

# Homefront

*Issue No 9 - A publication for the Racially Conscious Home & Family*

OVER TO YOU...  
THIS MONTH WE ARE  
DISCUSSING  
**THE MEDIA'S  
PORTRAYAL  
OF WOMEN..**

The Risks of  
**Smoking During Pregnancy**

Let's live a healthier life

**10** Hints for Getting  
Pregnant



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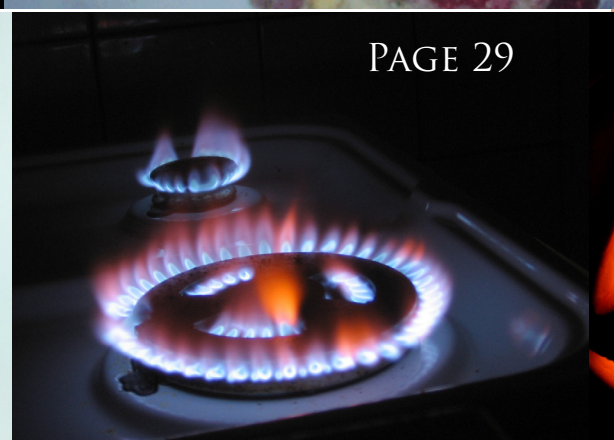
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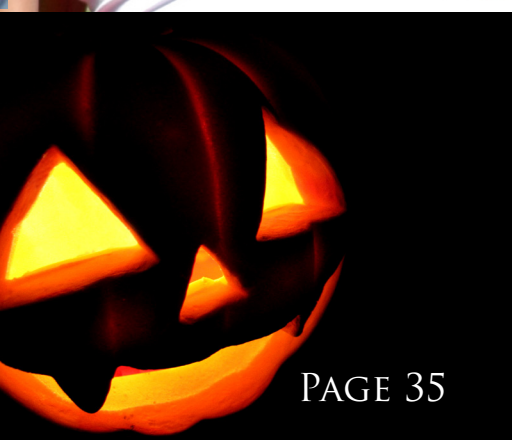
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# EDITORIAL

## Editorial 2009

**W**elcome to Issue Number 9 of HomeFront, it's been a few months in the making and we are all happy with what we managed to get together for this issues. Another wonderful reason to be happy is that Autumn has finally come and we can enjoy the cooler weather and the



magnificent colours that this season brings us. Soon enough the harshness of Winter will be at our doorsteps so for now I am enjoying cool days and crisp leaves.

In this issue we have well written pieces and tips to getting pregnant faster by one of our WAU Sisters who just gave birth to a beautiful son. Vanessa is our Vegan and Eco savvy writer and she will definitely educate you with well written articles on storing food, kitchen safety tips and she also shares some of her wonderful Vegan recipes. I tackled the topic of How our daughters are being effected by the media's portrayal of female beauty, I posted this topic on various forums and I will also be including some of those responses from both women and men.

If you think we should feature something you are interested in for the next issue of HomeFront contact us @ <http://wau14.com/homefront/> or @ [wauirehqs@hotmail.com](mailto:wauirehqs@hotmail.com) and we will look into your suggestions, if you have images of your children that we can use you can also contact us via the above links, if your have family traditions for Yule, Ostara etc. we would love for you to share those with us and inspire other families, we also love your recipes, Eco Tips, basically anything regarding your lives and home.

Thanks you for the ongoing support you have shown the Women of WAU and for making Home Front a wonderful success, we appreciate all your support and love.

**For Faith, Folk and Good Earth**

W A U

## Caring for your contact lens

BY IVANA WAU

Many of us use contact lenses; they are certainly more aesthetic and comfortable than glasses, although not everybody gets used to them so easily and can use them on a daily basis. If you care properly for your contact lenses, you can extend their life span and, at the same time, take care of your eyes. Here are some tips to take care of your contact lenses:

- You should always wash your hands with soap and dry them with a clean towel before handling your contact lens. Of course, you should not let anybody else than you touch them!
- Clean them before or after using them, but never use them dirty. Dirt or dust in your contact lenses may cause infections, conjunctivitis, and other eye complications.
- You may need some time before you learn to put them in and remove them fast and easy; do not get desperate if, when you first have your contact lenses, you have to try several times before they finally stick in! And it is very important that you lubricate them before each attempt to put them in.
- To clean them, place them in the palm of your hand and rub them with your index finger. Use an appropriate cleaning solution.
- Store them in a dry and cool place inside the provided case and with the solution your ophthalmologist has prescribed you .
- You may need to lubricate your eyes periodically while using your contact lenses because, at some point, you start to feel your eyes dry and sticky. To do this, saline solution is the best choice.
- If you feel that your contact lenses bother you after putting them in, it may be because they are not completely lubricated; in this case, remove them, lubricate them and put them in again.

- If you experience pain in your eyes, blurred vision, or irritation, you should visit your ophthalmologist as soon as possible.

- Finally, visit your ophthalmologist every year to get your eyes checked. Bear in mind that it may be necessary to change your contact lenses every year.

I know people who use their contact lenses everyday, 8 hours a day. I personally use them mainly to go out and for special occasions, while I wear my glasses to be at home; the frequency of use will depend on each person and how comfortable they feel wearing contact lenses.

## NATURAL HOME

### Natural Bug Repellent

By Sara WAU

Research now shows that plant oils can keep away pests as well as DEET does, without harming your health. For all spray-on applications, dilute 20 drops of essential oil with 1 cup grape-seed oil and 1 1/2 cups of water.



Ants: Peppermint oil : Use 3 to 5 drops on windowsills, doorways and under sink.

Blackflies: Cinnamon oil: Spray on clothing and exposed skin.

Cockroaches: Citrus oil: Spray on problem areas.

Mosquitoes: Catnip oil: Spray on clothing and exposed skin.

Ticks: Lemon eucalyptus oil: Spray on clothing and exposed skin.

## Ask HomeFront

**Should i put foods such as sugar, flour, rice, and spaghetti in the fridge? My husband says they do it in Germany. But I'm not so sure about it...I think I read somewhere that it isn't good...Am I wrong??**

Dry foods must be stored in a cold place but dry. Those foods have a low AW (water activity) and if you store them in a "wet" place they will absorb water and rot. They last longer because of the lack of water in their composition if you put them in the fridge they will not last that long. Exposure to sun and/or light can also damage its composition.







# Thumbsucking

BY SARA WAU

*Many parents are concerned about their child's thumbsucking. Wondering if its harmful and at what age it should stop.*

Infants and young children suck on things because it makes them feel secure and helps them to learn about their world. Young children often use thumbsucking to soothe themselves. They find it relaxing often using it to fall asleep.

Thumbsucking does not cause a problem with teeth until the permanent front teeth come in(beginning about age 6). The strength of sucking determines whether or not dental problems will occur. Children who rest their thumbs in their mouths are less likely to have problems than those who vigorously suck their thumbs.

## HERE ARE A FEW TIPS TO HELP YOUR CHILD STOP:

1. Offer praise for not sucking.
2. Remember that children often suck their thumbs to feel secure. Focus on correcting the cause of the anxiety and comfort your child.
3. Reward children when they avoid sucking during difficult times.
4. Your dentist can explain to your child what could happen to their teeth if they do not stop.
5. Relax. Remember that most children stop on their own before any problem occur.

# Why is folic acid so important?

BY IVANA WAU

Folic acid, also known as vitamin B9, plays a key role in the formation of red cells and in the development of a baby during pregnancy, especially during the first weeks. Folic acid works together with vitamin B12 in the formation of red cells and also in the formation of the baby's neural tube.

## Folic acid is found in foods such as:

- Beans and lentils
- Peas (black-eyed peas, chickpeas, green peas)
- Juices (orange, tomato, grapefruit, pineapple)
- Fruits (oranges, cantaloupe, honeydew melon, avocado, papaya, raspberries)
- Soymilk
- Vegetables (green leafy vegetables such as spinach, lettuce, turnip greens, mustard greens, collard greens, and Chinese cabbage; broccoli; Brussels sprouts; asparagus; artichokes; okra; corn; cauliflower; potato; beets; green onions; sweet red peppers)
- Nuts
- Sunflower seeds
- Peanuts and peanut butter
- Liver
- Giblets



If you don't eat much of the foods mentioned above, you can choose to consume food which have had folic acid added to them, for example: breakfast cereals, breads, flours, pasta, cornmeals, and white rice.

In Argentina, the Law No 95630 provides for the obligation to enrich wheat flour with iron, folic acid and other vitamins.

By Vanessa WAU

## HEADACHE RELIEF TIPS

1. Dark strong coffee with a few drops of lemon
2. Eat chocolate
3. Relaxing teas like Valerian, chamomile, Lemon grass (cidreira)
4. Ginger and anise tea
5. Potatoes slices in the forehead
6. A cold shower

If a woman is trying to conceive or is already pregnant, she should consult with a health specialist to make sure she is consuming enough folic acid. This is specially important because folic acid helps to prevent neural tube defects such as spina bifida and anencephalia (when the baby's brain does not develop). Pregnant women need 600 mcg (micrograms) per day, while women who are breastfeeding need 500 mcg daily. Most women need 400 mcg of folic acid each day, even if they are not planning to get pregnant.

As additional benefits, folic acid helps to strengthen hair and nails and has a beneficial effect on the skin.

So, make sure your folic acid intake is the right one in accordance with your needs! Your health and your baby's are too important to be overlooked.



BY VANESSA WAU

# HOW TO RELIEVE MENSTRUAL PAIN

**M**enstrual pain is nothing more than cramps in your uterus muscles. Despite being only cramps for some women these are the worst pain they ever felt. Most women had felt these at least once in their lives. Age, pregnancy or birth control pills can make this pain stop although for those who do not use birth control pills and don't plan on being pregnant here are a few tips.

1. Take a hot shower, try to keep warm or put over your kidneys or belly a hot water bag. This will help you to relax your muscles.

2. Eat vitamin B6, C and E, it will help to relax your uterus. (Useful food: spinach, whole bread, eggs, oranges, olive oil, sea food.)

3. Have sex regularly: Sexual activity will make you to exercise your uterus muscles. Some experts say that having sex at least 4 times a week should be enough to relax the muscles. Also if you are in awful pain and the blood do not bother you or your partner, have sex. The pain will go away right away. This is the most natural away to get rid of these pains and have been reported to be used by ancient women.

4. Avoid eating salt and drink plenty of water so you don't have any excess salt in your body and do not get so bloated.

5. Avoid getting cold and wear no shoes inside. Don't go outside with your hair wet or take too long to dry yourself after a shower. This will make your body temperature get lower. If it is winter wear long shirts so your belly and kidneys are warm.

