

# HomeFront

ISSUE Nº 10 - A PUBLICATION FOR THE RACIALLY CONSCIOUS HOME & FAMILY

**Publications**

## OVER TO YOU!

This Issue we are Discussing  
Do you monitor your  
Kids TV Time?

## Children emulate adults

Are you a good example right now?

## Baby's First Birthday

A wonderful milestone and something  
you will never forget....

Why You Should  
**Give Up Smoking**

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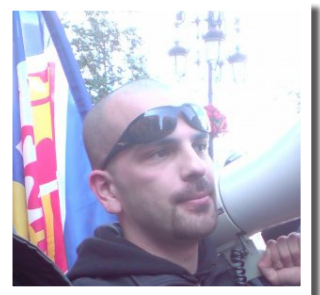
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A photograph of two young girls with long braids, wearing white dresses, jumping joyfully in a grassy field. The image is slightly blurred, capturing a moment of pure happiness and movement. The background is a lush green field with some trees in the distance.

*Spring shows  
what Mother Nature can  
do with a foul and dirty  
world, for a brief moment  
she is reborn and her  
beauty knows no bounds...*  
(Vicky WAU)

**S**pring is here at last, with spring comes rebirth and renewal. We see flowers in bloom, the familiar chirping of birds, the planting of seeds, the burst of colour from Daffodils that welcome us like long lost friends. We welcome new writers to HomeFront Joe Owens and Vigdis and we hope that they both continue to contribute to future issues of HomeFront.

In this issue we are discussing many different topics, ranging from Monitoring what your children watch on TV to really checking out Your local school systems, we will continue both topics in our next issue with suggestions for family friendly programming, as well as more information to help you get more hands on involved with your childrens education if they are in the public school system..

This months cover is an image we got from the Magazine of the Bund Deutscher Mädel called "Das Deutsche Madel".

We would like to dedicate this months issue of HomeFront to fallen Comrade Antonio, Descansa en paz Antonio nunca te olvido, nunca. May Our Gods look over you and those who loved you. All those who knew you were blessed to have you in their lives. You will walk hand in hand with the Ancient Ones, and with your ancestors who came before you, rest in peace Comrade, Friend, Loved One.

## NATURAL HOME



### 4 Quick Steps to Less Waste

Simple ways to reduce trash.

Get a battery recharger. Americans buy roughly three billion dry-cell (AA, AAA, C, D, 9-volt) batteries a year, the majority for one-time use. Use a rechargeable battery and you can prevent hundreds of single-use ones from entering landfills.

Use cloth towels and napkins. If just one family of four switched to cloth napkins at each meal for one year, this would prevent 4,380 paper napkins from ending up in the trash.

Compost. Food and yard scraps make up 24 percent of the municipal solid waste. Put these and other biodegradable materials---newspaper, paper bags, autumn leaves---to better use in the compost bin.

Avoid excess packaging. Product packaging accounts for 1/3 of trash thrown away. Buy items in bulk whenever possible, since bulk items often use less packaging.

## USE PLASTIC LABELED AS MICROWAVE SAFE

A recent study has revealed that plastic waste will take 300 years to get mixed in with soil.

To make plastic wraps clingy and flexible, ingredients called plasticizers are used. This particular ingredient causes cancer and other health problems. All plastic wraps available in the market should be approved for microwave usage by FDA, so make sure that you are reading that labels on what you buy, I know that sometimes I am looking for what is on sale or a good deal in general, I always use plastic containers labeled as "microwave-safe" luckily nowadays most are microwave safe, I now avoid buying cheap made in China crap from the dollar store to heat up food.

On a whole, avoid plastics and use alternatives whenever you can. I used to heat up soups, beans, pasta sauce, and leftovers in plastic containers in the microwave, now when possible I pop them in a pot and heat them on the stove. We need to leave our children a clean natural world to live in, we all use the 14 words, securing our children's existence also means leaving them with a beautiful world to live in.

Morrigan

ECO Tip

Switch to cold when doing your laundry. 85 – 90% of the energy used to wash your clothes is used to heat the water. By turning the dial to cold on your washing machine, you help the environment, save energy, and save money.





# CLUBLAND

## AND WHY YOUR KIDS MUST AVOID IT



Having been involved in Nightclub security for nearly twenty years, and with first hand experience in the seedier side of club - life, I believe parents and teenagers need informing on certain matters. The nightclubs of today are not like the one's parents frequented back in the 1970's, when they were aspiring teenagers full of excitement and joy. Today they are a complete transformation who's environment would shock, scare and bewilder most parents of today should they enter. It would be an environment so alien that they would cringe in horror at the thought of their young teenage kids let loose in such dens of iniquity. The noise would be deafening, the lights almost blinding, with a positively scary looking clientele in a state of complete frenzy. "What happened to the days of Showaddywaddy and David Essex?", they would think to themselves. Well, those days are well and truly gone. It's the day of drugs, drugs and more drugs. And that's just for starters.

Nightclubs up and down the country are full to the brim with young kids taking drugs, with most parents (those who care) not having a clue what their nocturnal kids are up to. They believe their children are going out for the night, just as they did in the 1970's to a 'disco,' and they will get a taxi home just like they did, and all will be ok. Yes, of course they would have heard or read about nightclub violence and how shocking it is, but it will never happen to their kids, as their kids tells them where

they go is nice and friendly and not a fight in sight. Their children will tell them that they stay away from drugs, and taking them would not even enter their innocent little minds. And you know what, their parents will believe them. And, do you know why?, because they are out of touch with the real world. Most parents (once again, those who care) don't take enough interest in anything outside their own little world, and are too busy thinking about the next material asset they can acquire, or the next holiday resort. They let their children bully them, instead of following their instincts and laying down the law. Then there are the cowardly who do suspect and haven't the guts to face the awful truth.

Parents need to go and see what is happening in the clubs that their nice sons and daughters frequent. Go and stand by the toilets and watch all the young girls coming out wiping their noses, having just snorted a line of cocaine. In fact, go in the toilets and you will see it first hand. Go into the Men's (dads, that is), and see several lads all piling into one cubicle: listen by the door, and hear all the lines of cocaine being snorted one by one. And if that doesn't have you dragging your kids out, mingle with the people on the dance floor bombed out of their heads on E's or Magic (powdered MDMA), shuffling along like zombies in a Boris Karlof movie. Now if you are immune to all of this, like most people who work-in or frequent clubs are, you can always wait for the violence later on. I'm sure you will find someone in the toilet, who's just been bottled or slashed. Now if violence is not what you are looking for, you will usually find someone's poor daughter in a corner or toilet, giving sexual services to all comers (literally). Yes, I'm sure the drugs she's been on that night would have stripped her of all her inhibitions and its free love for all. And if she's really lucky, she will end up on someone's mobile phone video, and be the next Linda Lovelace, and blue-toothed to all and sundry. Don't you just love this hedonism? Hey, you ain't heard the best yet!

If your kid is adventurous and wants to try one of the many gay clubs in town, I am sure they would be more than willing to accommodate them. On the other hand, are they gay clubs or unisex? I think unisex, because the girls go into the Men's, and the lads into the Women's toilets. Anyway, if your lad is not really that way inclined, the predators can always wait until the drugs kick in and have their wicked way later. You see, even though these are predominately-gay clubs, they still allow straights in. I wonder why? Girls in these clubs who are not Lesbos or bi-sexual, go to watch men at it, for a twisted thrill. Young naïve kids on drugs can easily be lured into this perversion, when it could easily have been avoided had they been educated. The amount of so-called gay or gay



friendly clubs that have sprung up out of nowhere is frightening. Some even have transvestites as DJ's. Also sickening in these clubs is the activity going on in the toilet cubicle, and it's not just drug taking. And no prizes for guessing. The amount of drug taking is even more prevalent in these clubs than at your usual haunts because of the nature of the clientele. Yet so-called straight people love these places and do not find them repulsive. To some extent, you can understand this as there is very little violence, if any. Nevertheless, the activities on and off the dance floor, and in and out the toilets, would make milk turn. The young kids who end up going to clubs like these were probably good kids, until they were persuaded by equally once naïve, to pay a visit and look at all the gays enjoying themselves with not a fight in sight. Once again, had young kids been alerted to the filth in these clubs and what comes with it, their lives may have taken a different path.

However, no one is alerting them, and no one is going too. So, who is going to do it? We, as Nationalists, are people, who do actually care about what is happening to our country and young people, or we would not be involved in what we do and the sacrifice we pay. Yet the premier Nationalist Party in the UK, the BNP, has not uttered one word about the insidious nature of Nightclubs up and down the country, to its ever increasing young membership. Now I am not talking about a nice quite wine bar on the high street or even some of the clubs who still play 1970/80's tunes like ABBA or Sheena Easton, but the major dance venues and the now ever increasing gay friendly clubs. And before anyone says, "Oh well, these are just a few clubs up and down the country and nothing to worry about," you are wrong. Most clubs play the same type of music and a lot have drinking



hours until 4 – 5am in the morning – some even later. Also, you will be hard to find one club, if any, that's drug free. So no, you have to look at the big picture when describing clubland. And before any naïve reader says "well don't the doorman search people who go in these clubs"?, of course they do, but you can't start looking into every orifice, plus the doormen are more interested in finding weapons that can be used on them or the punters.

So why have not the BNP, via their new youth wing, The British Nationalist Youth Movement, alerted young people that it's trying to recruit and those it has, about the dangers of nightlife in our towns and cities? Are



the BNP like all of the parents' the length and breadth of the country, naïve about matters that affect the future of our/ their children? The BNYM is more concerned about recruiting students, when we all know this is a complete waste of time. Ask Tony Wentworth or Mark Collett how many students they recruited to the cause, and what massive inroads (if any) they made on campus. The answer will be counted on one hand. Also, their time spent pushing the BNP on campus ruined their education and set them back years. Why the BNP leadership still puts kids through this is beyond me. When was the last time, if at all, Nick Griffin ventured into a nightclub and saw first hand what the music of today is doing to our young people? And that's not counting the drugs, faggots, violence and general anti-social behaviour that comes with clubland. Now not all kids end up being corrupted, beaten up, taking drugs or suffer other destructive vices that come with a so-called good night out on the town, but an awful lot do. Go and stand at the entrance of your city centre hospital (in Liverpool, the Royal Hospital) and watch the casualties stretchered in on a Saturday night, and you will see what I mean (the Royal also has Doormen, on a Saturday night). I had the pleasure to do this after two colleagues were stabbed three and eight times respectively, after lads enjoying a nice day out at the Grand National, Aintree, decided to take themselves and their knives into the city centre and stab two doormen. All because they had denims on and didn't fit the dress code to enter the club. Scary to think these animals had these knives on them at the nation's premier race meeting. We truly are living in very dangerous times.

Is the BNP leadership and those 'wet behind the ears' youth wing oblivious to what I have spelt out here? If so, they need bringing into the real world very quickly. If on the other hand they believe an attack on clubland will alienate the E and Cocaine community and even further marginalise the BNP, then we truly are living in sad times. My generation is the last to come through that offered any hope of national rebirth. We have now lost that opportunity and have to rely on the next generation. Sadly, they are now lost and bewildered in a world they don't understand. We are losing them day by day and nothing is going to stop this. We need to stop \*\*\*\*ing around and playing as if we are some re-born Tory party and 'ain't it great we are now mainstream'. Stop embracing the sickness of society in the hope it will get us more votes. We need to start reaching these kids before the destructiveness and perverseness of modern society does. And I can't think of a more insidious environment than clubland.

The youth wing of the bnp needs to promote an alternative to clubland and permissive living. We have to get our kids back to basics and interested in healthy alternatives. You can't strive for a national rebirth and embrace the sick society at the same time. They are mutually exclusive. You can't be telling kids to come on-board and fight to save their country, and then send them off to have a nice enjoying night in clubland, with all the drugs, drunkenness, and violence, and then back to party business on the Monday. They need steering away or we will lose them forever. Once kids have fully embraced drugs and clubland, it's very hard to stop them doing it, let alone wanting to save their country.

