

Tuesday, September 30, 2008

## **Fall is on it's way**

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 22:27

### **Weight Loss Tips that Work**

1. When you get the munches at night when you really should be in bed, don't give into the hunger, go to sleep and get extra beauty sleep instead of extra calories.
2. Place a pedometer to your waist and calculate how many steps you take daily. Try to beat your total from the previous day.
3. To add to your exercise routine purchase or rent a DVD on a quick 30 minute work out routine.
4. If you feel you must have a cheat food, get something small like an ice cream bar or a container of bon bons and only eat half. Another great cheap is to keep a chocolate bar in your freezer and eat a little piece to let it melt in your mouth slowly.
5. If you add humus to your eating as far as snacks it is filling and is low in fat. If you get the hummus with garlic added it can give your snack a little kick.
6. Drink a glass of water before every meal. It will help you fill fuller and keep you within your calorie eating intentions without going over board.
7. Think about why you are loosing the weight instead of dwelling the weight alone. It will help keep you positive during your weight loss.
8. Keep a food journal and how many calories you ate during the day. It will help you see exactly what goes in your mouth.
9. Start your exercise routine with a friend or your spouse. Kids love to do activities so have your son ride his bike along side you when you go walking.
10. Don't stress if you gain a pound in one day. It could be from a many number of things. One or two pound gains are normal during a weight loss program. If you have lost more than 10 lbs or gained more than 10 lbs in a day, see your doctor, there could be something else going on.

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 12:15

Sunday, September 28, 2008

## **Our Wonderful Garden This Year**

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 23:44

## **Vacation in a Better Way**

There is a way to help you vacation better. Just a bit of research can help you plan and enjoy a great trip to anywhere.

- **Research your Location:** Spend some time searching the Web for some deals and some details before you and your family takes off.
- **Take Time to Learn:** Mainly learn about the attractions and/or rides that the place offers, there may be many more attractions that your family would love to visit while there.
- **Make a Plan:** Pick the rides and attractions you want to visit. Be sure and print a park or attraction map before going as well. Make many copies and make sure everyone has a copy. Mark meeting places on each map as well.
- **Keep them Safe:** Write cell numbers on your children's arms so that if they get lost during the vacation, authorities can easily contact them. If this doesn't work for you then have business cards made up with your name, your children's name and address and phone number and place them in the children's pockets.
- **Be Prepared:** Carry fanny packs with water, snacks, and a bit of spending money, and possibly a disposable camera. Some fanny packs allow run for first aid kits and be sure to bring along sun screen as well and instant hand sanitizer (you will need this item for sure.)
- **Set the Time:** Eat before you head to the park or destination and set times to meet up and where to meet up for lunch and possibly a snack. Try to rotate your eating times before or after 11 a.m. and 2 p.m. Eat dinner outside the attraction.

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 23:10

**Blog Export: «TU», <http://thoughtsunveiled.com/serendipity/>**

Saturday, September 27, 2008

## **Downtown PDX**

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 14:20

Thursday, September 25, 2008

## **20 Ways to Feel More Active and Alive**

1. Start a regular breathing practice and routine.
2. Express gratitude before and after every meal.
3. Ride a bicycle at least once a week instead of taking your car.
4. Begin your mornings with a healthy stretch.
5. Get massaged on a regular basis, even if it's from a spouse or friend.
6. Smile at everyone. Even strangers.
7. Plant some form of a garden, even if it is in your kitchen window.
8. Take some sort of class.
9. Write letter more often, or just send out postcards.
10. Move your practices outside.
11. Enjoy 15 minutes of a siesta every afternoon with your family or a loved one.
12. Massage your feet with oil once every other day, or every day.
13. Discover your own dosha by visiting an Ayurvedic doctor or holistic doctor.
14. Smile at yourself in the mirror.
15. Make dinner for someone else one night, start with your neighbors.
16. Take a break from the news for a week. See how much better your days are.
17. Visit an elderly friend or family member.
18. Go back to a hobby you loved doing, make it your favorite again.
19. Sit in nature for an afternoon; try to find a shady spot under a tree.
20. Tell everyone you consider "family" that you love them.