6. Do exercise regularly; even if you feel you cannot move with the pain, go walk and get fresh air, the pain will start to go away slowly although some women rather rest, staying quite in some cases can even make the pain worse.

7. Do not stress, or get angry. This will make your relaxing process stop and probably will make the pain worst.

8. Drink relaxing teas like chamomile. The tea will make you warm and relaxed.

9. Have a massage or ask someone to massage your belly or kidneys. Massaging help to relieve the pain.



# How to Get Rid of Head Lice

by Sara WAU

1. Buy a lice treatment, you should be able to buy one over the counter, also get a special nit comb, a normal comb is not fine enough to remove nits and lice from hair. Some treatments come with one.

2. Apply the lice treatment to the hair. Be sure to follow the instructions, especially regarding how long the treatment should be left on the hair.

3. Remove the treatment from the hair as directed. Note you should not shampoo or condition the hair with normal shampoo or conditioner for 1-2 days following treatment.

4. Make sure the person with the lice than changes into clean clothes.

5. Wait 8-12 hours(as directed). Use the nit comb to remove the dead lice(and any ones still living) from the hair. If you find lots of live lice at this point, you may need a more effective treatment; contact your doctor.

6. Comb the hair with the nit comb and carefully check the scalp of the infested person every 2-3 days. Continue this process for 2-3 weeks to ensure that all the lice are gone. Most lice treatments require a second application after about 10 days to kill any lice that may have hatched since the initial treatment.



## TIPS:

People who live with the affected person should be inspected as well.

Lice have a 7-10 day reproductive cycle, so it's a good idea to redo the combing exercise every six days or so until you are certain they've absolutely permanently disappeared.

Items that can't go through a dryer can be placed in black plastic bags and left in the sun for a day or so. Even if it's not hot outside, the interior of the bag will heat up and kill the lice.

Because lice can travel from one item of clothing to another, it can be helpful to quarantine clothes that have been worn, however briefly, from those that are clean.

A natural product that has been found to be effective in the reduction of the spread of head lice is the use of fresh rosemary. Many effective shampoos and sprays work because lice are repelled by the smell of rosemary. A small number of fresh rosemary sticks should be placed inside the pillowcase of each member of the household. If they are left for over a week, the lice leave the hair and no further eggs are laid in the hair.



7. Clean all of the infected person's contaminated belongings; clothes, towels and bedding will need to be washed in hot water, and their mattress and room vacuumed thoroughly. Use the hottest setting on the dryer and dry for the longest time you can without harming the fabric.



# TOP TEN HINTS FOR GETTING PREGNANT FASTER

By Sara WAU



**1.** Have sex three times a week.  
Having regular sex is the best way to get pregnant. Couples often try to time everything perfectly for ovulation but do not have sex when they think they are not ovulating. It is true that sex that is not within the time of ovulation will not result in pregnancy. However, because women do not always ovulate when they think they will, having sex three times a week will help to a woman cover her bases, so to speak, and not miss an opportunity to get pregnant.

**2.** Use an ovulation prediction kit or fertility monitor.  
Using an ovulation kit to predict when you are ovulating will improve your chances of getting pregnant. For many women charting or other methods of ovulation prediction are too confusing. Ovulation prediction

kits work by reading LH surges prior to ovulation. They are relatively easy to use and are generally accurate for predicting ovulation. Fertility monitors, such as the Clear Blue Easy monitor, are also a worthwhile investment if you would like to get pregnant faster. Fertility monitors are similar to ovulation prediction kits in that they read changes in LH but they also read changes in other hormones and don't require any guesswork for couples. They are easy to use and will tell you when the best time to get pregnant is.

**3.** Have sex before ovulation (not after).  
Sometimes couples get confused about the best time to have sex in relationship to ovulation. You have a small window of time each month to get



pregnant. After a woman ovulates the egg will survive approximately 24 hours. Sperm, on the other hand, will live for up to three to five days. This is why having sex two to three days before ovulation will increase your chances of getting pregnant. Don't wait until the day you ovulate to have sex. Your partner's sperm will last longer than your egg and you don't want to miss an opportunity by waiting.

**4.** Don't rely on the Calendar method for predicting ovulation.

A lot of couples have heard to have sex around day fourteen of your cycle. This is based on the calendar method and assumes that you have a regular 28-day cycle and ovulate mid-cycle. Although this is better than just picking an arbitrary day to have sex, it is not a very accurate way to predict when you ovulate. Many women do not ovulate on day fourteen and knowing precisely when you ovulate will help you time intercourse better. Ovulation prediction kits, looking at previous months bbt charts, or watching for body cues will help you to determine when you ovulate.

**5.** Charting may not be the best way to predict ovulation.

Charting is great for tracking your cycle but it does have disadvantages. By the time you can see ovulation on a bbt chart, you have already ovulated. It is good to chart so you can track your cycles, see if you ovulate the same time each month, and also so you can look back on your cycle and see if you timed things right. But if this is your first cycle trying to get pregnant or if you are not ovulating at the same time each month, an ovulation prediction kit would be more helpful.

**6.** See a doctor before you start trying to get pregnant.

Make sure you are in good health and have had a regular check up from your OBGYN or medical provider. Untreated infections, sexually transmitted diseases, or poor health can affect your chances of getting pregnant. Its good to see a doctor as well as start taking prenatal vitamins prior to trying to conceive.

**7.** Don't smoke, drink alcohol, or abuse drugs when trying to get pregnant.

This may seem like common sense but many women do try to get pregnant while smoking, drinking or using drugs. Smoking, drugs, and alcohol can affect your fertility. It will also affect your unborn child. It is important to stop smoking or using drugs and alcohol before getting pregnant and not wait until you find out you are pregnant.

**8.** Have enjoyable sex.

Sometimes when couples are trying to conceive, sex becomes a job or function of reproduction and is not as enjoyable. Plan a romantic evening or try something different to spice things up. How you are feeling sexually may factor into your chances of getting pregnant. Some researchers believe that having an orgasm during sex increases your chances of getting pregnant. For women, the spasmic movements of orgasm will help pull the sperm into the uterus and for men a better orgasm may increase the man's sperm count.

**9.** Have sex in positions that keep sperm inside the vagina longer.

The missionary position is a good position to use when trying to get pregnant. Avoid positions where the woman is on top. Gravity will allow sperm to leak out with these positions. Also try placing a pillow under your hips to help tilt your pelvis and keep the sperm in longer. Don't get up right after sex. Try to relax and allow the sperm to stay in the vagina as long as possible.

**10.** There is no such thing as trying too hard to get pregnant.

Most couples get pregnant within a year of trying. If you have not gotten pregnant within a year consult your doctor for advice.



# TIPS TO AVOID FOOD POISONING

by WAU Finland & WAU Portugal

Preserving food may not be simple while you're on vacation or staying a weekend at the cottage. Wrong preservation temperature, bad hygiene and lack of cooking can increase the number of microbes in the food, and thus cause nausea, abdominal pain, diarrhea, fever even death. Below are some basic rules to remember while handling foodstuffs.

**1.** Transporting. While on vacation, preserve easily spoiled foodstuffs in a cooler bag which has enough capacitors to keep it cool. If your trip takes longer than 2 hours, it's better to buy the food closer to the destination.

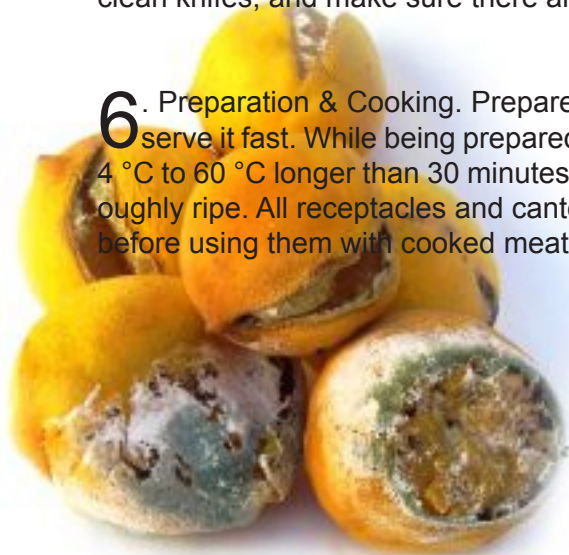
**2.** Storage. Never store cleaning products in the kitchen near the food. Check the expiration dates regularly. Store all the food properly inside containers.

**3.** Refrigerator. Turn the refrigerator colder especially if it's full. This is particularly important with fish because it preserves best between 1 °C to 3 °C maximum. Your freezer should have a temperature of -18 °C minimum. Don't store raw food near cooked or ready to eat food.

**4.** Temperature. Microbes grow fastest at 20–40 °C, which is why some foodstuffs get spoiled within a few hours only. The food needs to be heated to 75 °C although the destruction of micro-organisms does not only depend on temperature but also on the time they are exposed to the high temperature, so make sure you heat it to 75 °C for a while but not longer than 55 minutes. While deep frying, make sure the oil temperature does not exceed 180 °C. If you wish to serve the food later, you need to make sure you cool it down from 70 °C to 10 °C in less than 2 hours, and move it to the refrigerator; don't ever move warm food into the refrigerator because that will cause cross contamination and the grow of bacterias and mold.

**5.** Hygiene & Behavior. Always wash your hands before cooking, especially if you have long nails. Long nails accumulate lot of micro-organisms that can be harmful. Make sure you don't have any cuts or bandages where microbes can live, neither nail polish (nail polish is toxic) or rings. Wash the hands after you use the bathroom, touch the garbage can, touch something dirty or even your nose or mouth. Don't sneeze or cough over the food and always keep your kitchen clean. Remember to wash your hands during the cooking as well, especially after dealing with raw meat, poultry meat or fish, or when you move on to deal with another foodstuff. The surest way is to use a different cutting board for each foodstuff. And don't forget to always use clean knives, and make sure there are no leftovers or dirty cookware near the food you are preparing.

**6.** Preparation & Cooking. Prepare your food quickly and without interruptions to make sure you can conserve it fast. While being prepared the fish and the meat should not be exposed to a temperature between 4 °C to 60 °C longer than 30 minutes. It's best to heat grilled steaks and other raw meat so that they are thoroughly ripe. All receptacles and canteens that have been in touch with raw meat should be washed properly before using them with cooked meat or other foods. Never use raw meat marinade for cooked meat.



## Old School Cooking Tips And Hints..

To Test Nutmegs prick them with a pin; if good, the oil will instantly spread around the puncture.

To Make Macaroon Dust, dry macaroons, pound and sift.

