

Homefront

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

Eco RACIALISM

We must realize that we are connected to the Earth

ARE YOU DOING YOUR PART FOR OUR FOLK?

By Mark Kooms - Hammerskin POW

ATTACK OF THE SISSIES

By Richard Kemp

STRANGER OFFENDERS

Stranger offenders view children as weak, helpless, frail,
defenseless, little objects

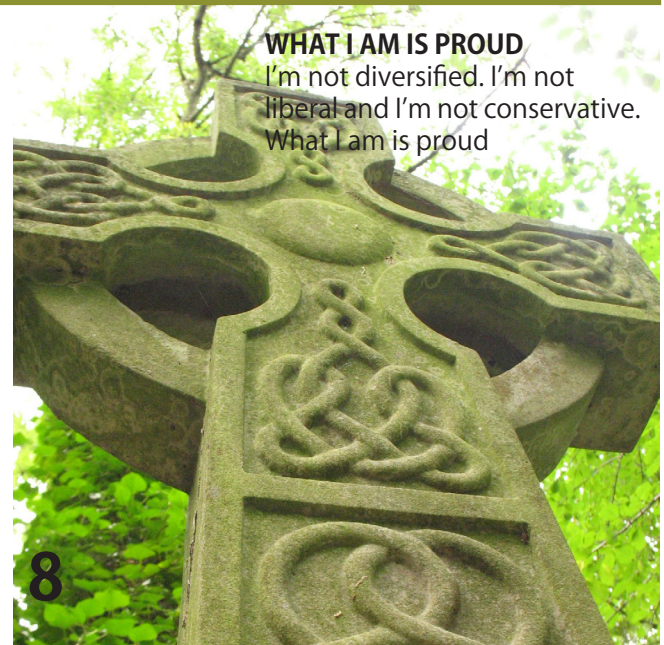
Natural Home - Family Recipes - Tips - Print out and colour
and much more ...

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WHAT I AM IS PROUD

I'm not diversified. I'm not liberal and I'm not conservative. What I am is proud

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STRANGER OFFENDERS

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editorial



Welcome to the 7th Issue of HomeFront.

Summer is finally over and autumn has descended upon us, the colours and smells of fall entice us all, our days rapidly get shorter and cooler. Plants are starting to turn colour and set their seeds, it's time to harvest your crops and prepare for Mabon /Autumn Equinox. The Autumn Equinox is a time of thanks-giving for the fruits of the earth and recognition of the need to share them to secure the blessings of the Goddess and God during the winter months.

With autumn here we also get to celebrate Samhain, we have discussed the history Samhain in Issue No 4 of HomeFront, we will include more Samhain fun and facts in this issue of HomeFront.

HomeFront will Make a Difference

HomeFront has 4 new writers for their seventh issue and we hope that you enjoy their input, we all work hard for months prior to each issue researching topics for you our readers, we want you all to learn something new each time you read our publication.

"Autumn burned brightly, a running flame through the mountains, a torch flung to the trees."

We hope you enjoy this issue of HomeFront

Faith ~ Folk ~ Family

HomeFront issue No 8 is due out on December 21st.

RECYCLING AT HOME

By WAU NY & NC

Recycle trash from your household; take paper, plastics, glass, aluminum cans, and other recyclables to recycling centers. Recycling one ton of paper saves 17 trees. Recycling creates six times as many jobs as land filling.

Recycling takes very little effort. Some communities do not ever require that you separate out your recyclables. You can dump them all into a single bin. This means that all you need to do is keep a separate trash can or container to toss recyclable materials into, rather than the regular garbage can. How difficult is that?

Find out if your curbside garbage pickup has a recycling program.

If we recycled all of the newspapers printed in the U.S. on a typical Sunday, we would save 550,000 trees--or about 26 million trees per year. California Department of Conservation

The U.S. is 5% of the world's population but uses 25% of its natural resources. Environmental Protection Agency

Boycott products from companies that are destroying our ancient forests, especially Kleenex! Use cloth handkerchiefs.

Conserve electricity, water, and other resources on a daily basis.

PLEASE stop buying and using non-bio-degradable detergents.

Recycle clothes and household items that are no longer needed by donating them to charities in our movement.

Pick up cigarette butts and other non-biodegradable litter in your area.

When your jeans get holes in the knees, cut them into shorts.

More Tips in HF 8



NATURAL HOME

Dizziness

A common kitchen spice can stop a case of the spins. Simply drop a pinch of cayenne into a glass of warm water and sip. I got this tip last year and used it during the humid hot summer we had when i felt dizzy and it worked a treat.

Sharon UK



Dry Skin



Almond and grapeseed oil are the quickest fixes for dry skin. They soak into your skin faster than creamy moisturizers.

Maria USA

Headache

Dull a tension headache by massaging a few drops of peppermint essential oil (Mentha piperita) into your temples.

Sarah USA



Cookware Tips

WAYS TO AVOID RUINING YOUR NONSTICK COOKWARE

By Sarah1488

Using your bread pans for meats or high-acid foods: Nonstick bread pans provide for easy removal of freshly baked bread. But using these same pans for meatloaf or other foods will wear off the finish more quickly. Some foods reduce the lifespan of your pans, making them harder to clean and more prone to rust. Keep bread pans just for bread, and designate another pan for other foods. This way you'll ensure no pan residue ends up on your freshly baked bread.

Cutting serving portions with a metal knife or utensil: Use rubber or silicone spatulas to portion and serve from your cookware or bake ware.

Storing pans improperly: Storing pans haphazardly along with other metal implements can cause scratches in the finish. Always nest your nonstick frying pans and bake ware carefully, and do not allow other metal pan covers with thin, sharp edges to sit inside your pans.

Drastic water temperature changes: Placing a very hot nonstick frying pan into cool or lukewarm dishwater can cause your pan to warp. A warped pan will not have even heat distribution and its cooking abilities will be reduced. Always allow your pan to cool completely before immersing it in water.

Using metal spatulas, whisks, or tongs: Refrain from using any metal utensils on your nonstick cookware to stir, turn food, scrape food residue, or blend foods right in the pan. The best utensils to use are wood, plastic, or silicone.

Cleaning pans in a dishwasher: Dishwasher detergents are generally too harsh for most nonstick cookware and kitchenware, and will eventually cause the finish to wear off. Bake ware that has scratches in it may also not dry completely and could rust. Hand-wash your nonstick cookware and dry completely before storing.

Cooking on high heat: Most nonstick cookware is made for low- and medium-heat cooking. Too high a heat can wear down or blister the finish, as well as cause pans to warp. To maintain your pan and increase its lifespan, follow the manufacturer's instructions regarding cooking heat.

Storing foods in your nonstick pans: Foods should never be stored in the pans but should be removed. Pans should be cleaned carefully and dried before storing.

Cutting your pizza with a cutter: Cutting your pizza right in the nonstick pizza pan will mar the finish. Always slide your pizza out onto a wooden cutting board, and then apply the pizza cutter to portion servings.

Source : Household Helpers

ATTACK OF THE SISSIES

By Richard Kemp

There used to be a day and age where our ancestors, when under attack, would gird themselves for battle when threatened. We, their progeny, play with our computers, drink beer, and enjoy all of our modern conveniences while a bunch of sissies' daily assault us. They are doing everything that's always been alleged about faggotry in general. They are corrupting the mind of our children and they are driving a wedge between straight men and women. They are doing everything in their power to destroy family values and insert their own twisted agenda. They are in the movies, they are appearing on talk shows, they turn the legal system against us, and they are even in our schools trying to warp our children's minds.

White women have been wooed to minority causes for quite some time now by being granted minority status. Now the homosexual crowd, capitalizing on the principle of divide and conquer, are working double and triple time to turn White women against White men and further separate the gulf between the sexes.

Consider the overwhelming number of TV shows and movies promoting an agenda designed to portray the gay male as being suave, sophisticated, "super intelligent, and a well-traveled fashion plate compared to the beastly, loud, uncouth lout of a heterosexual male. There was the wisecracking gay friend of Julia Roberts' character in the 1997 movie, "My Best Friend's Wedding". Rupert Everett, an openly gay actor plays a straight girl's best friend in a 2000 release of "The Next Best Thing". NBC had a sitcom with a similar theme called "Will & Grace". Let's not forget the gay best friend in "Blast From the Past" or the character played by Paul Rudd in "Object of My Affection". All these shows are geared to deliver a subtle message to our women, "Having a gay male friend is trendy."

The queer message is being delivered to our youth starting at a very young age. The headlines of the USA Today a few years back revealed that gays have gained a foothold in our schools. Over 600 gay-straight sex clubs have been formed in public schools in the U.S. utilizing the same 1984 Act that allowed the Christian Coalition to form prayer groups in public schools receiving Federal funding.

In Portland, Oregon of all places, I read where young boys wishing to cross-dress at school are getting legal assistance from a Portland chapter of the national Gay, Lesbian, and Straight Education Network. In one news article, Brian Peters, a gay student at Sam Barlow High School in Gresham, Oregon is shown in a newspaper photo wearing pink pants, sweater and shirt that has "Pansy" emblazoned on it in big bold letters. The school principal, Wally Scherler, prohibits clothing with 'sexual references' and is portrayed in the news story as being the bad guy. For instance, he sent Peters home for wearing a blue flowered dress and matching silk blouse, another time Peters was sent home for wearing a black velvet outfit and for using the girl's restroom. Scherler has been subjected to enough political pressure to make some concessions. Peters was permitted to wear a pink triangle button, a pink romper and a sweatshirt that reads, "Burst down those closet doors once and for all, and stand up, and start to fight!" a quote from murdered gay activist, Harvey Milk.

There are frequently bisexuals and other sexual freaks on Jerry Springer but notice even Montel, Leeza and Ricki Lake are getting into the act. On one Leeza show a White male with healthy instincts was subjected to group hate for daring to confess he detested homosexual behavior. The theme of the show was "Hate" but the white male was associated with being the hater, because he was unremorsefully straight. This show angered me so much I zipped off a letter, to the producers of, the Leeza show. Ironically the show happened to be on the Fox Family Channel. Go Figure.



I don't care if they have Wesson oil parties at their gay bathhouses. They can cross-dress, wear leather or spiked collars to their social clubs, prance around in pink tutus, vacation in Palm Springs or Key West and do the cha-cha-cha. But the homos are not content to have their underground community functions. There is a larger agenda afoot.

I believe they are on a mission to divide and conquer our Folk and they found willing compadres by exploiting the tactics of existing minority groups and by forming alliances with minority and women's lib political action committees.

I find it awfully revealing when Jenni Olson, editor of Popcorn, the film section of Planet Out, the largest gay site on the Web (www.planetout.com) is quoted as saying straight women and gay men share an affinity as homophobia and misogyny share the same roots. "The reason gay men are so reviled," says Olson, "is they are seen to be like women. If it wasn't perceived that women were less than equal to men, it wouldn't be a bad thing to be like a woman."

Excuse me? If a gay male tries to act like a woman, I believe he is reviled by both sexes. There is nothing more ridiculous than some drag queen with five o'clock shadow, stubby chest hairs and tumbleweeds under their armpits making an attempt to be effeminate. In fact it is downright clownish.

Admittedly, most homosexuals are not effeminate at all. Picture the Marlboro man look alike making goo goo eyes at the muscle guys in the gym at the Y.M.C.A. Quite frankly, I'd rather not, for it is equally repulsive.

The dictionary definition of misogyny is "... to hate women." Most straight males happen to love women; Love to look at them, love to be with them. How gay men and straight women share an affinity based on misogyny and homophobia is really stretching it. But the homosexual organizations are taking this convoluted logic and are fighting a war against our family values.