Posted by Shelly Hardage-Wilkerson in ~Natural Thoughts~ at 15:47

## **Bike Windmill**

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 15:45

Wednesday, September 24, 2008

### **A List of Some of the Best Children's Books**

1. No Flying in the House by: Betty Brock (Ages: 6 to 10)
2. My Father's Dragon by: Ruth Stiles Gannet (Ages: 6 to 8 )
3. A Barrel of Laughs, a Vale of Tears by: Jules Feiffer (Ages: 8 and up)
4. Night/Day by: Herve Tullet (Ages: 0 to 2)
5. Mouse Paint by: Ellen Stoll Walsh (Ages 2 to 4 )
6. Jenny's Birthday Book by: Esther Averill (Ages: 2 to 4)
7. Crictor by: Tomi Ungerer (Ages: 4 to 6 )
8. Ira Sleeps Over by: Bernard Waber (Ages: 4 to 6 )
9. The Scrambled States of America by: Laurie Keller (Ages: 4 to 6 )
10. Miss Esta Maude's Secret by: W.T. Cummings (this book is no longer in print, but check your local library for copies to be taken out on lend) (Ages: 4 to 6 )
11. Animus by: Seonna Hong (Ages: 6 to 8 )

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 13:23

Tuesday, September 23. 2008

## **The Burning Bush**

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 21:33

## **The Crouton Dilemma**

How do you eat croutons?

Seriously! I can never figure it out.

Yes, I like them on my salad, but how do you eat them?

Do you stab them with your fork?

Do you scoop them up with your fork?

How about with a spoon.....

....would you could you with a spoon?

Croutons, croutons, here they are, eat them, eat them.....Okay, no Dr. Seuss.

I normally have about 8 to 10 left in my bowl after the salad is gone. The only way I figure you can eat them is to either stab them with your bite of salad leaves and hope they don't break in a million pieces, or leave them in the bowl and let the dressing make them all soggy. But, then they just aren't as yummy and crunchy.

Are they?

What do you think?

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 21:15

## **Beating the Blues**

### • Symptoms of SAD:

- Increase in sleep or getting tired during the day.
- Low energy, irritability, fatigue.
- decreased sex drive.
- Difficulty thinking clearly.
- Concentration declines.
- Craving sweets, carbohydrates and even mild to high weight gain.

### • Tips to help lift your SAD symptoms or mild blues:

- Let some light in your home or office. Open the blinds or the curtains and let the light shine.
- Natural light is the best, even if there is cloud over, so spend as much time outdoors as you can.
- Exercise at least 30 minutes a day, even if it is a walk around the block.
- Surround yourself with bright colors. Like clothing, wallpaper, paint, or even paints.
- Choose a better choice in foods. And take a multivitamin daily.
- Take up yoga, it will help to calm your mind and settle you. It will also help produce energy and strengthen your

muscles.

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 14:04

**Blog Export: αTUα, <http://thoughtsunveiled.com/serendipity/>**

Monday, September 22, 2008

**This looks to be an Amazing Story**

Posted by Shelly Hardage-Wilkerson in ~Videos~ at 12:16

Friday, September 19, 2008

### **The Fish Massage**

Ever heard of this? Neither had I, so I decided to do some research on it. Come to find out, people actually pay for this and it works.

Tiny little carp and sometimes a bit larger carp (garra rufa but typically known as doctor fish), chomp away at your dead skin on your feet and clean your feet the natural way. They were first used in Turkey then moved to the Asian countries and now have become popular in the U.S. The treatment can cost anywhere from \$35 to \$50 depending on how long you leave your feet in the water. After the soaking you get a standard pedicure, and the fish seem to help loosen the skin for the pedicurist.

The health department regulates the spas in which carry these Dr. fish and require that the shallow pool water be changed for every customer that sticks their feet in to be munched on.

It is said to help and relieve the symptoms of psoriasis and could eventually help with other skin conditions as well in the future after the Dr. Fish have been around and studied more.

The fish habitat in which these carp survive is warm waters and these temperatures leave no room for other plant life and therefore the fish had to find other means of gathering food so they had to depend on whatever was available. Be it dead skin.

Here are a few You Tube videos of people having this procedure done to them.

