

Homefront

Issue No 6 - A publication for the Racially Conscious Home & Family

OSTARA TRADITIONS

Past & Present

OVERWEIGHT CHILDREN

What our children need is exercise and healthy eating habits.

SEX EDUCATION

Teach children the importance of strengthening our genetic structure

“NORTHERN EXPOSURE”

Never Forget Ruby Ridge

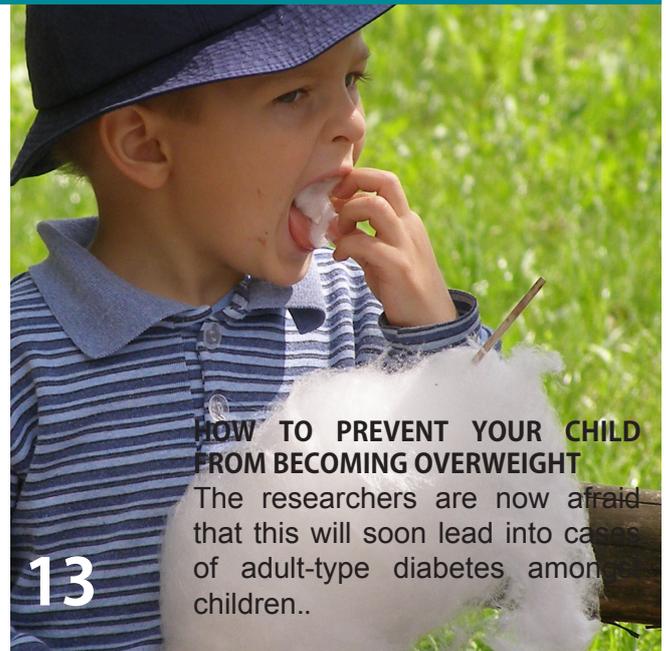
Natural Home - Family Recipes - Print out and colour -
Recent Recalls - Congratulations and much more ...

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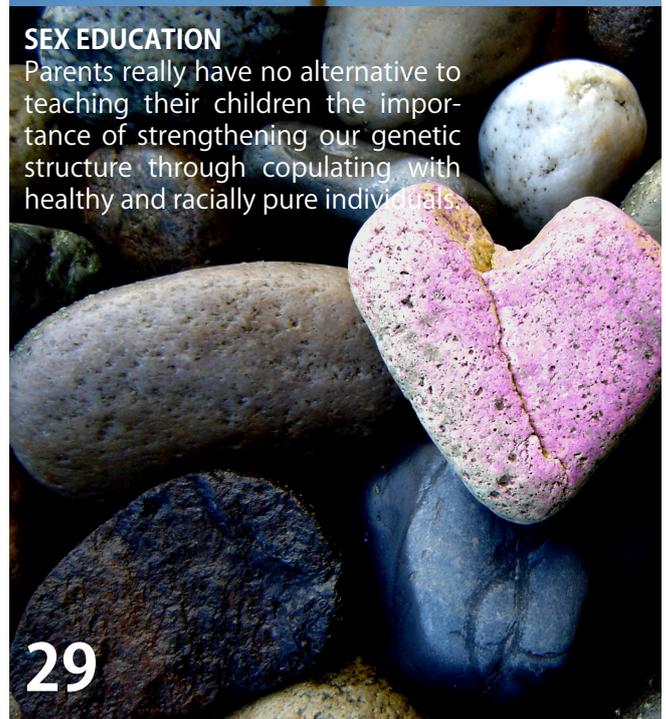
18 SWEET MEMORIES IN THE BITTERROOTS

My first daughter, Autumn, was born on January 8, 1982. It was a home birth in a small cabin in the backwoods of the Bitterroot Range of the Idaho Rocky Mountains.



29 SEX EDUCATION

Parents really have no alternative to teaching their children the importance of strengthening our genetic structure through copulating with healthy and racially pure individuals.



SPRING IS HERE!



Welcome to the 6th Issue of HomeFront.

Spring is here! Springtime is the perfect time to enjoy the sun, smell the flowers, hear the buzz of the bees, take a beautiful Ostara walk and enjoy the freshness and renewal of this season.

Our HF writers are mothers, educators, nurses, childcare providers, legal professionals and much more; and with all those responsibilities comes hard work and little time to do it all, so we have decided to take a break and enjoy Spring with our families and friends. Six of the HF staff writers will be spending a long weekend together in May and then we have plans to spend the summer working on college papers, our jobs, homeschooling and so much more.

HomeFront will Make a Difference

HomeFront issue No 7 will be online for the AUTUMN EQUINOX September 21. The Autumnal Equinox is the second of the Harvest holidays. Mabon is a time to recognize what we have and to begin preparing for the coming winter.

Enjoy the Sixth issue of HomeFront!
Faith ~ Folk ~ Family

HOMEFRONT

HOUSEHOLD TIPS

Hide scratches in your wood floors by brewing up some tea. Add tea bags until you match the color of the floors, then mop with the mixture.

You can clean your kitchen plumbing by pouring a ½ cup of baking soda down the drain, followed by a ½ cup of vinegar. Once the fizzing ends, follow up by pouring boiling water down the drain.

Remove old wallpaper. Mix one capful of Downy Fabric Softener with one quart of hot water in a plastic bucket, sponge the wallpaper, wait twenty minutes, and peel off the paper.

Out of cleanser? Put some rubbing alcohol in a spray bottle – it will handle almost any mess.

A simple way to clean oven racks is to dissolve one cup of powdered laundry detergent in your bathtub in hot water. Place the oven racks on an old towel so the tub doesn't get scratched. Leave them to soak for an hour or two. The baked on food will wipe right off.

Ring around the collar can easily be removed with a dab of shampoo.

Out of glue? Mix Gold Medal Flour and water to a pancake-batter consistency for use on paper, light-weight fabric, and cardboard

DIET AND NUTRITION: JUICE

Juice is a good source of vitamins, and many varieties are now also fortified with minerals. However, young children easily over consume fruit juices because the taste is very appealing.

Like soda, juice can contribute to excess calories. You can receive the vitamins of fruit juice by eating fresh fruit instead. Experts often encourage the consumption of whole or fresh fruit because it also provides a healthy dose of fiber in the diet.

Do not let children under the age of 6 months drink Juice; your infant can receive complete nutrition from breast milk or iron-fortified formula.

We recommend that fruit juice be limited to 4 to 6 ounces a day for children ages 1 to 6; for children ages 7 to 18 years old, 2 servings a day are sufficient. We try to make our own Natural Juice Recipes there are many recipes online.

resources: Your Baby Today.

NATURAL HOME

ELIMINATE KITCHEN ROLLS

We have started to eliminate kitchen rolls from our house, i buy one and make it last us a month, i make sure to buy ones that are made from recycled paper and not from Trees.

To further ensure that you are helping the environment to remain toxic free there are a few simple things that you can do:

*Use Cloth Rags, decrease your use of paper towels or the new "Disposable Wipes." Such products are bleached, and are therefore toxins. Recycle old clothing, sheets and towels into rags. Wash once a week and you'll never have to waste money on paper products again.

Vicky - WAU Ireland

I've always used cloth towels for the kitchen. When i'm cleaning the house I use a feather duster and old shirts for the wood cleaner. Sometimes I can't help but use paper towels for certain things but I've come a long way from using 5 to 6 rolls a month to 1 or 2 a month.

Sarah - WAU Maryland

I never use paper towels, I just use facewashers that I wash, or a feather duster. Or even an old newspaper to clean out lets say the bottom of the grill, then I go over it with a face washer. Also I don't really use cleaning solutions, just hot soapy water, elbow grease and bicarb soda.

Peta - WAU Australia

We use only cloth napkins and we also use cloth diapers. Little Lambs make some great diapers. I always use an old wash cloth for dusting. I would like to eliminate even more paper usage from our house.

Gretchen - USA

We also use cloth napkins and I have always used rags to clean with. I think the only thing I use paper towels for is degreasing foods like bacon because I don't want cloth left on our food.

WAU NC



The Gentler Art of Sugaring

By Gretchen - USA

For those women who wax to obtain beautiful hair free skin, or even for those who merely use a razor, there is a better alternative. Hair removal can be much less painful and less expensive than waxing and obtain longer lasting results than shaving. The method to which I am referring is an ancient, but rediscovered art of sugaring. It has been around for centuries, as long as we women have been vain enough to pay careful attention to our grooming. Ancient Egyptian women practiced it.

The principle is similar to that of waxing, but does not require expensive aftercreams to sooth damaged skin. And the really great part is, you make the solution at home if you choose, for a truly inexpensive solution. The sugaring solution is merely sugar boiled down with lemon juice (the lemon juice conditions the skin and adds a pleasant smell) so that it is a thick syrup. This is applied warm (please be careful and make sure it is not scalding!) to the skin and a cotton strip is smoothed firmly over the area the solution has been applied to with firm strokes in the direction of the hair growth. It is then swiftly pulled away from the skin in the opposite direction of the hair growth. It is gratifying to see all the little hairs stuck to your strip. Painless? Not quite, but decidedly less painful than waxing! You may have to do it again in a week or two depending on how fast your hair grows to take care of new growth that was below the surface of the skin. Also, you have to wait till the hair is sufficiently long (preferably ¼ inch) for the sugaring solution to grip the hair.

Generally you need to use a different strip for each application. It is best to go to a fabric store and have them cut you about ½ yard of unbleached cotton muslin fabric. Cut these into 3" by 9" strips and trim them with pinking shears so they do not fray. This should ensure you a steady supply of sugaring strips. When you are finished sugaring, let the strips soak in a sink of hot tap water and wash them in the washing machine. They are then ready for reuse.

Here is the recipe for making the sugaring solution at home. I have never used the oil and it turned out just fine. Also I poured mine directly from my pot into a glass canning jar

for storage and got great results. I substituted ½ cup lemon juice for the water. It is better to

undercook the solution than overcook it as otherwise it will be like a hard lemon

candy! The principle for making it is

very similar to that of candy making in fact. You should not let it get

beyond the soft ball stage which is 234 to 240 degrees on a candy

thermometer. If you do not have a candy thermometer, it can also be

measure by dropping a tiny amount in a cup of very cold water. If it make

s a soft ball which does not hold its shape, but flattens when held with

the fingers, you have reached the softball stage. Remove from heat

and cool sufficiently to pour in a container. Never pour it hot into a

plastic container!



