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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!**

**Give Yourself Permission**

**By Dave Balch**

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It is September 14, 2001 and I am sitting here trying to think of something to share; frankly, I can't. I'm still in shock over the events of the last few days so I'm going to offer this:

I have always maintained that TV is the archenemy of the home-based business owner because it's so easy to get sucked-in and completely distracted. I've tried to work while the TV is on, but I'm only at 50% capacity at best. I suppose that's better than sitting on the couch with a bowl of popcorn, but I prefer operating at a higher level than that.

The solution I have always recommended is to never turn on a TV in the first place. It's amazing how easy it is to avoid plot lines when you don't know what they are! That said, when there is a major news event I find myself in terrible conflict; should I keep my nose to the grindstone or just 'give-in' to the temptation to keep up with what's going on? I have found myself in this predicament during major events such as the Columbine shootings, the Northridge earthquake, the Gulf War, and the Challenger space shuttle disaster.

When something happens that is so devastating, so traumatic, so incomprehensible as the terrorist attacks on the World Trade Center and the Pentagon, I am not doing myself a favor by 'resisting'. I NEED to keep up with the details. I NEED to know what's happening. I NEED to feel involved in some fashion, even if only vicariously. So I gave myself

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permission, and just left the TV on. I didn't even pretend that I was trying to get anything done; I just stayed glued to the tube to stay informed. Occasionally I had to remind myself to breathe.

I didn't get much done, but it doesn't matter; I did what was most important at the time. After all, my country was under attack. Members of my American "family" were lost. Others were heroes. The coverage of the events and all of the incredible ramifications was nothing short of amazing. It was a monumental moment of history, and I know I did the right thing. If I had been in New York, I would have been

out of the house (or apartment) doing SOMETHING to help SOMEBODY who was more directly affected than I.

In reading what I just wrote, it sounds like I feel guilty doesn't it? Well, I do a little because I, like most entrepreneurs, have a strong work ethic. On the other hand, we also need to strike a balance between our work and other priorities.

I'm in great pain because of what I saw and heard, but in retrospect I really had no choice. It was simply not possible for me to ignore what was happening so that I could "get some work done".

If it's a really important distraction, give yourself permission. After all, some things are just more important than a few hours of work.

"Make More Money and Have More Fun" with your smallbusiness! Dave will show you how with his FREE newsletter, or his FREE 'Min-E-Seminar': "Secrets of an Actual \$5Million Home Business." Visit <http://www.TheStayAtHomeCEO.com/art.htm> to sign-up, for information on speaking services, or for copies of past articles and newsletters. Comments and/or questions are always welcome at 1-800-366-2347 or [Dave@DaveBalch.com](mailto:Dave@DaveBalch.com).

### **KIDS BEWARE ON THE INTERNET**

**By ilaxi**

### **KIDS BEWARE ON THE INTERNET by ilaxi**

There are a lot of fun and educational things for children to do on the Internet. There are also a lot of

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people and web sites, so you need to be careful about where you do your surfing. It's a rosy world out there and there's bubbling excitement to enter into a Chat Room or log on to a Messenger Program and interact with people and E-mail them too. Here are some rules to remember whenever you are online.

# Do not give out any personal information such as address, telephone number, the name and location of your school, or the work address / telephone number of your parents, without permission from your parents

# Do not respond in any way to messages that are mean or that make you feel uncomfortable. Ignore the sender and end all communication. It is not your fault if you get a message like that and if you do, tell your parents right away so that they can contact the service provider.

# Do not to click on any links that are contained in e-mail from anyone you don't know. Such links could lead to inappropriate web sites

# Tell your parents immediately if you come across any information that makes you feel uncomfortable

# Do not enter contests without asking your parents first

# Always check with your parents before downloading any programs to your computer

# Never send a person your picture or anything else without first checking with your parents that this is all right

# Never agree to meet with someone you have "met" online without permission from your parents.

# Do not give out your Internet passwords to anyone (even best friends), other than your parents

# Talk with your parents so that you can set up rules for going online. Decide with your parents when you can be online, the length of time you can be online, and appropriate areas for you to visit. Do not access other areas or break these rules without their permission. If you agree to these ground rules with your parents, there is no reason for you to get into trouble. You may also get 'Blocked sites' features like Krowser to make you surf through inspected sites.

Follow these rules, they are not there to stop you having fun, they are there to make sure you are safe online. Be a good online citizen and do not do anything that hurts other people or is against the law. Always treat others on the Internet the way you want to be treated.

Have fun! Enjoy surfing [www.kidsfreesouls.com](http://www.kidsfreesouls.com) – A net newspaper for kids and be a part of it too!

Check this out: –)

ilaxi patel Editor Online ([www.sambhaav.com](http://www.sambhaav.com)) Editor–Journalist writer in print media 'Free Souls'–Sambhaav Newspapers



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