Things are so twisted, teen faggot, Brian Peter's mother; Nancy believes her cross-dressing son should be able to wear things that reveal his sexual identity at school. "I feel like the administration has interpreted the dress code as it pertains to gay and lesbian slogans in a very restricted, conservative way," she said; "I am proud of Brian for standing up for his rights."

There are always going to be homosexuals, transvestites, and sexual deviants. There is no way it will ever be eliminated, but to sit by the sidelines and let them promote their lifestyle in our homes and schools is a crying shame. Someone has got to take action. You can start with yourself.

When you see a show on T.V. putting down a straight White male, write the studio a letter protesting their promotion of homosexuality. The addresses of the television studios can be found in any T.V. GUIDE and the local studio affiliates can be found in the Yellow Pages of your phone directory.

When your local newspaper writes a feature on the trials and tribulations of being openly gay, write or call the editor. It is even more effective if you lean on their paid advertisers. Threaten to stop patronizing their business because you notice they advertise, in a paper known to promote homosexuality.

When you hear kids are coming to school cross-dressing, speak with school administrators. Or if there is a gay-lesbian social club on campus, use the same laws they used to get approved to start your own social club that promotes heterosexual family values.

I can hear the chorus of people thinking, "Writing letters and speaking out isn't going to do anything." Wrong. Wrong. Wrong and wrong again. It is more than you are doing now, which is nothing. We can start to be an effective political force when enough of us pull together and let it be known we won't stand for the promotion of this homosexual crap.

Are you going to sit there and let a bunch of faggots corrupt the mind's of your people or are you going to take action? It's no joke when you let a bunch of sissies beat you down. Speak up. "Speak up," I say. Get these queers out of our schools and back into the closets and porn shops where they belong.

What I am is proud

by Porzellanpuppe

I'm not going to pretend to be something I'm not. I'm not politically correct. I'm not diversified. I'm not liberal and I'm not conservative. What I am is proud

Lately, it's become a real crime to be proud. Especially if you're proud of your European heritage. I am of German/Northern European/English descent. I'm proud that I have pale, pale skin, that I am tall, that I am descended from people who populated Europe with redheads and brunets with pale skin and strong backs. I like European music (classical, folk); I like European literature, I like European art, and most of all, I like European food.

So why is it that because I like these things, and because I just can't get into rap, salsa, thug life, Afro-Cuban beats, chitlins, plantains, dread locks, etc. that I am a bad person? Why is it because I am attracted to strong men who look like they've just stepped off a Viking ship and am NOT attracted to black men I am an "evil racist?"

I'd like to think it's OK to like what you want in this world. I'm started to feel more and more as though if you don't follow what everyone else is doing, you're an outcast. Fine. Hole me up in a cabin in the woods with my folk metal and classical CDs; my viking sagas, Romantic literature and Shakespeare; and my Springerle rolling pin and spaetzle-maker. I'm fine to outcast myself.

But don't label me. Having interests other than what most sheeple do doesn't make me a bad person. Wanting to keep alive traditions I enjoy doesn't make me a bad person. Not enjoying non-white culture and traditions does not make me a bad person.



Hot water and your dishes

By Maria

Hot Water and Your Dishes You need hot water to effectively kill bacteria on your dishes, especially in the summertime when bugs are abundant and bacteria grows at a faster rate if dirty dishes are left sitting even for a few hours.

Washing dishes in hot water actually helps to lift away and clean dirty dishes, reducing the amount of time you'll have to spend scrubbing and reducing the need for extra dish-cleaning products.

Water temperatures under about 90 degrees will leave a nasty, greasy film on your dishes as they dry; therefore you need hot water to wash greasy dishes.

Hot water dries much more quickly on dishes than warm or cool water.

LEMONS FOR CLEANING

By WAU NJ

1 For soap scum and hard water stains - allow lemon juice to sit and soak. The juice will dissolve the spots.

2 Dab some lemon juice on a rag to clean brass and copper.

3 Mix lemon juice with vinegar & baking soda to make a good general cleaning paste.

4 By cutting a lemon in half and sprinkling with baking soda, you can use it to scrub dishes and remove stains.



5 By cutting a lemon in half and sprinkling with salt, you can clean the copper bottoms of pots.

6 Adding lemon peels to your vinegar cleaners will neutralize the harsh smell of the vinegar.

7 Mix lemon juice & olive oil to make a paste for your hardwood furniture and floors.



Lunchbox Time

From the time you make your child's school lunch till the time they eat it chances are a few hours have elapsed. These tips will help keep your child's lunchbox food poisoning free.

Keep your prep area and your child's lunchbox clean

Pack hot foods in airtight containers

When including perishable foods like Eggs, Tuna etc. include a frozen icepack. Peanut butter and jelly sandwiches don't need to be kept cold.

Have your child toss out all perishable foods that they don't eat at lunchtime.

*Ancient Paths***THE TRIPLE GODDESS****BY MORRIGAN WAU**

The Image of the Great Goddess as The Triple Goddess, young woman (Maiden), birth-giving woman (Mother), and an old woman (Crone), dates back to earliest mankind. They intertwined the three phases of the moon to correspond with the triple Goddess, the maiden was the new moon, the mother was the full moon and the crone was the waning moon. This concept has been embraced by many of our peoples past including the Celts, Viking and Romans. Many Goddesses can be divided among the three aspects, remember that some goddesses exist solely in one aspect.

Maiden

The Maiden is associated with childhood, adolescence, beginnings, purity, virginity, independence, and courage. The Maiden is associated with spring and new beginnings, her festival falls on Ostara her colours are white and pink, and her flowers are the wild and/or white ones. Her animals are owls and deers.

You should call upon the Maiden aspect of the Triple Goddess when you need help with new beginnings in your life, whether they are jobs, relationships or projects.

Mother

The Mother is associated with motherhood, protection, fertility, growth, and sexuality. The Mother can be identified with the Full Moon, being the patron Goddess of the harvest, she watches over the fertility of women and animals. Her special festival is Brigidia also known as Imbolc. Her colour is red, and her animals are the cat, dove or dolphin.

You should call upon the Mother aspect of the Triple Goddess when you need help with things related

with motherhood, protection, marriage, guidance, achievement of inner peace, choices of any kind, spiritual development and intuition and psychic gifts.

Crone

The Crone is wisdom, transformation, death, rebirth, banishing, and compassion. She is old in age but very wise and full of experience. She is the gateway to Death, and the guide to Rebirth. Morrigan, Goddess of the Dead, known in Ireland, who also reigned over battles. She had a Triple aspect in herself, and sometimes was also called the Three Morrigan.

We (witches) see life as an ever-flowing cycle. Contemplating this darker aspect of the Goddess teaches us that as well as everything in Nature moves in circles, and we as people must also do it, we need to accept death as a passage into another state, it is as valid and as much part of our lives as our own birth.

The Crone can be associated with the Waning Moon, and her colours are black, deep blue and the deepest purple. Her corresponding season is winter, and her animals are the owl, wolf, crow and raven. Her festival is Samhain.

You should call upon the Crone aspect of the Triple Goddess when you have to deal with work or emotional relationships that have come to an end, For rest before starting new plans, death, protection that is stronger than usual both psychic and physical.

Goddesses who embody the triple aspect within themselves include: Brigid (Ireland/Celtic), the Morrigan (Ireland/Celtic), Carmenta or Carmentis (Roman), Hekate or Hecate (Greek/Anatolia), Helice (Greek).

Eco RACIALISM

by KCR

As Aryans --nature's highest and finest creation-- we must realize that we are very much a part of the material universe and being so, are subject to the laws of the universe. What the unfortunate problem is that mankind thinks himself independent of these laws that surround and govern him. That is a large part of why we as a people and the environment that we live in are unhealthy. Our folk will remain trapped in this way of thinking until we fully grasp the biological realities of self and how we collectively effect the government around us. Only then will we truly have the ability to utilize these laws to further our quest for the biological advancement of our people.

The Eco-Racialist school, of thought is Anthropocentric in nature -- we believe that humanity is the centric focus of the universe, and with Aryan kind being at the top of the hierarchical ladder, we have a duty to use our talents, skills, and abilities to protect the world we live in. We fully understand that the Earth can survive without us yet, we can not survive without the Earth but, seeing how it is not our desire to cease existing, we must continue to strive in our attempts in maintaining a healthy environment conducive not only to sustaining life but allowing life to thrive and continue to evolve towards a higher state of biological existence.

Mainstream environmentalists DO NOT have our best interests in mind. Since the 60's they have continued to lean farther to the left and have somehow convinced themselves that humanity is beneath all non-human life. Their focus is not the protection of human life but all other forms of life and non-life-- even at the expense of the progression of our people.

Eco-Racialists believe in and advocate a true form of biocentrism/anthropocentrism. We recognize that there is a natural hierarchical order in all things and that ones biological/genetic make up is a large factor in hierarchy. This belief compels us to hold the preservation, progression and proliferation of our unique biological make-up as the focal point of our environmental (hence the term Eco-Racialist) stance. We do care for and respect the planet --not only due to the fact that it is important to protect our global home but also, because we understand that we must protect our environment if we are to protect our well being --mind, body and soul. We are not against the abuse of these resources by individuals and companies who only see dollar signs when they look at the various forms of energy that other Earth offers us.

To fully grasp the Eco-Racialist ideology one must understand themselves and their place in the cosmic order of things. We must realize that we are connected to the Earth --having sprung forth from its womb, which itself sprang forth from the womb of the universe. This, level of self-awareness will then awaken us to our biological destiny-- that our Race and its Nationhood are developing organisms like that of the body of the man, and like any other advanced organism, we best thrive in an environment that is healthy and conducive to our continued evolutionary.

Nature has and always will decree survival of the species and any that deny their natural instincts will at some point become extinct. For us, environmentalists with a foundation built on strong racial principals, demand that we need nature's laws and protect that which in turn will protect us.

The first man who learned anything useful was taught by Nature; let nature teach us as she taught him.'
PARACLESUS

