A successful mission trip is more than just new buildings and intact limbs. Ultimately, it results in changed lives, both at the site visited and in the hearts of those who visited. As we consider the safety of those we will lead into this wonderful experience, remember that our goal is to provide a safe and fulfilling experience for all involved.

**Mission Trip Safety**

Companies, governments, and individuals worldwide are targeted by cyber-criminals for activism, sabotage, intellectual theft, and financial gain. As cyber attacks increase, managing the risk is becoming extremely difficult. The bottom line is that most companies don’t know enough to manage the risk effectively.

**Cyber Security**

- Avoid traveling alone at night.
always to protect the whole person – body, heart, and soul.

...read more

Community Garden
A community garden could most certainly be another tool for an evangelistic church group that would want to start such a project and better enhance their community outreach.

...read more

The Choice is Yours
What started as a personal experiment, turned into a seven-year passion as I have journeyed the road of discovering raw foods and their benefits. In the spring of 2005, along with a group of my close friends, I embarked on a 21-day juicing and cleansing diet.

...read more

Meet the Team
Irma Johnson is a lead senior claims examiner and has been working at Adventist Risk Management (ARM) for the past 26 years. Although Irma has a very tough job, she handles it with care. Irma is a very positive person who looks for the best in people, even when they appear to be difficult.

...read more
Spam
Not spam
Forget previous vote
“Trevor! Get down off of the roof!!” Nothing wakes a mission trip chaperone more effectively from a deep sleep than those words, just after dawn. We had been warned that Trevor, a wonderful addition to our Maranatha mission trip to the Dominican Republic, was a climber. In fact, his mother had approached each of the chaperones with her personal request to watch for his propensity to scale everything in sight, and of greater concern, his complete lack of long-term planning when contemplating his next summit.

By the end of the trip, we had successfully kept Trevor safe. He was the first to volunteer to run wiring in the church rafters, the first to inspect the roof for leaks, etc. Whatever involved altitude, we could guarantee Trevor was first up the ladder. Only a slight mishap with a hive of bees, predictably at the top of a palm tree where Trevor was collecting coconuts for the group, marred an otherwise accident-free mission opportunity for these eager high school students.

But the question must be asked, “Did we do enough?” Had we anticipated the many variables that could create risk or injury to those in our care? Based on successfully returning all of the students to their parents with limbs intact, you could say yes, but was it good planning or Providence?

Any trip involving children or young adults is a challenge, but mission trips, especially overseas trips, add a special responsibility that is often underestimated. The basics of a safe mission trip involve three major categories that should occupy your specific attention – physical, emotional, and spiritual safety.

PHYSICAL SAFETY

This subject gets the most attention by far. Physical safety while traveling encompasses many more facets than we can explore in this article, but a few key issues to prepare for include:

- Packing list – Details are dictated by the duration of the trip, the climate you will be traveling to, and the remoteness of the site. Do you need passports/visas? Are there special dress code suggestions to avoid offending local customs? Don’t assume attendees will think of everything on their own.

- Medical – Immunizations before you go, and medical support on-site while you are there. Permission slips and medical releases MUST be with you at all times! Remember, food and water differences country to country can cause different reactions from person to person. Educate, and be prepared for the worst!

- Supervision – What should be the ratio of students to adults, both on the job site and during downtime? Is the group large enough to break it down into smaller sub-groups to keep better track? Make sure you have an ironclad protocol for the head count, and this should be followed EVERY time you gather or reconvene the group.

- Safety equipment – Will you be painting, raising a roof, or pouring a foundation, or all three? Remember the proper equipment necessary for a safe construction site.

EMOTIONAL

For many of the participants, this is their first experience out of the comfort zone of everyday life. You will likely deal with a host of emotions resulting from this unique exposure.

- Culture shock – No matter how much preparation you provide in advance, there will be a period of transition when attendees contemplate poverty for the first time, living conditions (including their own), and basic health and wellness differences from what they are used to.
• Interpretation – Communication may prove difficult. What gestures are inappropriate in this culture, or may lead to unwanted attention? Have you considered an interpreter at the job site, or for the living/dining environment?

• Homesickness – Some will be away from home for the first time, or at least farther from home than usual! In fact, much of the experience will stretch nerves to the breaking point. Can parents reach children and vice versa from the site? Is that a good idea?