HERE IS THE RECIPE:

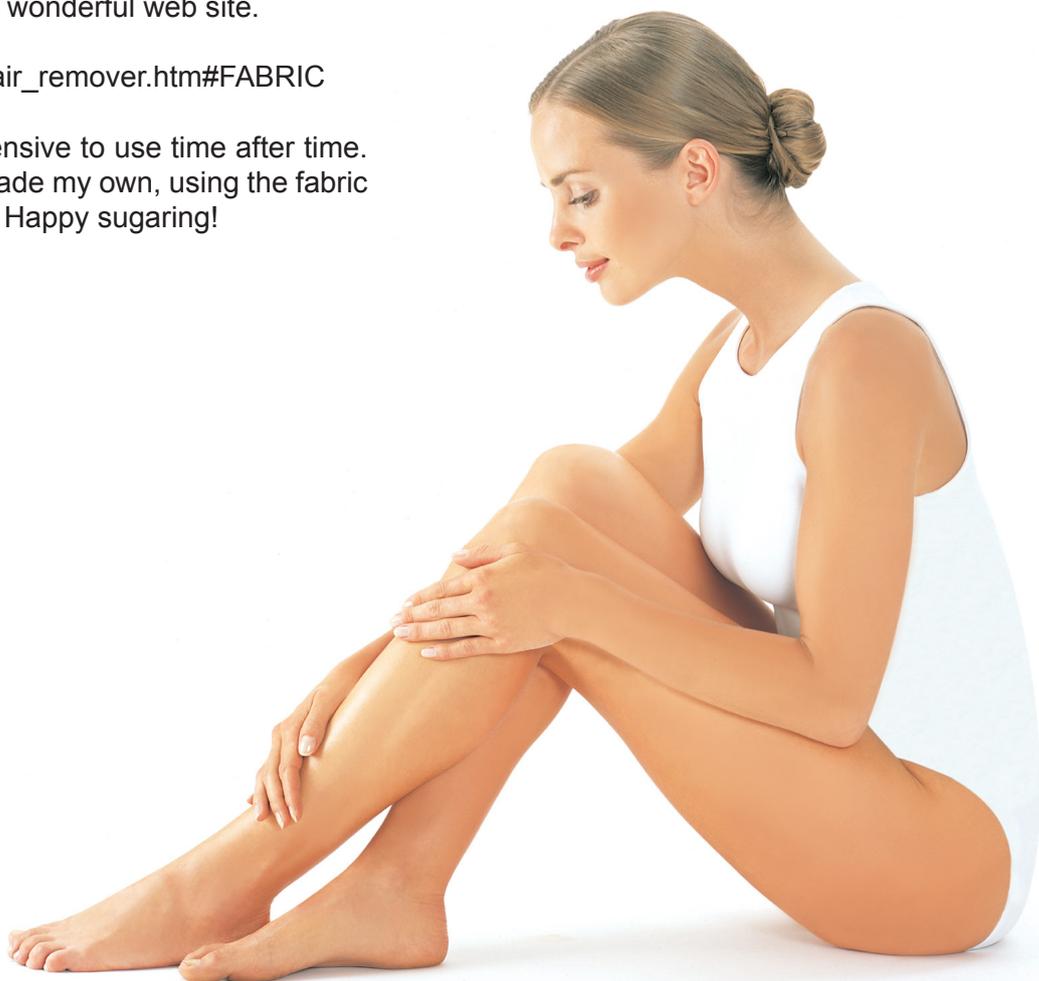
Start with two cups of sugar to one-half cup of water. Add the juice of two lemons and one tablespoon of sesame oil. The oil keeps it softer and the lemon juice softens the skin and adds a little fragrance. Boil it until the sugar melts and begins to turn the color of toffee or a bit lighter. The sugar keeps cooking if you leave it in a hot pot, so you must spill it out right away on a piece of smooth tile or marble that has some olive oil on it. When it cools a bit, work it with a spoon so that it does not harden. While it is warm put it in a container. Plastic is fine. When you want to use it, it must be heated in some hot water or in the microwave. In the later, it turns liquid quite rapidly and is VERY hot, so about 30 seconds is enough. Work it well in your hands until it is soft and pliable. Small areas of hair should be removed at one time, as it can be painful otherwise. The more often you do it, the less pain there will be. It is really a wonderful technique. It also removes dead skin and leaves you very soft and smooth. Do not use deodorant after. You can remove underarm, leg, and pubic hair with an amount about the size of a heaping tablespoon.

A few more quick tips on sugaring. It is best if possible to hold the skin taut while pulling on the cloth strip to prevent any bruising of the skin. If it does occur, it will be minor and go away after a few days, but a little prevention is nice, especially on sensitive areas. Also, be sure to spread the solution fairly thin. It is much more effective than if you have lots glopped on. I use a rubber spatula for this task. It is easier to spread it thinly if it quite warm and fluid. You don't want it so hot it burns your skin, but you want it hot enough your skin can just take it. As with anything, practice makes perfect. The really great thing about sugaring is the more often you do it, the finer and more sparse and more slowly the hair grows back. Teenagers should take note. Shaving causes it to come in thicker and coarser, but if they begin with sugaring instead, they may be able to go on to a hair free future! Be sure to work in an area that is easy to clean. In the summertime, ants could be a problem, if you didn't make sure to clean up sugary drips! A nice warm shower is recommended after this. Or you could do it in your shower if it well lit enough to work in. Also, it is a good idea with sugaring as is with waxing, to regularly exfoliate your skin to prevent ingrown hairs. This is also a good idea with shaving and it makes your skin softer by removing dead surface skin cells.

If all this seems like too much work, then you can go here to order the products from this wonderful web site.

http://bewellstaywell.com/hair_remove.htm#FABRIC

The solution could get expensive to use time after time. I ordered the kit and then made my own, using the fabric strips that had come with it. Happy sugaring!



OSTARA TRADITIONS

Past & Present



In Sweden, Easter is known to us as Påsk. It is a time rich in tradition and family. On Easter morning the family, and good friends, gather at the kitchen table to color boiled eggs for many hours. After admiring everyone's artwork, off to the refrigerator they go. In Swedish folklore, Easter was thought to be the witches' time. On Thursday, these witches were said to fly off to "Blåkulla" and return again on the Saturday before. People feared this "Witches' Time" and tried to prevent their home and family to be killed or kidnapped by the angry witches who tend to roam the land. Grandparents would frighten the children with horrible stories of people being half-eaten by wolves or slaughtered by witches. Many of these tales are written down and can be found in libraries all over Sweden.

Nowadays, children dress up as Easter witches and go from house to house and are given candy or money - very similar to the North American Halloween.

Around noon my family sits down to a huge feast where we eat our decorated eggs and other goodies! As all the eggs are hand painted and are all different, it's very enjoyable picking from the bowl those eggs you want to eat. In my family we have a contest to see who eats the most eggs; I remember one time I managed to stuff myself with 13 eggs, but I've heard stories of people eating up to 30 eggs! I also remember how excited I was to find an egg with my name on it.

After the meal - of course as we are Swedish - what would be a Swedish Easter without a "Nubbe"? (shot) While the adults are sitting around the kitchen table talking, the kids get to search the house for their Easter Egg: one huge Egg filled with Candy. Unlike the small plastic american teeny-tiny eggs they hide in the backyard in North America, these are huge and are packed with candy and fruit.

Many restaurants limit their menu during the Holiday to only Easter foods. Food like Jansons Frästelse (fish and potatoes casserole) or Smörgåsbord (Sandwich Table) - which is bread made into a huge cake, with all kinds of food stuffed into it like Olives, Meatballs, Potatoes, Eggs and alot more, and is eaten cold - a delicious meal.

The kids and I blow out eggs and decorate them with Celtic and spring symbology. Then we hang them on a branch, spray painted white and put in a vase of brightly colored floral pebbles. This is our "Ostara tree". We plan a spring menu to celebrate the spring Equinox (we always celebrate March 21, disregarding the Christian Easter). We also begin some of our garden indoors on this day such as tomatoes and peppers. It brings the meaning of being closer to the earth to our kids. Of course, we always do an egg hunt too, usually indoors, since it is usually still chilly on March 21 where we are and the kids are still young. They go wild for this. I just wish I could come up with more ideas of things that are non-candy to out in the eggs.

Europa14 - USA

HUGE egg hunt! My Sister does this every year. She puts candy and prize vouchers inside of plastic eggs and hides them all over her yard and house. The prizes range from jelly beans, stickers, stuffed animals, videos, computer games - she really goes all out. The kids LOVE it! It's sooo much fun. This year will be her 16th year having it!

Anne

When I was little my father used to hide chocolate egg(s) for me in the house, when I was close to find it he said "warmer" and when further "colder" this is a nice memory for me.

Skuld

Every year so far we have followed the traditions we had in my household while growing up, which are pretty typical. Coloring eggs the night before, hunting for them the next morning or afternoon, Easter baskets, and a special dinner with family. This year I'm finally shaking the mindset that we have to do everything the day the calendar says; since we are not following Christian traditions, there is no reason to follow the Christian date. We've taught Thorin that we are celebrating spring, so we might as well do just that. We'll be doing everything on the Equinox this year and avoiding as much store-bought stuff in favor of homemade as we can, which we do for holidays anyway.

WAU NC



YOUR NEW BABY

and Your Pets

By Julie

For some families, helping a pet make the transition when baby arrives isn't easy. Pets are creatures of habit, so anything that upsets their routine can be distressing to them. A dog may startle and snap at a baby or jump on his owner while she has a child in her arms. Cats have been known to mark their territory in the baby's nursery. The following hints are here to prepare you and your animal friends for your new baby's arrival:

PREGNANCY SAFETY

Mothers-to-be, remember to avoid contact with any feces. Expectant mothers should never clean out litter trays or do any gardening in places where cats may have gone to the loo. This is to avoid a dangerous disease called toxoplasmosis, which affects the eyes and brains of unborn babies, leading to problems later in life.

THINGS TO DO BEFORE THE BABY IS BORN

- * Set up the baby's nursery early.
- * Put double-sided tape on the mattress to keep the cats out of crib.
- * Bring a blanket home from the hospital for your pet so your pet can get used to your baby's scent.
- * Give your pet lots of attention once the baby arrives.
- * When your child is in the same room, play with your pet a little more, give him a few treats, etc. Make sure

he knows that he is still loved as much as he always was.

- * Try not to drastically reduce the attention you've been giving your pet, or you will start causing negative associations with the baby. You want your pet to think, "This baby is the greatest thing in the world."

- * Update all vaccinations for both your dogs and cats.

- * Take your pets in for a check up with your vet for internal parasites, including roundworms, hookworms, whipworms, tapeworms, and heartworms.

- * Stock up on plenty of heartworm prevention and flea preparations. Ask your vet about the one month, three month, or six month supply of heartworm preventatives (dogs) and flea control products (dogs and cats). It will save you a trip and it's cost effective.

- * Begin introducing your pet to the idea that a change is coming. Introduce the nursery to the pet. Expose pet to "baby" smells, like baby lotion and powder.

- * Try practicing with a doll. Give the doll your undivided attention. See what kind of reaction you get out of your pet.

- * Ask family or friends if they have noticed any particular changes in your pet's attitude.

- * Bring other babies and toddlers around so your pet can get some experience with them.

- * Play the sounds of a baby crying, gurgling and cooing.

- * **OBEDIENCE TRAIN YOUR PET** before the baby arrives!!! If there are behaviors that your pet does now that you do not want your pet to do when your baby arrives, like sleep with you, jump up on you,

etc., start correcting those behaviors now.

* Now is the time to decide if you want an inside or outside pet.

WHEN YOUR BABY COMES HOME

Welcoming a new baby is exciting for your family. Make sure that you give your pet a lot of extra attention, because the main focus will be on you and the newest member of the family. You don't want your pet to feel left out and unloved and unappreciated.

Expect a lot of company in and out of your house the first couple of weeks. You will naturally be somewhat distracted, so don't forget to pay attention to your pets as well.

There is a possibility that your pet will be eager to greet you and jump on you when you first entering your home, so let another person hold the baby when you return from the hospital. Have that person take the baby into another room. Give your pet a some welcome-home attention and a few treats to settle him down.

Bring the baby blanket over that you had been using to familiarize him with the new smell of the baby, and bring your pets with you to sit next to you and the baby. Don't forget to reward your pet with treats for good behavior. Always supervise any interaction with your pet and your baby.

* Pay close attention and watch for protective signs from your pet; he may begin guarding his food and water bowls and toys. Your pet may get aggressive when a crawling baby enters his territory.

* Never leave your pet alone with a baby.

* Pets to be cautious of are all exotic pets, especially ferrets and reptiles.

CATS IN THE CRADLE

"According to an old wives' tale, a jealous cat will 'steal a baby's breath' if given half a chance. No one knows exactly how a cat might manage this feat, but that mystery hasn't stopped the superstition from surviving to the present day." Victoria L. Voith, D.V.M. School of Veterinary Medicine University of Pennsylvania http://www.cah.com/dr_library/babiepts.html

resources: Raining cats and dogs – pets, pregnancy and your baby http://www.netdoctor.co.uk/features/...ies_003846.htm

Babies and Pets <http://www.lvma.org/babies.html>

Babies and Pets http://www.yourbabytoday.com/babypla...bies_pets.html



Baby On Board Air Travel with an Infant

By Vicky



Traveling can test your patience under any circumstances, add and infant to the mix and you may just have a recipe for chaos, you need to plan well and in advance.

