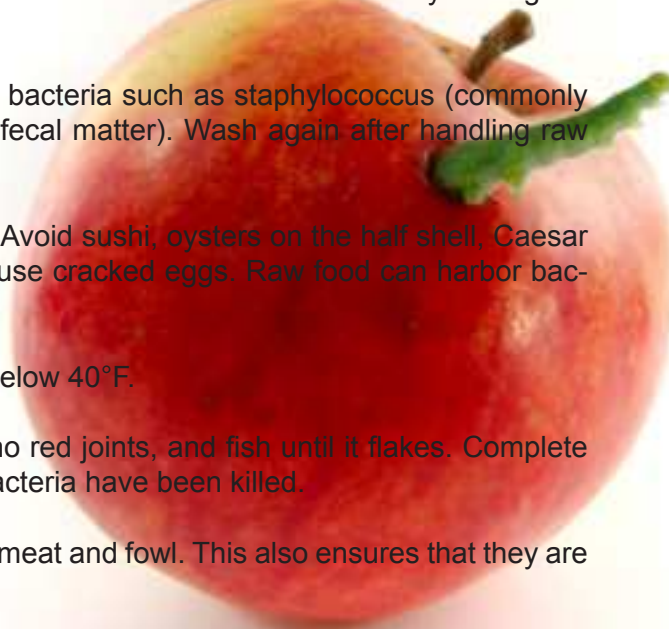
- Thaw meat in the refrigerator. Bacteria can multiply on food surfaces while the center is still frozen.

- Immediately refrigerate leftovers, even if they are still hot. Cool down large stews by refrigerating in smaller portions. · Never pick and eat wild mushrooms. Some carry toxins that attack the nervous system and can be deadly. Picking wild mushrooms should be left for the experts.

- Never taste home-canned food before boiling for 20 minutes. If not properly canned, food contains bacteria that can produce a dangerous toxin.

- Don't taste any food that doesn't smell or look right. Avoid cracked jars or swollen, dented cans or lids, clear liquids that have turned milky, or cans and jars that spurt or have an "off" odor when opened. They could contain dangerous bacteria. Make sure you discard them carefully so that household pets cannot come in contact with them.

Source: Medical tips by D.Johnson





Air Fresheners are poison

By Katie

Everyday we are bombarded with commercials and advertisements for air fresheners. They promise to bring a spring breeze into your home, all you have to do is spray a little or plug it in, and like magic - your home will smell like a flower filled garden.

In reality these air fresheners and household cleaning products will not bring the scent of the wonderful outdoors into your home. They are more likely to poison you. There are many, less harmful alternatives out there.

AIR FRESHENERS

Air fresheners contain formaldehyde, a known carcinogen, and phenol, which can cause skin irritation on contact, ranging from mild reactions to severe hives. Phenol can also cause severe reactions including convulsions, coma, and circulatory collapse. Chemical based air fresheners are highly toxic.

ALTERNATIVES

- Simmer your own air freshener on the stove. Just use low heat and check them often, so they don't boil dry, they also tend to go glue like when boiled too much.
- Cut two lemons into quarters then cover with cold water, I also use oranges. You can use most citrus-based fruits, whatever smells you like best, mix and match.
- For a crisp effect, drop six sprigs of fresh mint into four cups of cold water.
- For a delicious Yuletide scent, combine five cloves, two cinnamon sticks, and four cups of cider. I tried this one last year and the smell was so good.

Source: The New Homemaker

ORGANIC DEFINED

By Vicky WAU

Organic refers to not only the food itself but also the way it is produced. Among many other criteria crops must be grown without using synthetic pesticides or bioengineered genes; livestock must have access to the outdoors and be given no antibiotics or growth hormones; food may not be irradiated. US Dept. Of Agriculture makes no claims that such food is safer or more nutritious, although some studies have shown reduced pesticide levels in organic food.

Note: Foods labeled organic are all natural, but not all products labeled "natural" are organic. For instance, "natural" peanut butter or jellies have no artificial or synthetic ingredients, but the peanuts or grapes could have been produced using conventional growing methods.

According to USDA standards established in 2002, there are four labeling categories:

- 1) "100% organic" means what it says: 100 percent organically produced ingredients that have been certified by the USDA.
- 2) "Organic" products must contain at least 95% organic ingredients.
- 3) "Made with organic ingredients," indicates at least 70% of the ingredients are organic.
- 4) Items with less than 70% overall may list specific organically produced ingredients on the package side panel.

Sources. Family Life by A. Watts



PREVENT INSECT DAMAGE IN YOUR GARDEN

By Maria

The easiest way to prevent insect damage in your garden is to discourage them from coming in the first place. A healthy garden is the best defense.

- Pull out any weak plants. They may already be infected. If not, they will attract predators. Pull the plant and dispose of it away from the garden area.
- Build healthy, organic soil. Natural composting methods, mulching and top-dressing your soil with compost or natural fertilizer are the best way to develop strong, vigorous plants.
- Seaweed mulch or spray. Seaweed contains trace elements such as iron, zinc, barium, calcium, sulfur and magnesium. All of which promote healthy development in plants. Seaweed fertilizer in mulch or spray form will enhance growth and give plants the strength to withstand disease. Seaweed mulch also repels slugs.
- Minimize insect habitat. Clear garden area of debris and weeds, which are breeding places for insects.
- Keep foliage dry. Water early so foliage will be dry for most of the day. Wet foliage encourages insect and fungal damage to your plants.
- Disinfect. If you've been working with infested plants, clean your tools before moving on to other garden areas. This will reduce the speed of invading insects.

Source: My Local Garden Center Pamphlet section :)



ENCOURAGEMENT DRIVES AMBITION

By Douglas Chism

Have you ever listened to the jubilant chants and screams of encouragement from spectators at a friendly sporting event? Or seen teammates offer one another consolation when one erred and cost them the game? Have you ever just wondered, "What's the use?" "What's the point?" Does encouragement really help? Well, the answer is an emphatic yes! Encouraging others in every aspect of life ALWAYS helps. In addition, not only does it help those you are trying to uplift, it helps to encourage you as well.

Don't believe me? Consider this. Imagine being in an elevator - everyone you come into contact with throughout the day becomes a passenger on your elevator, but there is one difference - your passengers are not going to tell you where they want to go! You have to decide where you want them to go! So, what are you going to do, encourage them - lift their spirits through a kind act of racial solidarity and bring up the morale up? Or are you going to discourage them and bring them down through some act of negativity?

Before you choose, think of this - wherever they go, YOU DO TOO! Oh yeah, you are on the elevator with them! You are along for the ride! If you bring them up and encourage them on in the right direction, you are going to be effected as well - you are going to rise with and to the occasion. However, if you are a pessimistic rabble-rouser, guess where you will be heading? That's right, you're going down - even if you don't immediately realize it, it will be that way every time!

Okay, you think, so I won't bring anyone down, and I'll be fine, right? Wrong! That isn't right, and here's why. Who wants a friend or comrade that never goes anywhere? That's about as bad as an elevator that goes neither up nor down - one that's always stuck in the middle somewhere! As someone committed to securing the existence of our race and culture, you have to do what it takes to keep going UP! You have to Drive the Ambition every chance you have.