To Prevent Salt From Lumping mix with cornstarch, allowing one teaspoon cornstarch to six teaspoons salt.

Gathering Herbs when beginning to blossom; keep in paper sacks.

To cut hard-boiled eggs in smooth slices, dip the knife first in water.



If juice from pies runs out in oven, salt sprinkled on juice will remove the odor and smoke.

When Squeezing Lemons heat lemons well before squeezing and there will be double the quantity of juice.

## HOW TO STORE FOOD IN THE REFRIGERATOR

Many people just put stuff randomly in the refrigerator although if you store the food correctly it will be better preserved and you will not have any cross contamination issue.

- 1- Top shelf - ready to eat or cooked food
- 2 - Middle Shelf - raw fish and meat
- 3 - low Shelf - Vegetables
- 4 - The lowest shelf - defrosting food

Also you should never store eggs in your refrigerator door neither dirty vegetables inside your refrigerator like potatoes, onions etc.

## Tips on Storing and Cooking Eggs..

1 - When you bought them were they stored in a fridge or not? once they are stored in a fridge you have to keep them stored there. If they never been in a fridge you can also store them in a nice cool and dry place. You just need to make sure you keep them always stored at the same temperature.

2 - Never store eggs in the fridge door, i know most of fridges have the eggs place in the door but that is just wrong. every time you open the fridge door you are shaking the eggs and making their temperature change.

3 - Do not ever wash eggs before you boil, crack them etc. I've seen a few people washing eggs so they don't get salmonella although if the egg has salmonella and you wash them you are making them actually go inside the egg because the water allow the egg to absorb them even better. If you use the trick of putting the eggs inside a bowl of water to check if its still good, make sure you boil or cook it right away before the water is absorbed.

4 - To bake soft cakes don't use cold eggs, take them out off the fridge before you use them until they are at the same temperature as all the other ingredients :)

5 - When you think your eggs are about to go bad, boil them they will last a few more days.

6 - To prevent salmonella wash your hands after cracking the eggs.





# THE RISKS OF *Smoking During Pregnancy*

by WÄU Finland

It has been estimated that about 20 % of fetuses are exposed to cigarette smoke during pregnancy. The chemical compounds of the smoke drift to the fetus through the umbilical cord and placenta. Thus the fetus may expose to greater content of nicotine than the mother.

It has been estimated that about 20 percent of Finnish fetuses expose to cigarette smoke during pregnancy. Young and less educated mothers smoke three times as much as mothers who have obtained a higher education.

The effects of smoking have been examined for years and the results are clearly indicating that the chemical compounds of the smoke have negative effects for the health of the fetus. The chemical compounds of cigarette smoke drift to the fetus through the umbilical cord and placenta. This way nicotine, carbon monoxide and other poisons drift to the fetus.

Nicotine which absorbs into the blood circulation of the fetus causes the contraction of the womb, the placenta and the blood vessels of the navel. This in turn causes an acute asphyxia (lack of oxygen). Blood examples that have been taken during the labour have showed that the nicotine content is as great or greater in the baby's blood as it is in the mother's blood.

Nicotine is also dangerous for the nervous system of the baby and it slows down the polarization of the nerve cells and brain cells. Carbon monoxide, cyanide and asphyxia increase the risk of nerve damages caused by nicotine. It stimulates the heart beat of the fetus and decreases ventilation movements. The baby may have abstinence symptoms of nicotine after the labour; irritated mood and weeping are indications of this condition.

Besides carbon monoxide and nicotine, also cyanide, cadmium and lead are considered to be great factors in growth disorders. Cyanide is a toxin that affects cells and disturbs the vital functions of the cell.



### External Pregnancy and Miscarriage

The risk of external pregnancy is 2.5 times greater if the mother smokes during the pregnancy. To reduce this risk, smoking should be stopped 2-3 months before the pregnancy.

Smoking also doubles the risk of early miscarriage. The more the mother smokes, the greater is the risk of miscarriage. Smoking also causes "mini-abortions" where the pregnancy is interrupted before the periods even end.

### Fetus Growth and Birth Weight

If the mother smokes during the pregnancy, the growth of the fetus inside of her womb slows down and the newborn baby weighs about 150-400 grams less than normally, depending on how much the mother has smoked.

Smoking increases the blood circulation in the placenta and limits the nutritional supply of the fetus. Smoking increases the risk of premature babies, and it has been shown that 80 % of the babies who are seriously underweight are babies of mothers who have smoked during pregnancy. A low birth weight increases the death risk of the newborn as well as the risk of crib death.

### Breast Feeding

Researches indicate that smoking may reduce the breast milk of the mother and lower its fat and nutritional content.

### Baby's Health and Long-term Effects

Babies whose parents smoke have two times more respiratory infections than babies whose parents don't smoke. If the mother has smoked during pregnancy, the risk of asthma is two times greater. Furthermore, the risk of colic and hare lip increases.

Smoking during pregnancy may also cause longer-term effects on the baby's health. It may limit the weight growth, height growth and slow down the development of reading ability and mathematical skills. Moreover, hyper-activity and concentration problems are more common among children whose mothers smoke. Smoking disturbs the hormonal balance of the woman during the pregnancy which in turn may have longer-term effects on her reproducing ability.

The effects of smoking during pregnancy cannot always be observed in the ultrasound, except if the baby's growth has slowed. Smoking may cause permanent damages on the central nervous system of the baby, even though his birth weight would be over three kilograms.

### Quitting Smoking

Smoking should be stopped before pregnancy. Nicotine treatments can be used during pregnancy as well. In this case the baby won't be exposed to not only nicotine but also carbon monoxide and other toxins that the smoke contains. The fetus will thus receive only third of the toxins that both the mother and the fetus receive from one cigarette.

If you quit smoking with the help of nicotine treatments, it's best to do it 1-3 months before the beginning of pregnancy/conception.

Source:

Tupakkaverkko.fi



# What do you know about HPV?

By Ivana WAU

HPV (Human Papillomavirus) is a virus that may cause a number of diseases in men and women. There are about 100 types of HPV, some of which can develop genital warts and cervical cancer and other HPV-related cancers. Sometimes, people infected with HPV will not experience any symptoms or health problem; a person may not know that he or she is infected until many years after, when some symptom appears or the virus is detected through a routine gynecological check-up.

It is important to mention that, while most of the times HPV infections will disappear without having caused any health problem and without any treatment, sometimes the virus does not go away. This virus can “hide” in the body and remain undetected for years. And these “tough” HPVs types are the ones that may cause cancer later on.

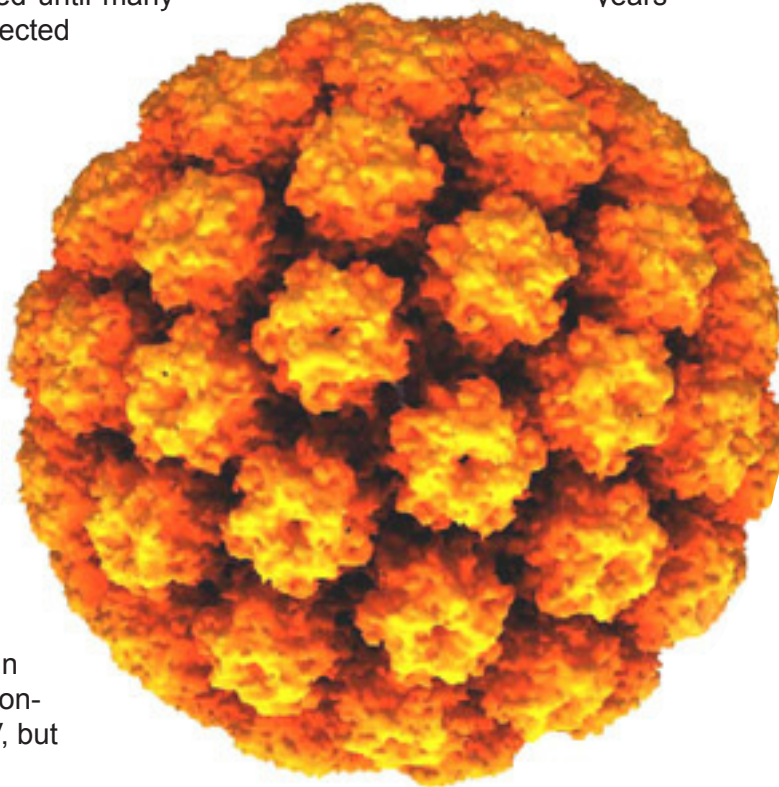
There is no specific test to detect HPV; however, tests like routine cervical cancer screenings or Pap tests may help detect it, for example, if a Pap test shows abnormalities in the cervix, such abnormalities can be treated before a cancer develops.

There are things men and women can do to prevent HPV infections and related diseases: using condoms in every sexual encounter (bear in mind, however, that condoms do not provide complete protection against HPV, but they help) or engaging in monogamous relationships.

Therefore, it is very important that women and teenagers get their annual gynecological check-ups, not only to prevent possible HPV-related diseases, but also any other type of STD. Let's take into account that some sexually transmitted diseases, such as chlamydia and gonorrhea, may cause serious health problems, including infertility, if not treated timely.

In addition, there is a vaccine that can now protect women from the type of HPV virus that causes cervical cancer and genital warts. This vaccine is recommended for women between 11 to 26 years old.

If you have any question or doubt about HPV, the HPV vaccine, or other sexually transmitted diseases, do not hesitate to consult with your gynecologist. Making sure that we are healthy and caring for our health is also part of our duty toward our Folk and our Future.



# FACTS ON FRUITS AND NUTS SNACKING

BY WAU COLORADO

When you eat five smaller meals throughout the day. Its not only healthier but it delivers a stream of nutrients, blood sugar and energy to your body. You will most likely avoid over indulging at your next meal and consume fewer calories throughout the day. It's also less stressful on your digestive and metabolic system. Here are some snack idea's to help you out..

## HEALTHY SNACKS

1. Nuts and Seeds are full of arginine, an amino acid. This amino acid helps fight heart disease, impotence, infertility, and high blood pressure. It also aids in the healing processes. Nuts and seeds are great for muscle tone and circulation. Arginine stimulates the pituitary gland at the base of the brain.

Nuts and seeds are rich sources of vitamin E, lignants and omega-3 fatty acids, which protect you from heart disease and also from aging.

Almonds, pine nuts, sesame seeds, Brazil nuts, walnuts, pumpkin seeds, sunflower seeds, flax seeds, peanuts, and pistachios: mix them in any combination. There are more nutrients in the raw form than roasted. Nuts and seeds are best eaten raw and fresh..