Avoid traveling during the holidays, I know that we all like to visit our families during the holidays; the perks of not traveling during holidays are more space on the plane and cheaper tickets. You should travel as early as possible so that you can avoid the effect of delays, midday is usually the best time to fly as you avoid all the business people who fly early am. The chances of your baby napping if you fly at lunchtime increase.

Don't wait till the day you travel to request a window or aisle seat for you and your baby. Be sure to tell your agent that you are traveling with an infant. They will sometimes try and leave an empty seat on either side of you.

Check your luggage, but bring your stroller and/or backpack to the gate with you. Ask the boarding agent to gate check your bulky items so they are waiting for you at the end of the jet way when you arrive at your destination. If your trip includes a plane change, this will make getting from one part of the airport to the next much easier.

If your child is nursing or takes a bottle, you may not need to worry about this, but for children older than six months, never underestimate the power of snacks and other infant-friendly foods.

The air-pressure changes that occur during ascents and, especially, descents, can cause significant ear pain. The best way to prevent it, or at least reduce it, is to encourage your baby to suck and swallow during take off, and for the few minutes prior to landing. Encourage them to nurse, take a bottle, or use a pacifier to stem the pain.

Sources: Your Baby Today

PREGNANCY CHECKLIST:

LAYETTE

A layette is a collection of clothes and bedding for a new baby. In the past, women would have hand-sewn everything the baby would need during pregnancy, a craft most of us have lost in modern times.

When you are shopping for your newborn, it's helpful to know what is useful to buy and what you can do without.

WHAT TO WEAR

- Cotton vests that close with snappers at least 6-7
- Sleep suits you will need at least three or four and/or nighties with drawstrings at the bottom.
- A soft hat or bonnet to wear outside, if your baby is born in winter, or a wide brimmed sunhat for a summer baby.
- A soft blanket or two to wrap and cuddle your baby in.
- An all-in-one warm suit is also useful if your baby is born in winter. It can be worn over a sleep suit and is perfect when going outside.

A cardigan or two to provide an extra layer. Cardigans are better than sweaters because small babies tend not to like having clothes pulled over their heads.

WHAT TO SLEEP IN

- Cotton crib sheets and cellular blankets.

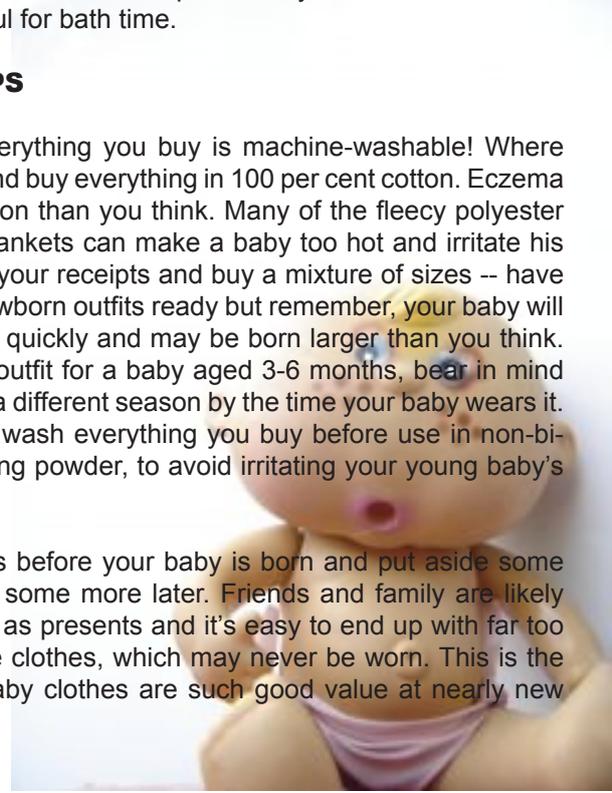
WHAT'S PRACTICAL

- Muslin squares are great for cleaning up baby sick and can be used as a soft surface for the baby's head to sleep on in the stroller or cot. Buy lots of them!
- A couple of small towels or special baby towels with hoods on them are useful for bath time.

BUYING TIPS

Make sure everything you buy is machine-washable! Where possible, try and buy everything in 100 per cent cotton. Eczema is more common than you think. Many of the fleecy polyester jackets and blankets can make a baby too hot and irritate his skin. Keep all your receipts and buy a mixture of sizes -- have a couple of newborn outfits ready but remember, your baby will outgrow these quickly and may be born larger than you think. If you buy an outfit for a baby aged 3-6 months, bear in mind that it may be a different season by the time your baby wears it. Remember to wash everything you buy before use in non-biological washing powder, to avoid irritating your young baby's sensitive skin.

Buy the basics before your baby is born and put aside some money to buy some more later. Friends and family are likely to buy clothes as presents and it's easy to end up with far too many first-size clothes, which may never be worn. This is the reason that baby clothes are such good value at nearly new sales.



Colds and Flu

If you already have a cold, you are more likely to spread it to others if you don't wash your hands after you cough or sneeze. Going to school or doing your normal activities probably won't make you feel any worse. But it will increase the likelihood that your cold will spread to classmates or friends. You may want to put some of your everyday activities on the back burner until you're feeling better.

The problem with colds and flu is that there is not much your doctor can do except provide you with sympathy, and tell you what you already know: "Rest, take a pain-reliever, and drink plenty of fluids."

Keep this self-care information on hand for the next time you come down with a cold or the flu.

1. Take aspirin, acetaminophen, or ibuprofen to relieve headache, muscle ache, and fever.
2. Rest (in bed if necessary). If you feel well enough to be up and about, OK. Just take it easy. You're most contagious the one to four days before you come down with symptoms -- not while you're ill.
3. Drink plenty of liquids. Your body needs extra fluids when you have a fever. Also, extra fluids help keep the mucous more liquid, which can help prevent bacterial complications such as ear infections and bronchitis. Salty liquids (e.g. chicken soup, bouillon) can help with dizziness.
4. If you have a headache or cough, or are congested, a vaporizer can help you feel better and breathe easier. A steamy shower works, too. Warm washcloths on your forehead and upper cheeks can help relieve sinus congestion.

HEAD COLD SYMPTOMS

- # Sore throat
- # Runny and/or stuffy nose # Cough
- # Congested ears
- # Headache, dizziness
- # Swollen glands
- # Fever, chills

INFLUENZA SYMPTOMS

- # Sore throat and nasal congestion (sometimes)
- # Muscle aches (sometimes very uncomfortable)
- # Dry cough
- # Headache, dizziness
- # Fatigue

Fever, chills

STOMACH FLU SYMPTOMS

- # nausea, vomiting
- # Abdominal cramps, diarrhea

SUPPLEMENTS THAT MAY HELP

Vitamin C will not prevent a cold, but may shorten the duration or minimise the symptoms.

Echinacea stimulates the immune system to mount an attack against the virus.

A few drops of Eucalyptus oil in hot water make a good decongestant to inhale.

WHAT ELSE CAN YOU DO?

Wash your hands often to reduce the risk of infection.

Use a humidifier in winter to keep indoor air moist

FACT

People who eat live yogurt regularly have 25% fewer colds.



HOW TO PREVENT YOUR CHILD FROM BECOMING OVERWEIGHT

By WAU Finland

The increasing problem of overweight children is not only known in America but also in my own country, Finland. The researchers are now afraid that this will soon lead into cases of adult-type diabetes amongst children. What our children need is exercise and healthy eating habits.

According to a research by the WHO, Finnish boys have gained weight during the last 20 years. Information from 2002 shows that about 17 % of boys and 11 % of girls are overweight. It's a sad fact that almost all overweight teenagers also become fat adults, and thus the risk of heart and vein-diseases increases.

The way you eat and what you eat starts already in the early childhood. It's not easy to change these habits and that's why it's important to pay attention to these matters in an early stage. It's good to remember that:

The reasons behind this problem lies most often in

every-day habits. Children are no longer interested in playing outside or attending different sports activities but prefer TV and computer games instead. This wasn't the case in our parents' childhood where it was almost abnormal if the child spent most of his time indoors. Children need proper eating habits and exercise every day in order to develop normally.

- At dinner times everyone gathers together
- Everything should be tasted at least the amount of a tea spoon
- Candies, snacks, cookies and lemonades are not everyday food
- You can eat sugared yoghurt and full-juice max one dose/day
- Ice cream, puddings etc. are desserts and you can eat them max once a day
- Buy healthy food home, food that forms the base of the diet

A GOOD FOOD-DAY FOR YOUR CHILD:**BREAKFAST**

-Breakfast is important and it gives energy to the early lessons/plays.

-An easy, good breakfast is porridge, cereals or bread with milk, plus fruits or berries.

School food

-Lunch in school gives energy for the lessons, the breaks the afternoon.

SNACKS

-Prepare some snacks ready even for an older child, thus he learns to eat healthy.

-Children do like to eat also fruit and carrot snacks if they can find them in a box in the fridge.

FAMILY DINNER

-It unites your family.

-It gives your child a feeling of safety, a chance to share their news of the day.

-It gives your child energy for the evening, no need to search for cookies in the cupboard.

EVENING SNACK

-A small snack in the evening is usually needed.

-It can be light too, such as a fruit, if the dinner was very filling.

-Good snacks for the evening are for example porridges with milk or berry mash.

12 WISER CHOICES

1. Yoghurt. Most yoghurt with special tastes have a lot of sugar even if there is no fat. Choose natural yoghurt with no fat, it's good with fruit pieces.

2. Muesli. Cereal muesli has a lot of sugar and hydrogenated grease; basically it's the same as if you'd smash cookies into cereals. Choose sugar-free muesli, fruit pieces or dried berries give sweetness.

3. Cereals. Many cereals have lots of sugar and salt. Choose sugar-free wholegrain cereals with little salt (less than 1,7 %).

4. Sweets. Candies that are often sold in 400-gram bags contain mostly sugar. You don't give your child half a bag with sugar so why would you give the same amount in the form of candies? Many chocolate bars are huge nowadays; a good alternative is small bars in a bag if one is able to eat just one bar per day. Choose to agree how to

eat candies, for example for dessert 5 candies or put a 50-gram dose into a small bag on the candy day. Give your child a Xylitol (wood sugar) chewing gum after he has eaten.

5. Ice-creams. You may have noticed that the size of ice-cream sticks has grown during the last 20 years. Many ice creams have loads of chocolate, caramel-sauces and nuts – they're good when having a party but not good as every-day food. Choose a small ice-cream stick or 1–1,5 dl at a time.

6. Pastries. Cookies contain a lot of sugar and hydrogenated grease. Cookies and muffins in café's are often large. Choose pasties, normal buns or a piece of pancake.

7. Lemonades. 1,5 litre lemonade bottle is too big for one to drink. Choose not to buy lemonade every day; even once in a week might be too much. Make your child get used to drinking water for thirst. Many older children liked flavoured waters.