• Culture shock – I repeat this on purpose, because you must not forget that many feel some shock on the return to their former life. This is usually more pronounced after longer trips, but there may be a reaction to the excesses of North American culture, a desire to change lifestyles and habits. Be prepared to work with attendees as they come to grips with these new emotions.

SPIRITUAL

This is often overlooked as a safety issue, as it is assumed that mission trips are inherently “life-changing” experiences. However, this aspect must be managed just as carefully, to provide the eternal impact that is so important. We subscribe to the philosophy that we are going to the mission site to help others. In doing so, we fill our time with a plethora of activities – building, painting, and repairing during the day, providing worship services and Vacation Bible Schools during the evenings and weekends, filling every available moment in service to our fellow man.

It is easy to forget that an important part of the experience is the change that comes inside each participant. Don’t forget to schedule downtime during the day. Time to reflect, privately and in group activities, on what has been accomplished, physically, emotionally, and spiritually, both for those we came to minister to, and within ourselves.

A successful mission trip is more than just new buildings and intact limbs. Ultimately, it results in changed lives, both at the site visited and in the hearts of those who visited. As we consider the safety of those we will lead into this wonderful experience, remember that our goal is always to protect the whole person – body, heart, and soul.

Steve Blackburn, Chief Financial Officer of Adventist Risk Management, Inc.

Carina Franca

Biography:

Related Images

Related Articles

Cybersecurity: Protecting You and Your Company-Part 1
Companies, governments, and individuals worldwide are targeted by cyber-criminals for activism, sabotage, intellectual theft, and financial gain. As c...

Meet The Team - Irma Johnson
As you walk the hallways at work and greet your co-workers you often have no idea how many wonderful people come across your way. By writing this colu...

Living Bodies, Living Foods
What started as a personal experiment, turned into a seven-year passion as I have journeyed the road of discovering raw foods and their benefits. In t...

The Good, the Bad and the Dirty of Community Gardening:
Gardening had been a keen interest of mine until I actually tried growing some patio tomatoes. I was given some five gallon buckets, purchased the won...

Tornado Safety
Introduction The recent storms that developed into over 80 tornados during the past few days have brought devastation across the Midwest and southern...

Comments

# Jeff Klam
Tuesday, March 13, 2012 12:19 AM
Check the political climate of the region you are headed to, make sure you are taking a group into an area that is safe in regards to how the locals view your group. Many places are now on the US’s current Travel Warnings: http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.htm
Abide by the laws of the country you are now in; they are probably similar but make sure you check to see if there are things that could get you into hot water. Simple precautions and understanding can go a long ways.
Companies, governments, and individuals worldwide are targeted by cyber-criminals for activism, sabotage, intellectual theft, and financial gain. As cyber attacks increase, its becoming extremely difficult to manage the risk. The bottom line is that most companies don’t know enough about the threats to their systems and what to do about them.

This two-part series on cybersecurity offers a basic foundation to help you identify issues and make intelligent decisions to protect both your personal and company’s critical assets. Companies and individuals need to stay informed and obtain the latest information on cyber treats and software vulnerabilities, to make the necessary decisions and take proactive action.

Which web browser is the safest?

Depending who you ask, some will say that Mozilla Firefox is the best. Others will choose Google Chrome, Apple Safari, and even Internet Explorer as being the safest. All four browsers take security seriously. In my opinion, you can’t go wrong with any of them as long as they are updated regularly.

Today you have to practice smart surfing more than anything. No browser or security software can protect you from carelessness. If you get an email asking for your social security number, date of birth and bank account information in exchange for $40 million dollars, just laugh and delete the email.

A few years ago, I decided to see how much “money” I could have made in one day from people looking to give me money, use my bank account, etc. I went to my spam folder in one of my personal email accounts and opened Notepad to take notes. I read the dollar amounts from every subject line and I added the amounts. Wow! I could have made $480 million.

Spam exists because people fall for the trap. It doesn’t matter if it’s money, expensive watches, or medical miracle pills. People respond to spam which results in huge paydays for spammers. Delete spam, and whatever you do, don’t reply or click unsubscribe. By unsubscribing, you are confirming that your email is legitimate and the spammers will sell your email address to other spammers, which results in more spam coming into your account. Just delete it.

Do not click on email links from unknown senders, especially if they are to financial institutions. Be aware of phishing scams. You should create an Internet browser bookmark to your bank and credit card company and use only it to reach the website, not email links. Spammers like to create emails that look exactly like one that would come from your bank.