I am not advocating young people sit in with tins of Guinness and live boring lifestyles, but try to find an alternative to clubland. Meet friends (hopefully nationalists) who would like a challenge rather than crawling out of a nightclub 6am in the morning smashed out your head. Go and climb say, Mount Snowdon or Helvellyn, and have nice pub lunch and a pint afterwards. If your life revolves all around clubland then you are already on the slippery slope to a dead - end life. There are a million alternatives to milling around clubland amongst drunken aggressive people, and this must now be the job of nationalist youth, to inform the lost and soon to be lost, young kids of our nation. This will not be an easy task but it must be done and not ignored.

Nationalism saved me from becoming a bigger loser than I am now, and it hurts me to say this. But I have to be honest with myself and can't be a hypocrite when giving advice to young kids. I know the damage clubland does to young kids because it's done it to me. However, I have unrivalled experience in the world of the street, and can put this to good use if people are prepared to listen. Most in nationalism believe they are streetwise when in fact they're amateurs. Winning back our country is not all about academia or being from a public school, it's about the whole package. And in my field of work, I have a PhD.

**Joe Owens - [rights4whites@yahoo.com](mailto:rights4whites@yahoo.com)**





# Instilling a **WORK** **ETHIC** in our **YOUTH**

It makes me feel quite old to toss out the line "when I was young" but it fits at the moment. When I was a child, my parents began instilling in me what would be a strong work ethic. From household chores to summer jobs and weekend projects, I learned what teamwork and earning "my keep" meant.

These days, I see teens and even young 20-somethings living a lazy life of luxury and having an erroneous sense of entitlement to things. They don't know how to do much of anything because either parents have spoiled them, tolerated their laziness or just worked themselves too much to pay attention.

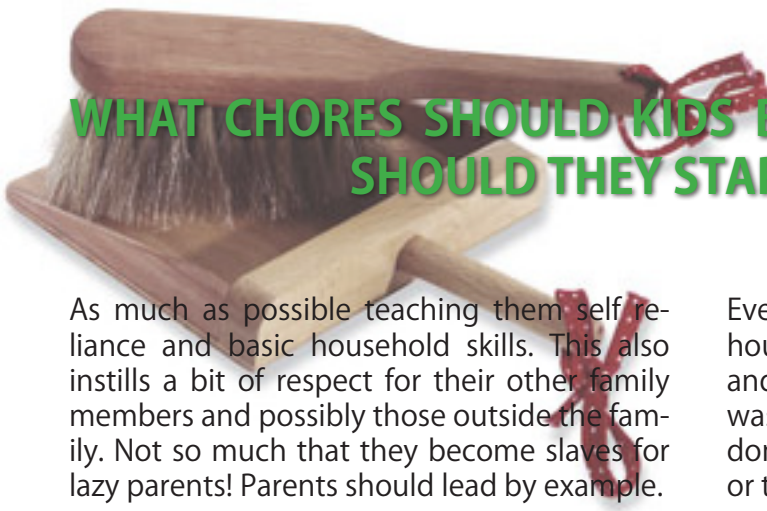
If work ethic isn't taught in the home as it should, we'll have to step up as a White community and pound it into some skulls, I'm afraid. If you are a parent tolerating a freeloading 18 year old, you need to wake up. If you are a young man or woman who isn't pulling your load, you need to realize something : not working up to par is no different than stealing. You are stealing time and money from your employer and your brothers on the job.

Work harder, smarter and stronger than the enemy or you'll be joining them in the welfare line. And you'll belong there.

VIGDÍS



## WHAT CHORES SHOULD KIDS BE DOING? AND AT WHAT AGE SHOULD THEY START DOING CHORES?



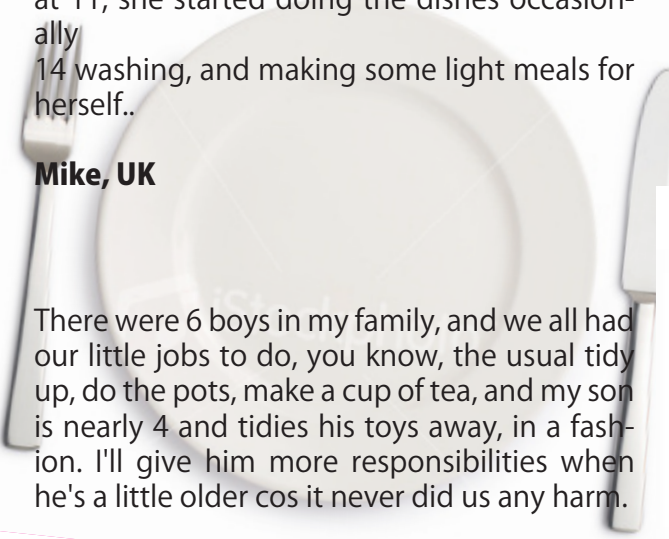
As much as possible teaching them self reliance and basic household skills. This also instills a bit of respect for their other family members and possibly those outside the family. Not so much that they become slaves for lazy parents! Parents should lead by example.

Children should also be taught good eating habits and exercise like sport. When I have children they will be raised knowing the human mind and body is capable of anything but finding the right balance so that you aren't too pushy and demanding to much of them.

**Dragon Banner, North West England**

At about 2, I had my daughter pick up her toys, at 5 she had to put her clothes in the wash, at 7, empty bins, put her clothes away, at 9, she walked to school on her own, and went to the shop. at 11, she started doing the dishes occasionally 14 washing, and making some light meals for herself..

**Mike, UK**



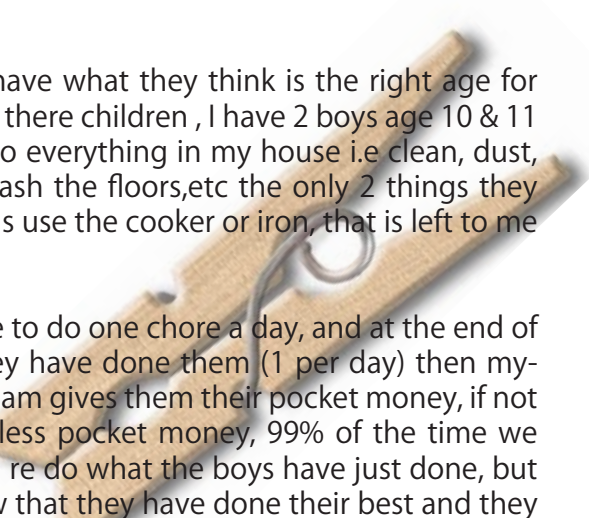
There were 6 boys in my family, and we all had our little jobs to do, you know, the usual tidy up, do the pots, make a cup of tea, and my son is nearly 4 and tidies his toys away, in a fashion. I'll give him more responsibilities when he's a little older cos it never did us any harm.

**wiking09, Rotherham**

My son is 2 1/2 years old and he helps me when i vacuum, he thinks it really fun to do. He cleans up when he spills a drink and he puts his own toys away when he's done playing. He helps me with the groceries and he tries to help me when i fold the laundry. Sometimes he makes more of a mess, but he tries to help me so i think its just sweet.

**Wiking\_Brau , Rotterdam, Netherland**

Everyone will have what they think is the right age for house work for there children , I have 2 boys age 10 & 11 and my boys do everything in my house i.e clean, dust, washing up, wash the floors,etc the only 2 things they don't/can't do is use the cooker or iron, that is left to me or there mam.



Both boys have to do one chore a day, and at the end of the week if they have done them (1 per day) then myself and they mam gives them their pocket money, if not then they get less pocket money, 99% of the time we have to go and re do what the boys have just done, but at least we know that they have done their best and they both know if they give there best then we are happy.

**Scottish Skinhead, Fife**

As a parent of 6 children 3 of which have now left home and have their own families. Its good to instill values from an early age i too started with picking up toys....having a large family meant we all mucked in and did chores there is no set age but you as a mother know when your child/ren will be able to understand what you are asking of them.

Because I've instilled the right virtues my children they don't follow their friends like sheep and they have their own minds and are law abiding citizens, sometimes i wonder whether that because they don't want the wrath of mum which would be mightier than the police.. hehe.....doing chores sets them up for other tasks in life.

**Vixen66, UK**



# YOUR LOCAL SCHOOL SYSTEMS

By VIGDÍS

In the past, as a person without children, I never paid too much attention to the affairs of the local school system. When the commotion started over our Superintendent refusing to air the Obama speech in the schools, I sat up and took notice. Since then, I've taken a closer look at the schools, matters presented to the Board of Education and the overall demographics.

If you haven't yet taken a few hours to look at your area, I'd encourage it. The city of Valdosta is 15 miles North of me. The demographics break down like this:

## RACES IN VALDOSTA:

\* Black (48.5%) \* White Non-Hispanic (46.7%)  
\* Hispanic (2.2%) \* Two or more races (1.2%)  
\* Other race (0.9%) \* American Indian (0.6%)  
\* Asian Indian (0.5%)

## THE CITY SCHOOLS BREAK DOWN LIKE THIS:

### J.L. Lomax Elementary

(Black- 617, White 11, Other 29, G. Tot. 657)

### Salas-Mahone Elementary

(Black 443, White 390, Other 119, G. Tot. 952)

### S.L. Mason Elementary School

(Black-629, White-189, Other-42, G. Tot.-860)

### W.G. Nunn Elementary School

(Black-976, White-50, Other-52, G. Tot.-1078)

### Southeast Elementary School

(Black-285, White-8, Other-6, G. Tot.-299)

### VECA

(Black-56, White-5, Other-4, G. Tot.-65)

### Newbern Middle Elementary

(Black-482, White-9, Other-13, G/ Tot.-504)

### Valdosta Middle School

(Black-620, White-251, Other-42, G. Tot.-913)

### Valdosta High

(Black-1,232, White-358, Other-71, G. Tot.- 1,661)

### PLC

(Black-211, White-7, Other-5, G. Tot.-223)

## TOTAL OF STUDENTS:

(Black 5, 551)  
(White. 1, 278)  
(Other 383)  
(Grand Total 7, 212)

Seeing the numbers was shocking for me. Can you imagine how piss-poor the education is, for example, for the 300+ White kids stuck with over 1,000 stupid blacks in their school? I've yet to brave a tour but I'm sure I'll vomit once I see a classroom.

The NAACP has shown up more than once to protest our Board of Education decisions. They are now poised to join the battle over Dr. Bill Cason's refusal to air the Obama speech, as the local niggers have still been unable to have him forcibly removed from office. We've had no less than four meetings demanding he be fired.

Prior to this, the NAACP joined black parents who threw a fit after their gang banger thugs were removed from the general population and tossed into Alternative Schools. NOW, there is a call for the Board of Education to REMOVE White administrators as they "are not the same race as the majority of the students" in the district. Somehow, that isn't considered racist but if our White parents made such a statement, jewtube would broadcast the outrage 24/7.

Nigger parents also addressed another meeting and threw a fit because an Exchange Program with Ghana, Africa was canceled while the British Exchange Pro-

gram carried on. Eventhough the African program was canceled by AFRICA, the niggers publicly accused our officials of racism.

Here is just one quote from a black parent, but it sums up pretty much all the mumbo-jumbo I read through:

She said the standardized tests were not created with black children in mind and the school system needs to implement procedures to help black children succeed.

I know it is a long piece and about a town you may never step foot in but it is food for thought. What do YOUR schools look like? Are people attending the Board of Education meetings and challenging the non-whites or are they shrugging it off like I was because I don't have kids?

These White children do belong to all of us though and I hope more of you will consider at least attending a meeting in your area and hearing what is going on. It would be great if all White children could be home schooled or placed into all-White schools but until that happens, I'd like to think each of us should step up and work on fighting for those being shit on in the school systems.



# Crossing the street safely...

Vicky WAU

Teaching your children to cross the street is something you should teach them once they are walking alongside you, playing with their friends etc. Each time you cross, explain to your children to them what you are doing so that it becomes automatic for them. Here are some tips..