### 2. Apple

Eat as many apples - two or three - every day. Apples also contribute to healthy lungs and hearts. The apples rich pectin content, leads to decreased cholesterol levels. Pectin also helps prevent colon cancer, one of the top causes of death in adults over age sixty. See keep eating one- two- three or more apples a day!

### 3. Berries

Berries are bursting with antioxidants. Red, purple, and blue skins of berries contain bioflavonoids, antioxidant compounds that reduce free radical damage. These flavonoids are more potent antioxidants than vitamins C and E, and they also help to reduce inflammation - Better then aspirin!

- Blueberries are number ONE. They have the highest level of antioxidant activity, possess powerful neuroprotective properties that shield brain cells from damage , Slowing down the age-related memory loss, Alzheimer's, and senility. Bring on the Berries!!!! Better for your liver.

- Cherries also contain beneficial anthocyanin compounds, which stimulate your pancreas to produce insulin, Cherries keep diabetics healthy. Anthocyanin protects you against cancer, arthritis, and heart disease because they lower cholesterol. Great if your tired of oatmeal.

### 4. Avocado: Full of Nutrients

Glutathione is known as the "master antioxidant." This (as well as asparagus, walnuts, and fish), is made up of the three amino acids glycine, glutamic acid, and cysteine. Glutathione regulates immune cells, protects against cancer, and assists in detoxifying.

Avocados are also a source of L-cysteine, which helps protect your body from pollution, chemicals, radiation, alcohol, and smoke. L-cysteine may also help boost immunity, protect you from heart disease, and build muscle. It is also useful for fighting inflammation. It aids in hair and nail growth. Did you know that avocados are a natural fat?

### 5. Apricots for Anti-Aging

Apricots have the highest levels and widest variety of carotenoids of any food.

Carotenoids are antioxidants that help prevent heart disease, reduce "bad cholesterol" levels, and protect against cancer. More cholesterol help is good help.



## Family Recipes

# VEGAN STEW

*by Vanessa WAU*

This one is based in one traditional Portuguese dish called Cozido. Although the original have lots of meat and fat. I make this dish often and we eat it as a soup or as a stew with rice.

### INGREDIENTS:

1 medium cabbage  
7 small potatoes  
3 carrots  
1 big onion  
olive oil  
1 can of beans  
2 full hands of small macaroni (originally i use rice but well i wanted to use macaroni this time)



### DIRECTIONS:

In a pan put the olive oil, chopped onions, the potatoes cut in 2 half, the chopped carrots and the stripped cabbage. Cover all with water and let it simmer until its half cooked. Than add the beans and the macaroni and let it boil until the macaroni is ready.

You can serve this with bread as a soup, or don't add the macaroni, cook the rice separately and serve it with rice as a stew. This one its quite simple...



**Visit our Website for more Family Recipes and much more**

**<http://www.homefrontpublications.org>**

# Cranberry and White Chocolate Scones

*By Morigan*

## INGREDIENTS


- \* 1 3/4 cups flour
- \* 1/4 cup sugar
- \* 2 1/2 teaspoons baking powder
- \* 1/2 teaspoon salt
- \* 5 tablespoons chilled unsalted butter, cut into pieces
- \* 6 tablespoons half-and-half
- \* 1 large egg, beaten
- \* 1/2 cup fresh or frozen cranberries
- \* 1/2 cup white chocolate chips ore more depending on if you are a chocolate fiend like me

## DIRECTIONS

1. Preheat oven to 400 degrees F.
2. In a bowl by hand or using an electric mixer, blend together the flour, sugar, baking powder, salt, and butter.
3. Add the half and half, beaten egg, cranberries, and the white chocolate chips, and stir until the dough holds together.
4. Turn out onto a lightly floured board and knead for 2 minutes.
5. Form into a 1/2-inch thick round, then cut the round into 8 wedges or whatever shape you like, mine came out in various shapes and sizes lol
6. Spray a baking sheet with vegetable oil, then transfer the scones to the sheet.
7. Bake the scones at 400 degrees F for 14 minutes or until golden brown.







# Having a pet

By Ivana WAU

Having a pet is a wonderful experience: it is fun, but it also entails several duties. It is much more than just providing our pet with food and water. It is definitely NOT a game. We must be attentive to our pet's needs and provide them also with comfort, the right food, and proper veterinarian care.



**F**irst of all, we must think about what kind of pet we want to have and, in the case of dogs, for what purpose: do we want it to play with our children, to be guardian dog, or just to keep us company? Bear in mind that there many different breeds and each breed has unique characteristics and needs. We should avoid having pets that would have to be locked in a cage (birds, Guinea pigs, hamsters...).

It is also advisable to, if possible, adopt a pet instead of buying it. There are so many stray cats and dogs in animal shelters, waiting for somebody to give them a home and love...

In addition, let's inform ourselves which animals we can have as pets and which we can't (or, at least, we shouldn't!). For instance, in Argentina, selling monkeys and marine turtles as pets is against the law, since they are regarded as endangered species.

Pets, especially puppies, need to play with their owners, since it is the way in which they establish bonds with their owners during their first months of life. Playing is an important part of our pets' life, just as it is important in a child's life. On the other hand, we must also be strict and make clear to our pets what we don't like, for instance, playing with our freshly washed sheets or eating food from the table. It is absolutely NOT necessary to hit them to let them know what they should not do; some yelling will be more than enough!

We must pay attention to our pet's health: get them vaccinated as many time as prescribed by the veterinarian, keep them free from ticks, fleas, and the like. It is not necessary to wash them regularly, since they wash themselves by licking, but sometimes it will be necessary, for example, if they have rolling on dirt while playing.

Our pets must have a fix place of their own where to rest and eat, and they must also have their own toys. They must know that they are an important part of our family, but not the master of the household or, in more technical terms, "the leader of the pack."

It is important to walk our dogs regularly. In this way, they will socialize with other people and other dogs, coming in contact with new situations and noises that will make them more self-confident and less afraid of loud noises and strangers.

Make sure your pet has appropriate room to develop, for example, you can't have a pitbull in a small apartment...some breeds need more space than others, and it would be unfair and cruel to deprive them of the space they require to develop successfully.

Additionally, if we don't want our pets to reproduce, we should get them castrated. This is necessary especially in the case of cats, since they are more likely to sneak through our windows and have a wild night!

Having a pet is also an act of love. If we take care of our pets properly, they will reward us by giving us many years of friendship and loyalty, and that is always worth the effort!



# HOMEFRONT PRESENTS **THE ECO HOME**

Close your refrigerator door - Ensure that your refrigerator's seals are fully functional and don't leave your refrigerator doors open for too long. Refrigerators turn themselves off when they become cool to save energy, but when the air inside them warms, they switch on.

Only wash a full load of clothes. If you wash a half load of clothes, then you're going to be using too much water to wash your clothes, and therefore wasting water and energy.



By Vicky WAU

## REUSE YOUR YOGURT POTS

**Yogurt pots are difficult to recycle. Yogurt pots are made from polystyrene, which is a plastic that is not typically recycled. Since you can't recycle yogurt pots.**

\* As with all plastic containers, where possible keep them for storage, i use mine for small items like push pins, paper clips, and other smaller bits and bobs that have no home.

\* You can also use them for filling with fruit squash or juice before freezing to make ice pops, i also use mine to make my own sugar free jello / jelly and i add small bits of fruit to the bottom.

\* Schools & playgroups may use the larger yogurt containers as craft materials so ask your child's teacher about this, you can also use them for crayons, cotton balls, paint brushes etc.

\* They can be used in the garden as pots for seedlings.

\* They can be cut into strips and used as plant labels. You just need a permanent marker to write on them as the elements to tend to smudge markers that are not water proof.

\* Puncture the bottom of 2 pots, thread a string between them, and then children can use them as a cheap telephone, easy and lot's of fun for your children.



## ENERGY SAVING TIPS

by Morrigan

\* Turn off lights, TVs and other appliances when they are not being used. Many of us with use the remote to switch off the TV or stereo, leaving the appliance running on standby.

\* Wash laundry in cold water. This does just as good a job, it keeps your colours bright, and saves lots of energy. Also if you do need to use the dryer, then ensure the clothes are as dry as possible after washing, eg, they have gone through a fast spin so that there is minimum excess water. This will reduce drying time considerably.

\* Take short showers instead of baths. A five-minute shower uses about half as much water as a bath.

\* Replace incandescent bulbs with energy-efficient compact fluorescent bulbs, which are four times more efficient and last about eight times as long.

\* You can also control the intensity of your incandescent bulbs with dimmer switches to save money. A bulb dimmed by 25 per cent uses 10 per cent less energy. No matter what type of lighting you are using, always turn the lights off when you leave a room.

\* Install motion sensors on light switches.

\* Using a low-flow shower head can save up to 15 per cent of hot water costs; aerators on your sink faucets can reduce water use by about 10 per cent.

\* Use small appliances such as a microwave, slow cooker, electric kettle or toaster oven instead of the stove.

\* Take clothes out of the dryer and fold them while they are still warm to prevent wrinkling; your iron uses a lot of energy.

\* Shower and run your dishwasher, washer and dryer early in the morning or late at night.

\* Try setting your dishwasher to start after 10:00 p.m. when off-peak prices begin. If your dishwasher has a timer – use it.

\* Consider a home energy audit to find out how energy efficient your home is and the best way to spend your home-improvement money.



# Laundry Tips

By Vicky WAU

To remove ink, wine or fruit stains you should saturate them in tomato juice; it is also an excellent way to remove stains from your hands.

To soften jeans and cotton sheets add 1/4 to 1/2 cup of salt to the detergent when washing.

To remove blood use cold water, then soap and cold water.

To remove chocolate or cocoa use borax and cold water, it works wonder "take this from a chocolate addict"..

Taking care of table linens, they should last a lifetime if they are given the proper care. They should be laundered with great care, ironed on the right side and then on the opposite side. If white linen is put away for a time, it should be rolled in blue paper, which prevents it from becoming yellow. My grandmother has table linens that are older than me and still look brand new.