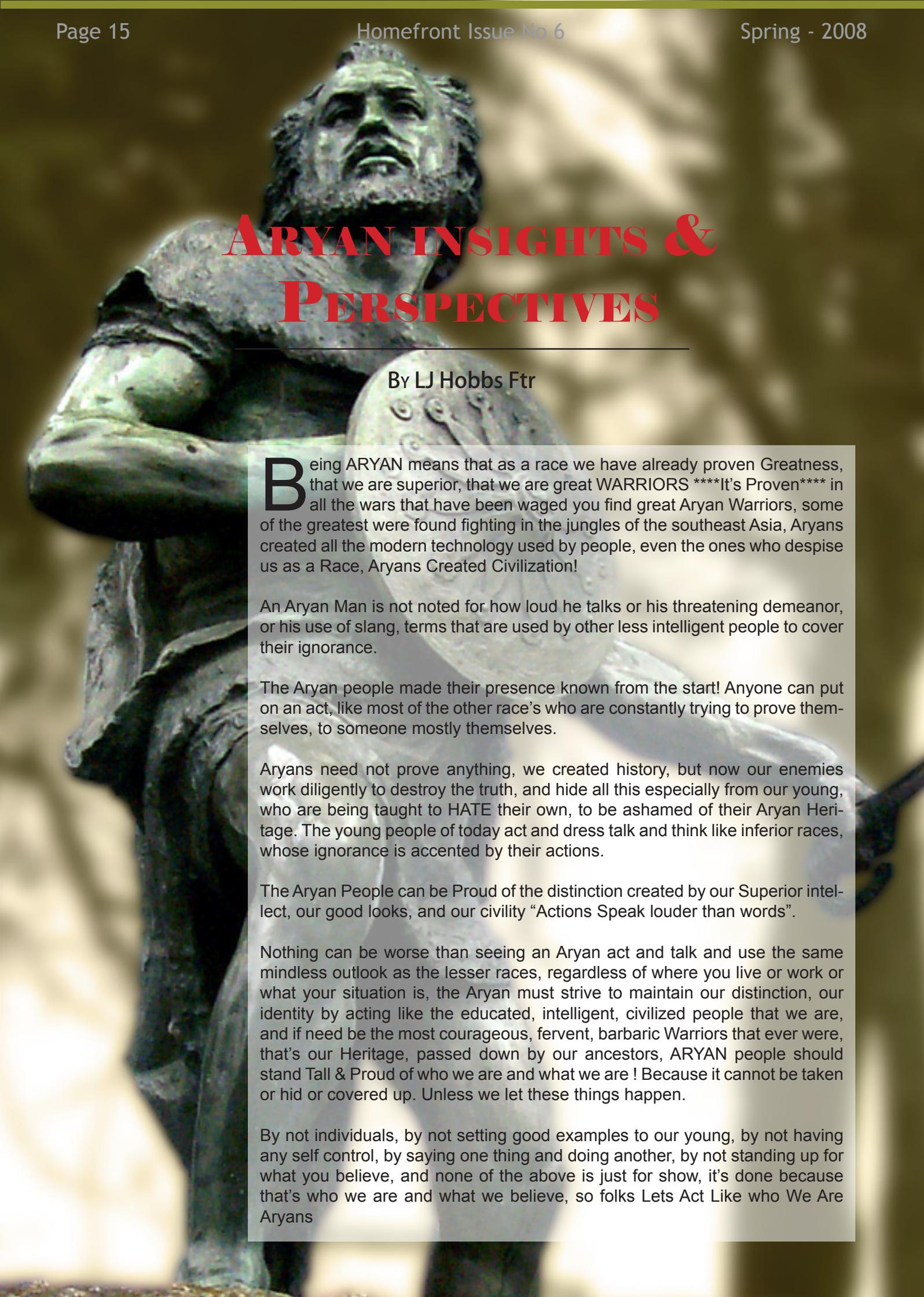
8. Chips. Most chips are packed in huge bags. They contain lots of salt and grease, that's why it's better to eat them less than once in a month. Choose self-made popcorns with little oil and salt.

9. Hamburger meals. Contain lots of grease and sugar. Choose healthier alternatives, such as rye buns. Instead of French fries you can choose salad, fruits or vegetables and instead of lemonade you can choose milk.

10. Ready-made food. For example pizzas often contain lots of grease and salt. Choose good alternatives such as soups that are light and tasteful, and bread, milk and fruit with it.

11. Parties. A small child cannot make reasonable choices from a party table. Choose to make every-day dinners pleasant. For your child's own party you can prepare their favourite food. You can't get your stomach full of candies only; don't forget real food even in parties. It's ok to enjoy in life, but in a reasonable manner.

12. Exercise. If your child takes car to school or kindergarten and spends their evenings indoors they might not get enough exercise. Choose to show example, it stimulates your child to move. They don't have to have many sport hobbies but normal plays in the yard are ok. The whole family can go out together and play something, or go camping (in summer by foot or by bicycle, in winter by skis). Swimming hall and skating hall are also nice choices. Exercising together is good for the grown-ups as well!



ARYAN INSIGHTS & PERSPECTIVES

By LJ Hobbs Ftr

Being ARYAN means that as a race we have already proven Greatness, that we are superior, that we are great WARRIORS ****It's Proven**** in all the wars that have been waged you find great Aryan Warriors, some of the greatest were found fighting in the jungles of the southeast Asia, Aryans created all the modern technology used by people, even the ones who despise us as a Race, Aryans Created Civilization!

An Aryan Man is not noted for how loud he talks or his threatening demeanor, or his use of slang, terms that are used by other less intelligent people to cover their ignorance.

The Aryan people made their presence known from the start! Anyone can put on an act, like most of the other race's who are constantly trying to prove themselves, to someone mostly themselves.

Aryans need not prove anything, we created history, but now our enemies work diligently to destroy the truth, and hide all this especially from our young, who are being taught to HATE their own, to be ashamed of their Aryan Heritage. The young people of today act and dress talk and think like inferior races, whose ignorance is accented by their actions.

The Aryan People can be Proud of the distinction created by our Superior intellect, our good looks, and our civility "Actions Speak louder than words".

Nothing can be worse than seeing an Aryan act and talk and use the same mindless outlook as the lesser races, regardless of where you live or work or what your situation is, the Aryan must strive to maintain our distinction, our identity by acting like the educated, intelligent, civilized people that we are, and if need be the most courageous, fervent, barbaric Warriors that ever were, that's our Heritage, passed down by our ancestors, ARYAN people should stand Tall & Proud of who we are and what we are ! Because it cannot be taken or hid or covered up. Unless we let these things happen.

By not individuals, by not setting good examples to our young, by not having any self control, by saying one thing and doing another, by not standing up for what you believe, and none of the above is just for show, it's done because that's who we are and what we believe, so folks Lets Act Like who We Are Aryans



Newborn Development

Your 5 month old

By Anne

Where did five months go? It seems that it was just yesterday that you brought her into the world! Now, overnight, she's grown out of all those adorable outfits!

As the fifth month rolls around, you'll begin to notice her trying her best to make new sounds and use new vocal pitches. Encourage her language development by talking to her often, describing your everyday actions. She will listen with great interest and begin to converse with you, giving you her viewpoint on things. You may hear the same sound over and over again, but watch her facial expressions closely – to her, she's having a full on conversation! After mastering one sound, she will eventually move on to the next.

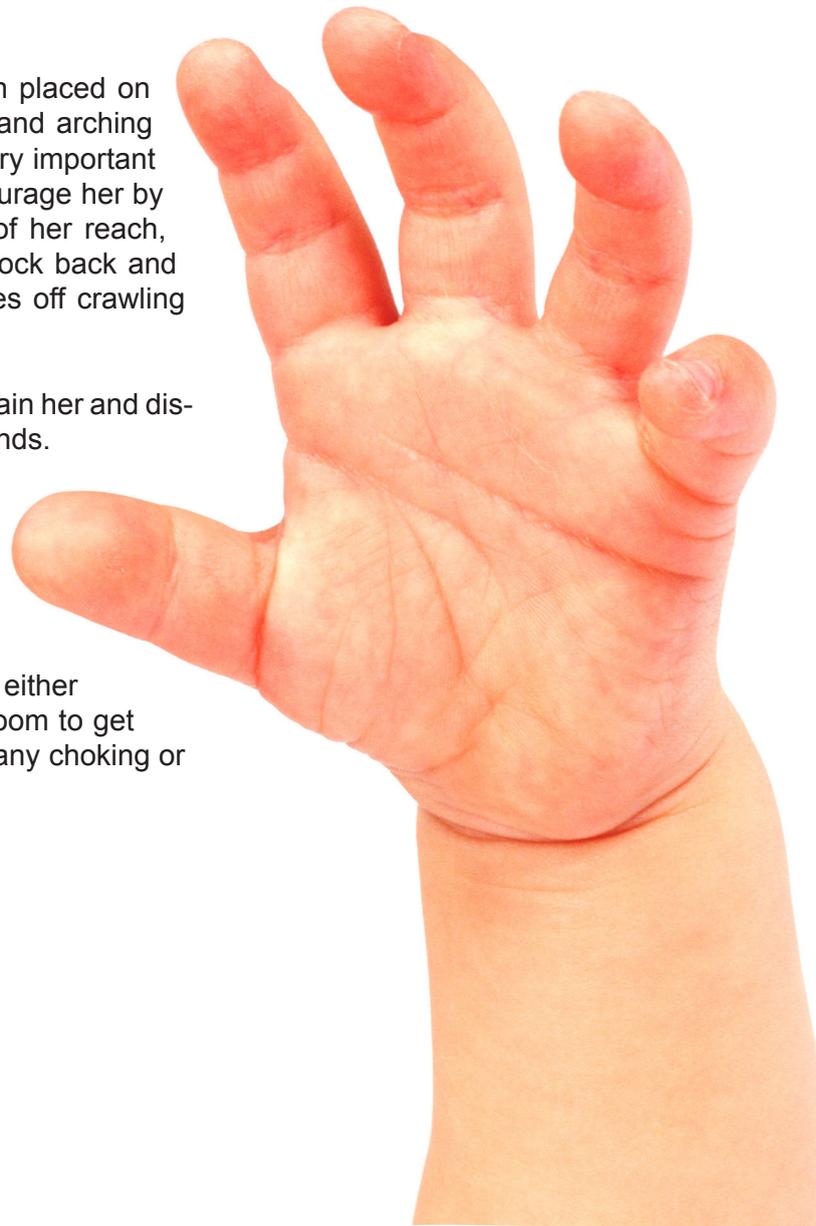
This is also when she may begin to play simple cause and effect games with you. She'll rapidly learn that a dropped toy is quite a fun game to play with Mom and Dad! This will quickly become her favorite pastime.

Physically, she is growing stronger each day. When placed on her stomach, she may begin going up on all fours and arching her back, much like a cat. These movements are very important to her developing neck and shoulder muscles. Encourage her by getting right down there with her, staying just out of her reach, mimicking her every movement. As she begins to rock back and forth on all fours, don't be surprised when she takes off crawling soon after!

Her sense of humor is also developing quickly. Entertain her and distract her when fussy by making funny faces and sounds.

She will also begin to put together noises and their sources. If she hears the doorbell, she may begin to look toward the door. New sounds will pique her interest as she tries her best to discover the source.

She is now mobile! Once she has mastered rolling in either direction, she will begin to roll her way across the room to get where she needs to go. Play close attention now to any choking or harmful items within reach.



GUIDELINES FOR A HEALTHY PREGNANCY

By WAU

Concern about drug use during pregnancy has greatly increased in recent years as we have become more aware, that many drugs affect not only the mother who takes them, but also her unborn child.

The effect a drug has on a foetus depends upon many factors, including the nature of the drug, the amount taken by the mother, the stage of the pregnancy at which it is taken, and the duration of use. The baby is in the greatest danger during the first three months (referred to as the first trimester) when your babies' major organs are developing. Some drugs, however, can harm the foetus even when taken much later in pregnancy.

CANNABIS

The ability of cannabis preparations (i.e. marijuana, hashish, hashish oil, and tetrahydrocannabinol or THC) to cause birth defects has been studied in many animal species, but information about the effects in human pregnancy is, as yet, scanty.