What security precautions is your bank taking?

Does your bank take security seriously? My bank for example, contracts with a security company that installs a browser plug-in to protect the connection from my computer to the bank with strong encryption. This same bank does not allow me to create an “online payee” or transfer money without entering a pin number that has been sent to my mobile phone via text.

A recent Bloomberg article said that hackers take over $1 billions dollars annually from banks, while the banks blame their clients. Security is a two-way street. Although most small to medium size banks do not have the money or manpower to effectively combat cybersecurity, the account holders need to do their part. It is much easier for a person to hide in a basement and swipe $40,000 or more from a bank than to do a person- to-person crime.

According to the FBI it is estimated that these cyber gangs made over $100 million last year. This is far more than the $43 million taken in the traditional ways, such as bank heists, stick-ups, and burglaries,
What are you doing to protect yourself?

Hard drive or file encryption – there are both free and paid computer software that encrypts your computer hard drive, files, and folders. Create an encrypted folder or container on your computer for sensitive files. Here are two highly rated and recommended encryption software for your computer.

• TrueCrypt (Free OpenSource, Window/Mac/Linux
• PGP (Free OpenSource, and Symantec PGP for Enterprise, Windows/Mac)

Protect Yourself at Public Wi-Fi Hotspots

Public Wi-Fi hotspots are prime targets for hackers. Most hotspots are not encrypted and open to anyone. This makes it easy for hackers to do man-in-the-middle attacks. Be careful when connecting at your local eatery or coffee shop. It's very easy for a hacker to set up a laptop hotspot, give the hotspot a catchy name, and voila, he/she is stealing Internet traffic, passwords, etc. If you must connect at a public Wi-Fi hotspot, take the following precautions:

1. Turn off computer sharing.
2. Enable your firewall.
3. Use SSL whenever possible – Use “HTTPS” on websites.
4. Use a Virtual Private Network (VPN) or Hotspot Shield (AnchorFree).
5. Turn off Wi-Fi on your device when not using it.

Are you using an anti-virus software?

You should have anti-virus software on every computer, especially if you’re running Windows. Here, in random order, are the top ten free and paid antivirus software according to leading computer magazines in no particular order.

Free:
• Avira AntiVir
• Microsoft Security Essentials
• Comodo Internet Security
• Avast
• AVG Free 2012

Paid:
• Norton AntiVirus 2012
• Kasperskey AntiVirus 2012
• ESET NOD32 AntiVirus 5
• Webroot SecureAnywhere AntiVirus
• Trend Micro Titanium Antivirus

Do you have a firewall, spam and malware protection?

You should have more than just antivirus. A complete security solution includes antivirus, firewall, anti-spam, malware, spyware, and privacy protection. Some of the top recommended solutions includes:

• Norton Internet Security 2012
• ESET Smart Security 5
• Webroot SecureAnywhere Complete
• Kasperskey Internet Security 2012
• ZoneAlarm Extreme Security 2012

Attention Mac purists, Mac’s get viruses also. While in recent years there have been few viruses, Macintosh computers continue to increase their market share, and cybercriminals will start creating viruses. All the major anti-virus companies create Mac Antivirus software. They include Symantec, Kaspersky, & ESET. I protect my Mac computers with ESET Cybersecurity for Mac.

On February 16, 2012, Apple announced the Summer 2012 release of Mountain Lion, which will have stronger security through Gatekeeper. Gatekeeper will prevent you from unknowingly downloading and installing malicious software. For
more information, please visit the Apple website.

To be continued next month...

Josh Nieblas, IT Manager of Adventist Risk Management, Inc.

Carina Franca

Biography:

Related Images

Related Files

■ 2012-March-cybersecurity (276 KB)

Related Articles

MISSION TRIP SAFETY – Have you covered it all?
"Trevor! Get down off of the roof!!" Nothing wakes a mission trip chaperone more effectively from a deep sleep than those words, just after...

Meet The Team - Irma Johnson
As you walk the hallways at work and greet your co-workers you often have no idea how many wonderful people come across your way. By writing this colu...

Living Bodies, Living Foods
What started as a personal experiment, turned into a seven-year passion as I have journeyed the road of discovering raw foods and their benefits. In t...

The Good, the Bad and the Dirty of Community Gardening:
Gardening had been a keen interest of mine until I actually tried growing some patio tomatoes. I was given some five gallon buckets, purchased the won...

