

This Free E-Book is brought to you by Natural-Aging.com.

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

All The Stars In The Sky

By Valerie Zilinsky

All The Stars In The Sky by Valerie Zilinsky

From the time my daughter started talking, stars have always played a special part in our life. She asked me an impossible question... "Mom, how much do you love me?" I searched for an answer...How can a parent possibly put those feelings into words?

We were outside, and looking up at the sky while trying to think of the right way to answer, I found myself staring at a brilliantly starry night. And my answer came to me... "Sweetie, I love you more than all the stars in the sky!" She quickly gazed up at the beautiful glitter above, and I could see immediately how satisfied she was with my answer.

In recent years, we have repeated this conversation many times – whenever the night sky cooperates, and even on cloudy days if she seems to need a reminder. She also has started to respond with her own ideas... she told me recently that she loves me more than all the trees in the world, and also the water in the ocean.

In today's world, parents are rushing through each and every day, driving back and forth, going to work, going to school, attending sporting events, going on errands, cleaning the house, and an ongoing list of other activities that keep us busy. We tell ourselves that we are doing most of it for our families, for our children. But what they need most of all from us is to know that we care, to be reminded. Take the time to do that – right now!

Some ideas to help you get started right away:

- Print out certificates and awards to personalize and give to your daughter, such as the ones available here: <http://www.raisingadaughter.com/free/>
- Put "love notes" in your child's lunch box
- Send your child an email love-note
- Make a "date" just for the two of you each week, and spend that time focusing on only your child.
- Give your child a homemade coupon for ice-cream and a movie at home just for the two of you.
- Make your child's favorite meal or dessert.
- Send your child a letter in the mail.

All The Stars In The Sky

– Frame your child's artwork and hang it for a week where everyone can see it.

And some great sources for other ideas & inspiration:

– Ten Ways To Show Love For Your Child This Valentine's Day

<http://www.aap.org/advocacy/archives/febval.htm>

– Ten Ways To Show Your Love For Your Kids Today

http://wv.essortment.com/loveforkidsch_pza.htm

– Book: "2002 Ways To Show Your Kids You Love Them" (ISBN:0740704842)

– Book: "Little Ways To Say I Love You" (ISBN:0312072376)

– Say I Love You To Your Child

<http://www.mochasofa.ca/family/program/howto/02160103.asp>

– Little Love Letters

<http://www.littleloveletters.com/>

Get creative or keep it simple – it's really up to you. Just be sure that you take the time out of each and every day to remind your children how much they mean to you. They could never hear it too much!

As you are going about the hustle of your everyday life, just remember this saying...

"A hundred years from now

...it will not matter what my bank account was,

the sort of house I lived in, or the kind of car I drove

but the world may be different because I was important

in the life of a CHILD..."

Valerie Zilinsky is a married mother of two young children, and 'WebMom' of

<http://www.RaisingOurKids.com>

Time travel: sci-fi?

By Khalil A. Cassimally

Time travel: sci-fi? by Khalil A. Cassimally

When you look at the clear night sky, you see stars—those tiny diamonds suspended in the vast pitch-black emptiness. But stars shine because...? Our own sun, which is a star, emits light. Stars are like giant bulbs but are much more powerful.

Light travels at a speed of 3.0×10^8 m/s in vacuum and space is mostly vacuum. In other words light can cover a mighty distance of 300 000 000m in only 1 second!

The thing is that 300 000 000m is a just one of those small amounts in space. Other stars are billions of kilometres—let alone metres—away. Astronomers in fact use light year as the unit for distance. One light year is the distance travelled by light (in vacuum) during one year. Therefore one light year equals

All The Stars In The Sky

(300 000 000*3600*24*365)m.

A single light year is definitely huge: 9.46 trillion kilometres—no need to put this in digit form—in fact. But where exactly do I want to converge? A star that you see in the night sky is not one but many light years away. This means that it is very far away. But most importantly, it means that light from this particular star takes many years—and not mere seconds—to reach your eyes! So what?

When you watch a star, you are actually only seeing the light it emitted years ago. At present, the star may be somewhere else in the night sky. (Stars do move in space). It might have deflected a little to the east or north or north–northeast. The star is still emitting light though. This light will however be seen in the following decades or even centuries; or simply next year.

When you watch stars at night, you are actually looking in the past. So who or what is time travelling? The star? You? Or light? The further something is from you, the further in the past you are penetrating into.

Maybe then, someday, the newest technologies will be able to observe these seconds after the Big Bang—if it ever occurred in the first place.

Khalil A.Cassimally is the editor in chief of Astronomy Journal and Astronomy Journal Ezine. He is also the co–founder of the RCPL Astronomy Club.He is currently Senior Columnist at BackWash.com and Columnist for bbc.co.uk h2g2 The Post where he writes 'Not Scientific Science' column.



This Free E–Book has been brought to you by Natural–Aging.com.

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