In animals, THC (the main ingredient in cannabis which produces the effects on mood and perception) crosses the placenta and enters the foetal circulation. Although very high doses must be given to produce visible abnormalities, lower doses can produce subtle changes in the behaviour and development of an animal offspring. Also, cannabis smoke – which besides THC contains, among other things, carbon monoxide has been shown to increase the risk of death in the animal foetus and newborn.

CAFFEINE

The drug caffeine is present in foods and beverages, including chocolate bars, colas, coffee, and tea as well as in several drug preparations.

Recently, concern has increased that caffeine taken in large quantities by pregnant women may harm the foetus. Therefore, most physicians agree that caffeine intake should be decreased during pregnancy; if you can't cut down on your coffee or tea intake, make sure you are drinking decaffeinated.

TOBACCO

Babies of tobacco smokers weigh less at birth and weight differences appear to be directly related to the number of cigarettes per day that the woman smokes. Also, the more the woman smokes, the greater the risk of miscarriage, premature delivery, and stillbirth. Mothers who smoke also have a significantly higher risk of infant death syndrome (Cot Death) than non-smoking mothers.

ALCOHOL

Only in recent years have adverse effects of alcohol on the foetus been widely recognized. It is now generally felt that even two drinks a day can have an undesirable effect, and the risk of alcohol related problems increases remarkably at higher consumption levels. Alcohol appears to be associated with risk throughout pregnancy, it is, therefore, wise for an expectant Mothers to avoid alcohol intake.

Tooth Decay

by Maria

Tooth decay in our children is now becoming common place, to keep your child's smile bright and healthy, follow these simple guidelines.

Clean your baby's teeth and gums with a clean soft washcloth or gauze after each feeding.

Try and wean your child completely from their bottles by their first birthday.

Don't sweeten a pacifier / soother by dipping them in sugar or any other sweeteners.

Don't put juice or sweetened drinks in your baby's bottle; restrict them to hand held cups if possible.

With the use of a cup, start weaning your baby from their bottle when they are 6 months old.

Take the bottle away from your baby before they fall asleep.

resources: Babies Health



SWEET MEMORIES IN THE BITTERROOTS

By Order Member Gary Yarbrough

My first daughter, Autumn, was born on January 8, 1982. It was a home birth in a small cabin in the backwoods of the Bitterroot Range of the Idaho Rocky Mountains. My wife, Betty Jean, was the bold and brave type of woman that I had imagined the old west pioneer woman to be. Not surprising considering she is descended from the bloodlines of the noted gunfighter John Wesley Hardin. For the event of Autumn's birth we had hired a midwife, and the occasion came off without any complications. This was good, considering we could not have made it to the hospital in the case of an emergency. January 8, 1982 was memorable in more ways than one for me. It was the first Rocky Mountain snow storm blizzard I had seen, with complete white-out conditions! It was our first winter in Idaho having located there from the southern Arizona desert in order to fellowship with other like minded racialisists.

If memory serves, I weighed Autumn at 9lbs. 8oz. on a fishing scale. A fairly good sized catch that pleased me immensely! The event itself was beautiful and inspiring, as well as one of the most wonderful experiences of my life. A grand memory I shall cherish always, and one I would highly recommend that every man witness at least once in their lives.

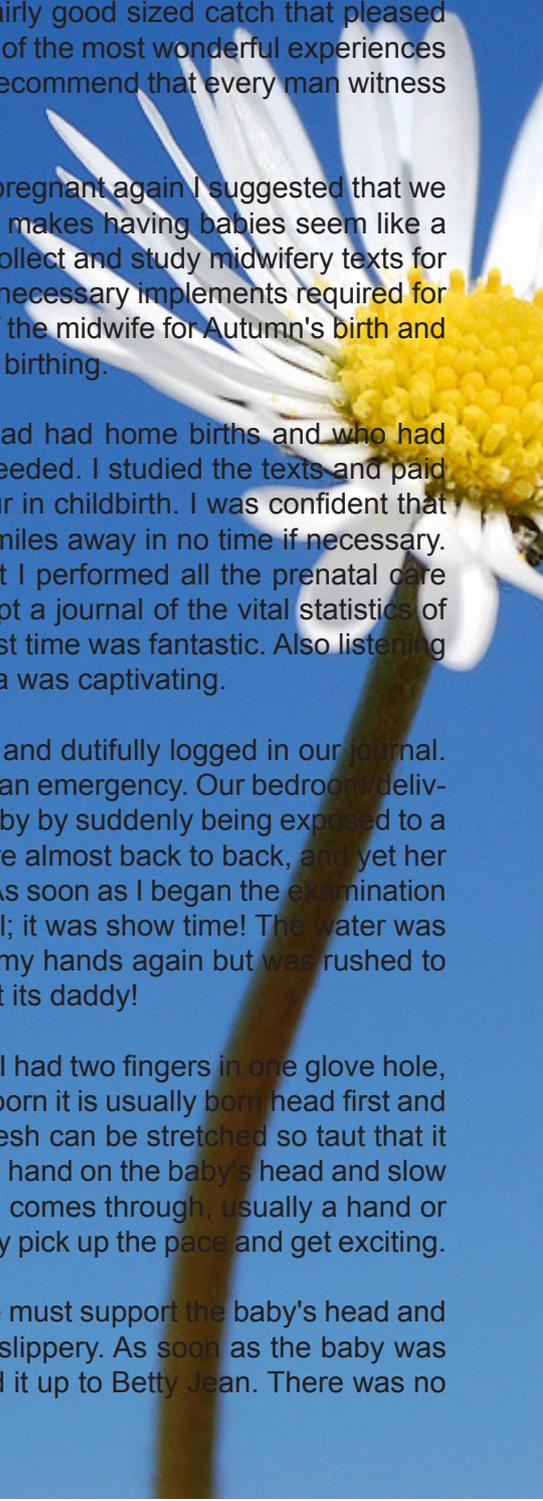
I was so awed and inspired by Autumn's birth that when my wife became pregnant again I suggested that we home birth the child ourselves. Like I said, Betty Jean was bold, and she makes having babies seem like a piece of cake, so she was game. I was elated and excited and began to collect and study midwifery texts for the upcoming occasion. I had nine months to bone up and acquire all the necessary implements required for birthing a child. The cost was about three hundred dollars, half the price of the midwife for Autumn's birth and not even close to the three to six thousand dollars required by doctors for birthing.

Being involved in the white cause I had access to lots of women who had had home births and who had studied midwifery also, so I had plenty of experienced help on hand if I needed. I studied the texts and paid special attention to the sections on risks and complications that can occur in childbirth. I was confident that I could handle any emergency and get Betty Jean to the hospital twelve miles away in no time if necessary. I took Betty Jean to an obstetrician bi-monthly for regular check-ups, but I performed all the prenatal care myself. I had obtained a stethoscope and blood pressure cuff and we kept a journal of the vital statistics of mother and baby four times a day. Hearing the baby's heartbeat for the first time was fantastic. Also listening to, and distinguishing the sounds made by the umbilical cord and placenta was captivating.

Betty Jean began to have contractions on New Year's Eve, which I timed and dutifully logged in our journal. Everything was set; the car was tuned up, full of gas and waiting in case of an emergency. Our bedroom/delivery room was heated to above body temperature so as not to shock the baby by suddenly being exposed to a colder environment. By New Year's morning Betty Jean's contractions were almost back to back, and yet her water still had not broken. So I decided to check her cervix dilation again. As soon as I began the examination her water broke and the baby's head was already within the cervical canal; it was show time! The water was clear and odorless, a good sign that all was well with the baby. I washed my hands again but was rushed to don a fresh pair of surgical gloves; this baby had an urgent desire to meet its daddy!

Before I could get the gloves on, the baby's head was beginning to crown. I had two fingers in one glove hole, and two fingers in another, and my thumb was in no hole! When a baby is born it is usually born head first and facing down. When the baby's head crowned I was amazed to see that flesh can be stretched so taut that it becomes transparent. At this stage the midwife must place the palm of one hand on the baby's head and slow the process down a bit to help prevent tearing. After the head crowns and comes through, usually a hand or shoulder is next. In this case it was a shoulder, and at this point things really pick up the pace and get exciting.

The baby begins a slow turn to face upwards as it twists out in a flash. One must support the baby's head and neck during this twisting flash plus catch it! No easy task, it is quick and slippery. As soon as the baby was out there was a barely audible gasp as it took its first breath and I handed it up to Betty Jean. There was no



crying at all, and Betty Jean cleaned the baby's nose and mouth with a bulb syringe. The only complication was that there was a knot in the umbilical cord. I placed my fingers in the knot to keep it from cinching up; problem solved. After ten minutes or so the umbilical cord stopped pulsing and turned a dull grayish color. This indicates that the baby's body is now fully functioning on its own and the umbilical cord can be cut. With all the excitement, no one even thought to check and see if it was a boy or a girl, ten toes, ten fingers and all the normal necessities required of a child. It was a girl!

I placed the umbilical cord clamp on the cord about two inches from the baby, and two more clamps two inches apart about a foot from the first clamp. Then I cut the cord between the second set of clamps. Eventually the remaining cord will lengthen slightly, indicating that the placenta has separated from the mother's womb. A few more contractions and the placenta was freed as well. We saved the placenta in the freezer until spring time; an old traditional custom of various cultures of our Aryan Ancestors is to use the placenta to fertilize a seedling tree, usually an oak tree. Hannah's tree is on a long rim rock ridge in the Bitterroots of the Rocky Mountains, a mulberry tree located not to distant from her cradle place.

Both Autumn's and Hannah's births were a tremendously breathtaking and magnificent experience for me, as well as an epiphany! One's own children will give him or her a full comprehension of what our racial cause is all about. It will cause awareness, rededication, and a steadfast resolve to serve our folk cause.

Procreation can only be described as a miracle. And the event is made even more wonderful when it is your child being born. I delivered her! I was the first to see her, to touch her! I cut her cord and clothed her with her first diaper! Is there a tie that binds stronger than this? I know of none. I highly recommend that all men participate in and experience this miracle of life. It is a fantastic occurrence to witness. One I reminisce upon quite often. Hannah was a "New Year's baby," January 1, 1984. Now she is nineteen years old and has a son of her own, my grandson, Jason.

Autumn was four, and Hannah was almost two when I was captured by the zoggomites and put in prison. The last time my children saw me was at my sentencing hearing eighteen years ago. I was led away in shackles and chained in handcuffs. However, I will see my daughters and my grandson very soon, thanks to some generous folks in St. Paul, Minnesota. I can't wait to see them!

Like my Bruder and comrade Randy Evans said, "If you wish to understand and know what this cause is all about, simply look into the eyes of a small child." That's what it is all about. That is what we fight to preserve. It's not the ideology, philosophy, religion; these all pale in comparison to the love, trust and security one sees in the depths of a child's eyes. What more incentive do we need? Let the dissentionists argue and bicker amongst themselves while we prepare a future for our children!

Submitted by Gary Yarbrough for Homefront Publications



ADOPT A BRUDER

"As individuals, most of us cannot afford to donate to seven people each month; as a group, we can form a network with the ability to collectively provide each member with funds, seeing that no one is overlooked. So far we have managed to create a decent network of comrades and friends who support the bruders, like member of FTO Sweden, Blood and Honour Scotland and many individual Racialists. We need new sponsors on a regular basis."

For more info about this program visit

FreeTheorder.org

SYMBOLS OF IRELAND

By Vicky

THE IRISH FLAG

The Irish tricolor flag made its debut in 1848. It was based on the French tricolor; however, the colors were altogether Irish. One outside band was made green, the color that had long been used as a symbol of the Catholic majority. The other outside band, a stripe of orange, was chosen to represent the Protestant minority. And the middle band of white represented their unity.