FALL IS A GREAT TIME TO ORGANIZE

Switching your Summer Items to Winter

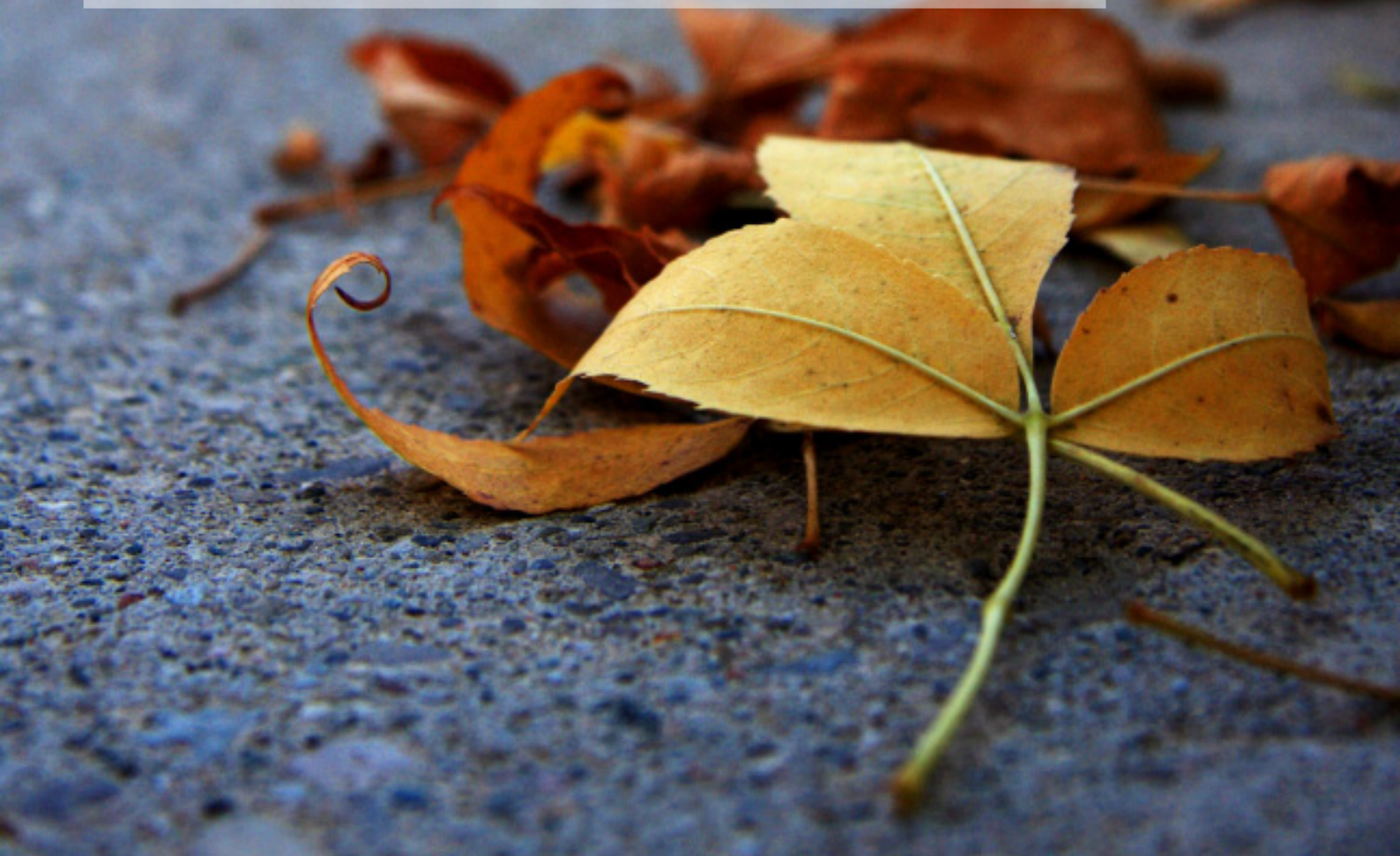
by Julie

Soon it will be getting darker earlier, and the leaves will change into those fabulous beautiful colors of orange and yellow. The smell of fall will be in the air. Will you and your closets be ready before the Fall “chill” blows?

Now is the time to get a start on organizing your closets, putting away the summer things, and getting those sweaters out and cleaned up before that chill hits. When it does, you'll already be prepared, and your closets won't end up in a big, jumbled mess. “Yikes, I certainly don't want to go through your pile of clothes with you looking for a sweater before we go out.”

To help you get organized and ready before that big chill first comes, start out with three boxes. One box is for things you don't want and can give to charity. The second box is for things that you don't want to get rid of but don't want to wear any more and can store somewhere else. The third is for your summer items you won't be wearing or needing for the fall or winter. This will help you free up space in your closet and help keep you more organized.

If you're like me, you don't have a lot of storage space. I use those storage boxes you slide under your bed with a couple of Bounce dryer sheets lining the bottom. They really work great to keep your stored clothing fresh. I am a Bounce dryer sheet addict!



Five Reasons To Save Your Baby's Cord Blood

By Valkyrie Gunnr

- 1 "Biological Insurance" - The cord blood has lifesaving potential in treating over 75 diseases for your baby and your family.
- 2 Your baby or family members' survival rates double when cord blood from a relative is used, if needed.
- 3 The stem cells from cord blood have proven successful in treating heart disease. Your baby may benefit from this as well as other emergency therapies in her life.
- 4 A sense of security over your family's future health is gained by saving your newborn's stem cells.
- 5 Do not pass up a chance at giving your baby the best medical treatment option for the future. Keep the one chance you have at saving your genetically unique cord blood.

Source: www.cordblood.com



NEWBORN DEVELOPMENT:

Your Six Month Old

By Anne

Wow - six months have just flown by, yet you cannot remember life before your little miracle came along. What was it that you used to do in your spare time? I can't remember.

This is the perfect time to start up a reading routine. She will begin to react to your facial expressions and changes in voice pitch/tone. Regular reading will not only improve your child's love of books in the future, but push along his language development; both visual and auditory. By six months, she can hear and see about as well as you can. Her communication skills will begin to develop rapidly as she begins to repeat one syllable sounds such as ma, ba, ga.

Most babies can roll in either direction by six months. That means they are now mobile and can make their way easily across the floor by rolling to their destination. Time to double check the baby proofing in your house to make sure everything is safe. She can also grab things and will likely want to taste test each new object. She will begin to pass an object from hand to hand. Unfortunately she will also soon discover the fun of dropping an object for Mom to retrieve over and over.

As time and milestones progress, you may begin to wonder if your baby is progressing normally and "on time". Just remember that each baby will develop at her own rate and not to panic if a milestone is reached late. If you are concerned, speak with your healthcare provider.

NOT ALL CARBS ARE CREATED EQUAL!

GOOD CARBS VS BAD CARBS

By Aradia B&H UK

Low-carb dieting has been around for a while. We've had the Atkins Diet, the South Beach Diet and many offshoots and variations. Why do people like low-carbohydrate diets? Because they work. However not all carbs are created equal! Researchers have discovered the GI (Glycemic Index) measures the speed at which foods are broken down by the body to form glucose, the body's source of energy. High GI foods break down quickly and leave you looking for the next food fix. Low GI foods break down more slowly and leave you feeling fuller, longer. It is these low GI carbs that we can consider "good carbs".

The benefits of substituting the High GI carbs in our diet with Low GI carbs are:

- + You will feel fuller for longer.
- + It will reduce food cravings.
- + It will reduce snacking.
- + It will help control your weight.
- + You will be healthier overall!

Most High GI foods such as those made from white flour are heavily processed where the essential nutrients have been stripped away. Conversely, Low GI foods are rich in nutrients essential for your good health.

But this isn't a scientific perspective I am presenting here – rather, a practical one for those of us who want to shed a few pounds and eat for good health at the same time. Some eating habits are so ingrained that it may be hard to imagine eating bangers without mash, or certain dishes without rice. Here are some suggested substitutes that our family actually now prefers to their High GI alternatives!

Mashed Potatoes become Haricot Bean Mash – loads quicker to prepare too!

HARICOT BEAN MASH

- 2 x 400g cans haricot beans, drained & rinsed
- 200 ml vegetable stock
- 2 tbsp light creme fraiche
- 2 tbsp chopped fresh coriander

Place the haricot beans and stock in a saucepan and bring to the boil. Reduce heat and simmer for 10 minutes, then drain. Very lightly mash the beans together and mix in the remaining ingredients.

Rice. There is no such thing as Low GI rice. If you just

can't give up rice, the general rule of thumb is that once drained, the stickier it is, the worse it is for you. Brown rice, basmati or wild rice are less sticky. Even better is to substitute it for low GI bulgar wheat. Bulgar wheat only needs to steep in boiling water for 30 minutes before draining – it really is that simple and it tastes great! The more fibre a bread contains, the lower the GI. In order of those that break down slowest and fill you up for longer:

- Soya bread
- Granary
- Rye bread
- Fruit bread

If you want to try cutting out bread altogether, try your sandwich ingredients on rye crispbreads.

Eating the right kind of breakfast will prevent hunger pangs and the temptation to reach out for a mid-morning snack. The best choices for breakfast cereals are bran cereals and porridge oats. But the bran must be noodle shaped – turning bran into a flake raises its GI. Porridge oats should be traditional as opposed to instant. Add some fresh blackberries or strawberries as part of your 5 a day fruit quota – plus, it makes a relatively dull breakfast far more appealing!

At a glance, here are a list of Low GI carbohydrates:

Breads: Granary breads and rolls, barley breads, rye or pumpnickel bread with grains, soya bread

Cereals: Bran strands, porridge

Grains: Barley, bulgar wheat, buckwheat, quinoa

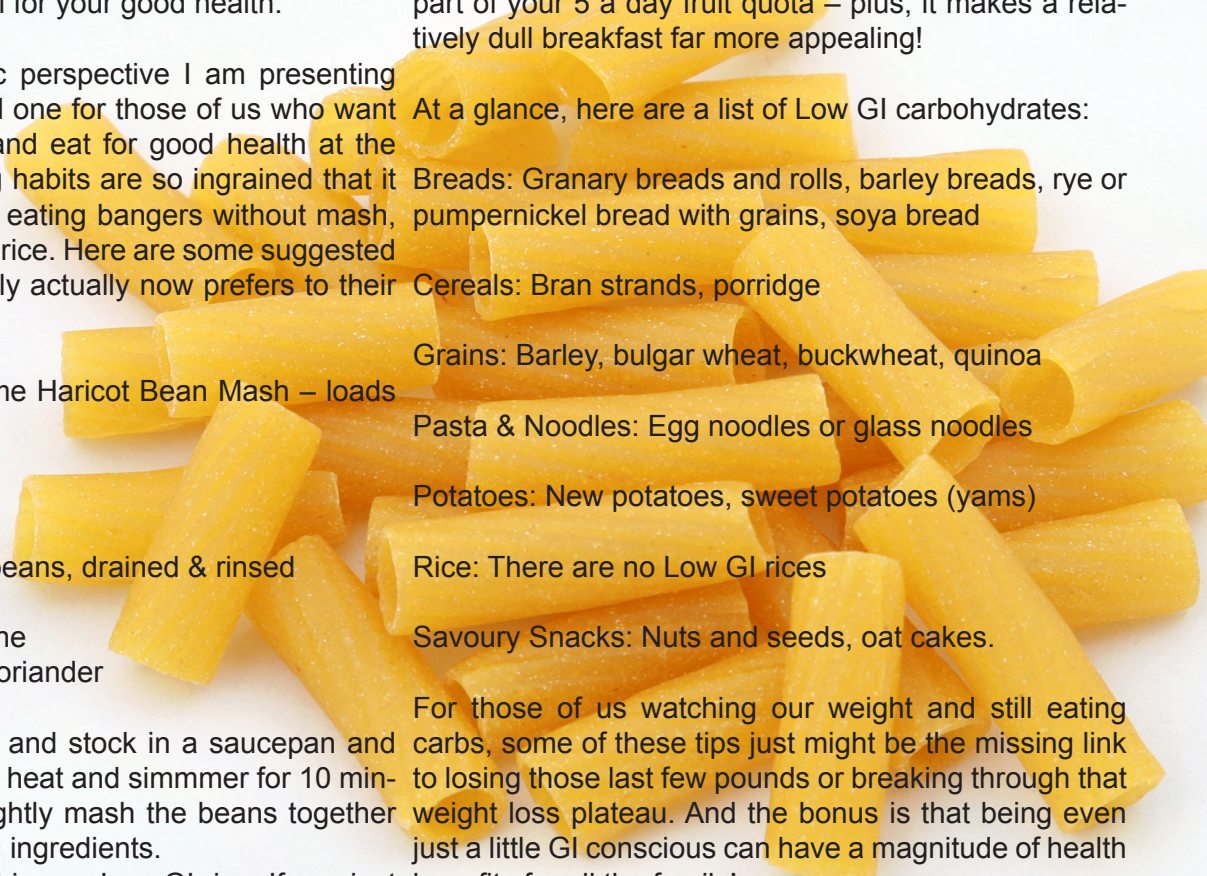
Pasta & Noodles: Egg noodles or glass noodles

Potatoes: New potatoes, sweet potatoes (yams)

Rice: There are no Low GI rices

Savoury Snacks: Nuts and seeds, oat cakes.