## To Preserve

### *Old Books you love and want to pass on...*

VICKY WAU

~~~~~

**T**he Bindings can be preserved from mildew by brushing them over with spirits of wine. A few drops of perfumed oil will secure libraries from the consuming effects of mold and damp.

The Romans used oil of cedar to preserve valuable manuscripts. We all have older books that we cherish and want to give to our children, so make sure you keep them out of damp rooms and save their shelf life.

Also dust your books and bookshelves periodically to control air-borne molds and dirt.

## To Ventilate a Room

by Vicky WAU

Place a bowl or jug of cold water on a table in your room as it will absorb all the gasses with which the room is filled from the respiration of those eating or sleeping in the room.

Very few of us realize how important such purification is for the health of their family, in a few hours a bowl or jug of cold water -- the colder the more effective -- will make the air of your room pure, but the water will be entirely unfit for use. So don't drink it :)

Try this out and see how you feel after a few nights.







OVER TO YOU...

THIS MONTH WE ARE DISCUSSING

## The Media's portrayal of Women..

Media portrayal of women has sunk to an alltime low, once upon a time we could watch a movie and see a beautiful woman look back at us, now we are bombarded with images of women who are clearly anorexic, have more botox than should be allowed injected into their faces, lips and god knows where else.

**N**owadays a woman who has curves and wears a size 8 or 10 "gasp" is now considered a plus size model, did Marilyn Monroe seem like a woman who was plus size? For our generation she is fat, so is Kate Winslet and many other normal women, would Marilyn be a sex symbol if she were around today? If Kate Winslet gets called pudgy by the media, Marilyn would be practically diagnosed as obese. In reality, curves like hers don't come with a size 4, definitely not without extensive surgery on not only her breasts, but also the hips and butt.

Women come in all shapes and sizes and i certainly know that some women are naturally thin and they eat good i have a sister like that. Women aren't stupid we know when someone looks unhealthy and malnourished. The fashion world, music world, movie world all exploit women, but have you ever noticed how the majority of male fashion designers are homosexuals? Obviously they have no sexual desire for women so they think that women who have the body of a teenage boy is acceptable. Most women in order to get a body like that don't eat or take care of themselves, their skin becomes dry, their bones pertrude through their skin, their hair becomes lifeless, and their menstrual cycles cease to function, their body is now in conserve mode, so in order to function on the minuscule food it is being fed it now holds onto it in order to survive and the rest of the body suffers and becomes a shell rather than a vessel.

Our daughters deserve better than to be raised in a world where all that matters is how they look. We have so many women to admire from so many different Era's. They need to be raised to feel beautiful without excessive operations being done to them in order to get there, they need to know how to have a well balanced diet, we need to instill in them confidence and courage. Let's raise our future daughters to feel strong and beautiful in their own skin, if we let them fall into this pit of self loathing it will lead to a life that is not truly being lived. In order for our race to survive and once again become strong and fruitful we need strong women who know who they are inside and out and embrace them both equally..

Vicky WAU



## NOW OVER TO YOU LADIES AND GENTS..

I know what you mean Vicky, I refuse to let my girls even watch any TV unless it is something I have pre-approved. Today's standards have diminished from wholesome family, to "sex sells".

Making our girls believe that they have to look like anorexic, runway models, or a plastic barbie doll to be considered beautiful, and accepted. It infuriates me.

### **AWright - VA - USA**

Its sad , I try and tell my daughters when they see magazines and such what they do to the pictures to make the women look like that. And I tell them how beautiful they are everyday! The last thing I want is for them to think they need to look like that and have low self esteem. I think women need to mass boycott advertisement and entertainment that uses a skewed body image, but it will probably never happen.

### **Dragonfly PA - USA**

Hollywood's starlets have been going under the knife for decades..but the work always looked more natural looking..these new procedures do nothing to enhance beauty..they take away from it..I can't for the life of me understand..why any woman gets the lip injections..I have never seen a case where it looks remotely normal.

### **hoosiermommy - Indiana - USA**

A sense of modesty and decency is important for us to instill in our young women. I see a lot of teenagers around here looking like whores, excessive makeup, jewelry and tons of skin showing. When I was a teenager I wasn't allowed makeup until I was 18 or a halter top. The only thing I was allowed to use was mascara, lipstick and perfume. To this day I still don't wear a lot of makeup. It takes me about 5 minutes to get ready. I think topics like these are good. We women owe it to our daughters to install a sense of pride in them and not allow them to be sucked into a vain narcissistic personality.

### **SurferGal - California - USA**

White women are naturally beautiful, why let a surgeon mess with all those years of evolution? I can see cosmetic surgery for things like cleft lip/palates or if someone were to get a boob job after getting a mastectomy due to cancer, or facial reconstruction after catastrophic incidences, but the rest of these procedures are vain and daft.

### **RepetitionKills - Southwest - USA**

I work with a 19 year old female , she has already had two breast jobs, and gets botox injections regularly ! Why does any woman need botox , especially at 19 ?

These so called "supermodels" we see prancing up and down the catwalk are disgusting ! Most of them, in my opinion , look like they have AIDS . But that's what you get in an industry run by fags and Jews . They want the models to look like ten year old boys , because that's what these freaks are attracted to . I don't know any blokes who find these stick insects appealing .

### **HammerRage38 - Male - Brisbane - Australia**

Beauty is determined by the Person, now I'm not talking about "beauty is in the eye of the beholder" although I reckon that does go far in a relationship. But I mean What I find beautiful can be very different from what you believe to be beautiful, (I know that all Aryan Woman are beautiful and have at least one unique thing, not that thing being white), while watching X-factor one time my cousin said that "chery cole was pretty even though she was a race mixer" now I personally do not think she is (and its not due to the fact she is married to A Negro) I know that she is "pretty" as she is Aryan but other then that I simply see no attraction.

As for surgery yes a little can be ok to fix a flaw e.g.(a Streisand Nose), but I can never agree on older women getting it, one of the great thing in a man's life is to look at his wife of 40 yrs and still see that his wife can be beautiful without the help of surgery.

The time when curves (which I prefer) were sexy has unfortunately passed, I have no problem with skinny woman but when it is "Model" skinny I feel sick at the sight. Although this phase may just be that a phase in History the idea of what is sexy has changed many times for instance Obesity was once the sexy thing.

### **1people1empire1leader - Male - Birmingham - UK**

I think the majority of men expect women to look like page 3 models, plastic barbies or skinny catwalk skeletons but this is because the media have pushed this image for so long. I don't think its something that can be changed for a long long time, as long as there is money to be made these freaks will be on our television, in our newspapers, making CD's etc.

### **Ainzy - Male - UK**



# PINEAPPLE AS A SNACK

By Vanessa WAU