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 12:42

Wednesday, September 17, 2008

### **The Blog Show on Martha Stewart**

Today as I was watching Martha Stewart I decided to join in with many of the audience and blog while the show was going on.

Martha went into detail about how blogs work and what to do with a blog, as well as ways to get started with a blog.

I haven't really watched a lot of Martha lately, due to the fact of blogging with Thoughts Unveiled (TU) has picked up drastically and blogging with 451 Press on a daily basis. I feel like since I graduated from college, all I have done is work. I get about 15-20 emails a day on topics to cover on TU as well as topics and other bloggers wanting to be added to my blogroll.

One of the many tips that were spoken of on the show was networking. Perez Hilton spoke of three tips for bloggers and the main one that stuck out to me was the networking tip alone. It is a true and very profitable way to market your blog for sure. It has worked wonders me. (Read the rest of the blogging tips here.)

I love what I do and I am very passionate about what I write about. It is the perfect fit for me and my lifestyle. It is a full time job. And working 12 plus hours a day is nothing anymore. I think the best part about blogging on certain topics and even certain companies is the perks. Free CDs, tickets, food, and even books at times. The better your blog is, the better the perks.

If you would like to get into blogging or want to learn more on better blogging, check out of few of these links below.

- [Serendipity \(TU rolls with Serendipity\)](#)
- [Wordpress](#)
- [Blogger](#)
- [Martha Stewart's Blogging Show](#)

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 11:02

Tuesday, September 16. 2008

### **Thoughts Unveiled is Having a Contest**

Hi readers. Thoughts Unveiled is running an "affiliate contest" entitled "THE FIRST OF MANY MONTHS DRAWINGS" and here is the rules and the prizes:

For every reader who signs up for the Ideal Bite affiliate program email newsletter, their name will be entered into a drawing to win this book:

Ideal Bite is an environmentally-friendly company that delivers the best and most up-to date information on what affects us at a global level. They also provide tips on what you can do to make a difference right now. Their emails are packed full of valuable information as well as tips on everyday changes within your own life. You can sign up for any type of email you wish to be delivered and that's all you have to do in order to have your named entered in to win Organic Housekeeping by: Ellen Sandbeck.

Organic Housekeeping is a hard cover book that touches on ways to keep things clean within your own home by using nontoxic choices instead of the conventional methods. It will show you ways on how to improve your health and your family's health as well. It will show you how to save time and money and keep you living a healthier lifestyle overall with tips and helpful advice.

So enter today. The drawing of the winning name will be held on the first weekend in October, so hurry. Once you have signed up at Ideal Bite, be sure and shoot me an email to let me know you are registered. Failing to do so, will cause your name not to be entered in the drawing. You can find Ideal Bite on the right-hand side bar of this main page, the bottom of this entry or by clicking here.

Hope you all sign up and good luck.

Posted by Shelly Hardage-Wilkerson in ~Contest~ at 11:08

Monday, September 15, 2008

## **Care to Play some Quidditch?**

The game of Quidditch was made popular from the movie Harry Potter and the Sorcerer's Stone, where Harry was ultimately the winner, but did you know you can even play this magical game of Quidditch in your own back yard or local park with several players. And yes, it is quite fun. Here's how it's played.

### • Materials needed for the game:

- Soccer ball (made of foam or slightly deflated): **QUAFFLE**
- 4- solid color soccer balls (made of foam or slightly deflated): **BLUDGERS**
- 1 small bouncy ball: **SNITCH**
- 6 hula hoops (hang these hoops about 6 feet off the ground): **GOALS**
- Medium-sized brooms: **MUST BE BETWEEN A CHASER'S LEGS DURING ENTIRE PLAY TIME**
- Equal amounts of the same colored shirts for each team: **TEAM COLORS**
- Trashcan or chair: **TIME OUT POINT**

### • How to play: First the rules: Begin playing with about 8-10 players per side and each player is assigned a position of either of the following:

1. **THE CHASER:** three to four per team on each side. These are offensive players sort of like the forwards in a soccer game. These players attempt to throw the quaffle into one of the goals (the hula hoops).
2. **THE BEATER OR TAGGER:** There is usually three to four per team side and they use the bludger to tag the chaser and the seeker. The beaters are always defensive players sort of like the fullback in a soccer game.
3. **THE SEEKER:** One person per team and they try to catch the snitch a they will score 150 points per times they catch the snitch.
4. **THE KEEPER:** This the goalie or goal guarder. They pretty much block any attempts to score. Each team should have one each.
5. **REFEREE:** Always need a ref no matter what game is played. Just in case. If playing with children, make this an adult.
6. **THE SNITCH:** This player will have on a bright gold or yellow colored shirt or clothing and will be holding the super bouncy ball during the time they are entered into the game play area.