For those of us watching our weight and still eating carbs, some of these tips just might be the missing link to losing those last few pounds or breaking through that weight loss plateau. And the bonus is that being even just a little GI conscious can have a magnitude of health benefits for all the family!



Stranger Offenders

By Julie

Stranger offenders view children as weak, helpless, frail, defenseless, little objects they can toy with and use to fulfill and manipulate for their own personal gratification and when the offender is satisfied, the child is easily disposed with. "A stranger offender can range from passive exhibitionists, to the sadistic murderer, briber, flattery."1 Innocent looking stranger offenders love to use acts of kindness, treats, and ask for requests to engage conversation to lure away and snatch up our precious children from us.

PEDOPHILES

Pedophiles are found at every social economic level and are come from well-established members of the community. We all hear stories concerning members of clergy, well-respected businessmen and school-teachers who were exposed as pedophiles. Well, the majority of pedophiles never cross the line into child molestation; pedophiles remain quiet, keep to themselves and pursue their sexual interests at home. Most common pedophile personality type are the immature pedophiles. These types never maintain a successful interpersonal relationship with others. There is a point in their lives, they discover that sexual activities with pre-pubescent children can be achieved and the pedophile feels a sense of fulfillment they cannot obtain from anyone else. Their loner deviants who don't associate other deviants. Since they lack social contact, they recess downward into deeper pedophilia fantasies. Which makes the pedophile crave more sexual activities with a pre-pubescent child.

A pedophile will usually exhibit a series of personality characteristics that are common in his type behavior for this type offender. Here is a list behavior personality characteristic below.

Lets blow the WHISTLE on PEDOPHILES and STOP there ugliness with our children.

- The pedophile has to find a way to legitimize his contact with kids. Usually by obtaining employment in where he can deal with children on a daily basis. Jobs like schoolteachers, bus drivers, camp counselors, photographers and sports coaching. Volunteers for activities in which they are left alone with children with no parental supervision.
- Often pedophiles have failed marriages due to their sexual interests but remain in a marriage to mask their true intentions. But carry on about "a special relationship", the wife sadly, knows about her husband's preference nine times out of ten, but keeps quiet to avoid social disgrace.
- Pedophiles have an unusual amount of interest in pre-pubescent children.
- Pedophiles make frequent references to pre-pubescent children in exalted or exaggerated terms such as "pure," "innocent," "God sent," "blissful" and other descriptive labels that seem inappropriate and excessive.
- Pedophiles have hobbies or interests that belong in the realm of a child's mind like toy collecting, building models cars, planes, and trains. His home or room is decorated in a child's theme reflected that of the age bracket of his preferred victim.

There is no way to tell who the offenders are strangers. , Or what they will do. You just don't know. Offenders can look like any? Best defense keep unsupervised children away from THIS IS YOUR RESPONSIBILITY

PARENTS. CHILDREN NEED TO BE EDUCATED! You can't judge someone by his or her appearance. The way a person looks on the outside doesn't describe how a person is on the inside. Parents are you aware most abuse happens with the people your children know and trust. They can be a neighbor, a relative, a trusted babysitter, a family friend; a youth group leader, a teacher, and even another child. Protect your children by asking them often, "Is there anything you've been wondering or worrying about that you haven't told me?" Listen to their answers with patience and respect. Watch their behavior and see if there is a change, if there with drawn or anything noticeable.

TWO IDEAS TO TEACH YOUR CHILDREN TO REMEMBER

1. There's only one person your with all the time who's responsible for keeping you safe all the time, **YOU!**
2. When children are alone it's their job to take care of himself or herself, no one else. If an adult needs help, they need to get it from another adult, not from a child!

Tips about Strangers Offenders

1. A stranger is somebody you don't know, and could look like anyone.
2. When you are by yourself, Do Not Talk to a stranger. Do Not Let a stranger offer you anything- nothing to eat, drink, no rides, no toys, no nothing- no questions, no names, Do Not Talk to the Stranger- Do Not let the Stranger get close to you- If the stranger bothers you **YELL, STRANGER! STRANGER!** -If the stranger follows you **YELL, STRANGER! STRANGER! RUN** somewhere safe!
3. Never give out personal information to a stranger or to someone who makes you uncomfortable.
4. When you are old enough to be out on your own, stay in areas where other people can see you and are close enough to help you in case you need help.
5. Rules about strangers are different when you are with an adult who is responsible for you, then when you are by yourself.
6. Before going anywhere with anyone (a stranger or an adult), be sure that you check in first with the person that is responsible for you before you leave and tell them where you are going, who you are going with and what time you will be back and last what you will be doing. This is in case something happens to you. Leave telephone numbers and addresses.

7. Know how to walk and stand with confidence. Stand up straight; back up, never look down at the ground, eyes always forward. Never hunch over and walk...

8. When someone approaches you, learn how to keep a safe distance. About arms reach.

9. Learn how to walk away with out waiting when a stranger is being very nice to you.

10. If you are lost or scared, learn how to get help from a **BUSY** or **INSENSITIVE ADULT!**

11. In case of an emergency, you need to **KNOW** how to **MAKE NOISE, RUN,** and get to **SAFETY** in case of **EMERGENCY!!!!** And always remember you can always **YELL, STRANGER! STRANGER! STRANGER! STRANGER! STRANGER! STRANGER!**

12. Remember that your body belongs to you.

13. When playing, teasing or affection time, I decide whether I want to be touched.

14. No one should touch me in my private areas (the parts of the body covered by a bathing suit) or ask me to touch them in their private areas. This breaks the safety rules.

15. Being touched or other behavior is not always a choice, and should never, **EVER** be kept a secret.

16. Never keep secrets if anything bothers me.

17. Tell a trusted adult and keep telling a trusted adult if I have a problem If I have a problem, I need to tell an adult I trust and keep on telling them until I get help.

18. It is **NEVER** too late to get help.

Instinct is nature's way of taking care of you-Listen to that inner voice.

Talking to children about safety or showing children what to do is not enough it just raises their level of anxiety. Children learn best by actively participating so practice with your child. Practicing safety skills will increases their confidence and competence and at the same time can give you a little work out yourself. Make sure you approach this in a way that for your is not scary, but is fun for your child. Your child can learn with you. So teach them, Practice with them. It's there safety that is in **YOUR** hands.

References:

The Safe Child by Sherryll K, Phd, How to Raise a Street-smart Child by Grace H, http://www.kidpowercs.org/safety_tips.htm

Family Recipes

SUPER DUPER SAUSAGE ROLLS

By WAU Melbourne

INGREDIENTS

1tbsp oil
1tbsp worchester sauce
1 onion, finely chopped
2 medium carrots, grated
4 slices white bread
3/4 cup hot water
750g sausage mince
5 sheets frozen puff pastry
1 egg lightly beaten

PREPARATION

1.Heat the oil in a large frypan and add onion & carrot. Stir over heat untill veggies are softened. Remove from heat and cool.

2.Remove crusts from bread. Cut bread into small squares, place in a bowl and cover with hot water. Stand 5 minutes then using clean hands,squeeze excess water from bread. Place softened bread with mince and vegetable mixture in a large bowl add worchester sauce and mix with clean hands untill well combined.

3. Cut each pastry sheet in half to make rectangles. Spoon a 3cm-wide strip of the mince mixture down the centre of each pastry rectangle. Brush pasty edges with egg, then roll up to enclose filling and form rolls. Cut each roll in half. Place rolls on oven trays, brush lightly with egg and cut 2 small slits in the top of each. Bake at 220C (425F) for about 10 minutes, then reduce temperature to 180C(350F) and bake for a further 20 minutes, or untill rolls are golden brown. Makes 20 sausage rolls.

Sausage rolls can be baked a day ahead. Once cool, pack the rolls into a container and keep refrigerated. Reheat in the oven.The rolls can also be frozen for up to 1 month. Reheat thoroughly before serving.

To make party-sized sausage rolls cut each pastry roll into 5 instead of 2, This will produce 50 party-sized rolls.



ABBIE'S DEEP DISH PIZZA

INGREDIENTS

1 LB Ground Beef
8 oz shredded Mozzarella cheese
1 can of mushrooms, sliced.
turkey pepperoni
olive oil
1 frozen loaf of dough for making white bread.

PREPARATION

- Let dough thaw in 13x9 teflon pan for 2-3 hours.
- Once dough is soft, press out over bottom and just barely up the sides of the pan.
- Drizzle just enough oil on top to cover lightly. Do NOT saturate. Smooth it over dough.
- Make holes in the dough w/ a fork.
- Layer 12-15 pepperonis, depending on your taste, ground beef(cooked and drained), mushrooms, and finally cheese.
- Cook at 425 for 15-20 minutes

Strega's Light and easy Vegetable soup

INGREDIENTS

1 pint vegetable stock
1 can chopped tomatoes
1 onion, chopped
2 carrots, sliced
2 sticks celery, sliced
bunch of fresh chopped coriander, basil and rosemary

PREPARATION

Bring stock to the boil. Add tomatoes and all your veg. Add fresh herbs. Reduce to simmer for 30 minutes. Season to taste.

For a more substantial soup, add extra vegetables - anything you have to hand! Even frozen veg is fine - ie peas, sweetcorn.

Rainbow French Toast

By ScarlettWAW

INGREDIENTS

Crack 2 eggs in a bowl
pour milk in the bowl
whisk the egg and milk
dip a piece of bread in the mix
put the bread on a plate
pour the leftover mix into four small bowls
put food coloring into each bowl and stir
use a paintbrush to paint the bread in any design
cook the french toast on a hot griddle

Spread butter, pour syrup, cut up and EAT!



Heed My Call


By Pam Bailey-Tasch

I was recently asked by WAU to write an article from a woman's perspective about what it is like to be a parent in prison. I immediately agreed to contribute, but at the time I didn't realize how difficult it would actually be to reflect on my situation and put pen to paper.

I am a 32-year-old White Nationalist skinhead and mother of three beautiful children. I have been a mother since I was 17 years old. At that time, I had been involved in the movement for roughly two years, and racially conscious a little bit longer. A lot of people I knew suddenly had a change of heart when they had their first child. They said they "wanted to do the right thing" and they justified abandoning our cause by claiming that they didn't want to expose their kids to "hate".

For me, becoming a mother only reinforced what I felt and made me want to be more active than ever to ensure that my son had a future. It opened my eyes and my course was set. It wasn't a game of "let's pretend" anymore – this was more real than anything I'd known in my life.

The years passed by, I had a second son, dedicated myself to my kids and family, and contributed to our Folk on various levels. For my family and race I attempted to be well rounded in all areas and expanded my knowledge so that I, in turn, could pass it on to my kids.



As the Norns would have it, in 2001 I took a trip to Oregon as a possible area to scout out for relocation. While there, I happened to assault a turncoat by the name of Lindsay Ulrich. Unbeknownst to me, she was the state's star witness in another case. In a cowardly attempt at self-preservation, the two other women present that night also agreed to falsely testify. Consequently, a simple assault case was embellished into 13 different counts including various degrees of robbery and kidnapping, along with conspiracy charges, to include innocent bystanders.

After I learned of the indictment and the fact that they were throwing politics into the equation to secure bigger convictions, my reaction was very mechanical. It's strange, because I didn't even think – it was as though instinct took over. Anything that could have left a trail was burned, and I calmly packed my children's belongings and anything else that would fit in the car, and left my life behind. Still, the magnitude of it all didn't sink in; I was thinking it would only be temporary until things blew over. My husband, Dimitri (who was also indicted), and I took my boys to their dads. I didn't know how long I'd be gone or when I'd be able to see them again, and kissing them goodbye was the hardest thing I've ever had to do.