It won't take long and pretty soon people will recognize which elevators are falling, which ones never move, and which ones are in a perpetual motion upward towards a higher state. Which elevator do you think your kinsmen would want to be on? Which elevator would YOU choose to be in?

Before you begin your daily track each day, stop and consider whether your attitude and personality is going to drive us closer to the ultimate goal, or simply impede collective ambitions?



GETTING YOUR BABY DRESSED

By Vicky WAU Ireland

My niece, now a cute one year old, would fight getting dressed each morning. She would run everyone ragged and it had become tiresome for us all. She fought it every step of the way and it had become very tiring for all involved.

We have gathered a few tips that have helped us slowly rectify the situation with my niece. When you are dressing your baby one thing for sure is that they aren't very interested in the whole process so follow a few of the guidelines we have included.

Be prepared: Set out your baby's clothes the night before.

Be cautious: Never leave your baby unattended on a changing table or bed -- even if she's never rolled over before and is strapped in. Since they know it's time to dress, they tend to be more of a handful than usual

Take too long to put on: Buy clothes that have large head openings and are made of stretchy fabrics. Avoid zippers, lots of buttons and clothes that take too long to put on.

Stretch the clothes, not the baby: Stretch the neck opening in the garment before you try to place it over your baby's head. For example, put a shirt on your baby by stretching the neck opening over the back of her head first, then down over her face. Reach into sleeves and pull her hands through rather than pushing her arms through. Be careful not to bend her fingers and toes the wrong way. Remove the shirt by gently taking her arms out one at a time, then lifting the shirt over her face.

Be well grounded. Always dress your baby on a sturdy, flat surface like a changing table, the floor, or a bed. Never attempt to change your baby's clothes while you're riding in a car, even if you're in the back seat. For safety's sake, secure your baby in a car seat whenever the car is in motion.

Don't overdress. Babies can become overheated if they wear too much clothing. Here's a good rule: Dress your baby with the same amount of clothing you're wearing plus one additional thin layer.

Source: Your Baby Today

Bathroom Hazards

By Vicky

Now that your child is much more curious about his or hers surroundings, mom and dad need to be even more vigilant than before. Safety in the bathroom for your little one is a priority.

- Even though your child is older, you still shouldn't fill your tub any more than 4-5 inches.

- Never leave your child unattended in the tub, not even with an older sibling. A child can drown in less than 3 inches of water. If you have to leave the room take your child with you!

- Use a non-slip mat and bath seat in the tub.

- Discourage boisterous playing while your children are in the tub.

- Standing up unsupported and jumping around could result in a fall. We have all experienced that scenario more than once and it always ends in tears.

- Make sure that adult toiletries, cleaning supplies and medicines are safely out of reach.

- Turn faucets off tightly and cover them with a cloth to prevent burns.

- Check the water temperature before you immerse your child into the water, set your water heater to less than 40oC (120o) so that if the hot water is run by mistake it won't result in a serious scald.

Source: Bathtime and Bedtime by Julie G

FIRST AID FOR INFANTS

By Buffy

Burns - If a burn does occur, do not apply petroleum jelly, ointment or butter to the burn. They make the symptoms worse and do not allow air to assist in healing. Apply a liberal amount of aloe vera. This will cool the burn and help prevent "peeling".

Cuts - Clean minor cuts with soap and water and cover with a band-aid. To keep the scar factor low, apply sunscreen to the area everyday (I wish my mother had known this).

Bruises - These are rare in infants. Applying an ice pack and Arnica cream for a faster healing time.

Sunburn - Always make sure to put on a sun block with an SPF 30 and reapply often. Many children get what is called "after burn". This is when they feel fine until after they are burned. Soak in a cool (not cold) tub of vinegar. Apply Aloe Vera Gel (I keep a tube of it in the refrigerator) give the child Ibuprofen (not aspirin). If the burn is intense, hydrocortisone is recommended. If blisters start forming, it is best to see a doctor

Bug Bites - Bugs...especially mosquitoes, love in-

fant blood. Clean and dry the bite and apply a compress to alleviate pain. Apply an ointment for itch relief.

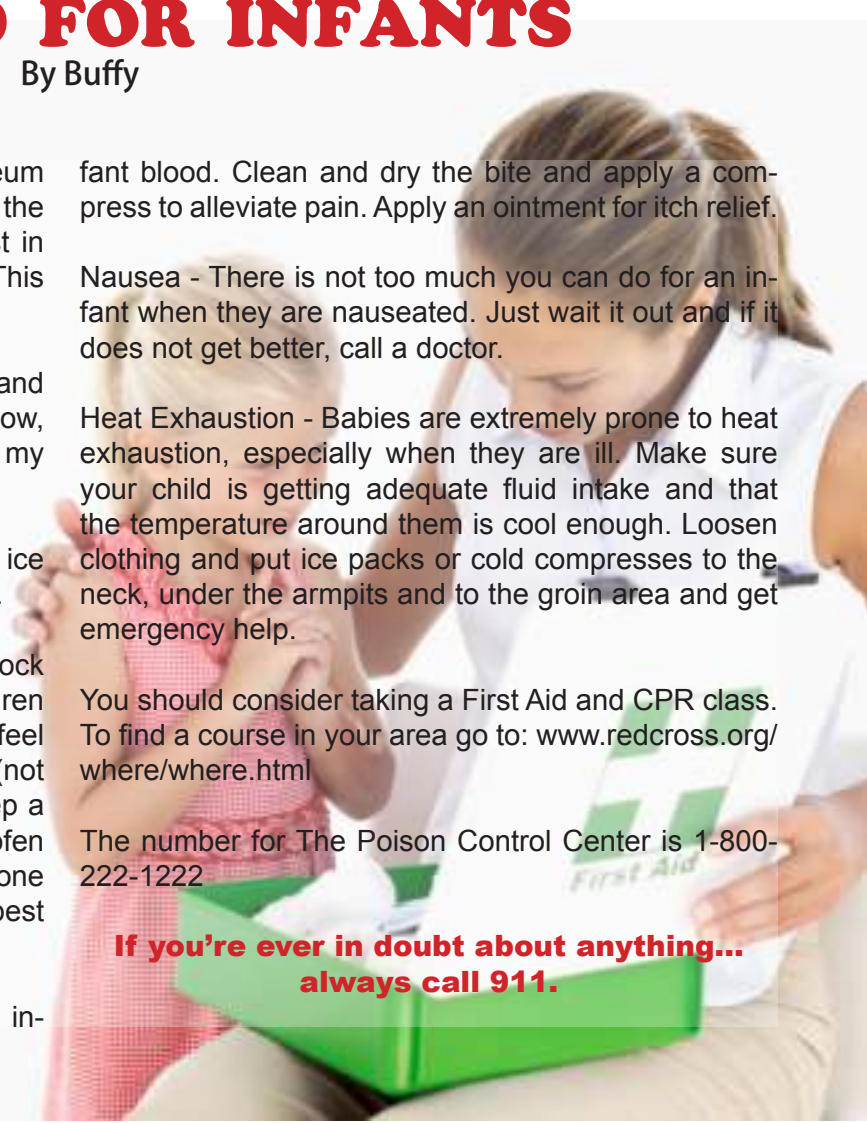
Nausea - There is not too much you can do for an infant when they are nauseated. Just wait it out and if it does not get better, call a doctor.