The game should begin with a chaser from each team standing in the center of the play area with the other teammates all around them. Every chaser, beater, seeker and keeper will have a broom between their legs, as if they were flying on it. The beaters will stand back as they are protecting their goals. The quaffle is tossed into the air by the referee. The chaser then begin to attempt to tip the ball to another chaser on their own team. The seeker and the beaters do not touch the ball at this point.

Once a chaser catches the ball, they will run toward the goals, trying to throw the ball through the hoops and if the chaser successfully throws the quaffle through one of the opposing teams hoops the chaser scores 10 points for the team. All of this is trying to happen while beaters are throwing bludgers at them to try to stop them from scoring.

If the chaser is tagged, they must stop where they are, drop the quaffle in place and run to where the trashcan is at the fair end of the play area. This process simulates the time it would take to get back up on your broom and fly back into the game play area. Once a goal is made the players return to the play area for another tip-off by the referee.

During the playing time the referee will release the snitch, thus the seekers come into play to attempt to capture the snitch and score for their team. If the super bouncy ball is dropped during the time the snitch in the game play area and picked up by a seeker, this does not count as a score. The snitch must be holding the ball in order for the score to happen. If the ball is dropped the snitch leaves the game to be release into the playing area later in the game.

## Blog Export: «TU» <http://thoughtsunveiled.com/serendipity/>

Once the snitch is capture the game comes to an end and the points are tallied along with the 150 points to the team whose seeker captured the snitch.

Need more ideas on how to play? Check out this You Tube video of the college students at Vassar, Middlebury Panthers, and Princeton Tigers playing a Muggle version of quidditch. (Wonder how J.K. Rowling feels about her make-believe game coming to life with thousands of people world-wide?)

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 15:52

Sunday, September 14, 2008

### **Enjoying National Night Out at Ralston Park**

Every year, nation-wide, neighborhoods get together and help spread awareness about drug and crime prevention and bring communities together at one time. This was the 25th annual National Night Out (NNO). Jeff and I both received awards. Jeff's was the "McGruff Award" for being McGruff the Crime Dog and mine was the "Award of Excellence" for all I have done for the Lebanon Police Department throughout the year. We, as a family, worked the "bicycle registration" booth and helped children register their bikes with the police department.

A visit from the Reach helicopter.

Skylar with paramedic/fire fighter Brookfield inside the ambulance.

Jeff receiving his award. (he is in the orange shirt)

Receiving my award. (I am in the red shirt)

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 22:30

Thursday, September 11, 2008

### **It's 9/11.....Do you know where your U.S. Flag is?**

I do....It's where it should be on this day.

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 10:14

### **Create your own Outdoor Room in just a Weekend**

Here's how:

- Remove a section of your lawn where you want the room to be, cover the exposed dirt with a fabric-type weed barrier. You can pick these up at just about any home center, garden center or even a hardware store. Place a chair or bench in the area to see if it feels big enough or cozy enough. If not then make it the size you are wanting in order for you to enjoy the space better.
- Spread a layer of pea-stone over the dirt section that has been covered with fabric. Make sure you apply edging so the pea stone will stay within the area you want it to stay. You don't want pea stone all over the place. You can even take out the dirt layer from a door to your home and lead it out to the room for more added appeal. Later on your can replace that pea stone with tiles or large stones to help add value and appeal to your home.
- Place some outdoor furniture in the area in sort of a conversation circle per say. You may want to add some appeal to the area with some plantings, or potted flowers and shrubs. Go with annuals in some terra cotta pots and perennials within the ground surrounding the room area. If you plant certain trees, that are not large, you can have shade in the summer and semi shade in the winter. Add a fire pit to the center so you can enjoy your outdoor room year around.