When you're on the run and have nothing to lose, well, you have NOTHING to lose. I learned a lot about covering my tracks while the FBI was searching for us in various states, but my biggest weakness, understandably, was my kids, and I risked driving back and forth across the country as often as I could to see them.

In the interim, I found out I was pregnant with my daughter. It made for some crazy times, which is a definite understatement!

I was arrested 8 months after being on the run, 5 ½ months pregnant. After being extradited, my legal battles began. The first offer they came at me with was 20 years, 18 if I would testify against my husband. I guess they figured that they could use my pregnancy and children to their advantage and appeal to my maternal instincts. Instead of being scared, I was outraged. It was as if every stereotype I was ever told about ZOG's tactics were being played out in front of me. How textbook!

I was being told to sell out my morals and integrity at the expense of a comrade's freedom. "Do the right thing," they told me. "Think of your kids," they said. When I heard those words, I calmly smiled and said, "NO DEAL."

By setting a precedent for your kids, you teach them that you don't compromise what is right no matter what the cost. By doing this, you ARE thinking of them!

Selling out my co-defendants was never consideration for me – the guys will always be m family and I've never regretted the choices I've made in that regard. But what I have regretted every day of my life is the fact that I can't be there for my children when they need me. As a woman and a mother, I feel a strong obligation and sense of duty to be there for my children and protect them. I can't describe the feelings of frustration, anger, helplessness, and yes, even guilt one experiences when faced with this situation. I love my children, I write them weekly, and call when I can, but it's no substitution for not being physically present.

Ladies, it is time we become more disciplined and take a hard look at those around us. If you dedicate your life to this struggle, you should be willing to die for your beliefs, and more importantly, live for them as well. I always knew the path I had chosen could ultimately find me in prison or worse, but I figured that if that were the situation, it would at least be for something worthwhile. Often times, though, this isn't the case. That is the reason I am sharing my experience – because it could just as easily be any one of you in my shoes.

As mothers of our race, you should never be caught off guard or unprepared. It is imperative that you have a back-up plan to implement in the event that you find yourself in the clutches of ZOG's web. Who will be there to raise your kids if you can't? Do you have anyone who will step up? Who would you WANT to be there for them? Why WOULDN'T you? When forced with these questions, your eyes become opened to a lot of harsh realities you've never contemplated before.

A lot of our children fall into the system's hands when we, the women, become unavailable, and it is happening more and more often as a result of the caliber of people we are allowing to penetrate our ranks. We definitely need to become more security conscious. Look around you and ask yourself this: When the shit hits the fan, who is truly in this struggle for racial preservation and who will sell you out for self-preservation?

Be selective. Weed your garden now so that you may be around to watch your little ones grow and blossom! I sure wish I had!

~Faith~Folk~Family~

BACK TO SCHOOL SAFETY TIPS

by Valkyrie Gunnr

As the summer slowly turns to fall, the start of a brand new school season begins. This is the time many parents will be discussing back to school safety issues with their children. Below is a safety checklist that you can use as a guideline to go over with your children. Remember these safety tips:

RIDING THE BUS

Form a line and stay in that line until the bus comes to a complete stop and the bus driver signals for you to enter the bus.

- * Remember the “10 giant step rule” when being dropped off the bus. Take ten giant steps away from the bus so that the bus driver can see you before he drives away. This is so he knows you’re safely off the bus.
- * Always use the handrail when you enter and exit the bus.
- * Stay seated until the bus comes to a complete stop.
- * There is no standing on the seats, yelling, throwing of things, or constantly changing your seat.
- * Walk in a single file line.
- * Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses; however, not all do. Protect yourself and watch out!
- * Arrive at the bus stop at least five minutes before your bus is scheduled to arrive.
- * Stay out of the street and avoid horseplay.
- * Always wait for parents on the same side of the street at the school bus loading/unloading zone.

WALKING AND BIKING TO SCHOOL

Because of no supervision, you will face a wide variety of decision-making situations and dangers while walking to and from school.

- * Walk with a buddy.
- * Wear reflective material. It makes you more visible to street traffic.
- * Choose the safest route and practice walking it with your parents or buddies.
- * Obey and recognize all traffic signals and markings.
- * Cross the street at the curb; then look left, right, and left again before crossing. Pay special attention to turning vehicles at intersections. Never try to outrun a motor vehicle when crossing a street.
- * Always make eye contact with the driver of an oncoming vehicle to assure that the driver has seen you.
- * Do not to enter the street from between parked cars or from behind bushes or shrubs.
 - * Mind all traffic signals and/or the crossing guard—never cross the street against a light, even if you don’t see any traffic coming.

RIDING YOUR BIKE

- * Do not to enter the street from between parked cars or from behind bushes or shrubs.
- * Walk your bike through intersections.
- * Learn the proper hand signals for stopping and turning right and left.
- * Learn to be extra alert in bad weather.
- * Wear bicycle helmets at all times when bicycling.
- * Follow the rules of the



road, obeying all traffic signs, signals, and pavement markings.

* Ride your bike on the right side of the road with the flow of traffic.

RIDING IN A CAR

* Safety belts can lower the risk of injury by 45% and are the best form of protection, so buckle up.

* You are four times more likely to be seriously injured or killed if you are ejected from the vehicle in a crash.

* Buckle up child safety means older kids in seat belts, younger kids in booster seats, and little kids in child safety seats. If you don't see this, report this.

* Never forget to use child safety seats and/or safety belts when your child is in a motor vehicle when either being picked up or dropped off at their designated spot at school. Remember, an accident happens so fast. There are no excuses!

* Always allow extra time to drop off or pick up your child from school. Pay attention to school zones when driving close to the school.

DRIVERS

It is very important to watch for children near school buildings, where school buses pick up and drop off children, and where there are signs for school zones or bus stops. Remember, when you are approaching your bus from either the front or behind and its yellow lights are flashing, the bus is preparing to stop.

If the bus' red lights are flashing, **YOU MUST STOP**. It's the law!

This includes school buses that are:

- * on the opposite sides of divided highways,
- * on multiple lane roadways
- * in parking lots
- * on school grounds.

Drivers, you should be especially careful watching out for students, in heavy foot traffic areas, residential neighborhoods, schools, and office districts.

NOTE: The only exception to this law is if the bus driver or a police officer signals that you may pass the bus. It is very important to always pay attention to speed limits, school crossings, and bus routes. Pedestrians always have the right of way at any intersection or crosswalk, and drivers must respect these rights. Always slow down any time children are sighted. This includes you, parents who are in a hurry to drop off or pick up your children!

PLAYGROUND SAFETY

Playgrounds are great places to have fun. To keep having fun without getting hurt, here are some important rules to remember: Play only on dry equipment. If surfaces are wet, you could slip and fall.

SAFETY ON SWINGS

* Always sit down while you are swinging and only one person at a time. Slow down before you get off of a swing. * Do not walk in front of the swings. You could get hit if you walk too closely.

SAFETY ON CLIMBERS

Use both hands when you climb. Make sure the equipment is dry. You could slip and fall if it is wet.

SAFETY ON SLIDES

Never climb up the slide in case someone slides down and hits you. Always slide feet first. Only one person slide down at a time.



WHAT ARE SHEELA NA GIGS?

By Vicky WAU Ireland

Sheela Na Gigs are carvings of naked females posed in a manner, which displays and emphasizes the genitalia. Antiquarians first brought them to scientific attention in the 1840s. The name Sheela Na Gig was first published in the Proceedings of the Royal Irish Academy 1840–44 as a local name for an exhibitionist carving which was once attached to the gable wall of a church. The name Sheela Na Gig comes from the Irish language – the most likely interpretations are Sighle Na gCioch meaning the old hag of the breasts, or Sile-ina-Giob meaning sheela (a name for an old woman).

Sheela Na Gigs are religious carvings of women, special women, the symbolical representation of femininity and/or actual female deities or Goddesses. They were placed on churches, castles, and other important buildings of the medieval period and, until quite recently in some instances, they acted as dedicatory or protective symbols promoting good luck and fertility.

However, their meaning goes much deeper and the fact that they were erected over the doorways of churches and castles and otherwise placed in very prominent positions suggests that they were a very potent and powerful image.

I wear a Sheela Na Gig around my neck and I have had her for many years now, both Pagans and Heathens alike revere her in my homeland. I consider her a powerful and underestimated Irish Goddess. Since Christianity took a grip on my homeland typical comments when referring to Sheela Na Gig are “Devil Stone, the Idol, the Evil Eye Stone, Julia the Giddy, Shiela O’Dwyer, Cathleen Owen, St. Shanahan, Whore, the Witch, and the Hag of the Castle.”

CHILD PROOFING YOUR HOME

By ToDieFor14

Just recently my 19-month-old daughter began exploring into our kitchen cabinets and grabbing at things on top of the counters. So being a new mommy I had to go out and purchase some things to baby proofing my house. Here are some things you can use for baby proofing your cabinets:

Cabinet Side Locks - Which are great for cabinets side by side. Draw Cabinet Locks- Keeps your draws closed.

My daughter has already discovered that she can open the refrigerator door. She has seen me go in many times and it has sparked her curiosity. Even though you might not think it is dangerous for them to be in there it can cause a big mess for you to clean up.

All household cleaners and poisons should be kept in a cupboard that is high enough that the baby cannot reach it. Even dish soap can be very dangerous. Also, lighters and matches should be kept up where children cannot reach them

Post the phone numbers for the fire department, ambulance, and poison control by your telephone. If an emergency arises, you do not want to waste precious time looking for a phone number. You can also get stickers from your local fire department to put on the child's window so they can locate them easily.

I hope these tips come in handy as you try to baby proof your home. Remember. No safe measures can replace supervision.

TIPS TO GET YOUR CHILDREN TO EAT HEALTHY

By DaughteroftheKingdom

Cut Fruits and Veggies into fun shapes and provide a healthy, but yummy dip. Peanut Butter and Yogurt work well.

Ask your children to come shopping with you. When in the produce section, let them select a new item they'd like to try.

Make sugar-free Jell-O with cut up fruit in it. For

added fun: use cookie cutters to cut the Jello-O.

Start "Make Your Own Pizza" night. Provide bunches of veggies for toppings: mushrooms, onions, peppers, olives, tomatoes, etc. You can also do a fruit pizza w/ yogurt for the sauce. That one doesn't need baking. :)

Make dessert time healthy with options such as berry cobbler, strawberries dipped in yogurt, etc.

Have the children help you cut fruit(with a plastic knife) and make a giant fruit salad.

Let's face it, kids like candy. So once in a while let them have some. But instead of giving them a whole candy bar, mix a small amount of M&Ms, Reeses, whatever they prefer w/ nuts, dried fruit, and Chex cereal to make a trail mix. This is a great snack for travel and outdoor activities.

Do Kebobs, let children create their own. This works well w/ veggies(which can be grilled) and fruit(which can be eaten cold.) You can also add pieces of chicken or fish to your veggie kebob.

Make salads more appealing by mixing in baby oranges, cheese, ham bits, nuts, or anything you know they enjoy.

Spaghetti(and other sauce based dishes) is a great time to add veggies in a non-obvious way: spinach, mushrooms, onions.