Find a safe place to cross the street such as traffic lights, zebra crossing (pedestrian crossing), or a road that has no traffic but each side of the road is visible..

Stop at the curb. Have your children look left, right, then left again and to listen for traffic..

Make sure they know if traffic is coming let it pass and wait till the road is clear.

Make sure they know not to run across the road if they see traffic in the distance as your Little Warrior may not understand that the car could be closer than they think.

Make sure your children know not to ever run into the street to chase a ball or any other object, they must call a grown up for help.

Make sure your children understand what each colour on a traffic light means.

Even with all these tips, a child should not be crossing a street alone until they are at least 8 or 9 years old in my opinion, i was around that age when my mother let us, for about 6 months prior to that she would watch us as we crossed to make sure we where doing it safely.





## SCREENING CHILD CARE PROVIDERS

By VIGDÍS

As I educate myself on child care facilities and practices, gearing up to help a dear friend look at her options, I've come across some things I believe need to be shared and discussed.

Do you know what background checks, if any, your particular state actually requires of commercial centers that provide child care? I'm afraid you may find yourself shocked by the following information <http://www.naccra.org/policy/background...enters.php>. The requirements for private providers (work-from-home) are <http://www.naccra.org/policy/background...-homes.php>

Observe how many do NOT check the Sex Offender registries. It is an absolutely unacceptable oversight by regulators! If you are in one of the multitude of states who do not do this check, I have to wonder if you can demand the names of all employees so you can do your own.

Food for thought.

## Children emulate adults

We all know a parent or two who, when in the company of WN adults, demonstrates not only a clear understanding of being a White Racist but also in living as such....and yet when they go home to their families, a strange transformation happens. I refer to them as "fence sitters", simply because they have grasped the idea and showed some promise but failed to follow through.

Being employed in a nonwhite infested workplace is a common ailment and one that often cannot be avoided. However, what CAN be avoided is befriending your nonwhite neighbors, having them over for beer and a BBQ, adding them to your social networking contacts and so on, just for the sake of "keeping up appearances" in society. Your kids see that and they emulate it. They no longer hear your private "White Pride" conversations in the home and instead, see the multicultural rainbow you color each day.

I have personally seen what happens to a young child when his/her parents decide that they don't want to "make waves" in the community by limiting his/her exposure to nonwhites outside of school or work. Yet, under the protection of night's darkness, those same people will join up with WN brothers and sisters to proclaim their White Pride.

I know that not everyone who joined this site is hardcore, not everyone has figured it all out yet and while some will find their footing, others will fall off into the abyss. If you've come here sincerely seeking guidance on living in a way that honors our race, our ancestors and our future White children, please take a moment to look long and hard in the mirror.

Are you a good example right now? When people view your social networking friends list, will they be amongst a sea of nonwhites? At your backyard BBQ, are your mixed race neighbors attending?

Remember, White kids are watching. What do they see you doing?





# ADVICE FOR TEENAGERS

Here are a few tips on leading a clean and respectful life.

1. Respect your parents and never lie or swear to them. Take their advice in most matters, as they will no doubt be right. Also, you never know when you're going to lose them.
2. Never sit around the house and do nothing. There will be a million and one things you can do to help your mum and dad. Remember; they helped you through this world when you came into it so do likewise.
3. Try to watch as little TV as possible. Most is trivial, childish, and destructive nonsense we now see in soap – opera's. Only if it's an education programme, e.g. about nature or space, should one watch it.
4. Never interrupt another person while they are speaking. It's rude and they won't like it. Wait your turn and be patient. It also displays an intellectual side to you.
5. Do not talk with your mouth open. Someone seeing the contents of your food, swirling around your mouth, teeth and gums is not a pretty site. The amount of people that do this is appalling.
6. Clean your nails and brush your teeth. There's nothing worse than talking to someone with bad breath and dirty nails.
7. Dress immaculate. Never wear track - suits and trainers, unless in the gym or other outdoor pursuits. Clothes make the man as the saying goes; it certainly makes the women. Seeing a well dressed woman is a wonderful sight.
8. Go the gym and don't be lazy. Fat people are never taken seriously. Also, fat people look bad in whatever clothes they wear. Get the gym and watch what you eat.
9. Read as many books as you can - Education is power.
10. Don't associate with criminals, losers, and defectives. These types will drag you down to their level. Remember; "Never give a fool a chance, a fool will always shaft you." You won't go wrong if you stick to this principle.
11. Never lend anyone money - let them make their own.
12. Don't talk bad about anyone. Keep your feelings to yourself unless you are asked for an honest opinion.
13. Never forget to say thank you, hello or please.
14. Drive carefully.
15. Don't waste time being jealous of other people. It's what you succeed in that's important.
16. Drink plenty of water and eat raw fruit and veg.
17. Money is a bonus in life, and never let it control you. You're still the same person with or without it.
18. Don't trust anyone. Sad but true.
19. Always smile and be happy.
20. Remember this: "There is no security in this life. There is only opportunity". General Douglas MacArthur.

Joe Owens



## OVER TO YOU...



Hey Parents, do you monitor what your kids watch on TV? I have noticed a lot of younger kids are watching shows like Family Guy, i seen two episodes of it and could not believe that kids are watching this show, the episode i seen was the dad turning gay because of some sort of pill i think and whilst it made me laugh i would never let my kids if i had any watch this show, so what is on your ok list and hell no list? What ages are your kids and do you monitor what they watch in general...

WAU

My son will be two the end of this month, and my daughter is just 3 months old, so t.v isn't an issue with her yet, but I do monitor my son's viewing. I don't allow him to watch any of those Mexican shows that have become so popular with kids these days. Shows like Dora the Explorer, Hany Manny, and the like, I see as a polluter of my child's mind.

Some shows that he really likes, and Im okay with too, are Thomas the Tank Engine, VeggieTales, and Bob the Builder.. So pretty much, he watches about a dvd a day. I try to encourage outside play and crafts more than the t.v., but Lord knows that there are some days having two babes can be overwhelming, so the T.V. is nice sometimes when its raining, daddy's late and the supper is burning, lol.

The real problems, however, come in when he is at someone else's home. If he goes somewhere and the folks don't have the same viewpoint as me and my husband, they don't see what the big deal is, and will let him watch whatever happens to be on at the time. With lesbian/homosexual lifestyles now hitting "mainstream tv" along with the race-mixing and whites being degraded on everyday programming, it really upsets me. I know you can't protect your children from every evil, but I can sure as hell try!

aryanstar

My children watch almost only dvd than i know for shur that its right for them.

Children programs on the dutch tv are all about the muslims and blacks and their culture and i dont want my children to be infected with that.

There are already to many children effected because of all the mixed cultures here in Rotterdam. Its a shame!

Wikinger\_Brau Rotterdam, Netherland





**M**y daughter is nearly seven. We haven't watched commercial television in my house for four years and we don't miss it.

We watch DVD's only - cartoons and older movies that were designed for children, with none of the multicultural/sexual/race mixing messages that are implanted in all of our programs today. And nearly all of the people in the shows are white - a reflection of what our societies used to be like before multiculturalism was forced upon us. The messages in the shows are all positive and wholesome, teaching good family values, and they from a time when kids were allowed to be "just kids". Unlike the rubbish that is on TV nowadays.

My daughter gets the whole gammut of "TV crap" when she is at her fathers, She watches "Home and Away" over there which I don't consider appropriate for a young child, especially since they were going to introduce a lesbian kissing scene. To my daughters credit she has never asked for commercial TV when she is back with me, nor does she seem to miss any of the shows - she tells me often "the movies are better at your house mummy".

I will NEVER have TV set up again in my house. I am always shocked at how awful it is when I catch snapshots of it at someone's house. Removing commercial television from your house is the BEST thing you can do for your psyche, regardless of it's for children or adults.

Cheers - BlueEyedBlonde - Australia



**M**y daughter is 2 1/2 years old, and she watches cartoons, such as Shrek, Spongebob etc. Before, she watched children's TV, but i noticed that there are always blacks, and yellows forcing friendships, so i think cartoons are better.

Jani WAU Hungary

**M**y kids are 2 and 1, I let them watch the usual kids t.v programs, cbeebies and stuff, but i get annoyed how they always manage to have the token black presenter and little golliwogs everywhere. I also make sure they watch a lot of nature programs, they like watching programmes about lions and tigers.

Stevie Bath UK







# How to lessen the expenses **OF A NEW BABY**

A new baby often means also many expenses, especially if it's your first child. Some things that you buy are necessary, and some are less needful. Below are some tips on how you can save money with your own choices.



## Where to SAVE:

Buy clothes and toys from flea markets and sales, and exchange them with other families.

Sell clothes, baby care equipments and toys that are useless; lack of room may quickly lead into a purchase of a bigger apartment.

Buy the crib, the babysitter and the high chair as used. However, buy the bed mattress new because of the risk of mold.

Less expensive diapers do usually fine. Washable diapers are the most inexpensive alternative. It has been estimated that disposable diapers will cost you approximately 1000-2000 euro, whereas washable diapers only cost 400-1300 euro.

Loan children's books and music from the library. That way you won't get bored to them either. Another nice idea is to buy a good quality children's book every Christmas and write the year there; your child will have them as nice memories from his childhood when he grows older.

Consider whether you really need a nursing bag, a travel carriage, a changing table, a baby alarm or a breast pump. The changing table won't be used for a long time. Terry cloth covered with plastic will make a good changing base, and you can pack that as well as the other equipments into an old shoulder bag which will be as fine as a nursing bag.

A family with children often uses more water and more energy, but it's good to pay attention to their economical use as well.

## What you SHOULD get:

You will need a baby carriage every day and for different weather. There ARE differences in them.

Buy a NEW safety seat for your baby: if the seat has undergone a car accident, you may not notice it from the surface.

A good carrying cloth or rucksack carrier calms down your baby and releases your hands for homework etc.

Care insurance will pay itself back soon, especially if your child is sick often.



## Part I Keeping your baby safe

By Vicky WAU

I was a Nanny for years and learned lot's of little tips over the years with the various families i worked for, i have compiled a few of these and i will be sure to share some more in the next issue. If you have any tips you would like to submit please email me @ wauirehqs@hotmail.com

Don't use open weave blankets that could trap little fingers in it, for the first few months make sure you get blankets that are solid with no holes so nothing gets caught in there. I have used the weaved ones when i had the baby asleep in their pram and i had full eye contact with them at all times.

Never ever use a pillow with a baby that is under one years old, most of them are far to puffy and there is a serious risk of suffocation if your Little Warrior cannot lift their head up off the pillow..

Make sure you never let your baby sleep with a bib on, also avoid any clothing with strings, ribbons etc. as they could also be pulled tight around the neck when baby moves..

Make sure your babies cot (crib) is not located near outlets or shelves, we all know once they are a few months old they learn how to pull themselves up and grab things that are close..

Check out the next issue of HomeFront for more tips..



## Baby's First Birthday

Your child's first birthday is a wonderful milestone and something you will never forget.....even though it means more to you than to your baby. Even the most advanced 1-year-old will not understand what all the fuss is about. Keeping the fuss to a minimum will help keep it fun for both of you.

Keep it small. Your baby (and you) may be overwhelmed or frightened by all the commotion. Keep the guest list simple: family and close friends only, so everyone can enjoy the party!

Keep it short. Twelve month old babies don't have much stamina, so two hours is probably the longest they can last with all the fun going on around them. Try scheduling the party around nap times, so they are in a good mood.

Save the themes for later. Your baby won't understand a party theme. Use your creative energy to make something memorable for your baby's scrapbook.

Have plenty of toys on hand. Your baby won't understand structured activities. Let them play and do whatever makes them happiest!

Record for the memories. Ask another family member to be on camera duty so that you will be in the pictures or video.

Don't forget the presents! Your baby might not understand the importance of the occasion, but they will enjoy unwraping the gifts. They will probably even prefer the boxes and paper to what's inside!