Heat Exhaustion - Babies are extremely prone to heat exhaustion, especially when they are ill. Make sure your child is getting adequate fluid intake and that the temperature around them is cool enough. Loosen clothing and put ice packs or cold compresses to the neck, under the armpits and to the groin area and get emergency help.

You should consider taking a First Aid and CPR class. To find a course in your area go to: www.redcross.org/where/where.html


The number for The Poison Control Center is 1-800-222-1222

**If you're ever in doubt about anything...
always call 911.**



Celebrating Mabon

By Vicky



Is a time to stop and enjoy the fruits of our personal harvests, whether they be from toiling in your garden, working at your jobs, raising your families, or just coping with the hussle-bussle of everyday life. I hope your Mabon is fruitful and memorable, and that you are ready to take on the world with a renewed fresh outlook on life.

Thank the God and Goddess each and every year when Autumn / Mabon, (pronounced MAY-bun, MAY-bone, MAH-boon, or MAH-bawn) has finally arrived. It has to be my favourite season of the year - summer has finally ended and we can now cool down and enjoy the beauty and colour that surrounds this wonderful season.

The Autumn Equinox divides our days and nights equally; we should all take a moment to pay our respects to the impending dark and to the waning sunlight, as we store our harvest of this year's crops. The Druids call this celebration, Mea'n Fo'mhair, and honour the The Green Man, who is the God of the Forest, by offering libations to trees. I have one section of my Kitchen wall dedicated to The Green Man and his woodlands. Each Autumn I decorate my kitchen and living room with Autumn Baskets and Mabon nick knacks.

Offerings of ciders, wines, herbs and fertilizer are appropriate at this time. Pagans celebrate the aging Goddess as she passes from Mother to Crone, and her consort to the God as he prepares for death and re-birth. Most of us dread the aging process, but with age comes wisdom and knowledge so I am looking forward to both.

Other names for Mabon are The Second Harvest Festival, Wine Harvest, Feast of Avalon, Equinozio di Autunno (Strega), Alben Elfed (Caledonii), or Cornucopia. The Teutonic name, Winter Finding, spans a period of time from the Sabbat to Oct. 15th, Winter's Night, which is the Norse New Year.

Autumn / Mabon for me is a time of reflection and renewal, to reevaluate the past year, you should gather with your family and prepare for the winding down of the year at Samhain. It is a time to finish up old business as we prepare for a period of rest, relaxation, and reflection.

Mabon is considered a time of the Mysteries. It is a time to honour our Aging Deities and the Spirit World. It is also a time of balance, every year without even planning too I feel the need to relax, read, write and learn.

It is also a time to stop and enjoy the fruits of our personal harvests, whether they be from toiling in your garden, working at your jobs, raising your families, or just coping with the hussle-bussle of everyday life. I hope your Mabon is fruitful and memorable, and that you are ready to take on the world with a renewed fresh outlook on life.

Hail Morrigan



Newborn development

By Anne

Part 3



By about three months old is when most babies will be able to hold their heads up for an extended period of time. While lying on her stomach, she will be able to pick her head up and take a look around – these are known as “mini push-ups”. You can encourage her by sitting in front of her and calling to her or dangling a toy.

She will exhibit more strength and control over her arms and legs. Hold her in a standing position and feel her feet push off the floor or your legs. Although she is likely to continue to use a closed fist, dangle a toy in front of her to see if she will make a grab for it. This will encourage hand-eye coordination.



The average 3 to 4 month old will begin to sleep for a 6 hour stretch at night, but some babies take up until 6 months to give up that middle of the night feeding. You may be able to catch a real, full night's sleep!

She will be able to pick Mom and Dad out now and recognize faces. She will continue to smile and coo and kindly strangers, but Mom and Dad will be greeted with great joy and fervor.

If you haven't all ready begun – now is a great time to begin reading to her. The changing pitches of your voice will stimulate her. The material doesn't really matter at this age, as long as you read it with feeling. Recent research indicates a direct correlation between a child's intelligence and how many words that child hears, during her first year. Talk to her often. Tell her what you're doing. Tell her about your surroundings as you go for a walk. Point at objects and tell her about them.

You can stimulate her senses by allowing her to touch and inspect a variety of different materials. You can buy or make books that contain many different textures to expose her to.

She will begin to interact with others at this time as well. She will smile and coo at a “happy”, sing-song voice. But she may also be frightened by an angry voice.

As always – if you have ANY concerns over your child's health or development, consult your health care provider right away.



Infant Massage

By AryanAngel

I am a national certified massage therapist and am asked all the time about infant massage. For babies, touch is the most important of all the senses. There are many benefits of massaging your baby; it relaxes the infant, it enhances bonding and promotes communication, it aids in growth and development, and best of all it will improve your baby's sleep patterns, in turn....giving you more rest! There are a lot of great books out there and there is a link at the end of this article where you can search for massage classes near you..

Massage is a new experience for your baby. The reaction at first may be negative, but after they become accustomed to the new sensations, there will be more enjoyment. As a baby grows (especially during the crawling stage) there will be many challenges. You have to get creative. You can give them a toy and instead of trying to do full body massage, just massage what you can hold of. My reflexology instructor said that she would get her boys while they were sitting on the couch and rub their feet.

* * * Before you begin massaging, you want to pick out a light oil. Creams and lotions do not smooth gently enough on a baby's skin and could create friction. Go to store and play with the oils to find the one that will work best for you. I personally prefer sunflower and sesame oil (for drier skin) when massaging.

1. Make sure the area your going to massage in is warm and comfy with no distractions.
2. Wash your hands and remove all of your jewelry.
3. The best time to massage the infant is at bedtime or after a bath. When you child is clean and ready to relax, they will be more receptive.
4. Ask your child (even infant's) for permission to massage and respect their choices. When moving from part to part, you want to read your child's body language making sure it is ok to continue.
5. Massage only one area a time and make slow, fluid transitions to other areas.
6. Stay positive and build your child's self-esteem by saying positive things while massaging.

The best way to massage an infant is to sit on the floor cross-legged, with your baby right in front of you and as close as possible. Keep yourself relaxed from head to toe. You may even want to do a bit of relaxation or breathing exercises before you begin to get yourself mentally prepared. Take slow, deep breaths as you massage...your baby will tune into this. In your first couple of sessions, just start with the lower parts of the body and work your way to a full body experience. Try to keep eye contact with the baby...this will make them more at ease. Your baby will become squiggly if they don't like what is going on. In this instance, you may want to readjust and make sure the area is warm enough. If not, stop the session and continue at another time.


Massaging can be the best things you can do for you and your baby. If you can get your partner involved, it can be a beautiful experience.