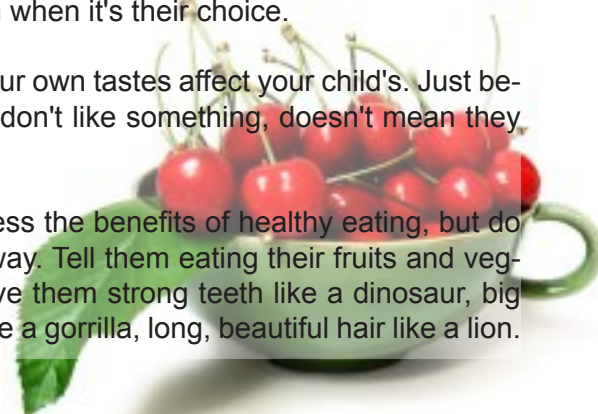
Pour pure fruit juice into ice cube trays and freeze to make popsicles. You could also add small pieces of fruit.

Be creative and fun. Make funny faces w/ fruits: Berry eyes, strawberry nose, melon slice for mouth, apple peel for hair. And don't forget the old favorite: bumps on a log. Spread peanut butter on a celery stalk and add raisins for eyes.

Always keep fruits and veggies on hand. Don't just provide them at meal time. Kids will be more inclined to eat them when it's their choice.

Don't let your own tastes affect your child's. Just because you don't like something, doesn't mean they won't.

Always stress the benefits of healthy eating, but do it in a fun way. Tell them eating their fruits and veggies will give them strong teeth like a dinosaur, big muscles like a gorilla, long, beautiful hair like a lion.



WORK AT HOME

By WAU NC

We've all seen the "Make \$2,000 a week from home by doing nothing!" scams in the classified ads. Many folks don't realize that there are legitimate opportunities out there which allow you to work from your home—you just have to find them.

For the purpose of this article, I'm not talking about entrepreneurship and coming up with your own business plan, product, or service, et cetera. I'm speaking along the lines of jobs that used to be performed in an office setting that can now be done out of the home by telecommuting.

While stumbling around the classified ads online one day, I found an ad posted by a transcription company looking for people to work from home. This was not medical transcription, mind you, but “general” transcription. That means that no medical knowledge is necessary. Instead, they required good spelling and grammar skills. Hey, I can do that! I wound up applying and bugging the crap out of them, but they did not hire me. Still, that got the mouse spinning the wheel, and I began searching online for other transcription companies. I now have three contracts—two transcription and one data entry.

I was so thrilled at the discovery of all these legitimate jobs out there that I have spent the past few months telling everyone I know to check it out. There are loads of jobs, in a number of different fields. I can speak more about what I have experience with, but I can at least say that there is something out there for everyone. There are researching jobs, transcription jobs, data entry, virtual assistants, taking incoming calls, IT and other technology-related jobs, and tons more. There is work in the medical, legal, and financial arenas. There is work requiring no experience and no previous training (though they pay less and may be more competitively sought by others). You’ll just have to look for yourself to see just how much is out there.

The one site that I found my jobs on, and that I highly recommend, is www.wahm.com. The message board alone contains a wealth of information—it will probably take a few days to dig through just that, and the rest of the site has articles, job listings, and other useful information. Don’t be daunted by the size of the site. Go to the forum, and read through the sections that interest you. Find out what you feel you would enjoy doing and would be most qualified for. To work taking incoming calls, you will need a landline and certain hours of quiet—do you have that? It’s things along those lines that you will have to consider when you do your research.

Another website to look into is www.guru.com. You do not have to pay for job listings. I have a free membership and receive job notifications all the time, but you will be limited in what you can do unless you pay. For the record, I have not gotten any contracts through that site, but I know of other folks who have.

Here are some things to consider if you are going to pursue this route:

- Do you have the self-discipline to work from home? It’s obviously pretty easy (and sometimes tempting) to blow off work in order to do something else around the house.
- Each field of work is going to have its own set of factors that you will have to take into consideration. For example, for call center work, you will most likely need a landline and set hours of absolute quiet to take calls. You may have to purchase software or equipment, such as a transcription pedal. Again, do as much research as you can to find what suits you, your situation, and your skills.
- Once you have found something that appeals to you, do up a resume. Think about all the other people who have seen the same job listing. You’re going to want to do something to make yourself stand out. A well-done resume can do just that. Some companies will actually ask for a resume. Also, you may find yourself filling in numerous job applications. Having a resume to just copy the information on saves you from having to go, “Hmm, when did I work there again?” a million times.
- If you work a “regular” job and you are trying to transition to a position from your home, I would imagine taking that plunge is a huge and iffy thing. I can’t personally attest to it, since I am a stay-home mom and student. I was looking to supplement our current income, not replace it. I would suggest making sure that you have certain, steady work (duh) and reading what other people have to say about it.
- Don’t forget your taxes. If you are an independent contractor, you will be responsible for your own taxes. That might include prepaying—be sure you check into it to avoid trouble down the line.



Natural Remedies for DEALING WITH INSECTS

By DaughteroftheKingdom

where! How- especially if you don't care to intoxicate your home and families in the process. I thought I would explore some more nature-based remedies to combat this problem. I will go over first solutions for the lawn, a detailed list of fixes for certain individual pests, and then a study on the benefits of boric acid.

LAWN CARE:

Why Chemical Pesticides are the Wrong Choice?

They kill hundreds of insects that are beneficial to lawn and garden care, such as bees, ladybugs, et cetera. They are harmful to people, pets, and the environment. They are especially harmful to small children.

Fact

Every year 43,000 children under the age of six are subject to concentrations of pesticides high enough to cause cancer, respiratory illness, and harm the central nervous system. Children have a hard time "bouncing back" from this exposure because their organs are not yet fully developed.

Fixes

Create an equal balance of flora and fauna in your yard, ensuring nature will talk care of itself.

Attracting beneficial bugs is key, because they will take care of a majority of the "bad" bugs for you. Below are listed three top bug-eating bugs, and the plants/herbs that will attract them.

LAKE WINGS – Yarrow, Dill, Cosmos, Fennel

LADYBUGS – Coriander, Marigold, and Tansy

MINUTE PIRATE BUGS – Caraway, Alfalfa, Spearmint, Goldenrod

You can also attract birds and bats (they eat 2,000–6,000 bugs a day) by providing water and housing for each. Contrary to popular belief, bats are very clean and only bite in defense. Visit BatCon.org and Bird-Source.com for more statistics and info on building their respective housing.

For a solution you can apply directly to troubled plants: mix 5 oz. sugar water and 1 qt. water, put in a spray bottle, and show those aphids, et cetera, who's boss!

INDIVIDUAL PESTS:

Ants

Grits are great for combating fire ants. When the ants eat them and then drink some water, they will expand and then explode!



To keep ants from getting in your house in the first place, sprinkle baby powder around the perimeter. Ants won't cross it, and it is harmless to kids and pets. Plus it smells nice too!

Cucumber peels, cayenne pepper, and cinnamon are also good ant barriers.

Keep a lemon peel in your sugar bowl to deter these menaces. Keep them away from your pet's dish by encircling it with Vaseline.

Roaches

Mix sugar and baking soda 50/50 and place in their pathways. It can take 3–4 days to notice any difference, but after two weeks, they should be gone completely. This works well because roaches' stomachs are naturally acidic, which is not a good combo with baking soda. Plus, they're cannibals, so when a "healthy" roach eats an "infected" one, he can take it back to the colony and solve half your problem for you.

Of course, we know roaches are very good at hiding. An effective way to get them out and into waiting "traps" is by using a steam cleaner.

Fleas

Adding brewer's yeast, fresh garlic, or flaxseed oil to your pet's food can be a huge preventative measure against these little hoppers.

Once your pet is infested, you can wash him in Neem Oil (NeemResource.com) shampoos. You can also find non-toxic flea collars that contain such flea repelling herbs as mint, cedar, rosemary, and lavender (can be found at health food-type stores).

Mosquitoes

Eating garlic (whole or pill form) and/or applying lemon oil to your skin create strong scents that will deter biting insects.

If that option is a little too strong for you, look for body washes containing oils of lavender, tea tree, and peppermint (The Body Shop is a good place to check out).

Lay fresh, bruised leaves on your exposed skin while resting outside.

This one is obvious, but burning citronella candles really does help.

RECIPE

3 C. rubbing alcohol

1 ½ C. red cedar wood shavings

½ C. eucalyptus leaves

Mix all together in a bowl, cover, and let stand for five days. Strain the solid ingredients out and save the liquid. Put in a spray bottle, and apply before heading outdoors. Keep any remaining solution tightly sealed.

ALL THESE ARE MUCH SAFER ALTERNATIVES TO DEET!!!

Boric Acid is effective for getting rid of cockroaches, palmetto bugs, water bugs, ants, termites, and fleas. It works by attacking their nervous system. Is used in diaper rash oint-

ments. EPA tests show it to be more cost effective and a better type of treatment than any monthly spray. It is heat and water resistant, but the bugs do not become immune to it. It is also odorless and won't stain surfaces.

RECIPES

ANTS

1 TBSP boric acid

1 TSP sugar

4 oz. water

Cotton balls

Mix boric acid and sugar in a bowl. The mixture can then be poured over cotton balls in another small bowl—make sure to keep them moist. Place individual balls in the areas frequented by ants.

ROACHES

8 oz. boric acid

½ C. flour

1/8 C. sugar

½ onion, chopped (optional)

¼ C. cooking oil or bacon drippings

Cream oil/drippings and sugar. Mix boric acid, flour, onion, and add to sugar mix. Blend well, then add more oil/drippings as needed to form soft dough. Mold into marble-sized balls (keep in sandwich baggies to maintain softness). Distribute balls anywhere roaches have been sighted—especially dark, moist areas.

FLEAS

Sprinkle boric acid on carpet and brush it down until it settles deep into the fibers. Leave on for one week and then vacuum. You should be completely rid of not only the fleas, but their eggs as well. *NOTE* If you want, you can substitute baking soda for boric acid.



DEVELOPMENTAL MILESTONES

Compiled by SCARLETTWAU

By the end of their first month, most babies:

- * Make jerky arm movements
- * Bring hands near face
- * Keep hands in tight fists
- * Move head from side to side while lying on stomach
- * Focus on objects 8 to 12 inches away
- * Prefer human faces over other shapes
- * Recognize some sounds, including parents' voices
- * Startle at loud noises

By the end of their third month, most babies:

- * Raise head and chest when lying on stomach
- * Support head well
- * Kick when lying on stomach or back
- * Push down on legs when feet placed on firm surface
- * Open and shut hands
- * Bring hands to mouth
- * Grab and shake hand toys
- * Follow moving object with eyes
- * Smile at familiar faces
- * Begin to babble
- * Enjoy playing with other people

By the end of their seventh month, most babies:

- * Roll over both ways (stomach to back and back to stomach)
- * Sit up, first with, then without, support of hands
- * Reach for object with hand, using raking grasp
- * Transfer objects from one hand to the other
- * Support whole weight on legs when held upright
- * Laugh and squeal
- * Respond to own name
- * Babble chains of consonants (ba-ba-ba-ba-ba)
- * Distinguish emotions by tone of voice
- * Explore objects with hands and by putting them in the mouth
- * Find partially hidden objects (so enjoy playing peek-a-boo)

By their first birthday, most babies:

- * Sit without assistance
- * Get into hands-and-knees position
- * Crawl
- * Pull self up to stand
- * Walk holding onto furniture, and possibly a few



steps without support

- * Use pincer grasp (thumb and forefinger)
- * Finger-feed themselves
- * Say "dada" and "mama"
- * Use exclamations, such as "oh-oh!"
- * Try to imitate words
- * Respond to "no" and simple verbal requests
- * Use simple gestures, such as shaking head "no" and waving bye-bye
- * Explore objects in many ways (shaking, banging, throwing, dropping)
- * Begin to use objects correctly (drinking from cup, brushing hair)
- * Find hidden objects easily
- * Look at correct picture when image is named

By their second birthday, most children:

- * Walk alone
- * Pull toys behind them while walking
- * Carry large toy or several toys while walking
- * Begin to run
- * Kick a ball
- * Climb on and off furniture without help
- * Walk up and down stairs while holding on
- * Scribble with crayon
- * Build tower of four blocks or more
- * Recognize names of familiar people, objects and body parts
- * Say several single words (by 15 to 18 months)
- * Use simple phrases (by 18 to 24 months)
- * Use two- to four-word sentences
- * Follow simple instructions
- * Begin to sort objects by shapes and colors
- * Begin to play make-believe
- * Imitate behavior of others

For additional information, contact the American Academy of Pediatrics.

