

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!

To Be an American

By Ellen M. DuBois

To Be an American by Ellen M. DuBois

When I was a little girl, we stood in class with our hands held over our hearts and said the Pledge of Allegiance. I never thought much about it as it was part of a daily 'routine'. I don't even think I comprehended what it meant.

Patriotism, until September 11, 2001, was just a word to me. I knew I loved my country and was thankful to live here, but being an American didn't evoke the feelings within me that it does today.

Today, I think I know for the first time what it feels like to be an American. And I'm proud.

I am proud to be an American when I see such bravery in the face of incomprehensible disaster. I am proud to be an American when I witness strangers holding their hands out to one another and offering their hearts. I am proud to be an American when I see the American flag everywhere and I think to myself, "That's my country -- our country."

And, I am proud to be an American when I see masses of people reach out to God together in prayer. Prayer for those who have lost. Prayer for those who are assisting and breaking their backs to do whatever they can to help. Prayer for our military as they defend this great country of ours.

I can honestly say that it took this terrible disaster to make me realize, truly realize how very blessed we all are to be living in this country. It also made me feel much more connected as a nation and as a planet. I am not wishing that this tragedy ever happened, so please don't misunderstand. But, I was literally jolted from life as I knew it and suddenly realized what was at stake and what we lost. It made me value the United States of America more than I ever have in my life.

We are a changed nation -- a changed world. I am a changed person.

We are reaching out to strangers when we may not have before. We cry for those we do not know because we share the common bond of being Americans. Yes, we are also fearful. But, through the thick fog of fear we are lighting a candle within ourselves. The candle of hope -- and it's shining brightly

To Be an American

for the entire world to see.

We are sharing in our faith like we never have before. It matters not what denomination we are — what matters is that we are holding tight to the belief that God will get us through this and I see it every day. In candle light vigils. On the television. On cars driving down the street with flags blowing proudly in the wind. In public places where people are gathering to pray, unashamed of their faith and eager to display it. In store windows where there are signs that simply say, "Pray."

"God bless America. Land that I love. Stand beside Her, and guide Her." That song now has meaning to me, where before it was simply a song.

In the depths of my heart I know what it feels like to be an American and I do love this country and its

people with all my heart. I ask God to bless us all, to bless the world, to protect everyone from acts of terror and destruction, and to once again bless America.

© Ellen M. DuBois

Ellen M. DuBois, MA – Ms. DuBois is engaged and has a dog who loves to critique her work. She is published in vol.2 of God Allows U-Turns with her piece, "The Angel in the Dumpster". She writes to touch the hearts of others. Please visit Writings of the Heart, her award winning writer's resource site—<http://writingsoftheheart.homestead.com/index.html>

Native American Indian Clothing For The Whole Family

By Edward Charkow

Throughout the years, the clothes that we wear have changed with society. Jeans, shirts, skirts, dresses, and even undergarments have changed designs. It almost seems as if nothing is the same as was it was before, that is expect for Native American Indian clothing.

While traditional clothing has been altered over time, for the most part, Native American Indian clothing has stayed the same. Native American Indians celebrate tradition and that can be seen in their clothing. Native American Indian clothing use to be worn by American Indians, but since then the clothing has expanded in popularity. Now, anyone who wants to can purchase Native American Indian clothing for their whole family.

Suede or imitation suede are the two most commonly used materials in Native American Indian clothing. White, brown, and tan are often considered the most popular colors for American Indian clothing. Additional colors may be available. The color of a piece of clothing will all depend on the clothing maker or supplier. Popular clothing designs include matching fringes, unique borders, and beautiful beads. Different styles and designs make American Indian clothing popular for individuals of all ages.

Women, whether they are of Indian decent or not, are often frequent buyers of Native American Indian

To Be an American

clothing. There are a wide variety of different reasons why women choose to and enjoy purchasing Native American Indian clothing. One of the most common reasons is it because of the beauty.

Shirts and dresses are the items that are mostly commonly purchased out of all women's clothing. In addition to shirts and dresses, a large number of women purchase clothing accessories. These accessories most often come in the form of purses, handbags, and shawls. Depending on the outfit in question, it is possible to purchase an outfit with matching accessories.

Men, unless they are of Indian descent, are less likely than women to purchase Native American Indian clothing. It is not known why more American men prefer not to wear Indian clothing; perhaps it has to do with the selection of clothing available. Their clothing can come in a wide variety of different colors, but the styles are not as large as the women's. Popular clothing pieces for men include leggings, shirts, and jackets.

Native American Indian clothing for children is almost as popular as women's clothing in today's society. A large number of parents purchase Native American Indian outfits for their children. There are a wide variety of different clothing styles and designs, including dresses, leggings, skirts, shirts, and jackets.

Native American Indian clothing can be purchased from a wide variety of locations. Clothing pieces are most commonly purchased from a Native American Indian storefront location, online store, or custom ordered directly through a designer. Custom-made American Indian clothing is exciting because you can design your own piece of clothing, but it will increase the price of an outfit.

If you are interested in purchasing a Native American Indian outfit, it is important that you do not believe popular myths surrounding the clothing. Native American Indian clothing is not just limited to

those of Indian descent. Anyone and everyone who wishes to wear American Indian clothing can do so if they choose to.

Edward Charkow is the administrator for American Indian History. For more information please visit:



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!