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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A Rocker For All Ages**

**By Arleen M. Kaptur**

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Rocking chairs have survived the test of many generations and a million sleepless nights. They come in fine wood, soft supple upholstery and even woven and painted.

Yes, they all, each and every one of them, find a way into someone's memory, a pleasant moment of the past, and a safe refuge for the future.

Rocking chairs have rocked new moms with day-old babies, healed broken hearts and wounded pride, and then eased the pains of getting old.

Whether you place a rocking chair on the back porch, front porch, near a fireplace, or really anywhere in your home, it will inevitably find its way into the hearts of everyone who lives there. It will become the place where a day's frustrations are soothed, plans are made and goals dreamed about. Aw, and the stories that have been related by someone as they gently rock to the rhythm of peace and tranquility. A person just cannot stay angry and uptight while they rock – its probably some great scientific principle, but tensions are dissipated and anger is subsided. You may start out vigorously rocking, but soon the proper motion is attained to bring spirits back and bring life to the right mode – relaxed and peaceful.

Walls of resistance don't stand a chance when the matter is discussed while rocking and possible arguments lose their sting. You see, rockers are not made for just men or just women, they are for anyone who wants to take a respite from daily turmoils and leisurely return to a better frame of mind. A person's religious or political affiliations can be discussed but never argues, and while you may or may not see the other person's point of view, while rocking, they are entitled to their thoughts.

These fine pieces of furniture never really die. They will just nestle themselves into future generations and rock sleepy babies, feverish children, exuberant teen-agers and wise parents and grandparents. The very wrinkles of a very bad day are always neatly ironed and laid to rest for a while, while rocking. Smiles come easily and even laughter finds its way to the surface. Conversations can utilize words or not, depending on the rocker's mood. Sometimes just a nod of the head will suffice.

## A Rocker For All Ages

History knows the wisdom of a rocking chair, and the arms of each chair have been caressed and held onto for dear life. Destiny waits in the wings for the right opportunity to make use of the splendid things that happen when someone rocks in a rocking chair. The world would probably be a better place for everyone if only our world leaders could discuss matters while rocking and fine relationships might develop and be perpetuated with a handshake and a nod –while rocking. Oh, if you are lucky enough to have one with a gentle "squeak" – it's just a wonderful "extra."

ENJOY!

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Arleen has written numerous books, articles, and cookbooks. Her newsletters:  
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### **Choosing The Best Hockey Pads And Other Equipment Like Skates**

**By Keith Kingston**

Skates, along with your helmet and pads are probably the most important part of your hockey gear. When choosing the best hockey skates, like choosing the best hockey pads, you should take into account all of the different brands and find a size and style that fits you best. Don't simply buy the first pair of skates you see, but rather shop around and try a few different options to find the ultimate fit.

When trying on a pair of skates you should have your heel tucked back into the heel cup, and there should be no more than about a quarter inch or so in the toe. If your ankles are weak, make sure to ask for a skate with good ankle support. When it comes to skates you will also want to ensure that you have blades with through-hardened steel with a flat rocker. A flatter rocker curve will improve your stability.

Now on to the pads... Ideally you want pants that are long enough to reach past the top of your shin pads. If your pants are too short, they'll leave a small area unprotected which is a prime target for being slashed. Your pads can only do so much. Make sure the hard caps in your shoulder pads, elbow pads and shins are intact and in good condition. If you need to, replace your pads on a regular basis. Having old worn pads might be comfortable but it might not give you the protection you need.

When it comes to your mask, you should spare no expense. While the budget option might be cheap, you need to make sure that the outer part of the mask is composed of a strong space-polymer material, and the inside of the mask contains foam. This design should be able to resist impacts while absorbing the shock at the same time. Some cheaper masks cannot offer this, so you do need to be careful. If in doubt, ask your sports supplier, for brands they recommend.

The things you don't want to scrimp on are your skates, your pads and your helmet. Ensure that your helmet has been approved by a regulatory commission for your own safety. Pads are pretty much standard in most leagues now and flat lined curved skates are recommended for recreational and new players. Above all, you need to remember, to have fun!

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equipment

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