Posted by Shelly Hardage-Wilkerson in ~Natural Thoughts~ at 08:59

Wednesday, September 10, 2008

## **Reconnect with your Inner Happiness and Create a Life you Simply Love**

Feeling a bit lost at times? Those are the times most that we need to reconnect with ourselves and remember who we really are. With that reconnection come happiness and the enjoyment of our own lives. Here are five ways to help you get there.

#1: Get Amped about Your Future: Life in the worked demands a certain amount of decision making and planning. What's your vision of where you want to go and how you will get there? When you take a proactive approach, your goals are more likely to become reality. Knowing what you want is, of course, the very first step. A life coast may help. They can help you write your goals so you can achieve them one by one. Find a life coast near you by visiting [Find Your Coach](#).

#2: Get to know Your Spiritual Self: Reconnecting with your inner self can open the doors to an all new and excitable path. Getting away from routine environments makes it easier to drop into self awareness and stillness within and gives you the chance to examine the undercurrents of your life. Once you do this you can plug into a connection with the Devine nature within you. Check for retreat centers in your own area by visiting [Retreat Finder](#) and sign up for one or two throughout the year.

#3: Letting go of Things in the Past: Once you let go of thoughts that aren't truly serving you will feel lighter and more creative. It is as if you have more space inside for noticing what makes you truly happy. Take out a journal, and commit to a designated time frame each day to write down what makes you happy the past hours of the day. If you don't write, draw the happiness out in picture form. If you don't focus on your past relationships and what you could have done at the end of the day and focus on what truly it was that made you happy, your next day will be better and more productive. Your mind will have clarity and give you that mental impowerment we all seek daily.

#4: Serve More than just Yourself: Focusing on other people enables you to be engaged with out having to figure out what's in it for your. And seva (selfless service) can be very empowering if you use it the right way. Showing you that your actions really do make a different in the world. You can take up tutoring children after school or volunteer at the local hospital. Log onto [Volunteer Match](#) and find something that's appealing to you.

#5: Take Time to Honor Your True Self: Awareness within the mind, but you can also find awareness within your physical self as well. The way your move externally and then process these things internally. A Detox Diet is the best way to help your body work as one. Try [The New Detox Diet](#) or the [Master Cleanse](#) to help get your started in the right direction. These detox plans help your mind and your physical body work as one and focus on what is necessary.

Posted by Shelly Hardage-Wilkerson in [~Random Thoughts~](#) at 13:04

## **Pollen, Pollen Everywhere**

Even though we are in the last leg of the summer, there are still allergens floating about. Pollen levels rise more during the spring, but you can always be exposed to allergens no matter what time of year. You can't completely avoid them but you can reduce your exposure to the allergens by taking small steps everyday. Here's how:

1. Keep pollen and allergens out of your home, especially in your bedroom or the rooms where you sleep) by closing all windows, taking off your shoes within your house at the door, and changing your clothes and washing your hair after a day outside.
2. Keep your eye on the pollen and allergen count and try to spend your time indoors when it is said to be at high levels. The local newspaper usually has allergen and pollen information. If you can't locate the count in your own area log onto [The American Academy of Allergy, Asthmas & Immunology](#).
3. Wear sunglass to help keep the pollen and allergens from getting on your eyelids and even your lashes and this will help prevent them from irritating your eyes.
4. Take a mid-allergy-season vacation if you must. Somewhere by the ocean is best, this is typically where pollen and

allergen levels are lower than most other places

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 06:52

Tuesday, September 9, 2008

## **Bee Hives**

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 11:22

Saturday, September 6, 2008

### **Happy 31st Birthday to Me**

Well another year for me. I celebrated my 31st on Thursday, Aug. 28th. I took the day off from work and went out to eat with the family that evening, to a very quant Mexican restaurant called Pueblo Viejo. It is new here in this town I live in currently. I also received some gifts of items I have been wanting, and enjoyed the day very much. Thank you to everyone back home that sent me cards and called. It added to the joy of the day.

Posted by Shelly Hardage-Wilkerson in ~Birthdays~ at 11:47

**Blog Export: αTUα, <http://thoughtsunveiled.com/serendipity/>**

Tuesday, September 2, 2008

**Pathway**

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 11:47