For further reading: Infant Massage--Revised Edition : A Handbook for Loving Parents by Vimala Schneider McClure ~ For classes near you: www.lovingtouch.com



PET SAFE HALLOWEEN

By Julie



Halloween brings the constant ringing of the doorbell from trick-or-treaters, noise, commotion and people in strange costumes. Because your pets rely on their constant daily routine, these Halloween festivities can frighten and agitate your pets.

Halloween is an exciting and fun time for people, but is a very frightening and stressful time for your pets. Unless you have a werewolf in your family to take trick-or-treating, it is not wise to include your pets in the festivities.

Halloween brings the constant ringing of the doorbell from trick-or-treaters, noise, commotion and people in strange costumes. Because your pets rely on their constant daily routine, these Halloween festivities can frighten and agitate your pets. It is best to enclose your fuzzy buddy in a quite comfortable room with some of their favorite things. Keeping them safely indoors protects them from becoming at risk to cruel treatment of Halloween pranksters.

At Halloween, pets are found to be innocent victims of pranksters' cruel jokes. October is one month out of the whole year we need to take extra safety precautions for our pets.

Ritual Sacrifices are still in existence. The danger to black cats on Halloween is at an all time high. Many shelters and humane societies have refused the adoption of black cats for the entire month of October. This causes the black occult practitioners and other sadists to look to the streets for their sacrificial cats. Color is not always their highest priority. So keep your cats safe and indoors.

Don't send Odin or Freya along to trick-or-treat with your children. The family doggy can get confused during the noise and all the commotion of the festivities and can be hard to handle. In result your dog could end up biting someone, running away, or bolt off the leash and get hit by a car or get lost.

Make sure all your pets have ID tags in case they turn up missing or escape from your home unnoticed in all the commotion.

Halloween goodies, yum. Tell your children not to share there goodies with their best fuzzy buddies. Chocolate is toxic for dogs, cats and ferrets. Other dangers are lollipops and any other candies with plastic components. Because of the sticks from lollipops and plastic components of other candies if swallowed they can cause an intestinal obstruction and rupture the intestines. This is a life threatening emergency.

Keep your pets away from your Halloween decorations. Pets love to play with anything that dangles, hangs or is shiny. They may tangle themselves, or end up choking on any type of decoration. Keep pumpkins and candles away from curious noses and paws. Candles can singe, burn or set fire to fur and knocked over pumpkins can set fires.

Hope you have a pet safe and Happy Halloween!!!!

Resources:

www.kidsource.com/kidsour...event.html
cats.about.com/cs/catmana...tmonth.htm
vetmedicine.about.com/lib...urrent.htm
www.adoptapet.com/boo.html
www.theacorn.com/News/200...ts/45.html

Raising a Superior Child

Fitness Flashcards

By WAU NC

It's a sad fact that kids aren't as active as they used to be. Between safety issues (such as not being able to just go play all over the neighborhood outside for hours on end) and indoor activities like video games, our kids are more sedentary than ever. Even the weather can be blamed; after all, who wants to play outside with a 110 degree heat index?

Here in North Carolina, we had a few days this summer where it was just too hot and humid to play outside for any length of time. As a result, my son was a little bundle of energy that needed some sort of outlet to make up for our loss of "outside time." Then, while doing a workout one day, inspiration struck. Sometimes I do my workouts while my son is doing his own thing, and more often than not he will follow along for a while. That was when I decided to design a workout just for him, making it fun by turning it into a bit of a game. In doing this, there are three major benefits: 1. Physical fitness- that's a no-brainer; 2. Burning off excess energy when we can't go outside; 3. Instilling good habits early on. Fitness is part of my family's lifestyle; we exercise, and we like it. He has been observing that for the past four years, and now that he is taking an active part too it will hopefully form a lifelong love for physical activity.

So here is what I did; I grabbed some blank index cards, and made up Fitness Flashcards. I wanted to include a good mix of strength and "cardio" type moves, working the entire body, and using real exercises that he has seen me do. He truly enjoys doing the same moves that he has seen others do, with real weights. I let him use two soft one-pound ankle weights; the weight enough to provide resistance without being too heavy, plus if they are dropped he won't get hurt. When do weight exercises, I "spot" him, making sure he has perfect form to avoid any straining on joints and possible injury. Better safe than sorry, plus proper form means muscles are worked properly and the whole thing isn't just for fun. Anyway, on to the cards.

On each card, I wrote the name of the exercise and drew a stick figure illustration of the move. I'm no artist, but I wanted a visual reference for my son's benefit, and stick men are good enough for him! Then we shuffle the deck, and he draws one card. He has to complete the move, even if it's not one that he particularly likes, before going onto the next. When we are all done, we finish with a stretch, and he has his choice of a standing stretch or one sitting/laying down. Our exercises are: 30 runs (run around like mad while counting to 30), 30 bounces (bounce in place 30 times), 20 jumping jacks, 10 front kicks (on each leg), 10 squats, 10 pushups, 10 crunches, 10 overhead presses (shoulders), 10 bench presses (chest), 10 bicep curls. We do these every weekday, as part of our daily routine, upon his request. Some days he asks to go through them twice. The whole bit takes about 10 minutes.

If you decide to do these, my words of advice are to keep safety in mind. Don't let your child use a weight that he has trouble lifting; make sure he can easily do all the reps without losing form, otherwise he may hurt himself. Make the experience fun, but be firm; one thing we are working on now is the importance of following through and not quitting. These have helped with that lesson, because once we start our exercises, we finish them all and don't quit. If I have to be stern about it, I will; we established the "finishing" rule early on though and it has stuck. Most of all, tailor the ideas to suit your child. We have kicks because that's what he likes to do, not for some other grand reason. The more fun it is for your child, the more likely he will be to enjoy it. And that is the purpose- to make exercise an enjoyable experience early on so your child incorporates it into his life permanently.



How did you tell him you were pregnant?

"I went to a friend's house and proceeded to take the test. When I saw it was positive, I called him up and told him my car wouldn't start because a part had fallen off of the car and I had no clue how to put it back on.

I went out and even put the hood up on my car for dramatic effect. When he showed up, he looked around and said that he didn't see anything missing. I handed him the stick and told him that this is what I wanted to show him.

It took him a few minutes to get it through his head but when he saw me smiling he said, "Dirty Trick! Clever, but dirty." and then swung me around the room."

"I was going to make a huge roman numeral IV in blue chalk in our driveway when I thought I was pregnant.

I don't know if he would have gotten the hint....He is the 3rd and our son would be the 4th!"

"We both decided on our Honey Moon in Europe that we were going to try for a baby. So he knew that I might be pregnant.

Two weeks later we were home and I told him to go buy a pregnancy test. I went into the bathroom peed in the cup and waited the 2 mins. I came storming out of the bathroom to tell R~~~ that I was pregnant. We both cried and laughed then he asked me to make dinner. Lol"

"When I was pregnant with L~~~, I bought one of those cute cheap baby bottles with a lamb and other decorations on it. I stuck my positive test inside and wrapped pink & blue ribbon around the neck of the bottle with a pacifier. I stuck it in the cabinet with the glasses. When he got home, I was laying on the couch pretending I didn't feel well. I asked him to get me a glass of water. When he found the bottle he kept asking "what's this?" over and over and got more and more excited each time. He was too cute!" "I thought of a cute way to tell him the baby's sex. I am getting a tee shirt and putting either a pink bow or a baseball cap over my belly on the shirt. Then just sitting back and seeing how long it takes him to realize. Maybe a stork on your shirt, or a pacifier or something?"