THE HARP



The harp, of the small portable type played by Celtic minstrels, is the oldest official symbol of Ireland. Through not as recognizable as the shamrock, the harp is widely used. It appears on Irish coins, the presidential flag, state seals, uniforms, and official documents. But the harp is most often associated with Guinness, which adopted the harp as its trademark in 1862.

THE SHAMROCK

The Shamrock is the ubiquitous symbol of all things Irish. Although today it is usually regarded as a simple good luck charm or a St. Patrick's day decoration, it is one of the oldest Celtic symbols. The shamrock is a native species of clover in Ireland. A Catholic legend holds that St. Patrick used its three lobes as a device for teaching the Holy trinity. To the Druids who came before him, it symbolized a similar "three in one" concept- the three dominions of earth, sky, and sea, the ages of man, and the phases of the moon. In Celtic folklore, the Shamrock is a charm against evil, a belief that has carried over in the modern belief in the four leafed clover as a good luck charm.



BRIGHID'S CROSS

Usually known as "Bride's Cross," this equal-armed cross is traditionally woven from straw in honor of Ireland's Saint Bridget (Also known as: Bride, Brigid, Brigid) on her holiday, Candlemas, observed on the second of February. There is a very strong likelihood that there never was such a personage as St. Bridget, and that she may have been a cover for worship of the Celtic Goddess of the same name. The cross itself is a type of solar cross, and both the symbol and the woven representation predate Christianity in Ireland.



TRISKELE (TRIPLE SPIRAL, TRISKELION)

The triskele, or triple spiral, a symbol closely related to the triquetra, is a tripartite symbol composed of three interlocked spirals. The spiral is an ancient Celtic symbol related to the sun, afterlife and reincarnation. The example above comes from the Neolithic "tomb" at Newgrange, where it is supposed by some to be a symbol of pregnancy (the sun describes a spiral in its movements every three months; a triple spiral represents nine months), an idea reinforced by the womb like nature of the structure. The symbol also suggests reincarnation- it is drawn in one continuous line, suggesting a continuous movement of time.



Triskeles are one of the most common elements of Celtic art; they are found in a variety of styles in both ancient and modern Celtic art, especially in relation to depictions of the Mother Goddess. They also evoke the Celtic concept of the domains of material existence- earth, water, and sky, and their interrelations.

CLADDAGH



The Irish Claddagh Symbol is named for the Irish coastal town of Claddagh (pronounced "clah-dah"), where the ring design is attributed to an ancient local legend. The now famous tale, about a townsman kidnapped into slavery, who returns to present a ring to his true love, is one of the most popular romantic tales of Ireland.

Despite the romantic story, Claddagh rings are a traditional token of loyalty and friendship as well as romantic love. The Claddagh design usually appears on rings, but is now used on all sorts of items, from jewellery to napkins to family crests. The hands in the design represent friendship, the heart, love, and the crown, loyalty. Various traditions ascribe different meanings to the ring, depending on how it is worn- as a wedding ring, it is worn on the left hand, with the heart pointed inward. As an engagement ring, it is worn on the right hand, with the heart pointing inward; for friendship, it is worn on the right hand, heart turned outward.

There is probably some relation between the claddagh and Norse "fede" (engagement/betrothal) rings, which sometimes depicted hands clasped around a heart.

Family Recipes

BARM BRACK

By Vicky

Traditionally baked for Samhain, some of the 'lucky' ingredients used and their 'significance' vary from house to house and region to region, we mainly had fake gold wedding bands in our Barm Brack.

INGREDIENTS:

1 lb flour
 6 oz sugar
 1 lb mixed dried fruit
 1 tsp baking powder
 1 egg
 1 tsp all spice/mixed spice
 Pot of hot tea

THE 'LUCKY' INGREDIENTS

- a 'gold' ring, to foretell marriage within a year
- a small coin, to forecast wealth
- a small piece of cloth to forecast poverty
- a little piece matchstick to forecast the husband will beat his wife
- a thimble to forecast spinsterhood
- a button to forecast bachelorhood



PREPARATION:

Wrap each 'lucky' item carefully in greaseproof and/or tissue paper. The trick to making a Barm Brack is the soaking of fruit overnight in the tea. While this makes the dried fruit softer and more appealing in general, one must be careful when mixing the dough not to over-knead or the rehydrated fruit will break too much. Add the sugar and egg to the fruit mix the next day. Sift in the remaining dry ingredients. Mix gently. Stir in the wrapped 'lucky' items and try to distribute them evenly. Use a 7" round baking tin at 350°F for 80 minutes. Cool on a wire rack.

The Brack can be made up to a week in advance and stored in an air-tight container.



Visit our Website for more Family Recipes and much more

<http://www.homefrontpublications.org>

Leftovers:

HARD BOILED EGGS

Easter has come and gone and you have more boiled eggs than you know what to do with, what can you make with all these eggs? Try to use them up in as many different ways as you can. You can use the shells from your eggs for the sidewalk chalk featured on page 12. Here are some tips to get you started:

Asparagus is often served with chopped boiled egg, parsley and butter sauce. :

Make a casserole from mashed potatoes, cheese and leftover hard cooked eggs. Butter a casserole dish and layer potatoes, cheese and boiled eggs, then finish by covering with plain yogurt. Top with bread or cracker crumbs and bake until it's heated through, 20 - 30 minutes.

Make hot pickled eggs by using the liquid from a jar or jalapenos or other hot pickles.

Make a chip dip with leftover eggs by creaming six of them with 8 ounces of cream cheese and a quarter cup of sour cream or plain yogurt in your food processor or blender. Add bacon bits or chives, onions or whatever you prefer. It's good with salsa mixed into it.

Cut up leftover hard cooked eggs and add to meatloaf's of any kind - or for a surprise, put a whole egg or two (or three) in the center of a meatloaf.

Put leftover eggs in liquid leftover from pickled beets and leave them in the refrigerator for a week or so. They're yummy and pretty pickled this way!

Pasta salad makes use of boiled eggs and you can use ham and other Easter dinner leftovers in it. Try celery, olives, minced sweet pickles and/or minced carrots.

Potato salad always goes over well. Use a few more boiled eggs than you would otherwise.

Deviled eggs, of course. Recipes include vinegar and mayonnaise, mustard and salad dressings, or dream up your own.

Make tuna/egg salad for sandwiches. Chop leftover hard cooked eggs into tuna and add pickles, cheese, onion and mayonnaise or mustard.

resources: Frugal Living



THE BEST POSITION FOR GIVING BIRTH

By WAU

Most women who give birth still adopt the conventional position of lying flat on their back, but is it the best?

Recent surveys suggest not, evidence from a trial of 517 women in Cape Town SA, found that those who gave birth in an upright position experienced less pain and trauma to their genital area.

It makes sense that an upright position must be best, since gravity will help the contractions of the uterus. Sitting up on the bed while laying on your back still has disadvantages, in that the pelvis is restricted in a sitting position and cannot open to its widest points to allow the delivery of the babies head.

Here is a list of birthing positions that may help you.

KNEELING on all fours in labour has many advantages. You can rest between contractions and don't need to lift yourself up to push. Gravity works to your advantage and helps your baby settle down in the birth canal.

SITTING in an upright position is also useful. This way, you don't have to lift yourself up to push; gravity, again, works to your advantage. However, it can be difficult for the midwife to follow the progress of your labour closely. As a result, you will sometimes need to adopt the kneeling position for a short time.

SQUATTING is a good position when the time comes to push, but it can put a strain on your knees and back. For this reason, some maternity wards have small birthing stools. Alternatively, it may be suggested that your partner supports you under the arms, from behind.

STANDING or walking is an option for the early stages of labour, because it encourages contractions to become regular and stronger.

Some women find it relieves the pain to move around or to lean against their companion. Although gravity does help the process, standing up to give birth can be extremely tiring.

Source: A Birthing Experience

HIT THE WEIGHTS

By WAU NC



It's time to build up some muscles! At the risk of sounding like a broken record, women should not fear weights. We are not genetically predisposed to bulk up like the boys do, and by training the body evenly you can build a strong yet shapely and completely feminine figure. I'll leave it at that, the benefits of weight training have been touched on in previous articles and there is a wealth of information just an internet search away.

The following guidelines will allow you to mix and match and develop a weight training program to best suit your needs. There are a limitless number of possible combinations; you can modify depending upon your goals and fitness level and change things up at any point with ease.

SOME WORDS OF ADVICE BEFORE GETTING STARTED:

Always warm up before lifting and stretch afterwards. Perform 5-10 minutes of light cardio, including dynamic movements to warm up the arms. Stretch thoroughly after lifting.

Quality over quantity. Don't pick too heavy a weight or push through too many reps and sacrifice your form. All you will do is hurt yourself. Start light and heavy up if need be, and don't feel bad about picking up a lighter weight to finish a set.

Eat before working out; some people claim cardio is better on an empty stomach, but we're looking to build, not burn fat right now. Eat some whole grains or produce an hour or so before hand, then get some more good carbs and a good dose of protein within a half hour after finishing up. Your body needs that protein

to rebuild the muscle you just broke down, so give it the fuel it needs.

Pay attention to what you are doing! Form is everything, if you aren't doing the exercise properly, you may not even be hitting the right muscle. You could easily hurt yourself if or simply waste your time if you zone out and don't focus. If you can, work out in front of a mirror. Sure, your husband may walk in and laugh at you for being so vain, but he'll have it all wrong. What your body feels like it's doing and what it actually is doing may be a little different; watch yourself through the exercises a couple times until you perfect your form.

Change your exercises occasionally to work your muscles in different ways.

There are two main ways to work your muscles – longer sets with lighter weights to work muscle endurance, or shorter sets with heavier weights to work strength. This topic is a whole article in itself, or even a book. I suggest you research the topic if you want to know more or send an email my way and I will tell you what I can. Basically, if you are looking to add the most muscle, lift as heavy as you can, lift slowly (up and down) and work to muscle failure—that means do as many as you can.

If you are not completely sure of how to perform an exercise, do a search for it. You can follow the links at the bottom of the page to see some demonstrations, or simply look them up on your own.

THE PROGRAMS

There will be three programs presented: total body; upper and lower body split; and one part per day. I won't be discussing cardio, but if you can fit in at least 30 minutes a day, then you will be doing great. Do more for fat loss. If you can, it's best to split your cardio and weight workouts during the day. OK that's all.

First pick your program. Then pick your level. Then pick your exercises, remembering to change them up and avoid doing the same thing each time. Then have a go at it! Be safe, be focused, and have fun!

Beginners: 1 set of 12-16 reps; begin with a light

weight and move up to what you are comfortable with. Intermediate: 2 sets of 10-12 reps; use the heaviest weight you can with good form, and move up or down in weight based on your first set. Advanced: 3 sets of 10-12 reps, using your personal heaviest weight, adjusting as needed.

Total Body: Perform this routine three times a week with at least one rest day in between. Choose one exercise per body part, changing exercises at least once during the week.

Squat variation, Chest, Back, Lunge variation, Biceps, Triceps, Hamstrings, Shoulders, Calves, Abs.

Upper/Lower Body Split: Perform each routine twice a week; alternating upper and lower on consecutive days is acceptable. Choose two exercises per body part.

Upper Body Day: Chest, Back, Shoulders, Biceps, Triceps, Abs.

Lower Body Day: Squat variation, Hamstrings, Lunge variation, Calf raises, Glute floorwork, Inner thigh floorwork, Outer thigh floorwork.

One Part Per Day: Your workouts will be shorter in length, probably around 20 minutes or so, a bit longer for the legs. For that reason, you can also combine two parts into a single day. This is most effective for more intermediate and advanced exercisers looking to add more muscle. Go heavy, put forth your best effort and remember to stretch afterwards. Pick 3-6 exercises per day, making sure to hit each muscle from every angle. For legs, don't do 3 different types of squats- work the entire leg, I will leave the planning up to you. You may want to follow the above Lower Body Day schedule.