Pineapple don't oxidize as easy as other fruits so its always a good choice to take as a snack and eat at the office, beach etc. Many people just buy canned pineapple because they think peeling a pineapple is too difficult. although that is not true and canned pineapples are not good at all. You can peel a pineapple in less than 5mins easily.

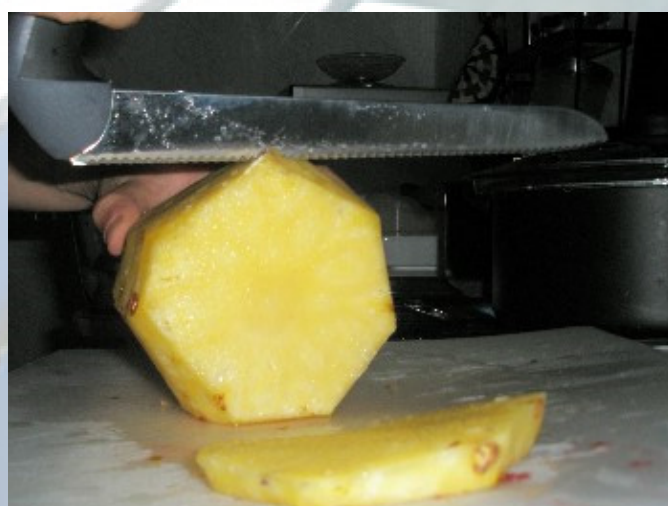
1st cut the top and the bottom. Use a chef knife or a bread knife. A bread knife will work better.



2nd Place the pineapple in a cutting board. now just start cutting peel slices from top to bottom.

3rd cut it into slices

Leave the inside, the inside is just good as the rest, its only a bit harder. You can store the slices in the fridge for a couple of days. You can take a slice everywhere or eat a slice or two as a snack.



## How to cook & prepare **BEANS**

Most people don't know that beans are toxic and we often see many people cooking them without taking any precautions to avoid food poisoning. Here are a few tips so you can eat beans safely.

1. Never eat raw beans.
3. Make sure you wash them well and never use the water you washed them in for cooking.
4. Make sure you cook the beans alone and don't use the cooking water to cook other food or to be part of any other recipe, soup etc.
5. If you are using canned beans make sure you wash them well too.
6. Never ever use the water can from cans of beans (many people just open the can and put the unwashed beans and water inside pans, with other foods etc, this is **WRONG** and dangerous.)
7. **DO NOT EVER** warm a bean can like you see in old movies, TV series etc. Nowadays all cans have wax layer inside to prevent rust and oxidation problems, if you warm a can you will be eating wax and lots of chemicals...

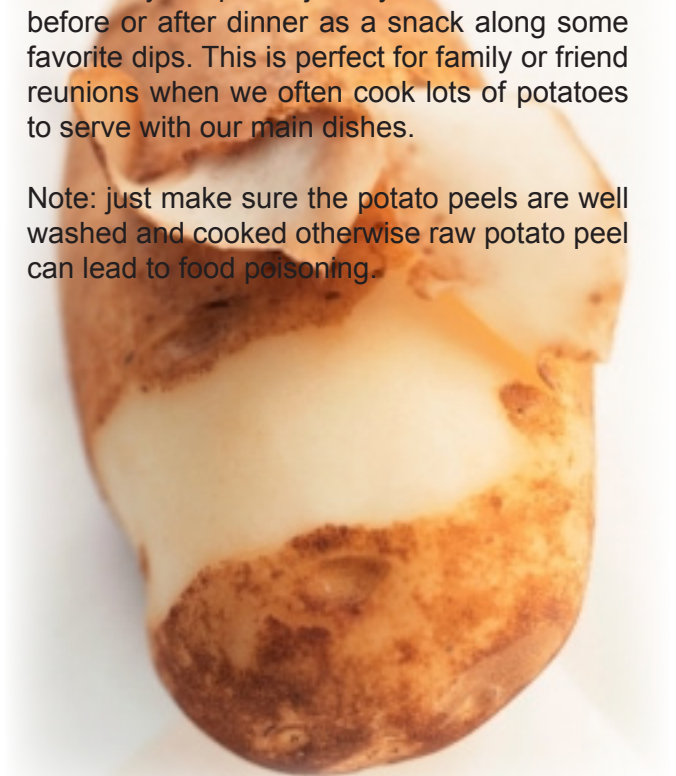


WAU PORTUGAL

## What to do with **POTATO PEEL LEFTOVERS**

Did you ever have to cook or fry a bunch of peeled potatoes ? Well you no longer have to throw away the peels, just fry them and serve it before or after dinner as a snack along some favorite dips. This is perfect for family or friend reunions when we often cook lots of potatoes to serve with our main dishes.

Note: just make sure the potato peels are well washed and cooked otherwise raw potato peel can lead to food poisoning.



## Stuffed Cookies Are Bad For You and Your

Do not eat or ever give stuffed cookies like Oreos and similar cookies to your children or anyone in your family. In food chemistry class we were testing these kind of products and I had no clue what the stuff inside the cookies were until then... The inside is margarine with chemical flavoring and coloring (when you eat cookies with strawberry stuff you are eating margarine with red or pink food coloring and strawberry chemical flavoring) it's pretty gross so avoid when you can...



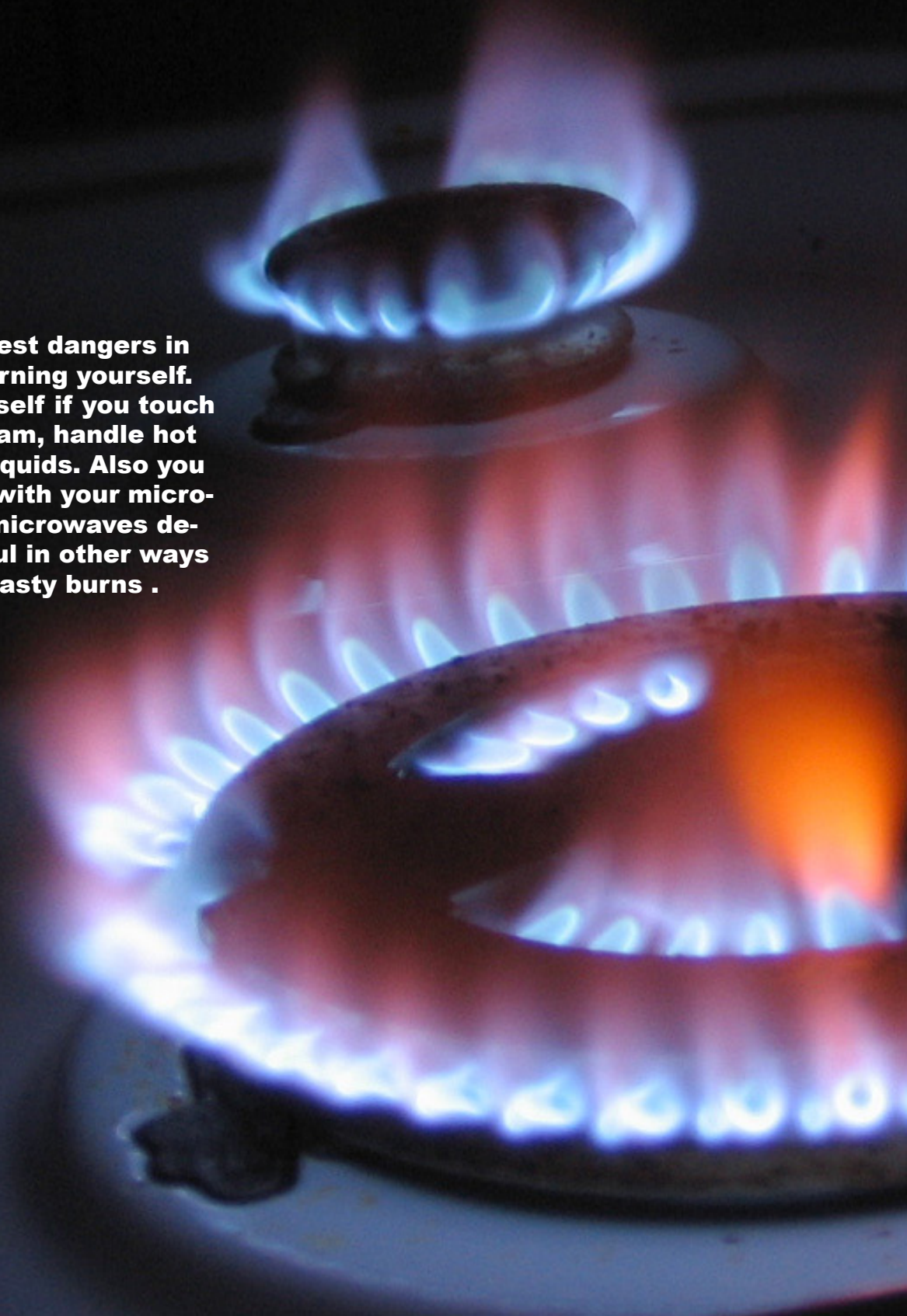


**Part I**

# Kitchen Dangers

**By Vanessa WAU**

**One of the greatest dangers in the kitchen is burning yourself. You can burn yourself if you touch hot surfaces, steam, handle hot food and boiling liquids. Also you should be careful with your microwave, damaged microwaves despite being harmful in other ways can give you nasty burns .**



**TO AVOID BURNS :**

- 1 - Make sure you are not cooking with clothing made of polyester and other inflammable fabrics.
- 2 - Cook slowly, don't rush things even if you are in a hurry, being badly injured will not make things go faster.
- 3 - As often as possible check to make sure everything in your kitchen is working properly, if your pans, fryers, sautés and appliances are not damaged.
- 4 - Have an organized kitchen.
- 5 - Always handle hot food and equipment with precaution.
- 6 - Always double check steam pans and be just careful while cooking food in these since they are really dangerous and steam can cause nasty burns not only on your hands and/or arms but in your face, chest and other exposed parts too.
- 7 - Don't leave flammable objects near your stove or microwave.

**IN CASE YOU GET A BURN**

- 1 - Never use butter or any grease on the burn, this will not hydrate your skin, it will actually fry it and make the healing even harder...
- 2 - Put the burn under running water for about 10 to 15 minutes. This will not heal the burn but the running water will act like an anesthetic.
- 3 - The most effective treatment i know for burns is Aloe Vera (the gel inside the aloe leaves) although this works better if you put the gel on the burn right after you burned yourself and before the skins start to heal. Try to have always a leaf or two inside a jar in the fridge.

**And remember It's always better be safe than sorry.**

**\* If it is a serious burn call your doctor or go to the local emergency room.**



# Train and Track Tips

BY GUNNR



**STAY OFF the railroad tracks, never walk on them or near them. RAILROAD TRACKS ARE FOR TRAINS ONLY!**

KEEP TOYS AND OBJECTS OFF the railroad tracks. Any toys or objects left on the railroad tracks may shoot up like a bullet from under the train, seriously injuring or even killing whoever the object hits. Derailment is also a serious problem that can occur from objects left on the railroad tracks. Injuries caused derailment can be very serious to the railroad crew and the community. Usually resulting in serious injury but mostly death.

NEVER THROW your toys or any other objects at a train. Anything you throw can bounce off the train and hit back like a bullet causing serious injury. Throwing any type of objects at the train can also injure the engineer or other railroad crew members.

STAY AWAY from parked railroad cars on the track. The railroad car can start moving suddenly when climbing on, walking behind and climbing into. Suddenly another set of railroad cars can slam into causing you serious harm, crushing your in sides, lose of a leg or arm or maybe even your life.

STAY OUT from underneath the bottom of all railroad cars on the tracks. Do not climb around or under the bottom of any railroad car. You never know when the train will move again. This could end up in real disaster. You cut be cut in two, loose a limb or even your life.

STAY AWAY FROM climbing on or in between standing railroad cars. Never use a railroad car as a short cut. If the railroad car starts moving you may be stuck on unable to get off, or you might fall off the moving train under the moving wheels leading to serious injury or death.

STAY OFF , STAY AWAY FROM, NEVER WALK ACROSS or fish from a railroad bridge. These bridges are strictly for trains only. There are no sidewalks and the trains do not blow their whistles at the bridges.

STAY OUT of all railroad tunnels. Railroad tunnels are wide enough for only trains and the trains can come at

any time.

STAY AWAY from all moving trains. Items from trains like straps and chains holding freight down sometimes come loose and my shoot out from under the wheels of the train at any time. This may cause serious injury or death.

STAY ALIVE. Playing chicken with a train is a game that can quickly end in death. So if you value you life STAY ALIVE!

## RAIL SAFETY FACTS

- Never try to cross the tracks if a train is coming. Trains are very large and heavy, and take a long time to stop!
- Never cross train tracks if a train is coming. Trains take a long time to stop because they are very large and heavy.
- When crossing a railroad crossing look both ways and only cross at railroad crossings.
- When crossing at railroad crossings listen for train whistles, obey all signs and signals and warning bells.
- Stand 10 giant steps away from the railroad crossings when a train is coming.
- Trains come from all directions at any time on any track. So make sure if one passes another one is not on its way.
- Always walk your bike across the railroad crossings. Always wear your helmet when you ride.
- Remember that walking , playing on or around railroad cars and railroad crossings is very dangerous.

RailRoad Safety Fact Sheet

## Tips to help whiten your teeth

by Vanessa WAU

Some months ago i noticed my teeth were getting some weird spots and were not bright white anymore. Well some people told me this actually happens with age and sometimes because of the toothpaste we are using.

So i started brushing normally in the morning but instead of the normal brushing at night i started to brush my teeth only with baking soda. It's not tasty (its pretty salty) but in a couple of days the spots are all gone and they are getting bright again.