FAMILY RECIPES

GIANT COOKIES

By WAU NC



A giant decorated cookie makes a fantastic alternative to a birthday cake; my husband's birthday is a week before our son's, so instead of having two cakes, I did a decorated cookie instead.

The recipe I used was our family's favorite, which is just the one on the back of Tollhouse chocolate chips. I made the dough as usual and chilled it before putting it on the pan; I do this with cookies anyway, because they will spread less.

The pan I used was a 15-inch pizza pan; I placed parchment paper on first to limit spreading as well as to keep the cookie from sticking to the pan. This was very useful because I was able to simply slide the whole thing off without any breakage.

I spread the dough to within an inch of the edge to prevent it from cooking over; if you use a smaller pan, you will need to leave out some of the dough. Do not make it too thick or your cookie will not be cooked all the way through; this is especially true if you are using parchment paper because it will not spread out any thinner than you initially do.

My cookie cooked for 18 minutes at 375 degrees, but your cooking time will vary depending on the size of your cookie and your own oven. Cook it as you would other chocolate chip cookies, until take out just before it is cooked all the way. Let it cool on the pan for ten minutes and the cookie will finish baking and will set. Cool the cookie completely before icing.

I decorated my cookie with regular canned vanilla frosting tinted with Wilton dyes. I also put the cookie on a cardboard cake board that I cut to fit afterwards. As you can see, the cookie was torn into immediately before I got the final picture.

This turned out wonderfully and is a new favorite in our household!

MABON HARVEST STEW

By Vicky

- 1 tablespoon of olive oil
- 1-½ lbs of beef for stewing
- 1 can (28 ounces) stewed tomatoes, undrained
- 6 carrots cut into 1-inch pieces
- 3 medium potatoes cut into 1-inch pieces
- 3 celery stalks, chopped about 1 cup
- 1 medium onion, sliced
- 2 tablespoons of dried parsley flakes
- 1 tablespoon of dried basil leaves
- 2 teaspoons of salt
- 1 glove of garlic minced
- ½ teaspoon of black pepper
- 2 bay leaves
- ¼ cup all purpose flour (optional)
- ½ cup of warm water (optional)

1. Heat oil in large skillet over medium – low heat. Brown stew meat on all sides. Drain excess fat.
2. Place browned meat and all remaining ingredients except flour and water into your slow cooker, I find that the carrots take the longest to cook so put them closest to the bottom. Mix well. Cover; cook on high 6-7 hours.
3. Before serving, thicken gravy, if desired. Combine flour and warm water in small bowl, stirring well until lumps are gone. Add mixture to liquid in slow cooker; mix well. Cook 10-20 minutes or until sauce thickens. Remove and discard bay leaves before serving.



PIRATE SHIP CAKE

By WAU NC

For my son's fourth birthday, he told me he wanted a pirate ship cake. I found a neat one from www.familyfun.com, so here are my photos and modifications. Check out their site for the original recipe!

First, I cooked a yellow cake; typical of my luck, I started mixing everything before I remembered that I had thrown away my old round cake pans when we moved. Seeing as how it was ten o'clock at night, I decided to make do with what I had and used a casserole dish. Fortunately, I had one that was shaped perfectly for a ship cake and just poured most of the batter in and cooked until it was done, about 35 minutes. I also cooked some of the excess as a cupcake and set that aside for the island.

Once the cake was done, I cut off the top to make my ship. I iced that with regular canned chocolate icing, and used a fork to create the wooden-plank effect. I put Pirouette cookies around the ship for rails, then broke some into pieces and iced them for cannons. I stuck those in the side and stuck a candle in each. For the mast, I cut some squares of white paper and soaked them in coffee for a bit to color them. Once dry, I cut straws for the mast, and slid on more Pirouette cookies wherever the straw was exposed. I wound up doing this because I could not find wooden skewers during my last, rushed grocery store trip and settled for straws instead.

To decorate, I used Playmobil figures from a Viking and a pirate set, which is also where the treasure came from. I found malt balls in the bulk bin and "glued" those together with icing. I also used chocolate treasure chest candies (I forget if they were Nestle or Hershey's); I really wanted root beer barrels but didn't see them anywhere.

For the island, I cut the top off the cupcake and decorated it.

The water is Cool Whip that I colored with Wilton dye; I didn't mix it all the way because I wanted a streaking effect. I also used some Swedish fish candies that I found in the bulk bin.

The whole thing kept overnight, uncovered in the refrigerator and was a huge hit!



HALLOWEEN SAFETY

By AA

In order to make Trick or Treating safe but still fun, I have researched the many ways to make Halloween a night to remember.

Teach your child their phone number and how to dial 9-1-1 before Halloween

Write their name, address, and phone number somewhere inside their costume

Make your child a great dinner before going out (this helps with pre-inspection eating)

Adults always go with your children

If you do not go with them, make sure they have a watch or cell phone and a time to be home. I would recommend setting the alarm on the watch/phone. You know how kids are.

Plan your route ahead of time and stay on the sidewalk

I recommend only going to the houses of people you know

Make sure you and your children only knock on doors with lights on

Never go inside a strangers house

Carry a flashlight and put glow stickers on costumes

Face paint is much better idea than a mask (they block eyesight)

Make sure all props are plastic and safe

When purchasing costumes, make sure they are flame resistant

Shoes should fit snugly and costumes short enough to prevent tripping

Never walk out into the street between parked cars

Cross the street at corners only

Remember to look through the candy before they dig in

When in doubt, throw it away

Healthy and alternative goodie suggestions:

Packages of low-fat crackers with cheese or peanut butter, Packaged fruit leather, Mini boxes of raisins, Packages of hot chocolate mix, Microwave popcorn, Pencils, Play jewelry, Stickers, Erasers, Hair ribbons and barrettes, Match-book cars, Packaged beef jerky, Gum, Crayons, Sidewalk chalk



TUMMY TIME

By Anne

For years now, it has been recommended that babies be placed on their backs to reduce the risk of SIDS while sleeping. This greatly reduces the amount of time babies spend on their bellies, which is very important for early strength building.

Supervised Tummy Time helps to strengthen your baby's neck, arms and torso. It prepares her for rolling over and crawling. It also helps prevent Plagiocephaly (the flattening of the head due to a baby always being on her back). Remember, never leave your child unattended while on their belly. Continue to place your baby on her back for sleeping.

As a result of her limited tummy time, she may anger easily when placed on her belly and become quickly frustrated in this awkward, new position. Start her off slowly, with just a few minutes per day spent on her belly. If she will not tolerate any time on her belly, begin by placing her on your thighs while your knees are bent.



She will tolerate this angled position better than suddenly being flat on her belly. After she grows accustomed to that position, you can once again try placing her on the floor. Try to avoid tummy time after a feeding as the pressure on her belly may cause her to spit up. You can help her enjoy it by getting right down there with her, face to face. Make a game of it by dangling toys and speaking her name to come to you, encouraging movement. Most babies will take delight at their own reflections in a mirror placed in front of them. Place toys just out of her reach.