Tornado Safety
Introduction The recent storms that developed into over 80 tornados during the past few days have brought devastation across the Midwest and southern...

Comments

There are currently no comments, be the first to post one.

Post Comment

Name (required)

Email (required)

Website
Gardening had been a keen interest of mine until I actually tried growing some patio tomatoes. I was given some five gallon buckets, purchased the wonder working soil, tomato seeds and placed my new project in a sunny area on my then patio. I watered it often and tremendously enjoyed watching nature do its thing. Unfortunately, for me that is, I became too attached to my beautiful red tomatoes and at their ripest moment; (sigh) I could not consume them. Whew, praise God for the world's farmers or I would most likely starve. However, for those of you who do not have this affinity for making produce your pets, having a garden or participating in a community garden project could secure you a variety of rewards.

A community garden could most certainly be another tool for an evangelistic church group that would want to start such a project and better enhance their community outreach. There is a moderate amount of information you should know before getting started. Let's talk about the good, bad, and the dirty of community garden projects (Yes, pun intended).

It has been documented that community garden projects bring neighbors together and empower people to supplement their food supply by growing it themselves. Faith Blair, placement specialist for Adventist Risk Management participates in a community garden, which is close to her community.

"There is nothing bad about a community garden," said Blair. "Even with my early non-knowledge of weeding, the other gardeners generously helped me and it was also great exercise." Faith elaborated a good bit on how much the community benefits from the social interaction, the opportunities to enjoy nature, and how it even served as a tool to witness. This is perhaps the reason for the growth in such projects.

How to Start

The first item on your list will be obtaining a gardening site. The next few steps will include organization of the gardeners, procurement of materials, and the recruitment of volunteers. The most effective time of the year to begin gardening plans will be in the months of January, February, and March.

The American Community Garden Association has a website (www.communitygarden.org) with in-depth information on how to start a garden project, form a planning committee, choosing a site and how to manage your community gardens. All of these are essential elements to having a successful garden project.

Remember as part of your planning most projects begin with many eager participants, which dwindle with the changing climate and seasons. Decide if your project will be open to the public and how it will be managed. Most importantly, remember that your project can quickly go from good to bad if you have not established what is covered with insurance. You will need to decide which of the following insurance coverage should be used to protect from any unforeseen circumstances.

- General Liability Coverage
- Product Liability and Completed Operations (if selling produce directly to the public)
- Environmental Impairment Liability (lower risk for organic farming)
- Workers’ Compensation – locally hired managers

Practicing Good Risk Control

The Good, the Bad and the Dirty of Community Gardening: > Adventist Risk Management, Inc. http://www.adventistrisk.org/Prevention/SolutionsNewsletter/tabid/94/articleType/ArticleView/a...
Your local church board must vote this as an officially sponsored church event. Also inform your local conference of this project and forward the planning details to the appropriate officers.

Keep the following points in mind as you practice good risk management.

- Slips, trips, and falls can be a major concern. Remember to keep equipment stored when not in use and keep walkways clear of debris.

- Respiratory distress is possible if visitors or members come in contact with pesticides or fertilizers. Consider growing organic. If not, follow proper guidelines in the use and storage of these types of materials. Fertilizers and pesticides should be kept in locked buildings, not accessible to young children, and should only be applied by adults per manufacturer’s instructions. Where mixing is required, mix and use only as directed. Use all appropriate personal protective equipment (gloves, masks, goggles, etc.) required for the fertilizers or pesticides being applied.

- Remember when using pesticides, they can leave a residue on produce. There is also the risk of insect-infested produce and contamination from improper application of manure that is used as fertilizer. (Note: If you intend to sell produce directly to consumers at a farm stand, then this exposure will be higher and will require an additional premium.)

- Farm equipment and ponds pose an attractive nuisance. This exposure will be higher since many children will be present at such activities. Have guidelines for child supervision when on the premises. Follow state, provincial and local regulations pertaining to minors and jobs they may perform. While youth may not be working for pay, it is prudent to observe the same rules that apply to the employment of minors. Remove keys from farm equipment, if used and ensure it is not accessible to children.

- Environmental impairment can be caused by chemical runoff and could contaminate water supplies. Use of chemicals should always be approved by the Environmental Protection Agency (EPA). Chemicals could drift while being applied possibly causing damage to nearby gardens, trees, residents, pets, and livestock. (Note: If you operate an organic garden, then this exposure will be lower. However, the misapplication of manure as a fertilizer may still cause an environmental concern.)