A cheap and Eco friendly tip to whiten your teeth.

\* Note: I'm not sure if this is harmful or not. I got this tip from my grand dad and so far nothing bad has happened to me.



## Dry Winter Skin

Vicky WAU

It's that time of the year where it's chilly outside, so we snuggle up indoors and crank up the heat, gone are the days when we sat in front of an open fire, we are all most likely now being warmed up by radiators that dry up the air and cause that once lush white skin to now become dry and flaky, then you go outside and the frigid temperatures don't help either.

### HERE ARE SOME TIPS TO HELP YOU ALL OUT..

Moisturizers are designed to reduce water loss and prevent further drying of your skin. Even in winter you should still be wearing a face cream that has at least a 15 spf. Moisturize right after your bath. slather on your moisturizer while your skin is still damp to help seal in the moisture. Be careful to not overuse products that contain alpha-hydroxy acids. They exfoliate the top layer of your beautiful white skin, which is good for dry skin, but they leave the new layer of skin unprotected to the the hazards of winter weather.

Also make sure after washing your hands, that you immediately put on hand cream to seal in moisture.

The Key To Good Skin In Colder Months is Moisture Moisture Moisture..

## EFFECTIVE AB EXERCISES

By Vicky WAU

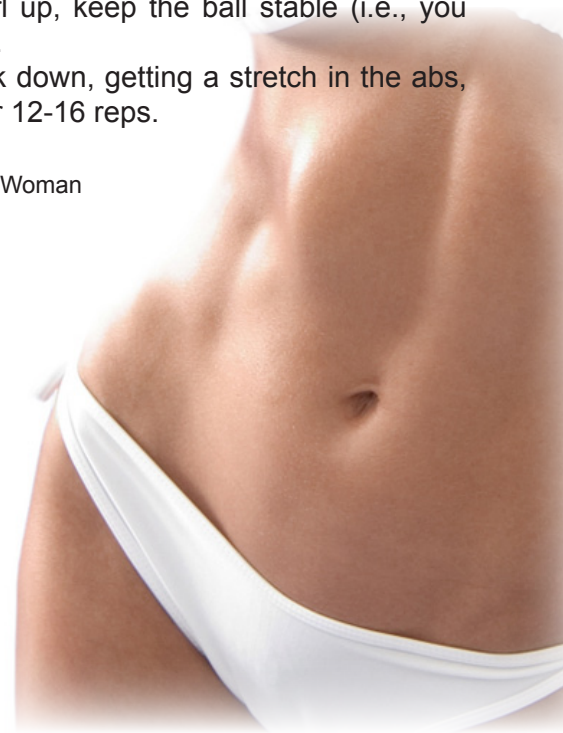
The Bicycle exercise is the best move to target the rectus abdominis (i.e., the 'six pack') and the obliques (the waist) the bicycle can be a tough one after an already long workout, so i have started to do my ab workouts earlier in my routine so that i can complete them all..

1. Lie face up on the floor and lace your fingers behind your head.
2. Bring the knees in towards the chest and lift the shoulder blades off the ground without pulling on the neck.
3. Straighten the left leg out while simultaneously turning the upper body to the right, bringing the left elbow towards the right knee.
4. Switch sides, bringing the right elbow towards the left knee.
5. Continue alternating sides in a 'pedaling' motion for 12-16 reps.

The exercise ball is an excellent tool to strengthen your abs i do them every other workout as i find them a little hard on my back, i know other people who have no problem with the balls, but for me personally i prefer to do my workout on the ground with just a mat and a 8lb weighted ball in my hand..

1. Lie face-up with the ball resting under your mid/lower back.
2. Cross your arms over the chest or place them behind your head.
3. Contract your abs to lift your torso off the ball, pulling the bottom of your ribcage down toward your hips.
4. As you curl up, keep the ball stable (i.e., you shouldn't roll).
5. Lower back down, getting a stretch in the abs, and repeat for 12-16 reps.

Source : Fitness Woman





## Part I

# Let's all live a healthier life..

by Vicky WAU

*When it starts to get colder i know i use it as excuse to snuggle up at home and eat chocolate and watch some of my favourite black and white movies, going to the gym isn't always what i want to do but if we get up and start our day off right we can then watch those movies we like guilt free...*



## HERE ARE SOME TIPS..

Eat a balanced diet to help keep a healthy weight. For me this has been hard as i am just not the kind of person who eats breakfast, so i have been slowly starting to eat in the morning, i start off with a few spoonfuls of yogurt and now can have a small bowl of cereal without wanting to throw up which is a big step for me.

Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. I try to make sure that NONE of my calories come from drinks, i drink water 99% of the time and when it starts to get boring i squeeze some fresh lemon or lime in there. I also don't fry my foods and i am trying to cut back on sugar which has been a battle all in itself, just be mindful of what you are putting into your body, its a vessel to help you live a good life it's not supposed to be a garbage disposal.

Eat a variety of fruits, vegetables, and whole grains every day. I eat fresh vegetables everyday with my dinner, i love turnips, cabbage, cauliflower, beans and they help brighten up your plate. We also only eat whole wheat bread, remember to eat bread that says Whole Wheat as Whole Grain doesn't mean you are getting grains that are beneficial to you, so Whole Wheat is the way to go when you are buying breads.

Be active for at least 30 minutes a day. Include activities that raise your breathing and heart rates and that strengthen your muscles. I joined the gym 3 months ago and have been working out for 2 hours a day 5 days a week, i know that not everyone can fit that in but you must be moving your body in order to burn off what you eat and to keep your body healthy and active. I have now gotten my cardio up to a much higher level, 3 months ago 30 mins on the treadmill would make me tired, now i can run for five and walk for five and i rotate that now for the 30 minutes i am on it, i also include lots of resistance training with weights to keep my body strong..

Help keep your kids and teens active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones. Try going on a family walk in the pm, go to the park and kick a football, play some basketball, get some boxing gloves and workout that way for 30 mins, make sure they are not stuck in front of the tv or computer for too long, keep those bodies active.

I'll share more tips with you all next month...



## TUBERS & ROOTS

### SHOULD NOT GO IN THE FRIDGE

Vanessa WAU

1- They are often too dirty, if you store them in the fridge they will pass germs to other foods. At restaurants you cannot even prepare those "dirty vegetables" at the same time you prepare "clean vegetables". Even washing won't help as they will go bad faster.

2- Storing potatoes in a cold place will make the potato starch turn into sugar and you will have a funny tasting potatoes, also the moisture in the fridge will make the potatoes rot faster.

3 - Onions in the fridge will absorb lots of water, will go rotten faster, they will become soft and other foods will have their onion odor which is strong and everything you eat from that fridge will just taste like onion (same with garlic).

Those veggies should be stored in a dark, dry and ventilated place so they last longer. I have mine stored inside a wood container because I don't have much space, at my parents they have theirs in the basement in a dark corner in rows over a blanket.

#### TIPS FOR POTATOES:

1 - If you already washed some potatoes but you don't want to use them after all, just peel them and put them inside a bowl of water (water covering all the potatoes) inside the fridge until you use them, they can last a couple of days like this.

2- When you are peeling a potato and see a green spot don't eat that. The green that potatoes sometimes have is solanine and is a defense mechanism potatoes (and other vegetables like tomatoes) have to protect against bugs. Often in potatoes happens when they are exposed to light, this is highly dangerous and in big amounts can cause nausea, abdominal pain and even cancer.

3 - If you have potatoes that are getting old and you don't want to eat them right away, peel and boil them during a minute or two. Let them dry and freeze it.

#### TIPS FOR ONIONS

1 - If your onions are old, mince or chop them and then freeze it. I do this with almost all onions, I just chop and mince a few onions and freeze them in plastic containers so it's easier and faster when I'm cooking. (actually I do this with garlic, celery, peppers and herbs too).

## EASY WAYS TO

### Cut Back on Salt

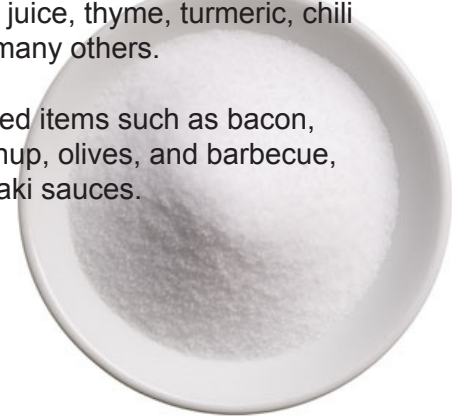
By Vicky WAU

- Eat as much fresh food as you can, if you read the labels on prepacked foods and soups you will be shocked at much salt is added, so avoid them if at all possible..

- Choose fresh meat over processed meat, a simple hotdog can have over 800 mg of sodium and that is before you add condiments that are also packed in salt, fresh is best.

- Develop a taste for other spices try allspice, ginger root, basil, cayenne, curry, dill, fennel, garlic, lemon juice, lime juice, thyme, turmeric, chili powder, and many, many others.