Day 1: Back, Day 2: Chest, Day 3: Legs, Day 4: Biceps, Day 5: Triceps, Day 6: Shoulders.

To combine it into a 3-day split, combine back & biceps, chest & triceps, legs & shoulders. Alternately, you can do shoulders on one of the upper days and have a leg day alone.

The Exercises: Again, be sure to look these up if you are not absolutely sure how to perform them with proper form. Many can be done with either a barbell or dumbbells, or even a resistance band or tubing. If you have access to other tools, such as a stability ball, that can make things even more interesting.

Chest: Push ups, flat bench press, incline bench press, flat dumbbell fly, incline dumbbell fly.

Back: Supermans, pull ups, one-arm lat row, bent-over row w/narrow grip (underhand or overhand), bent-over row w/wide grip (underhand or overhand), seated row (w/dumbbells or band)

Biceps: Curls, hammer curls, preach curls, concentration curls, incline curls, alternating curls.

Triceps: Lying overhead extensions ("skull-crushers"), seated overhead extension ("French press"), dips off a bench, kickbacks, close-grip bench press, triceps push ups.

Shoulders: Overhead press, side lateral raises, upright rows, front raises, rear delt fly, shrugs, Arnold press, side-lying rotations.

Squat Variations: Squats, hover squats, plie squats, narrow-stance squats, one-legged squats.

Lunge Variations: Lunges, rear lunges (dips), side lunges, walking lunges, static lunges.

Hamstrings: Straight-dead lift, one-leg dead lift, hamstring rolls, standing hamstring curls.

Lower Body Floorwork: Inner and outer thigh leg lifts, glute raises, etc.

Helpful Websites

ExRx Exercise & Muscle Directory

Body for Life Exercise Demonstrations

Stumptuous.com Women's Weight Training



Ostara Correspondances

By Morrigan

March 21 -- Ostara -- Spring or The Vernal Equinox
Also known as: Lady Day or Alban Eiler (Druidic)

TRADITIONAL FOODS FOR OSTARA:

Leafy green vegetables "i enjoy Spinach and Kale", Dairy foods, Nuts such as Pumpkin, Sunflower and Pine. Flower Dishes and Sprouts.

HERBS AND FLOWERS:

Daffodils are my favourite Ostara flower other herbs and flowers are: Jonquils, Woodruff, Violet, Gorse, Olive, Peony, Iris, Narcissus and all spring flowers.

INCENSE:

Jasmine, Rose, Strawberry, Floral of any type.

SACRED GEMSTONE:

Jasper

Special Activities:

Planting seeds or starting a Magickal Herb Garden. Taking a long walk in nature with no intent other than reflecting on the Magick of nature and our Great Mother and her bounty.

Source: A Witches Holiday

“NORTHERN EXPOSURE”

By WAU

Never Forget Ruby Ridge

Over the years we have seen men and women risk all because they believe in the advancement of our White race. Without caring of the consequences they have chosen not to work with ZOG, but against ZOG and because of this they have lost everything. Families have lost the lives of loved ones because they refused to give in. In 1992 Randy Weaver lost his wife Vicki Weaver, a loving mother and wife and his son Sammy, when the FBI conducted an illegal assault on the families property at Ruby Ridge.

During the 1980's it seemed the government had nothing better to do than to infiltrate our movement. In 1989, the BATF sent informant Kenneth Fadeley to pose as a gun dealer to spy on such groups as Aryan Nations. The agent approached Randy about buying a sawed-off shotgun to in-trap him into helping the BATF. Randy refused but the agent kept pressuring him and eventually Randy gave in because he needed the money for his family, this act was a violation of the federal firearms law.

When they had Randy where they wanted him, he still refused to snitch for the BATF, even with the threat of jail he never gave in. The BATF went as far as to fabricate charges against Randy, saying he had a criminal record and was a suspect in several robberies. (It was later confirmed that the BATF had lied about Randy's criminal past, when the BATF Director John Magaw testified in front of congress.) But as always the BATF lied so that in 1990 the U.S. attorney's office would indict Randy on weapons charges. So why was Randy the target of the BATF? Had he killed someone, stolen a car? NO! He was a White Racist! His views made him a target, a target that had something to loose, his family. This project would cost the government 3 million dollars, their operation "Northern Exposure".

For a year and a half, federal agents roamed Ruby Ridge picking locations for surveillance and for snipers. Why would they do that unless they knew something was going to take place there? Then on the 17th of January, when Randy and his wife were driving to town they stopped to help a woman that looked like was having car troubles. Before they knew it Randy had a gun at his neck and Vicki was forced on the ground by federal agents. Randy went to jail and was later released on bail. He was to go back to court in February 1991 to face the charges, but he never turned up. These events are what lead up to the now famous Ruby Ridge Siege.

On August 21st "Northern Exposure", the government's 3 million-dollar operation started coming to an end when the

Weaver's family dog sniffed out federal agents spying on the Weaver property, trying to figure out a way to arrest Randy. When the dog began to bark, Randy, Sammy, and a family friend went out to see what the dog was barking at, thinking it was a deer, they took their rifles. Soon after Federal agents shot the dog dead. Scared after hearing the FBI shoot his dog, Sammy fired his rifle as he tried to run back to the house. FBI agents shot and killed Sammy in the shoulder and in the back as he ran away from them. Sammy was only fourteen-years-old when he was murdered. Was this the necessary force needed toward a 14-year-old boy?

The next day Randy, his 16-year-old daughter Sara and their family friend Kevin left the cabin armed to protect themselves and went to check on Sam's body that was still at the shed. In no time the FBI started shooting again, hitting Randy in the arm, so the three started back for the cabin. Meanwhile back at the cabin, Vicki was standing in the doorway waiting for the three to return. While she stood there cradling her 10-month-old daughter in her arms the sharp shooter fired again and to the family's horror, the sniper had shot Vicki in the face. Before she even hit the ground Vicki Weaver had died. The sharp shooter (Lon Horiuchi) who is one of the FBI's more famous snipers for not ending a situation peacefully, testified in court that "he could hit a quarter at 200 yards away." But at Ruby Ridge he was 200 yards away when he claims he missed Randy, hitting Vicki Weaver instead. How is it remotely possible, that a highly trained FBI sniper, using a scope-enhanced, very sophisticated sniper rifle shot the wrong person? There is no way anyone could say this was an accident. The sniper fully intended to make sure Vicki was shot and killed. In my mind Lon Horiuchi got away with cold-blooded murder.

The actions of the government from start to finish of "Northern Exposure" has raised serious questions when it comes to abusive force used by our government agencies. We should use this example and many others, to show the people of America the true nature of the American government. During the 9 day stand off very little contact was made with the family and there was no negotiator. If the FBI was right with what they did, why were twelve agents disciplined for their part at Ruby Ridge and why did the government have to pay \$3.1 million dollars to the Weaver family? To this day the FBI insists that nothing could have prevented the killings and proper procedures had been followed, taking no responsibility for their actions at Ruby Ridge.

Originally appeared in Morrigan Rising Issue No 1



FOOD AS MEDICINE

HEADACHE? EAT FISH- Eat plenty of fish -- fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

HAY FEVER? EAT YOGURT - Eat lots of yogurt before pollen season. Also-eat honey from your area (local region) daily.

TO PREVENT STROKE DRINK TEA - Prevent buildup of fatty deposits on artery walls with regular doses of tea. (actually, tea suppresses my appetite and keeps the pounds from invading....Green tea is great for our immune system)!

INSOMNIA (CAN'T SLEEP?) HONEY - Use honey as a tranquilizer and sedative.

ASTHMA? EAT ONIONS - Eating onions helps ease constriction of bronchial tubes. (when I was young, my mother would make onion packs to place on our chest, helped the respiratory ailments and actually made us breathe better).

ARTHRITIS? EAT FISH - Salmon, tuna, mackerel and sardines actually prevent arthritis. (fish has omega oils, good for our immune system)

UPSET STOMACH? BANANAS and GINGER - Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.

BLADDER INFECTION? DRINK CRANBERRY JUICE - High-acid cranberry juice controls harmful bacteria.

BONE PROBLEMS? EAT PINEAPPLE - The manganese in pineapple can prevent bone fractures and osteoporosis.

PREMENSTRUAL SYNDROME? EAT CORNFLAKES - Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety and fatigue.

MEMORY PROBLEMS? EAT OYSTERS - Oysters help improve our mental functioning by supplying much-needed

COLDS? EAT GARLIC - Clear up that stuffy head with garlic. (remember, garlic lowers cholesterol, too.)

COUGHING? USE RED PEPPERS - A substance similar to that found in the cough syrups is found in hot red pepper. Use red (cayenne) pepper with caution-it can irritate your tummy.

BREAST CANCER? EAT Whole bran and cabbage - Helps to maintain estrogen at healthy levels.

LUNG CANCER? EAT DARK GREEN AND ORANGE AND VEGGIES - A good antidote is beta-carotene, a form of Vitamin A found in dark green and orange vegetables.

ULCERS? EAT CABBAGE ALSO- Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

DIARRHEA? EAT APPLES - Grate an apple with its skin, let it turn brown and eat it to cure this condition. (Bananas are good for this ailment)

CLOGGED ARTERIES? EAT AVOCADO - Mono unsaturated fat in avocados lowers cholesterol.

HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL- Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure too.

BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS - The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

Kiwi: Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fiber. Its Vitamin C content is twice that of an orange.

Apple: An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids, which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

Strawberry: Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you. they're high in antioxidants and they actually keep us young.....blueberries are the best and very versatile in the health field...they get rid of all the free radicals that invade our bodies)

Oranges: Sweetest medicine. Eating 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

Watermelon: Coolest Thirst Quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium. (Watermelon also has natural substances [natural SPF sources] that keep our skin healthy, protecting our skin from those darn sun rays)

Guava & Papaya: Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fiber, which helps prevent constipation.

Papaya is rich in carotene; this is good for your eyes. (also good for gas and indigestion)

Tomatoes are very good as a preventative measure for men, keeps those prostate problems from invading their bodies.

THE SIGNIFICANCE OF....

Sex Education

By Douglas Chism Political Prisoner USA

Parents really have no alternative to teaching their children the importance of strengthening our genetic structure through copulating with healthy and racially pure individuals. They are the exclusive source of enlightenment in basic human relationships between the sexes. Their lives as parents impart attitudes towards eugenics, sexual values and sexual roles, whether or not they teach them in formal instruction.

As a parent of an Aryan child or teenager, you must always remember that they are learning about their sexuality and biological determination almost every day of their lives, no matter what your personal moral principles, personal ethics might be.

The most important procreative information that our children receive doesn't come from formal, planned sex education courses created by special interest groups. It starts when your child is born, and it is learned constantly throughout life in everyday racial relationships. It is learned, principally, by the actions, attitudes and values of parents; then from siblings, peer groups, friends from cultural climate.

Parents really have no alternative to teaching their children the importance of strengthening our genetic structure through copulating with healthy and racially pure individuals. They are the exclusive source of enlightenment in basic human relationships between the sexes. Their lives as parents impart attitudes towards eugenics, sexual values and sexual roles, whether or not they teach them in formal instruction. The only choice parents have is How and What their children will learn from their example and teaching; whether they will provide right and wholesome eugenic principles when it comes to sex education. If careful attention is not given to our children during their formative years concerning "Eugenics", they will pick up genetically damaging habits or erroneous sex knowledge and attitudes elsewhere.

With the endless source of sex literature and sex (mis)education currently available, and with sex freely discussed everywhere, young Aryans are indeed "informed" in sexual discussion and sexual experience, but still woefully ignorant in eugenics and what that demands of us when it comes to picking a sex partner.