Although the incidence of SIDS has greatly decreased since we've begun placing babies on their backs for sleeping, today's babies crawl and roll over a bit later than the babies of yesterday. That's a small

CHOOSING A CAR SEAT

By Sarah

When choosing which car seat to buy for your baby, consider the following.

- 1) How well it supports your baby's head.
- 2) Whether the covers are machine washable.
- 3) Only those with a seal of approval as a car seat, not a baby carrier.
- 4) How easy it is to adjust the harness.
- 5) Whether the seat reclines.



History of Samhain

By Vicky

Samhain is one of the two great Celtic holidays, the Celts divided the year into two seasons: light and dark, the light being Beltane on May 1st and Samhain on November 1st.

Most of us believe that Samhain is the more important celebration; it marked the beginning of a whole new year. We know that in the dark silence comes whisperings of new beginnings, the stirring of the seeds below the ground. Beltane welcomes in summertime with joyous celebrations at dawn. The most magically potent time of this celebrations is Hallows Eve, the night of October 31st, known today of course, as Halloween.

Samhain (Scots Gaelic: Samhuinn) translates to "summer's end." In Scotland and Ireland, Halloween is known as Oíche Shamhna, while in Wales it is Nos Calan Gaeaf, the eve of the winter's calend.

For workers of the land Samhain marked the first day of winter, when the herders led the cattle and sheep down from their summer hillside pastures to shelter for the winter. Those destined for the table were slaughtered, after being offered / devoted to our Gods.

All of the years harvest was gathered, which included turnips, barley, oats, apples and wheat. Come November, the faeries would blast every growing plant with their breath, blighting any nuts and berries remaining on the hedgerows.

Wood and peat was stacked high by the families hearth, it was a joyous time for families, working together in the kitchen baking and salting their meat, and making preserves for the winter feasts to come.

In early Ireland, people gathered at the ritual centers of their tribes, Samhain was the principal calendar feast of the year. The greatest assembly was the 'Feast of Tara,' focusing on the royal seat of the High King as the heart of the sacred land, the point of conception for the New Year, the hill of Tara is still as magnificent today as it was then, you can still feel the spirits of our folk who walked those same green hills.

In every household throughout the Ireland, hearth-fires were extinguished. They all waited for the Druids

to light the new fire of the year -- not at Tara, but at Tlachtga, a hill twelve miles to the northwest. It marked the burial-place of Tlachtga, daughter of the great druid Mogh Ruith, who may once have been a goddess.

At all the turning points of the Celtic year, the gods drew near to Earth at Samhain, so many sacrifices and gifts were offered up in thanks for their harvest. Personal prayers in the form of objects symbolizing the wishes of supplicants or ailments to be healed were cast into the fire, and at the end of the ceremonies, brands were lit from the great fire of Tara to re-kindle all the home fires of the tribe, as at Beltane. As they received the flame that marked this time of beginnings, people surely felt a sense of the kindling of new dreams, projects and hopes for the year to come.

The Samhain fires continued to blaze down the through the centuries. In the 1860s the Halloween bonfires were still so popular in Scotland that one traveler reported seeing thirty fires lighting up the hillsides all on one night, each surrounded by rings of dancing figures, a practice which continued up to the first World War.

Young people and servants lit brands from the fire and ran around the fields and hedges of house and farm, while community leaders surrounded parish boundaries with a magic circle of light. Afterwards, ashes from the fires were sprinkled over the fields to protect them during the winter months -- and of course, they also improved the soil. The bonfire provided an island of light within the oncoming tide of winter darkness, keeping away cold, discomfort, and evil spirits long before electricity illumined our nights. When the last flame sank down, it was time to run as fast as you could for home, raising the cry, "The black sow without a tail take the hindmost!"

In Ireland we still have Hallows Eve fires and everybody from our community participates in them, children and adults alike.

Sources. The History of Samhain by Agnus C

Homefront Tips

Do your kids waste shampoo? Pour the shampoo into a liquid hand soap dispenser. One pump will give them the correct amount of shampoo!

For fluffier cakes, bring the eggs to room temperature 1/2 an hour before mixing your batter.

To remove lumps from sugar, seal it in a plastic bag & refrigerate for 24 hours!

If you burn your tongue on something - put a teaspoon of sugar on your tongue and hold it against the roof of your mouth, letting the sugar melt. This will prevent your tongue from getting sore.

To keep baked potatoes moist, soak them in water over night before baking.

Place a fresh piece of mint gum on the side of your plate at your next picnic. It will keep the flies away.

Pour beef or chicken broth into an ice cube tray and freeze, making a cold treat for your dog on a hot day.

Use an empty toilet paper roll to store electrical cords. It keeps them neat and you can label the roll what appliance it belongs to.

To prevent icy door steps: Get warm water and put Dawn dishwashing liquid in it. Pour it over the steps.

Candles will last much longer if placed in the freezer for at least 3 hours prior to burning.

Unsure if your baking soda is fresh? Pour a 1/2 teaspoon vinegar onto a dab of baking soda, if it bubbles up, it's fresh!

Before broiling meat, place 1/2 cup of water in the drip pan. It will prevent smoke and make cleaning up – easy.

Make a paste from cream of tartar, a little bit of salt, and water, and then apply it to your stove top with a soft toothbrush. Let sit for at least 5 minutes and then gently scrub off any burnt on food.

To keep your corn fresh in the refrigerator - stand the ears on end in a tall container with the cut ends in about an inch of water until you're ready to cook them.

To give soggy lettuce new life, add lemon juice to a bowl of cold water & soak lettuce for an hour in the refrigerator.

To help keep fruits and veggies fresh in the fridge, line the bottom of the crisper with paper towels to soak up the moisture.

Leave a paste made of baking soda and water sit in the oven overnight to make oven cleaning an easy task.

If you accidentally melt plastic onto your toaster, rub a small amount of Vaseline onto the spot & reheat, then wipe off with a paper towel.

To remove stains from aluminum cookware, mix 2 tablespoons of cream of tartar powder, and 1 quart of water. Bring to a boil and simmer for 10 minutes. Wash and Dry item as usual.

To remove gum from the sole of a shoe, soak the shoe in a very shallow pan of rubbing alcohol. Remove any remaining gum with a rag soaked in alcohol.

Add ¼ cup of baking soda to your load of laundry to make your clothes feel soft and smell fresh.



By Julie



most important influence
to smoke, yet you do not fully
ence.

is not just a one-time conversation it should have with your child while your child grows up. times argue with you. They even may seem to be fun-keep at it. It is never too early to talk to your child about

My sister started to smoke when she was 13 years old, and now her own teenage daughter smokes, I definitely think attitudes toward smoking come from parents and peer pressure, my niece started to hang out with teenage girls who smoked and her very anti smoking opinion soon changed to be one of the girls. I am 33 years old and have never smoked; I come from a family of smokers. Vicky, Ireland

Is your child a smoking Risk? Every child is in danger of smoking cigarettes.