If your child does not meet these milestones 'on time' mention it to your medical provider.

*All medical information compiled from March of Dimes. See <http://www.marchofdimes.com> for further information.

By Mark Kooms - Hammerskin POW

ARE YOU DOING YOUR PART FOR OUR FOLK?

One of our biggest problems today seems to be a lack of involvement from our fellow brothers and sisters. A lot of us are relying on others to get something started, to make a change, but as the days pass we do nothing. People spend countless hours on the Internet trash talking this organization or that. I have a question for you. What have you done to promote our movement? Even if you do not agree 100% with every thing an organization says, at least they are making a positive effort to promote the ideas and values of our folk.

I truly believe every racial activist should find an organization that is right for him or her and join up. Joining an origination will help you direct you energies and time in a positive direction. Most organizations also have rules requiring you to be active. Unfortunately a lot of organizations don't allow those of us in prison to join up. However this should not stop you from making an effort to contribute to our movement.

There are many things all of us can do to help our struggle. It does not have to be an over whelming task. Many small efforts have big results.

First off, for those of us in prison who feel we have nothing to contribute many federal prisons have sort of a hobby program. Whether its leather, painting or ceramics, you can donate your talents to your favorite organization to sell on Ebay. Many organizations will be open to this idea and will welcome your donations! If you have drawing or writing skills, magazines are always in need of original articles and artwork. If you don't have any have any talents at all you can always donate money or stamps to WAU to help with their POW support and efforts and Keeping the Faith mailings.

For those of you in the free world, you have many more options open to you. Find a way to put your talents to use for our movement. There are just a few ideas.

Once again, magazines are always in need of original artwork and articles. Think you can write a better article? What is stopping you? Many organizations offer fliers for download. Make copies and deliver them to your community like newspapers or hang fliers at your local supermarket and clubs. You can buy WP compilation CDs and hand them out to local teens. If all of this seems like too much, you can always contact your favorite organization and see what they are in need of for donations.

The movement needs your help, so, step up to the plate. Any small activity you cam do is better than remaining stagnant. Only you can make a difference, go out get involved today!

Get Fliers from the following orgs online and distribute them. W.A.U
- VolksFront - Stormfront



NATURAL REMEDIES FOR PMS

By WAU CO

PMS is no joke. It takes us—the women you love and adore so much—and turns us into Linda Blair from the Exorcist for two weeks, depending upon our cycle. Hopefully the tips and tricks of nature's remedies and a little twist of vitamins and minerals can give us a little more bliss and balance in our lives. Can I get an, "OH YES, PLEASE!! HELP ME OUT, SISTER!!!"



Premenstrual Syndrome," or PMS, is what you can call a nasty curse for some of us. It is over 150 bewitching symptoms that so many of us suffer two weeks prior to our menstrual flow. Symptoms can include cramps, anxiety, back aches, depression, weight gain, bloating, food cravings, breast tenderness, migraines, and even a worsening of seizures. These symptoms can be very intense for some of us. The causes of PMS are still unknown. It is suspected to be the changing levels of estrogen and progesterone and the chemicals in the brain, such as serotonin, which affects the mood.

There are different routes we can take to ease our suffering for PMS, so let's get to it.

If you want to take the prescribed medication route, studies have shown that serotonin reuptake inhibitors, such as Prozac, help women. Medications called GnRH agonists, which halt the menstrual cycle by inducing a false menopause, and birth control pills are also beneficial. Other treatments prescribed are tranquilizers, lithium, diuretics, vitamins, antidepressants, progesterone, and even amphetamines. "I am not giving up my Sodas, or my chocolate, I want my pint of ice cream!! SHUT UP OR I WILL TURN YOU INTO A TOAD!!"

"What happened to the myth that we can eat or drink anything during our periods and it won't affect us? We won't gain weight or get PMS symptoms?? It is a myth...Drats."

Seriously!! We must start reducing the intake of refined carbohydrates. In many cases eliminating coffee, tea, caffeine-containing soda beverages, sweets besides chocolate, and reducing the intake of dairy products, animal fats, and refined carbohydrates such as white flour will dramatically reduce the severity of the breast tenderness without making any other changes. Other things you can do to reduce PMS symptoms include eating small meals throughout the day; eating low-protein, low-fat meals with plenty of grains, fruits, and vegetables; limiting sugar intake; avoiding caffeine, alcohol, and salt; taking a daily multivitamin and mineral supplement; and exercising regularly. "Notice all the bold print?? Those are all my weaknesses!! This is going to be such a drag!!"

Women with PMS consume diets that are 62% higher in refined carbohydrates and 275% higher in sugar. Eating these things can lead to an imbalance in blood sugar and insulin levels. Avoiding these foods is especially important for those women that experience cravings and water retention.

Dairy products and animal fats promote the production of compounds known as prostaglandin that have been implicated in PMS, especially the subtype associated with food cravings. They also tend to increase estrogen levels in the body, which are generally already too high in most women with PMS. "I am so tired of swollen breasts, cramps, irritability, back aches and acting like THE WICKED WITCH with more than a pinch of the EXORCIST!! I guess I had better start taking care of myself and follow up on these natural herb remedies."

For the natural women who want to avoid hormones and antidepressants with their side effects, there is solid evidence supporting vitamins, minerals, and herbs. There is so much that the American College of Obstetricians and Gynecologists (ACOG) revised its recommendations on PMS to include them. Finally, there are a variety of herbal medicines that can be very helpful in the treatment of PMS. Examples of these plants include Valerian, milk thistle, black cohosh, chaste tree, and dandelion.

VITAMINS, MINERALS, and HERBS for All-Natural Cramp Relief

What do most of us gals grab at the market for FAST PMS RELIEF? Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and Advil. These drugs are effective for most of us but—yes, there is a BUT—they don't AWAY with the problem and give us the instant relief. They can also lose their effectiveness way too soon. I bet you didn't count on all the side effects they pack in there: irritation of the gut, liver damage, and leaky gut syndrome. Sounds like fun, huh?

Fortunately, there is happy news. There are a variety of effective nutritional medicines that can either aid or replace the use of NSAIDs in the treatment of menstrual cramps.

Omega-3 oils, such as flaxseed and cod liver oils, may be one of the best treatments and are similar to vitamins. These are oils our body can't produce, known as essential fatty acids. We must acquire them through diet. Most of us are deficient in these oils because we don't eat a lot of fish or flax seed. Symptoms of an essential fatty acid deficiency can include dry or itchy skin, arthritis, or asthma, so it is important to get enough

fish and flaxseed in your diet.

These oils have potent anti-inflammatory effects in the body and block the production of inflammatory prostaglandin that is believed to be the cause of menstrual cramps.

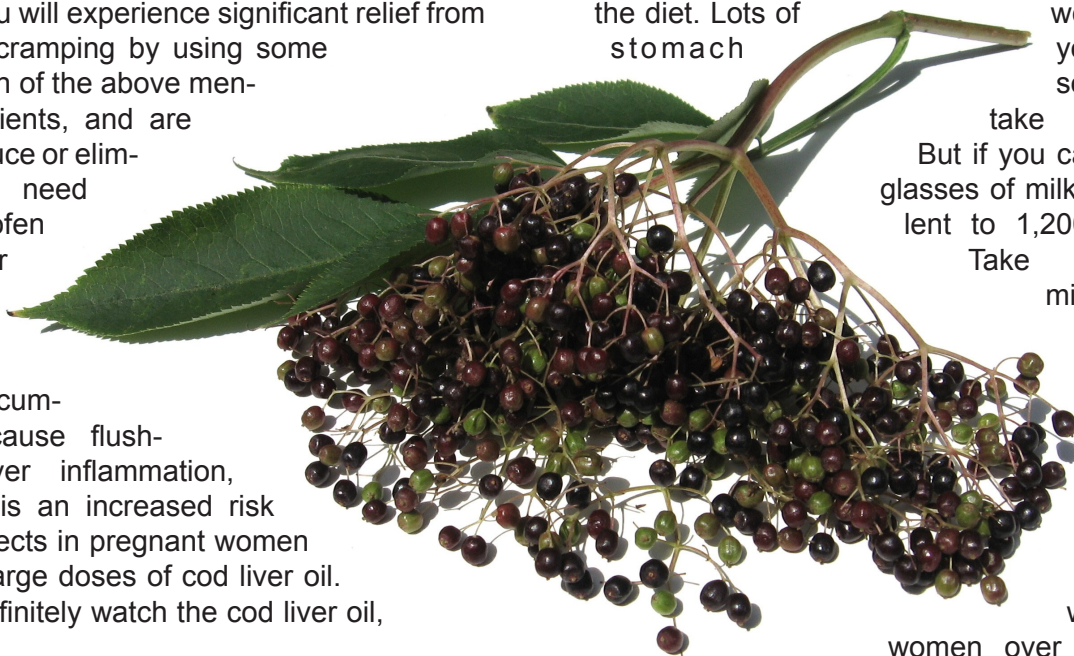
Niacin, also known as vitamin B3, has also been used since at least the 1950s in the treatment of menstrual cramps. It was reported at that time to have offered relief to 80–91% of us suffering from severe menstrual cramps. It's not that surprising, given niacin's effectiveness in treating other inflammatory disorders, such as arthritis.

Many of you will experience significant relief from menstrual cramping by using some combination of the above mentioned nutrients, and are able to reduce or eliminate the need for ibuprofen or other NSAIDs. Niacin can, under some circumstances, cause flushing or liver inflammation, and there is an increased risk of birth defects in pregnant women who take large doses of cod liver oil. "I would definitely watch the cod liver oil, ladies."

Let's talk minerals teamed up with vitamins, ladies. This is some really good stuff here. The two nutrients that work especially well together are vitamin B6 and magnesium. Magnesium, an important mineral which acts as a natural muscle relaxant, relieves the spasms of the uterine muscles which lead to menstrual cramps. Vitamin B6 increases the utilization of magnesium, as well as acts with magnesium to promote the anti-inflammatory effects of the omega-3 oils. The results suggest that modest amounts—200 milligrams per day of magnesium—could reduce water retention and bloating. The same dose of magnesium paired with 50 milligrams of vitamin B6 reduced mood symptoms like anxiety. The suggested dose of B6 for PMS is 100 milligrams per day; but do not exceed doses above 100 milligrams, which can be harmful. B6 is helpful for many PMS symptoms and for depression.

Vitamin E is another effective treatment, with studies going as far back as 1955. A dose of 400 IUs of vitamin E per day allayed PMS and led to improvement in 68% of women treated. Vitamin E is also an antioxidant with other health benefits, and in a documented study showed its effectiveness after menstrual cramping had begun within as little as 15 minutes after it the Vitamin E had been taken.

Calcium is not an instant cure; the calcium kicked in after two months of use. By the third month of treatment, the only thing the calcium didn't treat was fatigue and insomnia. Many PMS symptoms resemble those of calcium deficiency. Concentrate first on boosting the calcium in the diet. Lots of stomach



women can't yogurt or tofu, so they have to take supplements. But if you can, drink four glasses of milk; it is equivalent to 1,200 milligrams. Take 1,200–1,500 milligrams per day, and take along with food so they're absorbed. Very thin women and women over 30 need to take calcium supplements of 1,200–1,500 mg as a part of their daily vitamin supplement anyway.