# THE NAP TRANSITION

**M**y 14 month old, is a very early riser. Often he is up at 6 a.m. and ready to give it his all up until his 9 a.m. nap time. He will sleep about two hours, getting up to explore again til his 3:30 p.m. nap. Lately I have noticed, that when nap time comes around he is wide awake and not in any mood to stop the fun and games. Although I enjoy the morning nap time, it seems to be time to go down to just one nap a day. Here is the plan I used to make it happier for both of us.

**Days 1 to 3:** Push his morning snooze to 11 a.m. Ideally, he'd rest for two hours or more.

**Days 4 to 7:** Each day, push naptime back 15 to 20 minutes to get closer to a noon siesta.

**Days 8 to 10:** Continue to push naptime back until it starts at 12:30 p.m. or 1 p.m. Very soon after lunch. You don't want it to get stuck at 11 a.m. because then your toddler will be awake too long before bedtime, and he will be a very cranky little man.

Four to five hours seems to be about the right amount of awake time between nap and bedtime. Hopefully, he will stay in this nap routine at least until age 4.

Sara

## How much sleep does your toddler need?

Each child is an individual and so this varies widely. My niece sleeps about 10 hours whilst my nephew is good on about 8 hours. And napping stopped for them both when they hit the age 4 mark, maybe the odd case of falling asleep if in the car too long. However, on average:

A child aged 12 months needs around 2½ hours during the day and 11½ hours at night time.

A child aged 2 years needs around 1¼ hours during the day and 11¾ hours at night time.

A child aged 3 years needs about 1 hour during the day and 11 hours at night time.

A child aged 4 years needs no sleep during the day but 11½ hours at night time.

Morrigan



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Misty's Frugal Living

# THE FRUGAL KITCHEN



A penny saved is a penny earned". The saying is so true. One of the easiest places to waste money in the home is in the kitchen. Even the most frugal of us sometimes engage in bad spending habits. Here is a list of simple tips to help you squeeze your dollar a little harder.

**Use Everything** – You can use every last bit of your food if you are so inclined. Bones from meat and vegetable trimmings can be used for stocks. Meat and vegetable leftovers can then be added to soups. You can also throw them in casseroles, omelets, etc. Any plant product (including coffee grinds) can go into a compost heap as well, if you plan to do any gardening.

**Use your leftovers** – Institute "leftover night" in your home. One or two nights a week, make a hodge-podge dinner out of several things you have saved. You might also try labeling and freezing the leftovers. This is also a great time saver especially if you make your own soups or sauces. Try whipping up a big batch of pasta sauce or cream of potato soup and you can have it again on another night in a fraction of the time, without dirtying every dish in the house.

**Cut down/out on the junk food**... enough said

**Eat less meat** – In America in particular, people consume ridiculous quantities of meat. Not only is it bad for your health, and unnecessary if you are doing anything other than power lifting, it's one of the most expensive things on your grocery bill. The easiest way to cut down on your meat bill may be to prepare chunks of meat with lots of veggies in a sauce or stir fry rather than serving a filet on its own.

**Take drinks with you** – Whether it's coffee, tea, water, or juice, buying a convenient sized portion every time you leave the house will quickly add up. Try taking a thermos of coffee or tea to work. Many filter pitchers come with a reusable water bottle, try packing your own. I have always found it strange how much we will pay for water.

**Grow herbs yourself** – There are few things that will add as much flavor to your cooking as fresh herbs, and even dried herbs are expensive. Try going to your local lawn and garden store and picking up the tools to start your own indoor, low-hassle herb garden. Some are perennials like sage, oregano, lavender, mint, and chives. Others are biannuals which will re-seed themselves if you let them go to seed. You can even plant saffron in the spring, and be cooking with the most expensive seasoning in the world by the fall.

**Buy and use in season veggies and fruit** – Many of us do this instinctively. Buy the fruits and veggies that are in season and they are cheaper, fresher, and have optimal flavor. This will also enable you to buy local. Many fruits and

## ON THE SUBJECT OF **meat**, TRY:

- Buying whole chickens. If you learn to butcher a chicken, you will get the most out of your bird. Use the bones for stock, the giblets for gravy, etc.
- Buy in bulk. Try buying an economy sized package of meat and freeze nightly portions for yourself or your family.
- Eat more eggs. Three eggs will meet most people's daily protein requirements. Make a quiche. Eggs and toast. Simple and a healthy, inexpensive source of protein.
- Beans, peas, peanut butter, cheese (especially cottage cheese) can all be great sources of protein as well.





vegetables also freeze very well. You might want to hit the local library to find a seasonal cookbook to aid you on your journey.

Learn the sales pattern – Just like produce, many other important foods like meat go on sale according to season, holiday, and the store's sale pattern. Your best bet is to find a few stores close by and get to know their sale patterns. Look in their weekly ads and find out when they'll have something you need. It's usually not the case that one store is the least expensive place to buy everything on your list.

Try store brand and generics- Is there anything simpler? Try the brands from your local stores and see which ones you like the best. You'll also notice with things like flour and sugar in particular, there is little to no difference. A lot of the money we spend on groceries goes to pay for advertising.

Menu Planning – Try mapping out your grocery list according to what you will make that week. A perfect example would be making a stir fry with broccoli and carrots, and making pasta with those same ingredients (and same garlic and onions). Again, it's probably something you do instinctively, but if it's not, try it out and it will be.

Make Lists- And stick to them! You have your meal plan, you know when the sales are, you are fully armed to save money... if you can avoid impulse buying. Yes, that hunk of soft, fresh mozzarella looks inviting, but there will be one there next week that you can work into your plan then.

Look UP (and Down)- Cheaper products will usually be stacked on the upper and lower shelves at the grocery store. Keep an eye out for a better deal.

After Shopping- Finally, always return a spoiled product. You shouldn't pay for something inedible. It is the store's responsibility to provide you with a decent product. Also, send in for rebates. You can get many products for half price or nearly free (if not completely free) if you send in the rebate.



## Kitchen tips

Some cookware does not need to be washed with detergent. If you were cutting vegetables, or dry foods like bread, fruits, peeling greens etc you only have to rinse the knives and/or the bowls with hot water to clean them. If you want to feel safer rinse them with a few drops of vinegar.



If you were preparing fish, to prevent the fish smell wash your cutlery and cookware with cold water. Hot water will accentuate the smell and make it even worse.

Keep containers that have hot drinks inside away from the edge of tables.





## Kitchen dangers Part II

# CUTS and INJURIES

WAU Portugal

The main cause of kitchen injuries are from being distracted and not concentrating while handling tools like knives. It is not uncommon for a housewife to become distracted whilst talking with their children or husband while preparing a meal. The other most common causes of accidents are: people cleaning appliances while they are still on (it may sound dumb but happens really often), using damaged appliances that are not working properly.

In a kitchen we handle lots of tools and appliances that can injure us badly. The wrong use of these tools can lead to small cuts and bruises, it's not rare to hear stories of people losing fingers and/or get nasty injuries.

## To avoid ACCIDENTS

Make sure you are focus on what you are doing, if for some reason someone interrupts you, stop and handle the situation.

Read the appliances manuals. Most people when they buy a new appliance don't read the manuals and that is a big mistake because in those manuals are all the safety procedures you should follow while using and cleaning the new appliance.

Avoid using old appliances. Not everybody has the money to replace old appliances but if they are older than 10/15 years just stop using it. Sounds like a waste since they are still working but the truth is that a kitchen appliance omits lots of heat, steam, grease etc and with time the electric structure starts to get old and degraded and the appliance can start working improperly any time while you are using it. If you don't have the money to replace it do things old school. It may take a few more minutes but you will be sure you keep all your fingers...

When cleaning an appliance make sure it is off and not connected to the power line. People often think that turning it off is enough but you wouldn't believe how many accidents happen because of that.

On a regular basis check if everything is working properly.

Make sure you always cut food on a board and with good knives. Old, rusty and damaged knives can be really dangerous. Buy good knives, they can be quite expensive but they will last your whole life.

Today peelers are quite cheap so use them to peel carrots, potatoes etc they are safer than knives also you will do your job quicker.

Also if you have the time and money take a few culinary lessons so you can learn how to cut food properly, how to protect your fingers and hands, and you will also learn lots of other useful information that will make preparing meals a quick task and safer.

## If you cut YOURSELF:

If it is a small cut. Clean it and apply a bandage until the blood stops running. You should make sure you always have the proper tools in your first aid kit and also that you always know where your kit is...

If it's a larger cut, make sure you stop the bleeding with a rag or a piece of fabric and call your doctor they will give you instructions of what to do while you get into the hospital or an ambulance arrives.



## Goulash RECIPE

1lb stewing meat or more depending on amount of folk you are feeding  
 2 med onions, chopped  
 1 red pepper, chopped  
 3tbsp flour  
 2 x tsp paprika (add more if required)  
 4 x tbsp tomato paste  
 1 x pint beef stock  
 salt & pepper



Cut beef into cubes and tosh in flour. Fry onions, peppers for about 5mins until soft, add meat and cook for a further 5 minutes or until brown. Stir in tomato paste, seasoning and any left over flour. Add paprika and cook for 1 min. Gradually stir in stock and bring to the boil. Transfer to slow cooker. Cook on low for about 8 hours. I poured mine over noodles and some mashed potatoes, yes i am that greedy...

By Morrigan

## Herb Roasted Vegetables

I love this dish because it's so versatile. You can work with whatever vegetables or herbs you have on hand. I served my last Herb Roasted Vegetables with chicken breasts covered in panko crumbs.

I used the following..

White Potatoes  
 Red Potatoes  
 Brussel sprouts  
 Red Peppers  
 Green Peppers  
 Onion  
 Carrots  
 Parsnips  
 Zucchini  
 Rosemary



Drizzle all the veggies with some nice virgin olive oil, season with salt & pepper, add fresh rosemary, the rosemary for me makes the dish so tasty...Heat oven to 425°F and cook for about 45 minutes, the potatoes and carrots take the longest to cook so make sure they aren't cut up into huge chunks, stirring occasionally.

By Morrigan

## Risotto with Asparagus



2 bunches thick asparagus  
 1 sprig fresh lemon thyme  
 4 tablespoons unsalted butter  
 1 large shallot, diced  
 2 cups arborio rice  
 1/3 cup dry white wine  
 2 teaspoons grated lemon zest  
 freshly ground pepper  
 1/3 cup grated parmesan cheese  
 2 teaspoons fresh lemon juice  
 1 head Bibb lettuce, cut into strips  
 8 ounces robiola or taleggio cheese, thinly sliced  
 Extra-virgin olive oil, for drizzling

1. Peel the bottom third of the asparagus stalks with a vegetable peeler. Snap each stalk where it breaks naturally. Thinly slice 6 asparagus bottoms and place the rest of the bottoms in a saucepan with 8 cups water and the thyme to make asparagus broth; bring to a simmer.

2. Heat 2 tablespoons butter in a saucepan over medium heat. Add the shallot and cook, stirring until translucent, about 2 minutes. Add the rice and cook, stirring, until glossy, about 1 minute. Add 1 1/4 teaspoons salt. Pout in the wine and stir until absorbed. Stir in 1/2 cup of the asparagus broth until absorbed (use a ladle to add the broth, keeping the solids in the pan). Continue to add broth in 1/2 cup increments, stirring constantly and allowing the liquid to be absorbed before adding more, about 10 minutes. (You should have about half the broth left.) Stir in the sliced asparagus bottoms and the lemon zest. Add the remaining broth, 1/2 cup at a time, until the rice is just tender, 5 to 8 more minutes.

3. Meanwhile, place the asparagus tips in a large skillet, cover with water and season with salt and pepper. Simmer over medium-high heat until just tender, about 5 minutes.

4. Add the remaining 2 tablespoons butter, the parmesan and lemon juice to the risotto. Stir in the lettuce, remove from the heat and season with salt. Divide among bowls, top with the robiola and season with pepper. Drizzle the asparagus tips with olive oil and spoon over the risotto

By Sara



Make your own

# PESTO SAUCE..

- \* 2 cups fresh basil leaves
- \* 1/2 cup olive oil
- \* 2 cloves of garlic, minced
- \* 1 tsp salt
- \* 1/2 c. pine nuts or walnuts
- \* 1/2 cup grated parmesan cheese.