Does your child have friends who smoke? If your child has three or more friends who smoke they are more likely to smoke than those who don't smoke.

As parents do you smoke? It is a great chance your child will smoke if the parents smoke.

Do you have siblings that smoke? It triples your child's chances that they will smoke.

Does your child have a hard time in school? Smoking has been proven to be linked to repeated poor academic studies.

Do you leave your child unsupervised after school? Students have a lower risk of smoking if they are involved extra-circular activities such as sports, clubs and events.

Does your child seem depressed? Depression has been shown by studies to be associated with smoking.

Do you have adolescent children? The time when children who have tried smoking are ages 11-15. That is in the six through tenth grade. So it is never too early to start talking to them and keep talking to them about NOT smoking!

When talking to your children about not smoking relax and remain calm. Don't lecture and don't do all the talking. Keep it light without judging. Ask questions and truly listen to your child's answers. You know which messages about not smoking make the biggest impression on your child because you know your child better than anyone. Talk to your child in your own words, with simple language, and simple rules. Focus on the short-term consequences. Most teenagers don't worry about long-term risks. Catch their attention on the immediate consequences of smoking like bad breathe, smelly clothes, yellow teeth or bad performance in sports.

Preteens and teens need a reality check from time to time. They tend to overestimate the risky behavior of smoking, the use of drugs and drinking of children in their age bracket or older. Remind them there is also a larger majority of high school students who don't smoke.

Talk about peer pressure with your child and acknowledge what your child may be facing. Also suggest the positive ways of dealing with peer pressure like, classmates who they admire who don't smoke and famous athletes, or things they can do with the money they would save by not spending their wages on buying cigarettes. And last but not least tell your child the consequences for smoking in your family and follow through if they break the rules.

If your child already smokes talking to them is not much different than talking to a child who doesn't smoke. It's all in the approach. Remember to keep it light, no lectures and keep it a two-way conversation. Stay calm and focused and take a deep breath and now ask, why they smoke and for how long? Ask them if they have ever tried to quit. Treat their smoking habit as a medical rather than a disciplinary problem. Next, talk to them about quitting and various methods of quitting. Tell your child that quitting smoking can be very difficult, but the intense symptoms disappear after a few weeks. Continue to support your child's efforts to quit smoking.

Always expect rebellion in adolescence. That's what growing up and being a child is all about. Not letting your child rebel in ways through clothing, hairstyles, or music may lead your child to feel the need to rebel through smoking, drugs, sex and drinking. Remember it's never too early to talk to your child about not smoking.



Does my child have ADD / ADHD?

By Kelticgirl

We have all heard the terms ADHD or ADD. It has become a popular buzz word around schools these days. Many children have been labeled with this "condition." It is estimated that somewhere around 2 million children have been diagnosed with ADHD. This is between 3% and 7% of all school-aged children in the US. We are going to take a look at this "condition" to find out what it is, what the symptoms are, and its possible causes. We will talk about treatment options in Part II..

What exactly are ADHD and ADD? ADHD is an acronym for Attention Deficit Hyperactivity Disorder; ADD is an acronym for Attention Deficit Disorder without the hyperactivity. Both ADHD and ADD are considered neurological brain disorders which affect brain chemical levels.

Some believe that there could be as many as 5 to 7 different types of ADD/ADHD. Currently there are three main types of ADD/ADHD that are recognized across the board.

They are:

1. Hyperactivity-Impulsivity
2. Inattentive
3. Combined

The symptoms of each type are described below:

1. Inattentive

- a. Fails to pay close attention to details or makes careless mistakes.
- b. Had difficulty maintaining attention in tasks or play activities.

- c. Does not seem to listen when spoken to directly.
- d. Does not follow directions and fails to complete schoolwork, chores, or, in adolescents, on-the-job duties.
- e. Has difficulty organizing tasks or activities.
- f. Avoids or dislikes tasks that require sustained mental effort (such as homework and schoolwork).
- g. Loses things, necessary for tasks or activities (for example, toys, pencils, assignments, tools).
- h. Is easily distracted.
- i. Is often forgetful in daily activities.

2. Hyperactivity

- a. Fidgety or squirms in seat.
 - b. Leaves seat in classroom or in other situations where expected to remain seated.
 - c. Runs or climbs excessively when inappropriate.
 - d. Has difficulty playing or engaging in leisure activities quietly.
 - e. Is always on the go or acts as if "driven by a motor."
 - f. Often talks excessively.
 - g. In adolescents, may be exhibited as restlessness.
3. Impulsivity
 - a. Blurts out answers before questions have been completed.
 - b. Has difficulty waiting for a turn.
 - c. Interrupts or intrudes on others (for example, butts into conversations or games).
 - d. Emotionally reactive

3. Impulsivity

- a. Blurts out answers before questions have been completed.
- b. Has difficulty waiting for a turn.
- c. Interrupts or intrudes on others (for example, butts into conversations or games).
- d. Emotionally reactive

ADD and ADHD have several different characteristics. ADD is characterized by sluggishness, boundary issues, obedience, under-assertiveness, over-politeness, modesty, shyness, socially withdrawn and clear bonding with others, but does not attract friends easily. ADHD, on the other hand, is characterized by physical hyperactivity, impulsivity, intrusiveness, rebellion, bossy attitude, irritability, showing off/egotistical, attracts friends easily, but does not bond well and are prone to have Oppositional Defiant Disorder or Conduct Disorders.

We have looked at what ADD/ADHD is and some of the symptoms and characteristics involved. Now, let's look at some possible causes. There are many different opinions as to why children have ADD/ADHD. It has been suggested that this "condition" can be genetically inherited, caused by brain differences, such as size and shape, brain trauma, food allergies and sensitivities to artificial foods, colorings, and preservatives, hypoglycemia and sugars, environmental and metal toxicity, malnutrition, and poor digestion/absorption. Let's first take a look at the possible genetic link.

Many professionals believe there is a genetic link to ADHD. It has been noted that when a child is diagnosed with ADD/ADHD, usually one or both parents have ADD/ADHD or another neurological disorder such as, depression, Tourette's syndrome, or antisocial behaviors. A study was conducted by J.L. Morrison and M.H. Stewart in 1971 showing that hyperactivity tended to run in families (Zimmerman, 1999, pgs.67-68). The study revealed that hyperactive parents were present in 20% of their child subjects. Another study was conducted by L.E. McCormick, M.D. in 1995. Dr. McCormick discovered that out of 58 child subjects, 30% of the mothers had some degree of depression (Zimmerman, 1999, pg.66).

Another common cause for ADHD seems to be food allergies or sensitivity. If a child has a food allergy, it can be manifested with symptoms like mood swings, digestive problems, mal-absorption, hyperactivity, and depression to name a few. Marcia Zimmerman, author of *The A.D.D. Solution. A Drug-Free 30-Day Plan*, believes that 75%-80% of children with ADHD have a food allergy or sensitivity (Zimmerman, 1999, pg.75). Food allergies can cause symptoms similar to ADHD and Tourette's syndrome by causing a reaction called ATFS, or Allergic Tension Fatigue Syndrome (Rapp, 1991, pg. 329). These symptoms include: tension, irritability, hyperactivity/fatigue, depression, as well as apathy. ATFS can also be displayed as impulsivity, distractibility, lack of concentration, and learning disabilities.