- With the changing of seasons, gardeners should be given guidelines on how to deal with the exposure to hot and cold weather.

- Use good safety practices by securing equipment when no one will be on the site. Also, if monetary transactions are taking place, keep all money in a locked box and remove it from the site when you leave.

Remember being safe is a mindset and can be practiced anywhere. Your church participation in a community garden can be a source of celebration with a harvest not just of food but of souls. Wash all fruits and vegetables, set the table and enjoy.

By Monica Allen, Account Executive for Adventist Risk Management, Inc.

References:
http://www.acfb.org/projects/community_garden/

Carina Franca

Biography :

Related Images

Related Articles

Cybersecurity: Protecting You and Your Company-Part 1
Companies, governments, and individuals worldwide are targeted by cyber-criminals for activism, sabotage, intellectual theft, and financial gain. As c...

MISSION TRIP SAFETY – Have you covered it all?
"Trevor! Get down off of the roof!!" Nothing wakes a mission trip chaperone more effectively from a deep sleep than those words, just afte...

Meet The Team - Irma Johnson
As you walk the hallways at work and greet your co-workers you often have no idea how many wonderful people come across your
Living Bodies, Living Foods
What started as a personal experiment, turned into a seven-year passion as I have journeyed the road of discovering raw foods and their benefits. In t...

Tornado Safety
Introduction The recent storms that developed into over 80 tornados during the past few days have brought devastation across the Midwest and southern...

Comments
There are currently no comments, be the first to post one.

Post Comment
Name (required)

Email (required)

Website

Enter the code shown above:

Add Comment

Notify me of followup comments via e-mail

© 2012 Adventist Risk Management, Inc. All rights reserved. 12501 Old Columbia Pike. Silver Spring.
What started as a personal experiment, turned into a seven-year passion as I have journeyed the road of discovering raw foods and their benefits. In the spring of 2005, along with a group of my close friends, I embarked on a 21-day juicing and cleansing diet.

Each of us did this for different reasons. Some dreamed about getting into their swimsuit before a summer beach vacation. Others, feeling stressed and unable to cope with demands of everyday living, looked for the promised energy increase, improved sleep, clearer thinking, and better concentration. Yet others, dealing with a particular health challenge, hoped for a cure. Each of us had different reasons for staying on the program, and in some way we all benefited from the results.

During the cleansing and follow-up portion of the diet, only organic fruits and vegetables are used to get a maximum of nutrients. Plenty of pure, living spring water is also a must, to ensure removal of toxins and products of metabolic waste. (You can find a free spring water supply in your area, by going to www.findaspring.com)

I recall my friends who took part in that adventure proudly displaying their thinner bodies, glowing skin, feeling healthier, energetic, and with more positive attitude.

Although many of us found it hard to stay on the program the entire 21 days, the diet enabled us to change our eating habits. Some of us never went back to the way we ate before. Some included more fruits and vegetables in their diet. Others may have fallen off the wagon, but have never forgotten how to go back and reclaim the feeling of well-being.

During this process I felt compelled to find out more about superfoods (goji berries, noni fruit, mangosteen, maca root, cacao beans, sea vegetables, marine phytoplankton, coconut oil, spirulina) and superherbs such as holy basil, turmeric extract, mucuna, rosehips, horsetail, stinging nettles, gingko biloba. I wanted to share with others how to strengthen and beautify their bodies.

In the winter of 2009, I enrolled in the David “Avocado” Wolfe’s Ultimate Raw Nutrition Certification program, offered by the BodyMind Institute in Alberta, Canada. In December of 2011 I completed the curriculum. I have learned how to live naturally, sustainably and successfully in this world.

The Greek philosopher, Hippocrates, who is also referred to as the father of medicine, famously said, “Let food be thy medicine, and medicine be thy food.” A doctor-recommended five daily servings of fruits and vegetables might be hard to eat, but throwing it all in a blender, and drinking a nutritious green smoothie makes a much easier routine to follow.

In my quest for staying healthy, I continue to be curious about how I can best nourish my body. Everyone knows the
saying, “You are what you eat.” But how many of us take it seriously and make food choices that can affect us on the physical, emotional, and spiritual level? In all aspects of life – our work, exercise program, or nutrition – the little things add up. Health benefits are not achieved by something that is only done now and then. Consistency in healthy eating, exercise, and other choices is what makes the difference.