The traditional way of making pesto is with a mortar and pestle. Start by adding basil, garlic, salt, and pine nuts to the mortar and grinding them to a paste. Pound in the cheese. Finally whisk in the oil until you have the desired consistency.

Your pesto should keep for 2 - 3 days in the fridge but freezes well if you want to keep it longer. When mixing pesto with pasta, potatoes, or risotto, stir it in at the last minute, just before serving.

HomeFront



## Chocolate MOUSSE

6 whole eggs  
1 cup of sugar  
2 table spoons of butter (i use soy margarine)  
250 gr of sugar free dark chocolate  
lemon juice



In the Microwave melt the chocolate with the Butter. Make sure you check it every 30 seconds and mix it with a spoon so it doesn't burn. Meanwhile Mix the egg yolks with the sugar. Whip egg whites with 2 or 3 drops of lemon juice until soft peaks. Mix well the chocolate with the egg yolk. Add the egg whites to the previous mixture. Let it cold in the freezer for a couple of hours and serve.

By Vanessa

## MUFFIN Recipe

1.5 cups plain flour  
1 cup sugar  
pinch salt  
3 tsp baking powder  
1 egg  
1 cup of milk  
.25 cup of oil  
& what ever you want to add, choc, fruit & spices or cheese etc.....



Mix dry ingredients in a bowl, mix wet in jug add the 'flavourings' to either the wet or dry mixes depending on what it is, mix it all together spoon the batter into 12 small or 6 large muffin cups and bake at 190 for 16-20 mins till a knife comes out clean and done!

If making savory omit all but 1 desert spoon of sugar!

by Mavis Cruet

## ARGENTINE DESSERTS

By WAU Argentina

### ARROZ con LECHE

Rice with milk- ideal to make together with your kids!

Ingredients for 4 portions:

- 3/4 cup of rice
- 1 liter milk
- 150 grs. sugar
- Lemon skin
- powder cinnamon
- Water



Preparation:

Put the milk and the lemon skin in a pan and place it on the burner. Let it boil some minutes (5-6 minutes). In another bowl, cook the rice until it's done. Then, mix the milk, the rice (without the water) and the sugar, and let it cook some minutes at a low fire. Remove from the pan and let it cool, sprinkling it with powder cinnamon (if you want to).

Another way to prepare is like this: boil the milk, sugar, and rice with the lemon skin (if you like it!), until

### Home-made DULCE DE LECHE

**ANOTHER VERY EASY RECIPE. DULCE DE LECHE HAS MANY USES IN PATISSERIE AND BAKING AND IS A VERY TYPICAL ARGENTINE DESSERT.**

Ingredients: Milk, 2 1/2 liters, Sugar, 1 kilo, Bicarbonate of soda, 1/4 teaspoon, vanilla sticks.

Preparation:

1. In a pan, mix the milk with the sugar and cook at a moderate/high fire, removing constantly with the wooden spoon until the sugar is dissolved. Remove from the burner.

2. Then, pass the preparation through the colander and pour the mixture again. Cook one hour at high temperature, mixing from time to time with the wooden spoon.

3. Add the bicarbonate and the vanilla sticks, lower the temperature and cook the preparation, always mixing, until the desired consistency point is obtained; that will take between 15 and 20 minutes.

4. Remove from the fire and let it cool at room temperature.

Now you can freeze and eat it as ice cream, you can use to fill cakes, or whatever other use you have in mind.



# HAPPY BIRTHDAY

As the first soldiers of our people, our wish for the Führer on his birthday is the same one that has always moved our hearts.

May he remain in the future what he is today and always will be:  
Our Hitler!

**Women For Aryan Unity - [www.wau14.com](http://www.wau14.com)**

**United under the Banner of Folkish Ideals and Preservation**



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## Food FOR THOUGHT

By Spring

The USDA food pyramid is a huge topic of controversy in my opinion. I am adding no links here as these are my own opinions. The food pyramid as we know it only came in to play in the early 70's I believe. It puts grains on top and fats nearly to the bottom. America as we know it has become fatter and fatter ever since.

Has anyone ever read the nutritional facts on a bag of pig fattener? It is mostly grain and little fat and protein. Pigs get really fat fast on this diet. Most "low fat" foods have a lot of sugar in them to make them softer and more palatable. We have taken the fat out of everything and as a result we have become a fat sluggish people. Our brain needs healthy fats to function, by this I mean the fats found in meats and dairies.

Has anyone ever seen those skinny actresses and models?(of course this is rhetorical, I know you have) They are thin yes but their faces are aging rapidly, this is attributed to the lack of fat in their diet. They go and get botox injections and face lifts to turn back the clock. Less fat and meat makes for a more docile population. It also contributes to more polar problems, women producing less estrogen and men less testosterone.

Infertility rates have never been so high as they are in the recent generation. Everyone needs to look away from this pyramid and eat the healthy, real foods. Meats, vegetables, nuts, seeds, good fats and whole grains and dairy as your body tolerates it. I was brought up this way and when I started eating more "mainstream" as an adult, I gained weight and felt horrible.

I surely don't eat a perfect diet and my kids do get their "treats" but we are not on the pig fattener diet.

Anyway this is just my thoughts on food and also governmental intervention on a system that didn't need improvement.

## Nail BITING

According to my relatives i started biting my nails since my first tooth came out. To be fair i don't remember trimming my nails ever. This was something so natural to me that i never paid much attention to it until i was a teenager and i was in that age group when every comment regarding your look would get our attention. Back then i tried bad tasting nail polish which worked for the first couple of days until i got used to the taste, i rubbed pepper in my nails and fingers which didn't work at all, i tried nail polish that would make the nails grow harder and make them more difficult to bite (useless and wasted money) and some other useless tricks we hear here and there. So after trying everything i quit trying and stopped caring about it.

Many years after one day i looked to my nails and actually they were long, i made a shocked face and couldn't understand why i stopped biting my nails somehow naturally. I thought and thought and couldn't understand. I was almost 1 year without biting my nails, i had to learn trimming them at the age of 22 which sounds funny, i tried getting a manicure and all those things women do, well it was a blast lol Suddenly i started to bite them and again i stopped a few months after. So i figured it out, every time i was taking Valerian pills to sleep and eating better (no sugar or wheat - i was already a vegetarian) the urge of biting my nails was gone, i was relaxed and calm.

So no matter what specialists and people say about it, that is genetics, that is due one not being breast fed, that it is a mental condition, well i heard them all. I found it's all due stress anxiety and nervous personality and the only and truly solution is stay well nourished, eat well, sleep well and stay calm, if you are relaxed you will not feel the urge of biting your nails, you will not even remember about it.

WAU Portugal





# The benefits of **ALOE VERA**

Aloe vera is a very ancient plant originally from Southern and East Africa, which is now grown mainly in South Africa, Latin America, and the Caribbean. There are over 200 varieties of aloe vera. Its leaves are big and fleshy, and contain inside a bitter liquid very similar to gel.

Its medical use dates back to the Ancient times, when it was considered a "miracle plant". To cite just some famous examples, Cleopatra used it as a facial rejuvenation gel and Alexander the Great used it to cure his soldiers' sunburns during his conquest campaigns around the world. Aloe Vera's beneficial effects are recorded in documents of Roman, Greek, and Arabic origin, among other folks living in warm climates.

The gel extracted from the central part of its leaves is a very popular home-made medicine because it contains components which are very effective against swelling, burns, pain, and also for the stimulation and regeneration of skin.

Currently, there are in the market many Aloe Vera-based products, such as body lotions, shampoos, creams, gels, and toothpaste, among others.

Here are some of its healing properties:

It is especially effective for skin care and against wrinkles. Its use fortifies flaccid skin and wrinkles become less evident and tend to disappear.

In cases of acne, it helps to dry pimples, reduce swelling, and make the marks disappear. It also helps to minimize dark spots in the skin.

Because it contributes to accelerate the cellular regeneration process, it is recommended to treat irritation, sunburns, insect bites, superficial wounds, and rashes.

It has high moisturizing properties, which makes it ideal for dry skins, and can be used as a facial cleanser.

It also can be used to strengthen hair and thus minimize hair loss.

It is also claimed that Aloe Vera has healing or mitigating properties on diseases such as arthritis, hemorrhoids, rheumatic pains, cancer prevention, although further studies are needed to fully support these claimed effects. Therefore, if you are undergoing a treatment for some disease and want to try the Aloe Vera's curative properties, you should ask your physician first.

You can grow your own aloe vera plant in your garden, although it is not so easy! First of all, you have to separate the "baby plants" that grow around the mother plant when they reach a height of 4 fingers. You must not water them for 2 weeks after putting them in the flowerpots. Before placing them in the flowerpots, do not expose them to sunlight for a couple of weeks. When you want to extract the gel from inside the leaves, choose leaves that have not been in contact with water for 5 days. The best times of the day to obtain the gel are early morning or night time.

Excessive watering must be avoided, as well as exposing the Aloe Vera plant to cold below 0° degrees Celsius. This plant is very resistant to plagues and lack of water.

So, now you know it! If you have experienced Aloe Vera's beneficial properties and want to share it with us, you can send us your comments!

Ivana WAU Argentina

Health & Fitness



Let's all live a

# HEALTHIER LIFE

PART 2

Stress and lack of sleep can make one feel tired and agitated at simple things that would not have phased them previously. I know for a few months now I have suffered from insomnia and it had affected by mood greatly. There are so many changes that can benefit health and wellness that it's difficult to know where to start, Herbs, Tea's, over the counter sleep aid's and the list goes on.

For me, I usually try and conquer something in a day or two I am bound to fail in such a short time frame and then I give up, most people often try to make too many changes at once, then find it too difficult, and give up the effort.

Let's face it: change is difficult, especially when you're stressed. Sometimes life's stresses takes over and diminish the momentum. A balanced healthy lifestyle can help with stress relief, and I know personally that making healthy lifestyle changes can be challenging, the following tips can help you with both choosing new goals for healthy living,

and making these new goals a reality, and adopting new healthy habits into your lifestyle.

**Eating Healthy:** This week I have started off my day with a small piece of fruit for breakfast, I don't have a huge morning or lunch appetite, I am now trying to either eat a sandwich or salad for lunch, my first meal of the day was usually my dinner and then by 7pm I am starving and wondering why so I end up snacking at nighttime. It's a hard habit to break that I know.

**Regular Exercise:** I gave up going to the gym "bad choice No2" so I have had to start going for walks to try and release all that pent up energy, exercise can also help keep many health conditions at bay, and is well worth the effort. I change my walking route from day to day so that my body doesn't get accustomed to one routine. The trick is to start gradually and work your way up, yesterday I did a 90 minute walk and today settled on a 30 minute walk.