Sugar has long been suspected of being a cause of ADHD. Excessive sugar consumption can lead to large swings in blood sugar levels, leading to hypoglycemia. Hypoglycemia is common in ADHD patients. Symptoms of hypoglycemia are nervousness, irritability, exhaustion, depression, headaches, digestive disturbances, forgetfulness, mental confusion, twitching and jerking muscles, antisocial behaviors, etc. Environmental allergens and toxins are also being pointed at as a possible cause. Pollen, mold and chemicals can lead to ADHD. Symptoms such as headaches, leg pains, irritability, and behavior problems, as well as the typical runny nose. Pesticides can accentuate ADHD symptoms.

Toxins come in many disguises. Take your pre-packed foods, for example; would you believe that for some people it is a box of poison? Artificial colors, flavors and preservatives abound here. A lot of these food additives contain an organic compound called a phenol. Many food additives (preservatives, such as BHT, BHA and TBHQ, flavors and colors) are petroleum-based and contain very large amounts of phenols. A subgroup of phenols are salicylates, which are naturally occurring in some fruits. Phenols interfere with metabolizing certain compounds in the body, sulfur in particular.

Heavy metal toxicity is next in line. Metals such as lead and mercury, in particular, are thought to help cause ADD/ADHD. These cause cognitive impairment and negatively impact the brain.

Poor digestion and malnutrition are also considered to be possible causes. Poor digestion is one of the symptoms for faulty sulfur metabolism. It can lead to poor absorption and deficiencies in nutrition. Signs pointing to deficiencies in nutrition can be irritability, aggression, clouded thinking, lack of attention, decreased neurotransmitters and decreased cognitive skills.

This is a very brief overview of ADD/ADHD. Hopefully, it will give you a better understanding of what ADD/ADHD is and what to look for as possible causes if your child is diagnosed with ADD/ADHD. Next time we will look at treatment options.

Resources:

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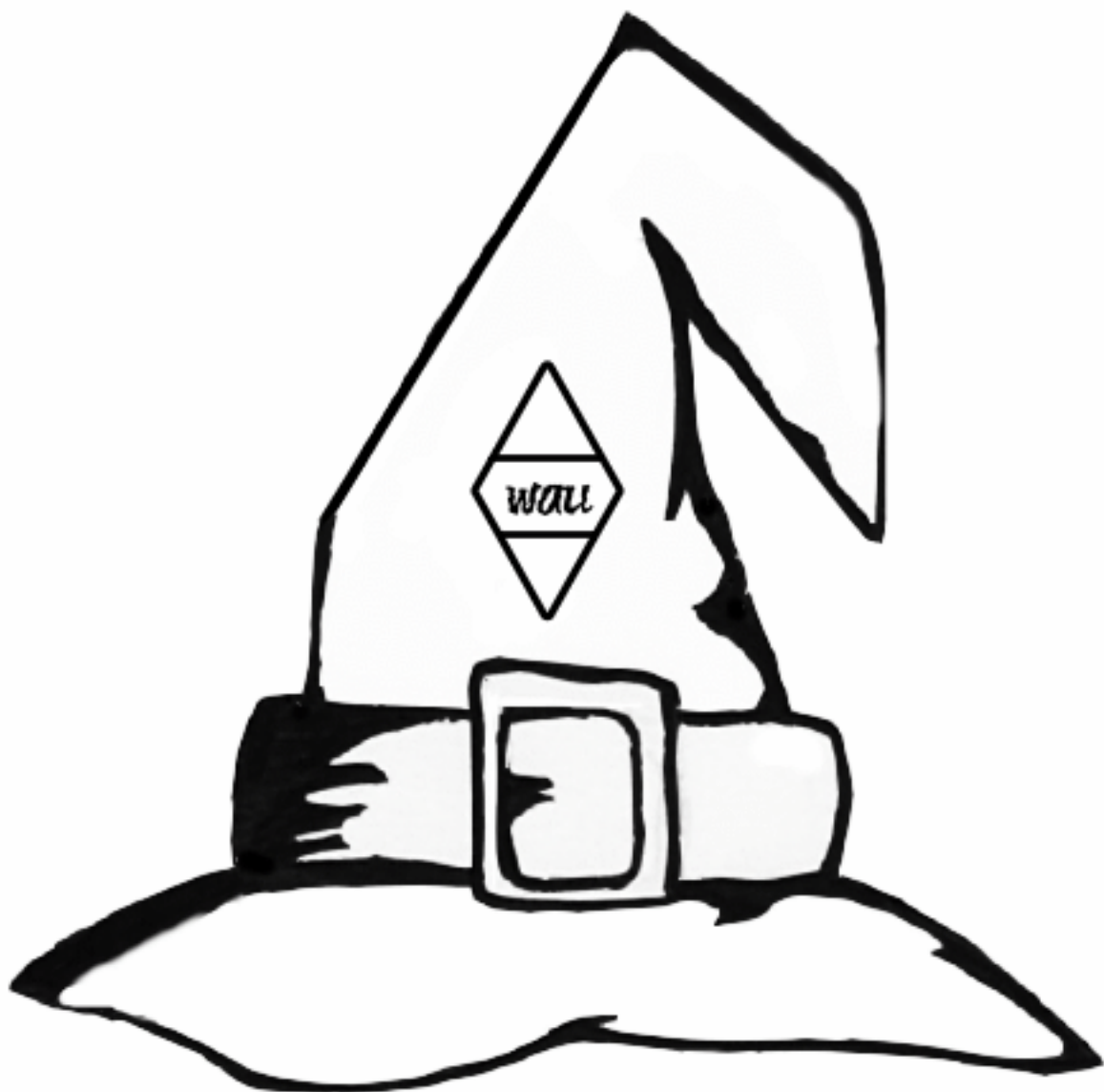
For more information about ADD and ADHD, check out the following resources: www.amenclinic.org, www.mercola.com, www.add.org, www.chadd.org, www.addresource.org, www.nihadc.com/add-adhd.htm, www.resultsproject.net/lab_tests_vs.html, www.feingold.org

Pictures

"HALLOWEEN COSTUMES"



PRINT OUT AND COLOUR



Homefront would like to Congratulate the following families on their Pregnancies, Births and Marraiges!

Births

Congratulations to Patti and Michael on the birth of their first son Michael Collins Sevier. Well done Guys!

Congratulations to Angela and Family on the birth of their daughter Elizabeth Aryianna.

Congratulations to Romulus and Family on the birth of their son Nathan Bedford Forrest.

Congratulations to Jordan and Michael on the birth of their 2nd daughter Abby.

Congratulations to B&H Supporters TOTENKOPF28 and EVILZS666 on the birth of their son.

Congratulations to the S***** family on the birth of their daughter Mylee Kathlin.

Pregnancies

Congratulations to Marta on her pregnancy, we wish you a happy and healthy pregnancy.

MARRIAGES

Congratulations to Victoria (WAU Ukraine) on her recent marraige, we wish you lots of love and happiness dear sister.



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