- Avoid sodium packed items such as bacon, ham, hot dogs, ketchup, olives, and barbecue, soy, steak, and teriyaki sauces.

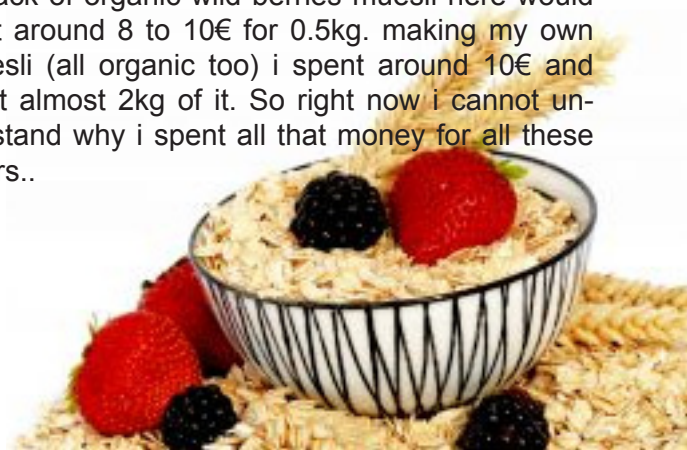


## Making your own Muesli

by Vanessa WAU

Last weekend I was at the supermarket and I started wondering about doing my own mix of muesli. I usually buy wild berry organic muesli that are pretty expensive so I decided to try to make my own and see if it was cost effective. I bought a pack of whole wheat cereal, whole chocolate corn flakes and oat, then I bought a pack of dried fruits mix with nuts, almonds and a pack of dried cranberries. I then mixed that all together and with the same money I got 4 times more muesli.

A pack of organic wild berries muesli here would cost around 8 to 10€ for 0.5kg. Making my own muesli (all organic too) I spent around 10€ and I got almost 2kg of it. So right now I cannot understand why I spent all that money for all these years..







**Homefront**  
**Halloween Special**

## SOME HALLOWEEN HISTORY

# Jack-O-Lanterns

The traditions of carving jack-o-lanterns originates with the Celts. Stingy Jack, who invited the Devil to have a drink. When it came time to pay, he convinced the Devil to change into a sixpence, but instead of paying for the drink Jack pocketed the sixpence and kept it stored beside a silver cross, which prevented the Devil from changing back. Jack made a deal with the Devil before letting him free that the Devil could not harass him.

Next Halloween Jack died and was turned back from the Gates of Heaven. He went to the Gates of Hell and the Devil told him to go away, as Jack had made him promise not to claim his soul. Jack didn't want to leave because it was dark and he couldn't find his way. The Devil tossed Jack a glowing coal and Jack put it inside a turnip, and ever since with this "Jack O' Lantern", Stingy Jack's lonely soul has been roaming the faces of this earth.

Today, pumpkins are carved into jack-o-lanterns, lit and placed outside of doorways for the same purpose. I'm glad we no longer have to carve out a turnip as they are even hard to peel never mind carve out..

Happy Samhain  
Vicky WAU





# Halloween Recipes

Halloween Food Time



## Dirt and Worms

By Morrigan

### YOU WILL NEED SOME...

Gummy worms  
Chocolate pudding  
Bowl / Jars / Old Yogurt Containers

I finally got to reuse my candle jars, if you use a jar like these you could easily paint them black and they can be mini cauldrons..

Yum Yum...

## WITCH'S PASTA SALAD

BY VICKY WAU

### INGREDIENTS:

Pasta - i try to buy different coloured pasta's as it looks nicer.  
Rainbow, Bow-ties, Shells, Fusilli, Radiatore, Wagon Wheels etc.  
Black Olives  
Cherry Tomatoes  
Diced Red, green, yellow pepper  
Raw Broccoli Pieces  
Sliced Carrots  
Crumbled Mozzarella Cheese  
Raisins and nuts (optional ) i like pine nuts  
Italian Dressing or dressing of your choice.

Cook and drain the pasta. Chop all the vegetables. Combine pasta and all other ingredients. Toss with dressing and chill in the fridge for a few hours...

Serve



# Pumpkin Cookies

By Morigan

1 cup butter or margarine  
1 1/4 cups brown sugar  
2 eggs  
1 teaspoon vanilla  
2 cups cooked or canned pumpkin  
4 3/4 cups flour  
1 teaspoon cinnamon  
2 teaspoons baking powder  
2 teaspoons baking soda  
2 teaspoons nutmeg



Heat your oven to 350 degrees.  
Grease 2 cookie sheets.  
Cream butter/margarine with brown sugar.  
Mix in eggs, vanilla and pumpkin mix.  
Mix dry ingredients in a separate bowl, and then gradually add to pumpkin mixture.  
Drop by spoonfuls onto cookie sheet and bake 15 minutes.

These are really nice right out of the oven but i have no patience for waiting for stuff to cool down, i also completely forgot to take pictures of them, so the images we used is not the one's we made. A friend who uses the same recipe likes to add raisins to hers, i love raisins myself but just can't get my palate to enjoy the flavour of pumpkin and raisins in one cookie.

Enjoy

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## Samhain Shaped Sandwiches

by Vicky WAU

Skeleton Bones / Witch Hat's / Spooky Ghost  
/ Scared Cat

Use a Samhain themed cookie cutter to cut PB & J , Bologna, Tuna sandwiches etc. I got my cookie cutters at the local craft store. Serve them all piled high on a black or Orange plate. Make several of each sandwich as they will be a hit with all your Samhain guests.

Enjoy



Image from The Food Channel®



## Kids Crafts

# Making a Witch Hat

### WHAT YOU WILL NEED:

- black card paper (2 big sheets) -
- Scissors
- Staple
- Adhesive tape
- Black elastic
- random colour paper for decoration

### DIRECTIONS:

Roll one paper sheet like a cone, try to make it fit in your head. Staple both tips of the paper to make the cone stay fixed. With the scissors cut the left over and make the cone base look even.

Staple inside the cone base both tips of the piece of elastic so it will help you to fix the hat to your head. Measure it well to make sure that will not be too saggy or tight.

Place the cone in the other black paper sheet and draw the circle around it. Draw another circle big circle around the previous with a distance of about 15cm.

With the scissors cut off the inside circle.

Now you have a cone and a circle. with the Adhesive tape glue them together. Now you have a basic hat. Draw moons, stars, thunders, or whatever you like in the coloured paper, cut it and glue it to your hat.

source: sitio dos miudos



# No sewing witch/wizards' Cape

### WHAT YOU WILL NEED

- Black fabric (1m x 1.20m)
- staples
- scissors
- black ribbon with around 70cm width and 2cm height

### DIRECTIONS:

Extend the fabric over a table. In the 1m side measure a margin of 3cm and fold the margin. Staple the margin. Pass the ribbon inside the margin you created. Place the cape over your shoulders and make sure the staples are inside and hidden. Do a bow with the ribbon.

\*suggestion: you can decorate the cape by gluing into it some paper stars or moons or whatever you like.



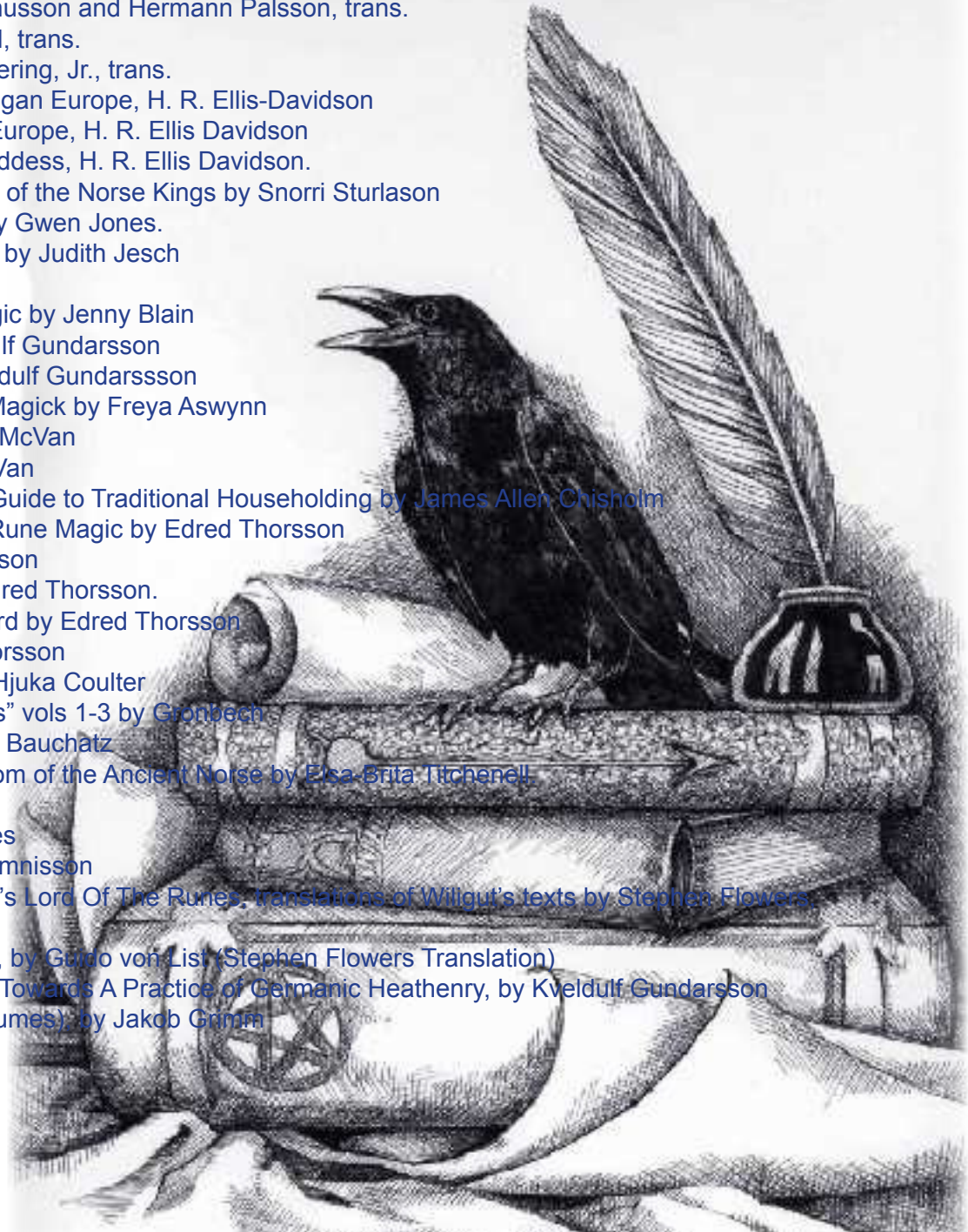
# PRINT OUT AND COLOUR





# Recommended Pagan Reading

1. The Poetic Edda--Lee M. Hollander, trans.
2. Edda by Snorri Sturlason, Anthony Faulkes, trans.
3. The Norse Myths by Kevin Crossley-Holland
4. Gods and Myths of the Viking Age aka Gods and Myths of Northern Europe by H. R. Ellis Davidson
5. Saga of the Volsungs, Jesse L. Byock, trans
6. The Saga of the Jormsvikings, Lee M. Hollander, trans
7. Erik the Red and Other Icelandic Sagas, Gwyn Jones, trans.
8. Laxdella Saga, Magnus Magnusson and Hermann Palsson, trans.
9. Njal's Saga, Magnus Magnusson and Hermann Palsson, trans.
10. Egil's Saga, Christine Fell, trans.
11. Beowulf, Howell D. Chickering, Jr., trans.
12. Myths and Symbols in Pagan Europe, H. R. Ellis-Davidson
13. Lost Beliefs of Northern Europe, H. R. Ellis Davidson
14. Roles of the Northern Goddess, H. R. Ellis Davidson.
15. Heimskringla or the Lives of the Norse Kings by Snorri Sturlason
16. A History of the Vikings by Gwen Jones.
17. Women in the Viking Age by Judith Jesch
18. Seidways by Jan Fries
19. Nine Worlds of Seidr Magic by Jenny Blain
20. Teutonic Magic by Kveldulf Gundarsson
21. Teutonic Religion by Kveldulf Gundarsson
22. Northern Mysteries and Magick by Freya Aswynn
23. Temple of Wotan by Ron McVan
24. Creed of Iron by Ron McVan
25. True Hearth: A Practical Guide to Traditional Householding by James Allen Chisholm
26. Futhark: A Handbook of Rune Magic by Edred Thorsson
27. Runelore by Edred Thorsson
28. At the Well of Wyrd by Edred Thorsson.
29. The Nine Doors of Midgard by Edred Thorsson
30. Rune Might by Edred Thorsson
31. Germanic Heathenry" by Hjuke Coulter
32. The Culture of the Teutons" vols 1-3 by Grönbeck
33. The Well and the Tree" by Bauchatz
34. The Masks of Odin; Wisdom of the Ancient Norse by Elsa Brita Titchenell.
35. Helrunar, by Jan Fries
36. Visual Magick, by Jan Fries
37. Rune Rede, by Ruarik Grimnison
38. The Secret King: Himmler's Lord Of The Runes, translations of Willgut's texts by Stephen Flowers, Ph.D.
39. The Secret Of The Runes, by Guido von List (Stephen Flowers Translation)
40. Elves, Wights, and Trolls: Towards A Practice of Germanic Heathenry, by Kveldulf Gundarsson
41. Teutonic Mythology (4 volumes) by Jakob Grimm



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