Take it from me I know change is hard, it has been for me, I make great strides and then fall back into old bad habits, so for me everyday consists of at least trying to eat better, walk for at least 30 minutes or more when I can, drinking more water and ignoring that voice that tells me I need a nice cold bottle of Fanta and a Crème egg after my walk lol

Vicky WAU



# EAT AND TRAIN TO WIN

By Joe Owens

Over the past twenty plus years of training and competing in competitive sports, I learned and developed what works in achieving amazing cardiovascular fitness. When I first began training in the art of Muay Thai (what some would call kick – boxing), I researched the benefits of nutrition and how it could help in furthering my fitness and overall performance. I came across a book by a lady called Leslie Kenton that advocated eating raw food and very little dairy products. The book was called Raw Energy. She pushed the notion that we humans were more suited to eating raw organic fruit, veg, nuts and seeds. She also believed mixing starches and proteins was bad for our health, and the need in keeping a high alkaline balance in the body and not an acidic one. She believed this could only be achieved by combining the right foods. Leslie Kenton still recommended small amounts of poultry and fish, and yes, the odd steak (now and then). The book was excellently written, and was a goldmine of information that I was looking for regarding this subject. Digging deeper into the world of nutrition and its effect on physical performance, I came across another excellent book called Eat to Win, By Dr Robert Haas. It was drawn to my attention while reading this book the view held on hydration during sporting activities and other demanding physical challenges. In fact, Dr Haas devoted a chapter to this called the water margin. When one didn't drink enough water before, say, a long race or marathon, one's performance would suffer. The quicker you lost body fluids and salts your body would steadily deteriorate, and so would performance. So, according to Dr Haas, it was essential to be adequately hydrated before any physical challenge. Last but not least was a book called Salubrious Living, by Arnold De Vries. This dealt solely with eating a raw organic diet similar to Leslie Kenton's Raw Energy, except that it didn't advocate eating any form of dairy products or fish. It dealt with eating a plant based diet. I now began absorbing all the information from these three excellent books and started putting them into practice. Round about this time, 1985, I began competing in Muay Thai. Muay Thai is the national sport of Thailand. In Muay Thai fights, you can kick, punch, knee and elbow to the head of your opponent. Muay Thai is the most effective and brutal stand-up fighting art in the world. Karate and kung fu students don't stand a chance when facing a Muay Thai fighter. As my training for fights increased, so did my knowledge for nutrition. There were proteins (nuts, fish, eggs, poultry, shellfish etc), starches (potatoes, beans, grains, pulses



etc), vegetables (carrots, beetroot, cabbage, sweet corn, cucumber, leafy greens etc), acid fruits (grapefruit, oranges, blackberries, strawberries, raspberries, pineapple, plums, etc), sub-acid fruits (apple, apricot, peach, pear, grapes, kiwi, figs etc), sweet fruits (bananas, dates, raisins, etc), neutral foods (avocado, olives, seed oils), and melons that you ate by itself. Some of these foods you could mix with good results, others with poor. I soon developed a food combining regimen that I liked, which sent my fitness levels through the roof. Also, the weight dropped off me. Most of this advice I'd taken from Leslie Kenton's Raw Energy and correct hydration levels from Dr Robert Haas, Eat to Win. As time went by I dropped all dairy products and stuck to what was advocated in Arnold De Vries, Salubrious Living. This, I believed, is how man is designed to eat. Sticking to this rigid diet my fitness increased. This, I believe, is a winning nutritional formula. However, feel free to experiment with what foods you wish, as all our bodies are not the same. But, try and get hold of the books mentioned and make your own mind up.

## TRAINING

Having now finely tuned my nutritional needs I set about experimenting and perfecting training methods. Muay Thai fighters punch, kick and grapple with their opponent. This type of explosive movement requires a great deal of energy and fitness. Therefore, it's paramount that a fighter is in top shape with excellent cardiovascular fitness. After having several fights, and winning most of them, I still felt my fitness could be better. At the club where I trained, we would all go for a short run (about 2 miles) to warm

up before we trained. Now my running was ok, but not the best in the world. Outside of training days I started doing some running by myself. I'd picked a nice route to go; though sometimes thought it was a bit long. Anyhow, I continued this run until I felt myself getting faster and completing it with ease. At this time, I had a friend who boxed that was quite good. He advised me to do a five mile run, but do it in less than 27 minutes. He informed me this was very hard, but essential if you wanted top class cardio. I got my friend to drive me in his car and travel the route of my run. This he did but found it stopped short of five miles. We continued until it reached five miles on his mileage clock. This, now, was my five mile run; I intended to do under 27 minutes. On my first attempt at the five mile run I was unsure what pace to go at. Not being a runner, or having running experience, I decided to pace myself. After completing this run several times, and with the help of a watch on my wrist, I soon developed a fast pace that was dictated by the minutes on my watch. Using the watch enabled me to set markers along my run. I knew I had to get to B before a certain time or I'd be falling short of my time. Getting to B before 10 minutes and C before 15 minutes kept me ahead on time. Setting wayward points that had to be completed in a certain time enabled me to approach the run in a scientific way. The final push as I raced against time was gruelling and punishing. Pushing my knees up to my chest and gritting my teeth had me complete the 5 mile run in just less than 28 minutes. This now became a regular feature in my training programme. The benefits were a constant burst of energy and ability to keep the pace to its maximum, when under pressure in the ring. This type of run I highly recommend, for all competitive fighters.

Another little routine I came up with to enhance fitness and performance was a skipping one. This consisted of skipping for 3 minutes. The first 2 minutes, was done at a normal pace, with the last minute broken down into 30 second bursts. The first 30 seconds was what's called double rope. This is where you jump up from the floor and skip twice before your feet hit the ground. This is very demanding and gives that short burst energy, similar to when exchanging blows in the ring. The last 30 seconds consisted of where you give it all and skip as fast as you can for the last 30 seconds. Your knees are like pistons, pumping up and down to your chest. Once the last 30 seconds is completed, you resume back to a steady 2 minutes. One three minute round of skipping is equivalent to a 3 minute round in the ring. Now depending on your fight schedule, you can do 3, 5, 9, 12 rounds of skipping to simulate that you'd do in the ring. Once again, it depends on what rules you're fighting under and length duration of the fight. This routine is excellent for that quick burst of energy one needs when fighting an opponent. Whether in the ring or on the street, this is good for what one needs when fighting. Remember; fitness is half the fight won. Another excellent routine to do for optimum fitness is hill running. However, do not do this more than once a week. It's very demanding on the legs. These are just a sample of what worked for me and will work for you, but experiment and use what you feel comfortable with.





## An overview of **CELIAC DISEASE**

Celiac disease is a disease that affects the digestive system and it is caused by the consumption of gluten. Gluten is a protein found in bread, pasta, pizza, cookies, and another flour-based products. If a person who suffers from celiac disease eats foods with gluten, no matter how small the amount is, an immune reaction caused by the consumption of gluten damages the small intestine and prevents the correct absorption of the nutrients. This disease is lifelong and there is no cure for it, although a gluten-free diet will be of great help. It is an hereditary disease and it can appear at any time of a person's life.

A problem posed by celiac disease is that it does not cause specific symptoms, thus difficult for a correct diagnosis. Sometimes, a person suffering from celiac disease will not show any symptoms at all. However, some symptoms of celiac disease can be pointed out: intermittent diarrhea, abdominal pain, constipation, bloating, and weight loss. Less evident symptoms include irritability, unexplained anemia, skin rashes, and muscle cramps. Children presenting conditions such as growth failure, vomiting, and bloated abdomen may need to be tested for celiac disease.

The most accurate way of testing a person for celiac disease is a blood test, because people with celiac disease have higher-than-normal levels of certain auto-antibodies. If blood tests and symptoms suggest celiac disease, a biopsy of the small intestine is performed to confirm the diagnosis.

The only treatment available for people who suffer from celiac disease is a lifelong, gluten-free diet. All cereals seeds must be excluded from the diet, except rice, soy, and corn. By law, products must specify whether they are apt to be consumed by people with celiac disease.

So even if people with celiac disease are somehow limited regarding their diet, nowadays there is a great variety of food for celiac people: there is a gluten-free alternative for almost every product with gluten. It is possible to lead a normal life despite suffering from this disease.

Ivana WAU



# Gluten-Free Fudge Brownies

WAU Argentina

## INGREDIENTS:

- 1 cup water
- 1 teaspoon gluten-free vanilla
- ½ cup corn margarine
- 1 cup sugar
- ½ cup uncooked Cream of Rice hot cereal
- 3 Tablespoon unsweetened cocoa
- 1 teaspoon gluten-free baking powder
- 1 egg or ¼ cup cholesterol free egg product
- ¼ cup walnuts (optional)

In a medium saucepan, heat the water and margarine to a boil. Sprinkle in the cereal. Cook for 1 minute. Remove the pan from the heat, cover it, and let it sit for 4 minutes. Stir in the egg or egg product and vanilla.

In a medium bowl, combine the sugar, cocoa, and baking powder. Stir in the cereal mixture until well blended. Stir in the nuts, if used. Spread the mixture evenly in a greased 8 x 8 x 2 inch baking pan. Bake at 350 degrees F for 40-50 minutes. Cool and cut into 2-inch squares (This recipe can be doubled and baked in a 9 x 13 inch pan.).

Source:

<http://www.celiac.com>, where you can find many more gluten-free recipes and much more info about celiac disease!.





# Why You Should Give Up Smoking

We all know that smoking is very bad for your health, that is no news. Many NS people of the past smoked, many people of the present smoke, both men and women. Some people, particularly young people, think that smoking makes them look "cool" before their peers; perhaps, what they do not know is that they are inflicting great damage on their health. A disturbing statistic is that kids start smoking at a very young age (sometimes as young as 10 years old!), which is very dangerous for the development of their lungs. I personally believe that a healthy Folk should be smoke-free, so we would like to ask all of you smokers to take the following into account the next time you think about lighting up a cigarette!:

**SMOKING IS RELATED TO MANY DISEASES, SUCH AS ARTERIOSCLEROSIS, HIGH BLOOD PRESSURE (HYPERTENSION), STROKES, AND CANCERS SUCH AS LUNG CANCER, LARYNX CANCER, BLADDER CANCER.**

Long-term smoking causes chronic coughing, recurrent colds and bronchitis. You may have noticed that you are breathless only for going up the stairs or making the lightest physical activity, well, this is a consequence of smoking!

The toxins contained in cigarettes cause that your hair and skin look dull and lifeless, plus it favors the appearance of acne and wrinkles at an early age.

When you smoke, the smoke is also inhaled by your kids and other non-smokers in the same room; this is called "passive smoking" and it has the same detrimental ef-

fects on health than active smoking. Children to smoking parents have an increased risk of suffering from respiratory diseases.

Smoking diminishes the senses of smell and taste, and it gives you bad breath. If you stop smoking, food will smell and taste better!

Your clothes also suffer your smoking; it is definitely not nice walking around smelling like an ashtray! Smoking gives you an unpleasant body smell which can be very detrimental to your social and professional life and relationships.

If a woman is pregnant and she smokes anyway, she should know that, in this way, she is increasing the risk of miscarriage and that her baby will probably be born with a weight below normal.

All of the above can be avoided if you stop smoking. I know it isn't easy, because cigarettes, like any other drug, are designed by the manufacturers to create addiction and dependency. You get to think that you cannot live without smoking. However, nowadays there are many methods to help you stop smoking. It is a hard decision, but one that will bring you an important reward: recovering your health!

Prevention is also of great importance: parents must speak to their children about the dangers of smoking and it would be ideal that they set the example by refraining from smoking themselves. Unfortunately, children to smoking parents have bigger chances of becoming smokers.

Governments of various countries, to a lesser or greater extent have banned smoking in public buildings, for instance, among other measures. Every May 31, the World No Tobacco Day is celebrated worldwide in an effort to raise awareness among people about the consequences of tobacco addiction.

It is never too late to give up smoking!

Ivana WAU



## 6 Steps to Reduce Cholesterol

Over 42 percent of American women older than 20 have borderline high cholesterol, according to 2008 data from the American Heart Association.

1. Start your day with a warm bowl of oatmeal, adding plenty of roasted almonds and a little flax.
2. Take the stairs.
3. Make time for yoga and meditation.
4. Laugh your head off.
5. Have a glass of red wine.
6. Supplement with plant sterols(phytochemicals found in high amounts in plants like wheat germ)

By Sara



## Home Remedies for HEARTBURN

SOME SIMPLE TIPS I FOUND:

1. Ginger Tea. Take a 3 inch piece of fresh ginger-root, slice it very thin and simmer it in a quart of water. Sip it as a lukewarm tea, two times a day, for three or four days, or until stomach feels better. Ginger has a long history of use as a stomach soother, it seems to absorb the acid and has a calming effect on the nerves.
2. Baking Soda. Downing a glass of water containing a teaspoon or so of baking soda....Since baking soda is high in sodium, anyone on a sodium-restricted should not use this remedy.
3. Apple Cider Vinegar. One tablespoon of apple cider vinegar in a glass of water.
4. An after dinner walk. Taking a short walk after eating is a great digestive aid, although avoid vigorous exercise, which can make heartburn worse or even cause it.
5. Eat a small apple.
6. Chew minty gum.
7. Try a teaspoon of mustard.