True sex education starts with an understanding of who you are from a racial standpoint and one's own sexual identity. Fathers and Mothers, and youth leaders alike, are the first models of what it means to be masculine or feminine Aryans. Husbands and Wives who truly love each other and fulfill their racial responsibilities in life, who show warmth and affection to each other and their children, can be living examples of the reward and value of family, cultural tradition and racial cohesiveness.

On the other hand, parents, homes, or social relationships scoured with argumentative behaviors, strife, infidelity, miscegenation, vulgarity and sordid multi cultural values will promote perverted and detrimental attitudes towards relationships they have with other members of their race, as well as those they choose as their potential mates in the future.

By nature, we are sexually motivated; wrong social relationships and silence about the moral values of sex will lead children to seek harmful avenues of gaining knowledge about procreative activity. They may seek it through experimentation, pornographic materials or peers. Few can escape the influence or permissive and damaging multicultural sex models and values. Erotic themes assail them from every direction: advertising, TV, movies, music, magazines, the Internet.

With the onset of puberty, not only are the bodies of boys and girls forever altered, but their minds are as well. It's paramount that they have a working knowledge of the "Eugenic Principle". If they understand that all that promotes a higher form of Aryan species and its multiplication is in tune with the irrefutable laws of nature, they will manage this most crucial time in life quite well. Our children must be taught that as members of the Aryan Race, we are unlike animals; we arrive at sexual maturity several years before they achieve mental, emotional and social maturity, both boys and girls are physically capable of becoming parents before they are qualified for the responsibilities of parenthood. Make it your point to teach sex values to your children and stem the tide of perverted and harmful sexual behavior that is resulting in the degradation of the biological quality of our race as a whole. Remember, our Aryan children are the ones who will be called upon to continue strengthening our racial dominance and influence on this planet once we are dead and gone. Teach and nurture them well, our future is in their hands.

Easter Crafts

By WAU NC

EGGSHELL SIDEWALK CHALK

This chalk is for drawing on sidewalks only, not for chalkboards.

You will need:

The shells of 6 eggs
1 tsp very hot water from the tap
1 tsp flour
Food Coloring

Wash the eggshells well, so they don't have any egg left in them. Dry them and grind them with a rock on the sidewalk or other concrete surface. Make sure the rock you're using for grinding is clean so you don't get dirt ground in with the eggshells. Grind the eggshells into a fine powder. You'll need one soup spoonful of this powder to make a stick of chalk.

When you have enough powder to make a stick of chalk, sift or pick out any little bits of eggshell that are still not ground up and throw them away. Scoop the powder into a cup or paper towel and bring it into the house for the next part.

Stir the flour and hot water together in a small dish to make a paste. Put the soup spoonful of eggshell powder into the paste and mix well. It may help to mash it with the back of the spoon. Add a few drops of food coloring if you want colored chalk.

Shape this mixture into a chalk stick. Then roll it up in a strip of paper towel and set aside to dry. (Drying takes about three days.) Then just peel the paper off one end and you're ready for some sidewalk art.

For really big sticks of chalk, try making 3 times this recipe, and stuff the mixture into an old toilet paper tube. When it's dry, you can peel away the cardboard as you use it.

COFFEE FILTER EASTER EGGS

Coffee filters, food coloring, straws or eye droppers

Cut coffee filters into oval egg shapes. Fill cups or dishes with 1/4 cup of water, one for each color, and add a few drops of food coloring to each. Use straws or eye droppers to drip colored water onto the egg shapes. Use many different colors for beautiful results!

FOOTPRINT CHICKS

Yellow *washable* paint, construction paper, crayons or markers, glue, cornmeal.

Paint the bottom of the child's foot (excluding the toes) with yellow paint and have him step onto a piece of construction paper. You may want to have a wet rag handy to wipe off his foot afterwards! Allow paint to dry, then allow child to add a beak, eyes, and legs to the chick. For a nice touch, have him spread glue at the bottom of the paper and while it is still wet, sprinkle on some cornmeal.

HANDPRINT LAMBS

Black construction paper, scissors, cotton balls, glue, white crayon

Trace the child's hand onto black construction paper and allow them to cut out the shape (younger children may need adults to complete this step). Turn the hand shape upside down, forming the lamb's body with fingers as 'legs' and the thumb as its 'head'. Have children glue cotton balls onto the 'body' and add facial features with the white crayon. Glue onto another piece of paper and draw grass, or display as-is!

CHOCOLATE EASTER BUNNIES

Cardboard (empty food boxes work well), chocolate pudding

Prepare chocolate pudding if from a mix, or go about it the easy way and simply use pudding cups. Cut bunny shapes out of cardboard, and allow children to finger paint with the pudding, creating their own 'chocolate bunnies'.

Juice Can Bunnies

Frozen juice cans (clean and dry), white, pink and black construction paper, google eyes, cotton balls, scissors, glue, tissue paper or Easter grass, Easter goodies.

For younger children, have all the body parts cut out and ready to be glued. Older children can do most of this project on their own. Cover the juice can in white construction paper, leaving the top open. Then attach construction paper ears, feet, nose, and whiskers. Fill with green tissue paper or Easter grass, and lots of treats!

EASTER EGG STANDS

Empty toilet paper rolls, paint, stickers

Cut cardboard tubes into four pieces each and allow children to paint with bright colors. Once dry, have children apply stickers to decorate, and you now have stands for your Easter eggs!

Easter Bunny Headbands

Construction paper, scissors, crayons or markers, tape or stapler

Cut a strip 2" thick and long enough to go around the child's head. Staple or tape the ends together to form the headband. Fold a piece of construction paper in half and draw the shape of a bunny ear on one side. Allow child to cut out ears (or provide assistance for little ones) and have her add any details she'd like with the crayons or markers. Tape or staple the ears onto the band and your little bunny will be ready to go!

Recycle Your Crayons

Here's a fun way to reuse those worn-down stubs of crayons. They really work!

What You Need:

You can get fancy with colors, or just keep it simple.

- * Old crayons
- * Microwavable cup
- * Paper towels
- * Cookie cutters
- * Pot holders
- * Waxed paper

1. Peel the paper off crayons and break crayons into 1 inch pieces.

2. Place three or four pieces of a similar color into a microwaveable cup.

3. Place cup in the microwave on top of a paper towel.

4. Cook on high 3 to 5 minutes, stirring occasionally. (Caution: Cup gets hot.)

5. After wax is melted, hold the cup with a pot holder and pour the melted wax into a cookie cutter that has been placed on waxed paper.

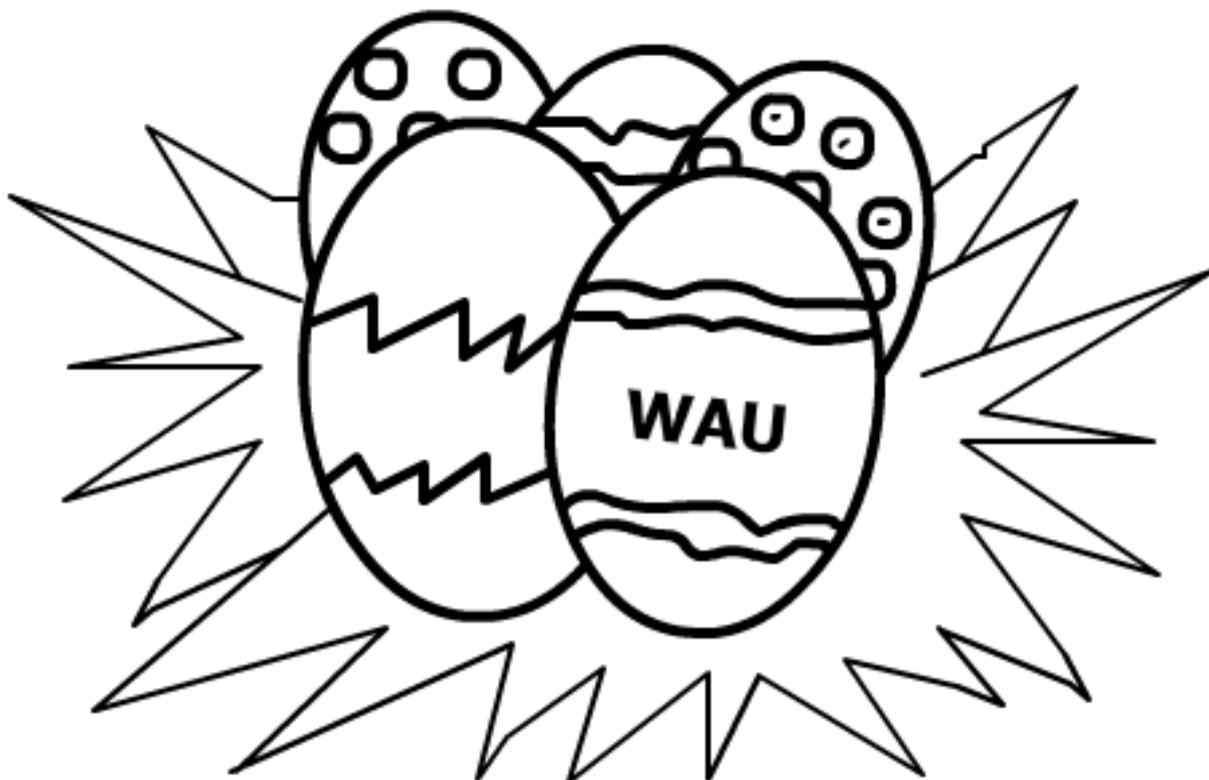
6. To create a layered effect, pour wax into a small section of the cookie cutter; allow to cool, then pour another color over the first layer until you have several layers of color.

7. Clean cup with a paper towel before wax hardens.

8. When wax is hardened, push forms out of cookie cutters.

Author Unknown

PRINT OUT AND COLOUR



RECENT RECALLS

BRIO® Corp. Recalls Pull-Along Snail Toy Due to Choking Hazard

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of Product: BRIO's Pull-along Snails

Units: About 2,100

Manufacturer: BRIO® Corp. of Germantown, Wis., a subsidiary of BRIO AB, of Sweden

Hazard: The snail toy is sold with a rattle containing a bell. The rattle can come apart, and the bell poses a small parts choking hazard to young children.

Incidents/Injuries: None reported.

Description: The recalled BRIO Pull-along Snail is made of wood. The body of the snail is painted red and it has yellow wheels. The toy has item number 30368 written on the packaging. The snail measures 6-inches long and 4.5-inches high with natural wood and spring antennae. On the back of the snail is a removable green bell rattle with a yellow swirl and multi-colored posts. The rattle measures 2.25-inches in diameter and 2-inches high. A BRIO logo is printed on the back end of the snail and a yellow cord is attached at the front.

Sold at: Specialty toy stores nationwide, Web retailers and mail order catalogs from September 2005 through January 2006 for about \$13.

Remedy: Consumers who purchased this toy should take it away from their child immediately and contact BRIO® for information on how to receive a free replacement product.

Consumer Contact: Contact BRIO® at (888) 274-6869 between 8:30 a.m. and 5 p.m. CT Monday through Friday or visit the firm's Web site at www.brio.net

Media Contact: Kay Thomson, (888) 274-6869 Ext. 504 email kay@bri-toy.com



CONGRATULATIONS

Congrats to Sean & Wife from California on the birth of their daughter Bridget.

Congrats to Johnny and Jen on the birth of their daughter Caitlyn Faith.

Congrats to Chad and Megan on the birth of their daughter Bella.

Congrats to Victoria from WAU Ukraine on her Pregnancy

Congrats to Teresa and Chester who will renew their vows upon Chester's release, good always triumphs over Evil.

Congrats to Jade (WAU) on her job promotion.

Congrats to Amanda (WAU) on her acceptance into the Biology Program of her choosing. We're proud of you Amanda!

Congrats to Jay & Nikki on their engagement.



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