In addition to calcium, magnesium, and vitamin E, it is always recommended that you take part in changes such as exercise and a complex-carbohydrate diet to help relieve PMS symptoms.

Another treatment for PMS is herbal medicine. Try the two herbs commonly used for PMS— evening primrose oil and chaste tree berry (known as vitex).

Evening primrose oil (EPO) significantly affects the metabolism of the prostaglandin that is a causative factor in many women with PMS. One study found a 60–70% improvement with high dose EPO supplementation after five menstrual cycles.

EPO is available in 500 mg capsules. The recom-

mended dosage is three to six and is suggested to be taken with meals. There are reported side effects of EPO, such as discomfort and nausea. Clinical studies that have shown EPO has significantly reduced breast pain and tenderness, irritability, and mood swings associated with PMS. "As I am getting more into herbs, I open my Little Herb Encyclopedia and read more about PMS and herbs and find more on all sorts of natural remedies."

Your monthly cycle is a cleansing process, so your nutrition during this month is more important than ever. Because of stress, and many of us overwork ourselves, many nutritionists have recommended supplemental care and nourishment before and during your menstrual cycle. "The cumulative effects of stress and muscle fatigue can create serious female disorders."

Herbal remedies may be helpful in alleviating symptoms. Herbs are generally available as dried extracts (pills, capsules, or tablets), teas, or tinctures (alcohol extraction, unless otherwise noted). The following herbs should be used in combination, either as tincture (60 drops, three times a day) or tea (one cup, three to four times a day). Dosage for teas is one heaping teaspoon per cup of water, steeped for ten minutes (roots need 20 minutes). For PMS, teas or tinctures are preferred.

This Combination is specific for abnormal bloating, weight gain, breast swelling, tenderness, mood swing, depression, anxiety, changes in appetite, food cravings, changes in interest in sex, headaches, backaches, cramps, inability to concentrate, loss of interest in usual activities, and confusion.

Chaste tree (*Vitex agnus castus*), 175 mg/day

Black cohosh (*Cimicifuga racemosa*), 100–600 mg/day

Valerian (*Valeriana officinalis*), 150–300 mg, one to four times a day, or before bed, for insomnia. Or kava kava (*Piper methysticum*), 200 mg, one to four times a day, or before bed. Reduce dose of herb if drowsiness occurs.

Milk thistle (*Silybum marianum*), 200–600 mg/day

Dandelion (*Taraxacum officinale*). Root and/or leaves as a tea or tincture can be used as a diuretic. If you have liver problems, consult with a physician.

St. John's wort (*Hypericum perforatum*), 300 mg, two to three times per day for depression associated with PMS. Take consistently throughout the month; direct sun exposure causes rashes.

Another combination of herbs for PMS is Dong Quai, White Willow bark, Uva Ursi, Valerian, Juniper Berries, Licorice, Black Cohosh, Cramp Bark, Ginger. For PMS, teas or tinctures are preferred. Use a healthy pinch of each herb/cup water, steeped for ten minutes. These are also suggested to be taken 10 days before your menstrual cycle.

Another natural combination to make life a little easier; this combination is specific for cramps, bloating, weight gain, headaches, irritability, nervousness, tension, backaches, hot flashes, ovarian problems, uterine discomfort, and premenstrual syndrome.

Source:

F.S Herbs for your Health

R.J The Little Herb Encyclopedia

http://aolsvc.health.webmd.aol.com/c...1668_50285.htm

http://aolsvc.health.webmd.aol.com/c...1689_50049.htm

<http://www.alternativemedicine.com/s...D3BD11F6C28169>

This article is not composed by a medical professional and is intended for informational purposes only.



THE FRUGAL HOME



Save your used tissue box and then stuff recycled plastic bags into the box. It holds a lot of bags and you get to pull them out each time you need one.

To shave your legs, use hair conditioner or even better yet - buy the cheapest shampoo w/conditioner you can find, if you have sensitive skin be careful what you use.

To unclog your drains use 1/4 Cup baking soda and a 1/2 Cup vinegar. Pour baking soda down drain then follow it with the vinegar. After fizzing stops flush the drain with boiling water.

Use cloth napkins instead of buying paper napkins.

Save the heels of bread, stale bread, crackers, etc. to make bread crumbs with.

To get the most out of your celery, wrap celery in aluminum foil and refrigerate.

Simple Decongestant: Boil 4 -5 cups of water and add 2 Tbsp. salt. Pour solution into a small bowl and inhale steam. Do this for 15 - 20 minutes 2 times per day.

Save paper bags from the grocery store and use them to wrap parcel packages.

Cut off the tops of empty plastic milk cartons to use as funnels.

Roses love crushed egg shells. They help keep snails out of the garden.

Use empty luggage to store blankets, seasonal clothes, or gift items purchased in advance during sales.

Decorate large oatmeal containers and other similar empty containers with contact paper, pictures, etc., and use for storage of smaller items.

Decorate empty tin cans, and fill with pencils, pens, markers, scissors, etc. and place in each room as needed.

Use leftover candle stumps as pincushions. Needles slide into fabric smoother.

Take showers instead of baths. You will save money on your water bill as well as your energy bill.

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CHAMOMILE HAIR RINSE

(for fair hair)

By Monika14

2 oz. chamomile flowers

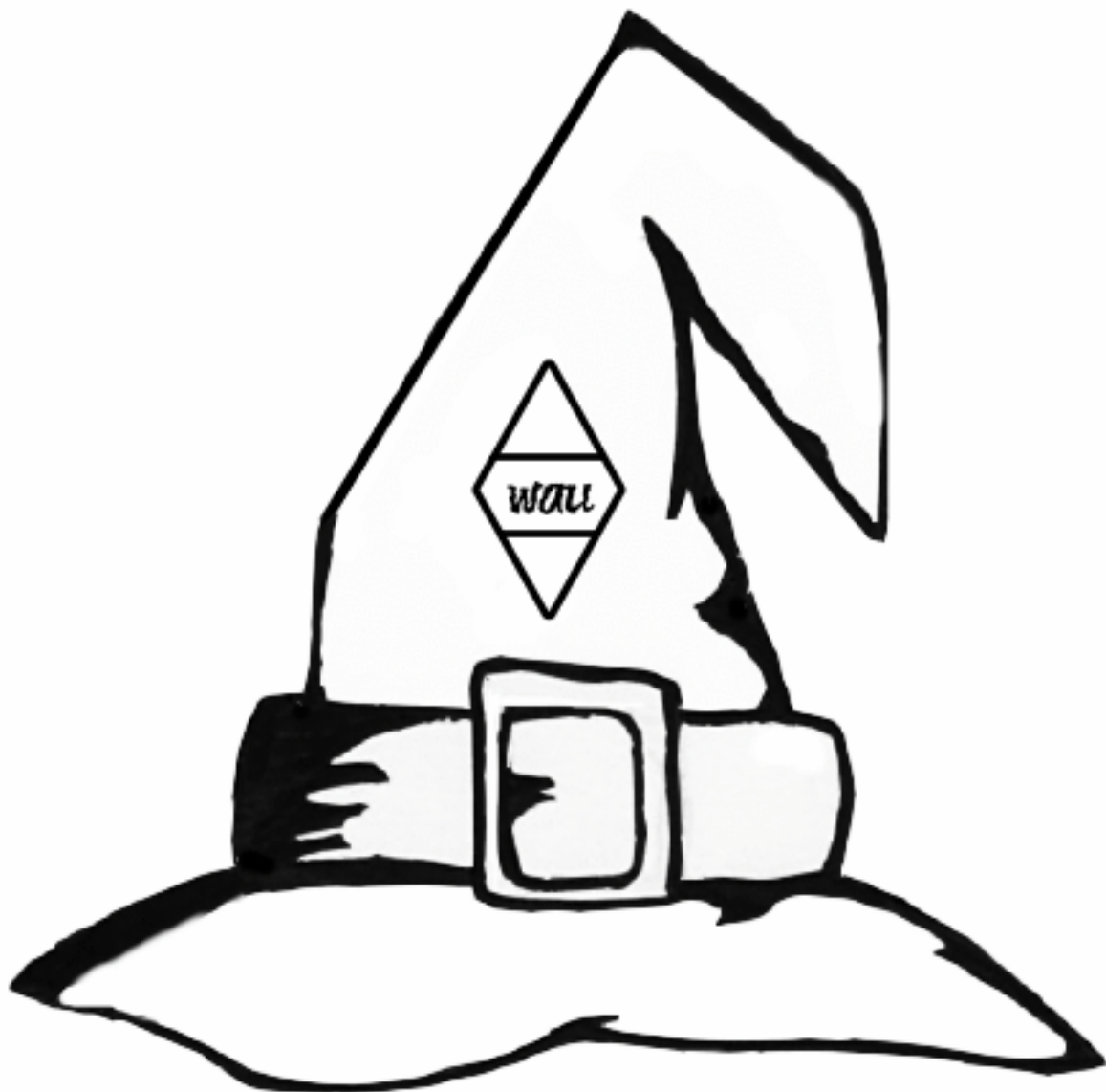
2/3 cup cider vinegar

5 drops chamomile essential oil

Pour 1 1/2 pints of boiling water over your chamomile flowers, cover them and infuse overnight. Strain the liquid, add vinegar and oil, then pour the liquid into a stoppered bottle. Use as a final hair rinse. If left in the hair it will lighten hair especially if dried in the sun.



PRINT OUT AND COLOUR



Samhain

Customs, traditions and facts.

By Morrigan

Some of you call it Halloween; most of us call it Samhain (pronounced "SOW-in" in my beloved Ireland, SOW-een in Wales, "SAV-en" in Scotland or "SAM-hain" in non-Gaelic speaking countries). Samhain means "End of Summer", and is the third and final Harvest.

The story that "Samhain" was a Celtic God of the Dead is a myth.

Samhain is a fire festival. Sacred bonfires were lit on the tops of hills in honor of the Gods. Samhain bonfires, called balefires, were once lit on every hilltop in Britain and Ireland as soon as the sun set on October 30.

The custom of dressing in costume and "trick-or-treating" is of Celtic origin, with survivals particularly strong in Ireland and Scotland.

Pope Gregory II moved the christian holiday of "all Hollows Eve" from May 13 to November 1st to coincide with the Feast of Samhain.

Feasting and merrymaking played a big part in rural homes during Samhain. The lady of the house pre-

pared a special feast in honor of the night. Colcannon, a mashed potato and kale or cabbage dish with a reservoir of creamy melted butter, was a favorite. Boxty bread, made from mashed potatoes and flour was also popular, as was Barm Brack. You will find these recipes in this issue of HF! Yum Yum.

In Waterford Ireland, Samhain is called oídhche na h-aimléise, "the night of mischief or con."

Where did trick or treating come from? Dating back to 700BC, on the eve before Samhain, people would leave food on their doorsteps to stop hungry spirits from entering their homes.

Where did the costumes come from? Samhain festival goers would dress up as ghosts and goblins to confuse wandering spirits into letting them be.

In ancient times, black cats were believed to be the familiars of witches.

Some "vampire bats" do drink blood. But not the blood of humans. In Central and South Americas, some bats do feed off the blood of horses, cattle and birds.

The first Jack O Lantern was made of a turnip, not a pumpkin.

The largest pumpkin on record was recorded in 2003 in Oregon and weighed 1385 pounds.

The word "Witch" stems from a Saxon word meaning "wise one".



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