By Vicky WAU



## What we should do when we feel LIKE FAINTING?

Have your hand clasped, interlock fingers and pull in opposite direction

Put your head between your knees

Keep your legs crossed at the ankles, squeeze the thighs together and give tension to your abdominal muscles.

By Morrigan





HAVING A TENACIOUS HICCUP?

Swallow quickly seven times in a row, it works every time!

## A natural recipe for **FLU AND FEVER**

by Isis WAU Spain

Eucalyptus leaves // hojas de eucalypto  
sugar / honey  
water  
lemon

In a pot put 3 tablespoons of sugar until melted. Pour two cups of water until well blended and the water becomes brown. Put more or less 4 or 6 leaves of eucalyptus. Boil half an hour, then serve in a bowl, and squeeze in a lemon and drink as soon as you can.

\*\* if you prefer to not use sugar, when you boil the eucalyptus squeeze in the lemon and put in some pure honey.

That recipe its very good for a fever

Desde pequeña siempre he tenido las defensas muy bajas, y los medicamentos me sentaban muy mal, hasta que mi abuela me preparaba este té.

El eucalypto es una planta medicinal que ayuda a descongestionar y ablandar la mucosidad, también podeis hacer vapores mientras lo estais cocinando.

Al poco rato de tomarlo notareis como empezais a sudar, eso es bueno.

Es alucinante como te baja la fiebre

## Smoothing **Ginger Tea**

The ginger root is very good for health. Try a cup of hot ginger tea for everyday problems like an upset stomach, menstrual cramps or congestion.

Here's how to brew it:

Step 1. Remove the skin from an inch of fresh ginger using a paring knife. Chop the ginger and measure a tablespoon per cup of tea.

Step 2. Add ginger to a saucepan with water, 8oz. per cup. Bring it to a boil, then simmer, covered, for 20 minutes. Pour into teapot.

Step 3. Remove the strainer from the teapot and discard the ginger. Add honey. Tea can be refrigerated for up to a day; warm to serve.

By Sara

## 8 TIPS FOR MAINTAINING FRIENDSHIPS

### 1. USE FACEBOOK, MYSPACE OR OTHER SOCIAL MEDIA.

One of the biggest obstacles to keeping friendships going is time. It takes time to email, to call, to make plans, to send holiday cards, to remember birthdays and to just keep up on another person's life when you have one of your own. While it can be said that technology encourages people to stay tapping behind a computer screen rather than see people face-to-face, social media lets us keep in touch with more people. It gives us an efficient way to feel more up to date and have a stronger sense of connection.

### 2. SHOW UP.

Nothing can replace seeing someone in person. Go to a wedding, go to a funeral, visit a newborn baby, make a date for lunch, stop by someone's home. Make the effort.

### 3. JOIN OR START A GROUP.

They allow you to make and maintain new friendships. It turns out that seeing a person once every six weeks is plenty to keep a friendship alive. Meeting in a group is efficient, because you see a lot of people at once; it also means you're creating a social network, not just a friendship. It's a lot easier to maintain friendships with people if you have several friends in common.

### 4. THINK ABOUT WHAT'S FUN FOR YOU.

People like to socialize in different ways. Maybe your friends like to go out drinking on Friday nights but that's not fun for you, suggest different plans. Take charge of shaping your social environment. Some people become exhausted by their desire to keep up with all their friends; some people find it hard to get motivated to make plans at all. Think about what level and type of social activity brings you happiness, then make the effort to make it happen.

Strong social ties are a key to happiness. You need close, long-term relationships; you need to be able to confide in others; you need to belong; you need to get and give support. Studies show that if you have three or more friends with whom to discuss an important matter you're far more likely to describe yourself as "very happy." Not only does having strong relationships make it far more likely that you take joy in life, but studies show that it also lengthens life, boost immunity, and cuts the risk of depression. It can be challenging enough to make the first step in starting a friendship. But once you've got the beginnings of a friendship, how do you keep it going? Here are some basic tips:

### 5. BE WARY OF FALSE CHOICES.

People say, "I want to have a few close friends, not a bunch of superficial friends." But that's a false choice. There are all kinds of friends. You can have intimate friends and casual friends. I have work friends whom I never socialize with outside of work. I have childhood friends whom I only see once every couple years. I have online friends whom I've never met face to face. While all these friendships aren't equally important to me, they still add to my life.





#### 6. MAKE THE EFFORT TO SAY "THIS MADE ME THINK OF YOU."

We're all busy, and keeping in touch can feel like a lot of work. One thing that works is to write "this made me think of you" emails whenever you see something of interest to a friend. Or when you see or think of something that reminds you "of that one time we did...." picking up the phone and sharing.

#### 7. CUT PEOPLE SLACK.

Except in the face of overwhelming evidence of bad intentions, try not to take it personally if a friend is late, cancels plans at the last minute, forgets about something that's important to you, doesn't answer an email, says something thoughtless.....we all get caught up in our own lives sometimes. We have a tendency to view other people's actions as reflections of their characters, and to overlook the power of a situation to influence their action. Don't assume your friend is thoughtless and uncaring; maybe they are just overwhelmed by the demands of their own life.

#### 8. DON'T EXPECT FRIENDSHIP TO HAPPEN SPONTANEOUSLY.

As with many aspects of happiness, people often assume that friendships should flow easily and naturally, and that trying to "work" on it is forced. Sometimes friendships naturally come together but in the world we live in today and all the demands life puts on us all, friendships are worth the "work" you put into them.





# White Is Beautiful

Protect Your Skin from the Sun

Yes we need the sun. It's a vital part of all our daily lives, our ecosystem, and our bodies. The sun provides us with Vitamin D, which we need in order to live a healthy life a lack of Vitamin D in the body can cause problems ranging anywhere from joint pain to colon cancer. But we also know the dangers of Cancer omitting rays from the sun, harmful UVA and UVB rays cause wrinkles, age-spots, and of course skin cancer. Here are some tips that can help protect your beautiful white skin from the sun..

- \* If you have fair skin, red or blond hair, light-colored eyes you are more prone to being sun burnt.
- \* Working or playing outside puts you at risk, check for changes in moles, freckles or birthmarks.
- \* Seek shade when you're outdoors.
- \* Wear long sleeves and long pants, making sure they're made of tightly woven fabrics.
- \* Avoid indoor sunlamps and tanning beds, since they can be more harmful to your skin than the sun.
- \* More than 90% of all skin cancers occur on parts of the body exposed to the sun.
- \* Keep young infants out of the sun. Start using sunscreen on children at 6 months of age and limit their exposure. Sunscreens are not approved for infants younger than 6 months.
- \* Apply sunscreen 15 to 30 minutes before going outdoors and reapply every two hours.
- \* Avoid Direct Sun Exposure: Avoid exposing your skin to direct sunlight during midday (generally from 10am to 4pm)
- \* Use Sunglasses That Block UV Rays: Making certain your sunglasses can block UV rays helps to guard your eyes from serious sun damage. The best constructed sunglasses should have a UV ray absorption rate of 99% to 100%.
- \* Remember that clouds and water won't protect you--60% to 80% of the sun's rays go through clouds and can reach swimmers at least one foot below the surface of the water. The sun's rays can also reflect off water, snow and white sand.

In order to achieve that healthy, glowing look with your skin, make sure to stay out of the sun, use organic sunscreen and take advantage of a good facial moisturizer, wear sunscreen all year round, make it a part of your daily routine.



## HEALTHY HAIR TIP

Salmon is one of the best foods for healthy hair because it gives you the omega-3 fatty acids necessary, as well as protein, for healthy and full hair. Omega-3 fatty acids are essential for the health of the scalp, and if you have a deficiency, it could cause dry scalp and dull hair.

Carrot / Avocado

## CREAM FACE MASK

Avocados are rich in Vitamin E, and carrots are high in beta-carotene and antioxidants, and cream, which is high in calcium and protein. These ingredients will help rebuild skin collagen, improve tone and texture, and fade age spots.

1 avocado, mashed  
1 carrot, cooked and mashed  
1/2 cup heavy cream  
1 egg, beaten  
3 tablespoons honey (I Use Organic but any kind is good)

Combine all your ingredients in a bowl until smooth, then spread gently over your face and neck, leave in place for about 10-15 minutes. Rinse with cool water and follow with your favorite moisturizer.

Morrigan





A close-up photograph of a plum branch with several pink blossoms and buds. The main flower is in sharp focus, showing its five petals and numerous yellow stamens. Other buds and flowers are visible in the background, slightly out of focus. The sky is a clear, bright blue.

Spring is here  
let's tidy up..



Commit to making your bed everyday. Yes i know some of you don't do it so make it part of your day, as soon as i get up i make my bed, making your bed it makes your bedroom look clean and it won't get mistaken for a college dorm bedroom.

Go green with your cleaning supplies. If you're cleaning around the house with chemicals, make this year the year that you use natural products and green products so that your spring home truly is healthy. Check out past issues of HomeFront for green cleaning tips, if you have any you would like to share please let us know and we will feature them in upcoming issues of HomeFront.

Set aside 15 - 30 minutes per day for spring cleaning. By doing a little bit every day for the entire season you'll find that you barely feel like you're working at all, and your home will be completely clean and organized before summer is here. I have my bedroom and living room done, i need to focus on the kitchen and decluttering all the cupboards of old foods, everyday i give the bedroom and living room a quick fix up and that way on the weekend i don't have to spend hours getting it all done.

Make a list of everything you'd like to have done around the house. Mine include cleaning the microwave, buying a new bathroom mat, pull out the sofa and attack those dust bunnies that have accumulated, you get the idea..

Morrigan



## Pet's **HAIR LOSS**

During spring it is common for your pets to start losing more hair than usual. Sometimes, some pets lose so much hair that it is hard to keep the house clean. It's all natural although it's annoying trying to keep your home as clean as possible as well as your clothes. Here are a few tips to help reduce the amount of hair that goes on your furniture and clothing.

1. Make sure your pet is always clean (in particular dogs)
2. Brush your pet Daily during the spring time, even if they have short hair. While brushing you will be removing all the "dead hair" that would probably end up in your floor, sofa, etc. Start to brushing it with a large brush and finish with a narrow comb.
3. Brush your cats too, some cats actually love to be brushed. Brushing cats also prevent them from swallowing hair and getting those nasty hair balls).
4. The weather is now better and warmer so you can allow your dog to spend more time out in the yard.
5. When the days start to become more warmer, it will be nice go visit the pet spa and trim your dog's hair especially if it have long hair.

WAU Portugal

## **LAWN MOWER** Safety tips

Spring means the start of the chore of yard work. Here are a couple safety tips to remember while maintaining your lawn.

-Always make sure you have read the operating guide for your lawn mower. The better you understand how to use it, the safer you will be. Try to use a mower with a control that stops the mower from moving forward if the handle is let go.

-Make sure to wear the correct shoes. Do not wear sandals or sneakers, and do not go barefoot.

-Prevent injuries from flying objects, like stones or toys, by inspecting the lawn and picking up objects. If there is something in the lawn that cannot be removed, such as sprinkler heads or drainage caps, mow around the object.

-Make sure children are away from the area being mowed.

-Start and refuel mowers outdoors, not in a garage or shed. Mowers should be refueled with the motor turned off and cool.

-Always use care on inclines. Push walk-behind mowers across slopes and drive riding mowers up and down slopes.

-Always keep all four wheels on the ground. Tilting the mower could cause something to unexpectedly fly out from underneath.

-Never leave a running mower unattended. You never know who or what can get caught up in your mower while you are not there.

-Always disconnect the spark plug when you work on your mower. This will prevent the engine from accidentally starting. Make sure the blade settings are changed by an adult, with the mower off and the spark plug removed.

-Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute or crossing gravel paths, roads, or other areas.

-Never allow children to ride as passengers on ride-on mowers.





# Cold PASTA SALAD

## Ingredients:

Tri Coloured Pasta  
Cheddar Cheese  
Red Onion  
Scallions  
Celery  
Ranch Dressing  
Mayo  
Salt & Pepper

Boil and drain your pasta, let pasta cool. Add cheese, red onion, scallions, celery all cut into small pieces and mix. Then add some ranch dressing, mayo and season with some salt and pepper. Tastes better when let sit over night. We had this at a recent Ostara Blot and it was a huge hit.

Goes great with sandwiches and bbq food...

Morrigan



## Ostara Oatmeal Cookie

### Ingredients

1 cup shortening  
1 cup brown sugar  
1 cup white sugar  
2 eggs well beaten  
1 Tablespoon vanilla extract  
1 1/2 cup flour  
1 tsp salt  
1 tsp baking soda  
1 Tablespoon cinnamon  
3 cups oats (Do NOT use instant oats.)

### Directions

1. Cream shortening and sugars, add eggs and vanilla and beat well.
- 2.. Sift flour, salt, baking soda and cinnamon, i hate cinnamon so i added a little less than a spoonful. Add to first mixture and mix well, add oats.
3. Spoon out by rounded tablespoon-fuls on to greased cookie sheets. Bake at 350°F. Bake for 10 minutes. Remove to wire rack. Cool completely.

This recipe makes about 2 dozen cookies or so, i made these for Ostara and they were a huge hit, i added some Green Coloured Runes with Icing Gel..

Vicky WAU Ireland





# Aprons...

## A Brief History

I went to a honey farm recently and they had a small book on the history of the apron that i should have bought but didn't and now here i am wondering what that history is.. From what i discovered from various sources was that the principal use for an apron was to protect the dress underneath, but along with that, it served as a potholder for removing hot pans from the oven. My grandmother still wear's one today and i have worn one on occasion but not often.

We all remember old movies were the mother collected eggs from the chicken coop and popped them in a scooped up Apron, i remember my grandmother putting her pegs in the front pocket when she went to hang clothes outside on a spring day, or using it to wipe food off one of her grandchildren's face.

Now that i think of it Aprons bring a feeling of comfort, memories of a mother or grandmother tending to her family in various way's and her Apron being an extension of her, a place to put utensils whilst cooking and tending to homework and chores.

It will be a long time before someone finds something that will replace that old-time apron that served so many purposes and for some reason seemed to hold a family together.

Morrigan





## Recommended Reading



### The Enemy of Europe / The Enemy of Our Enemies

by Francis Parker Yockey & Professor Revilo P. Oliver.

Francis Parker Yockey was an American political thinker and polemicist best known for his book *Imperium*, published under the pen name Ulick Varange in 1948. *The Enemy of Europe* is a very thought provoking book, with the main idea that Europe was not "liberated" by the western allies but subjugated by them, as can be seen by their still being American Military Bases all over Europe. A Must read for all Racial Kin!

Shawn VHS



out of 5 Stars

### The Secret King:

Karl Maria Wiligut, Himmler's Lord of the Runes by Michael Moynihan...

I read this book a few months ago and loved it, if you are interested in the "occult roots" of National Socialism, then this is your book... *The Secret King* contains: A full-length biographical introduction about Wiligut's turbulent life and exploring his magical worldview -- Translations of all Wiligut's major writings -- Wiligut's mysterious invocations, the "Halgarita-Sayings" -- Translations of private documents Wiligut submitted directly to the Reichsführer-SS, Heinrich Himmler -- Essays on Wiligut's cosmology and traditions by other ariosophists of the past and present -- Himmler's own report of an SS name-giving ritual, attended by the inner circle of SS leaders and presided over by Wiligut -- An exclusive interview with Gabriele Winckler-Dechend, Wiligut's closest colleague from his period of service in the SS.



out of 5 Stars

Vicky WAU

# Why does Sleipner have 8 legs?

Like a lot of information pertaining to our Ancient Faith's some things don't have a clear cut answer, here are two answers we got from Racial Kin that may correct, but who really knows. Enjoy

The reason for the 8 legged Sleipnir is not necessary known, there can be many reasons for its 8 legs it is likely there are multiple meanings.

One of Odins names is Tveggi which means "double" this could be one reason why, as Sleipnir is his, therefore it must also be doubled. Another is the 4 Directions N,E,S,W then the Quarter ones N/E,E/S,S/W,W/N, While this directional sense was less important for the Norse World than for e.g. the Celts (as we know all Aryan Mythologies are similar), it was one way of representing universal capacity for movement, which is Sleipnir's nature.

1People1Empire Leader

## The horse was a metaphor for death.

The World Tree, Yggdrasil, is named so because Ygg (meaning "Terrible One") is a name of Odin, and "Drasil" means "mount". By being hung from the gallows, you were riding the horse of death. Similarly, the shaman entering a trance state and symbolically dying in order to go into the Otherworld was personified as him riding a horse across the sky.

Now, with that out of the way, to discuss the symbolism of Sleipnir's legs...Four men carrying a stylized coffin for burial or body platform to be put on a funeral pyre inspires the image of a grim, eight-legged horse leading the fallen friend or family member into Hel. In fact, some have speculated that imagery such as the many legs of Sleipnir are remnants from prehistoric Germanic shamanic beliefs and practices that have been mostly lost to history.

## Headwonky

**In Hervarar Saga ok Heiðreks, the poem Heiðreks gátur contains a riddle that mentions Sleipnir and Odin:**

36. Gestumblindi said:  
"Who are the twain  
that on ten feet run?  
three eyes they have,  
but only one tail.  
Alright guess now  
this riddle, Heithrek!"

Heithrek said:  
"Good is thy riddle, Gestumblindi,  
and guessed it is:  
that is Óthin riding on Sleipnir." [16]



# KRISS DONALD Memorial Report

A 2nd successful "Kriss Donald Memorial" event was this year held in Glasgow on Saturday 20th of March, despite large police interference and observation. Scottish organisers got a taste of ZOG's plans on the day before the event when a European guest was detained and questioned for a time at Edinburgh airport, as to why a known radical Nationalist would choose to visit Scotland on this weekend.



When our friend was eventually allowed to go about his legitimate and lawful business he was met by comrades on the airport concourse. No sooner had the comrades' extended their welcome when ZOG appeared and demanded to know the identities of those individuals greeting the European guest.

ZOG then forced our comrades to go to their vehicle where their car went under a thorough search, revealing little. When our comrades eventually left the airport they got no further than a few hundred yards and were pulled in again by ZOG, this time by traffic cops on a "routine check". The occupation government was making a statement. Also on the Friday, racial comrades began arriving from England, some having driven eight hours solid from the Home Counties. In the evening local organisers, English guests and our European friend were able to relax over a meal and a few beers and go through the memorial agenda for the next day.

Saturday morning, and we rendez-voused at a Loyalist pub in Glasgow's East End. About 40 Nationalists had gathered when we began to see the Police vehicles arrive.

Some comrades grumbled that the element within our number who did not "dress down" for such an important memorial event, had caught the eye of plod (not for the first time), who were nearby to police a Glasgow Celtic Football game scheduled later in the afternoon, and our RV was now compromised.

The pub was very quickly surrounded by a police cordon and "meat-wagons" and riot-vans were at every corner.

After a brief stand-off which saw riot cops penning in a group of Nationalists who were carrying nothing more offensive, (unless you were a chronic hay-fever sufferer that is), than wreaths and bouquets of flowers it was agreed by the Nationalists to come to a sort of compromise with the "robocops" outside. The day was all about the memory of the martyred Scottish schoolkid Kriss Donald and we would not disrespect that whatever ZOG provocation there was. We offered to send only a handful of our people down to the bench which marks the spot where Kriss was brutalised. We explained that we would simply have a minutes silence and lay some flowers.

Rather surprising to us ZOG agreed to our request. Individuals representing Blood and Honour Scotland, Highlander East Coast, Racial Volunteer Force, Sweden's INFO14, and Blood and Honour England then went down to pay our respects and lay our tributes at the memorial bench. ZOG were all about of course but they did keep a respectful distance.

After this we all headed off to a venue where we were later joined by the 30+ who had remained in the East End pub and another 30 or so who had also made their way to the venue.

28 Scotland representative, Steve Cartwright, chaired the event and he began by reading out a message of support our event had received from Stigger which included the paragraph,

"The circumstances and the brutality of the murder of Kriss should have been shouted from the rooftops. Full details, including the coroners report, should be front page news and headline story on every news channel, not only in Britain but in other civilised countries as well, who are having this multi-cultural nightmare rammed down their throats. This experiment is not working!"

Steve then read out messages of support from Black Country BM and Ulster BM. There was also apologies from the NF who were unable to send a representative on the day. Next speaker was Mark Atkinson of the RVF. Mark spoke of the need for White Unity (representatives of 28, RVF, Volksfront, Scotland First, Widnes Front and BFF were all in attendance, as were a group of Polish Nationalist comrades), as well as addressing the thorny issue of dress-code at such future memorial events.

After a break we had local balladeer John entertain us with a fantastic music set, that included "Ordinary Man", "Change of Scenery" and "Ode to a dying people."

A lively raffle draw followed with mead, CD's and a two hour free tattoo-session among the prizes.

Swedish musician Viktor Sjolund of the band Ferox then took the stage. Viktor is a prominent Swedish Militant who is part of the very devout and professional INFO14 Nationalist group based in Stockholm. Viktor also helps organise the annual "Daniel Wretstrom Memorial" in Salem, near Stockholm. Viktor did a brilliant set, wholly in English, that included Nemesis "Of no worth", "Streets of London (Glasgow) which was dedicated to Kriss, and the very funny "I think you are a Nazi" and "The Snow Fell"

The memorial was then brought to an end with an immaculate minutes silence for Kriss Donald.

The memorial has again proven to be a great rallying point for Racial Nationalists. 14 Words!

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28 Scotland



# Antonio RIP

On Monday 8th of March our beloved comrade Antonio (25) from Huelva, Spain passed away in a domestic accident. It was an unexpected and heart-breaking loss for me personally as well as for his family, for his comrades and for the whole movement. He was like a soul-mate for me with whom I talked every day and only few hours before his death - words cannot express how much he is missed. He was also like a brother to many of his comrades who was always there when they needed him. Moreover, he was a great activist and musical coordinator who worked hard for his party DN by arranging concerts, for instance. We all miss his smile, his company and his friendship.

Thank you Antonio for everything that you've done for us all; for you hard work, comradeship, friendship and love. We will never forget you and you will always be in our hearts and memories. Descansa con los angelitos Antonio, te echo de menos y los recuerdos son siempre en mi corazón.

WAU Finland



## Readers Feedback:

### Regarding "Tips for Easy Sleepers"

My daughter is 3 now and we used to have big time problems putting her to sleep, now like you said, we get into our pj's about an hour before bedtime and then 30 minutes before bed she picks out 4 books (it takes 5 or 10 minutes to read one), and then we turn out the light and she's asleep in no time. Also I think earlier than later is the key. When we used to let her stay up late she is so tired that she has a hard time going to sleep. Now we begin getting ready at 7 and sleeping by 8. sure makes my life easier and I'm sure it's better for her as well. Awesome job Ladies, my daughter is the reason that I became involve in the movement. This is what it is all about for me.

14 words. Chris

## Sneak Peek at Issue No 11...

Kid Friendly TV.

Over To You, Porn and the Sex Industry, how it effects our Families!

Common Household Baby Killers.

Making your own Baby Food, It's Easy and we'll show you how.

Alcoholism and its effect on the Family.

Parents Corner: What are your children reading?

Your child is walking on their toes, tips and advice.

Hot Spinach Dip Recipe

And much more.....Due out Fall 2010

# Congrats to ...

*Momo's & Kayden  
on the birth of their  
5th son..*

*NordicHeathen Vinlander  
& his Wife on their  
second pregnancy.*



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