An excellent customer service rule is based on three “C’s” – Consistency Creates Credibility. How about applying this golden rule to your living body? It will also lift your spirit up!

NOTE: Be sure to consult your physician before making any changes to your regular diet or health care program.

Grazyna Dabrowska, Client Care Services at Adventist Risk Management, Inc.

Carina Franca

Biography:

Related Images

Related Articles

Cybersecurity: Protecting You and Your Company-Part 1
Companies, governments, and individuals worldwide are targeted by cyber-criminals for activism, sabotage, intellectual theft, and financial gain. As c...

MISSION TRIP SAFETY – Have you covered it all?
“Trevor! Get down off of the roof!!” Nothing wakes a mission trip chaperone more effectively from a deep sleep than those words, just af...

Meet The Team - Irma Johnson
As you walk the hallways at work and greet your co-workers you often have no idea how many wonderful people come across your way. By writing this colu...

The Good, the Bad and the Dirty of Community Gardening:
Gardening had been a keen interest of mine until I actually tried growing some patio tomatoes. I was given some five gallon buckets, purchased the won...

Tornado Safety
Introduction The recent storms that developed into over 80 tornados during the past few days have brought devastation across the Midwest and southern...

Comments

There are currently no comments, be the first to post one.

Post Comment

Name (required)

Email (required)

Website

Enter the code shown above:
As you walk the hallways at work and greet your co-workers you often have no idea how many wonderful people come across your way. By writing this column I am getting to know each one of them and finding it very enjoyable.

Irma Johnson is a lead senior claims examiner and has been working at Adventist Risk Management (ARM) for the past 26 years. Although Irma has a very tough job, she handles it with care. Irma is a very positive person who looks for the best in people, even when they appear to be difficult. She believes everyone brings value to the world and society, because of that they should be affirmed.

Irma’s job in detail is the handling of death claims worldwide, accident-medical, and other duties related to that. The very things that make her job tough are also what bring her joy. “It is very rewarding helping hurting people recover financially from the economic loss they have suffered, especially after death of a wage earner, or spouse,” shared Irma. “Being able to offer sympathy and Christian care and concern for the bereaved families and then receiving letters of appreciation from the beneficiaries brings great job satisfaction.”

Irma is a two-time ARM Employee of the Year (2002 and 2010) awardee. She is also an author. In 2004, Irma was given a very strong impression through her favorite person, “The Lord,” to write the poems of “I believe…Poems of Faith for Children.” Irma believes this book is another tool for parents to be able to teach the beautiful Bible doctrines they teach their children in a simple enjoyable way that will help them fall in love with Jesus.

Irma’s life has not been without its share of sadness. In 2005 she lost her younger daughter Lena. “When it seems as though it is more than I can bear, I always have to remind myself that Jesus has borne my grief and carries my sorrow, and I do not grieve alone,” said Irma. “That event took the wind out of my sails so to speak. It is not all back yet.”

After her work at the office is done, Irma says the best places to be are at home or anywhere with her grandchildren. As a good grandma Irma likes to cook, read, knit, and crochet. Her genealogic tree is full of twin genes. Irma’s mother had twin girls; Irma had twins and her twin son has twins as well!

As a Seventh-day Adventist and faithful Christian, Irma has a desire to see change in this world by helping others to recognize the benefits of the Sabbath and to take time to enjoy the beauties of nature, music, family, and friends.

Carina Franca

Biography:
Cybersecurity: Protecting You and Your Company—Part 1
Companies, governments, and individuals worldwide are targeted by cyber-criminals for activism, sabotage, intellectual theft, and financial gain. As c...

MISSION TRIP SAFETY—Have you covered it all?
"Trevor! Get down off of the roof!!" Nothing wakes a mission trip chaperone more effectively from a deep sleep than those words, just afte...

Living Bodies, Living Foods
What started as a personal experiment, turned into a seven-year passion as I have journeyed the road of discovering raw foods and their benefits. In t...

The Good, the Bad and the Dirty of Community Gardening:
Gardening had been a keen interest of mine until I actually tried growing some patio tomatoes. I was given some five gallon buckets, purchased the won...

Tornado Safety
Introduction The recent storms that developed into over 80 tornados during the past few days have brought devastation across the Midwest and southern...

Comments
There are currently no comments, be the first to post one.

Post Comment
Name (required)

Email (required)

Website

Enter the code shown above:

Add Comment

Notify me of followup comments via e-mail