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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!**

Ways to Celebrate Black History Month

By Susan Dunn

Ways to Celebrate Black History Month by Susan Dunn, The EQ Coach

Here are some sites and resources for celebrating the important history and contributions of Blacks.

1. Check out some videos on Black history, such as "The Black West" or "Abubakari: The Explorer King of Mali". These are recipients of the Gold Apple from the National Educational Media Association, Telly Award.

http://www.blackhistory.com/cgi-bin/st_prod.html?p_prodid=1&sid=3pe3@C01DJcq0@p-30103109227.e3

Including comprehensive support materials, 16 reproducible cross-curriculum activities and activity guides.

2. Get some celebrate diversity life savers and other multicultural celebration aids such as education posters, tshirts and videos: <http://www.guidancechannel.com/marketplace/default.asp?fn=pID&catID=7&pID=400>

3. Multigenerational celebrating with songs, books. <http://www.euronet.nl/users/jubo/february.html>

4. Take the Black past quiz: <http://www.familyeducation.com/quiz/0,1399,1-4888,00.html?relinks>

5. The African-American Mosaic, A Library of Congress Resource Guide for the study of Black history & culture, including ex-slave narratives: <http://lcweb.loc.gov/exhibits/african/intro.html>

Read about inventions made by Blacks: <http://www.everythingpreschool.com/hemes/blackhistory/list.htm>

Did you know Alfred Benjamin invented stainless steel pads; John A. Burr invented the lawn mower; George Carruthers invented the image converter radiation detector; L.F. Brown invented the horse bridle bit; and Sarah Boone invented the ironing board?

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7. Go to the Harlem Renaissance Page: <http://www.jeannepasero.com/harlem.html>
8. African Americans in the Visual Arts: <http://www.liunet.edu/cwis/cwp/library/aavaahp.htm>
9. Archives of African American Music and Culture selected list of Internet resources for African American Music: <http://www.indiana.edu/~aaamc/websites.html>
10. A wonderful link with profiles of prominent Blacks: <http://www.who2.com/blackhistory.html>

Read about Marian Anderson, contralto; Jackie Robinson, baseball pioneer; Wilma Rudolph, Olympia sprinter; Sidney Poitier, Oscar–award winning actor; Maya Angelou, poet; George Washington Carver,

inventor, and other important Black figures in our history.

Susan Dunn, The EQ Coach, offers coaching and Internet courses on emotional intelligence, strengths, optimism and resilience. Visit her on the web at www.susandunn.cc and <mailto:sdunn@susandunn.cc> for FREE ezine.

~Happy Valentine's Day~

By Patricia *Lite* Hickman, RM

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"HAPPINESS IS...
SOMETHING YOU DECIDE ON,
AHEAD OF TIME" ~
Mrs. Jones, 92 yrs old

~HAPPY VALENTINE'S DAY~ This is February, the month we celebrate love, not only relationship love, but more importantly, self love. Not everyone is in relationship, for those that are, I wish you the most Blessed Valentine's Day,,,ever :-)

For those that aren't, I wish you the most Blessed Valentine's Day,,,ever! This Valentine's Day (and month), celebrate the love you have in your life, friend(s), family, pet(s)~ celebrate loving yourself, and where you are right now. :-)

Grounding/centering, working on projects that have been put off in the household, or an extra 30 minutes

of work–out time is also a good use of the energy.If you are feeling anger or frustration, or find yourself around angry people, or situations, just send yourself a beam of love or give yourself a hug –) Weather might also be a tad bit bizarre, as it has been in Wisconsin :-) Stay warm darlings, and if possible stay home :-)

Ways to Celebrate Black History Month

The GOOD NEWS most people will focused on LOVE, this Valentine's Day. Love energy will be flowing for most of us, and that's the best energy we can operate under :-) let the love flow this February 14th. Let us approach it as a Return to Love, give yourself a hug everyday, just because, you deserve it :-)

I wish you Love and Light, during the month of February, and always~

Lite

www.strongwoman.org

Psychic and clairaudient, I am, a Reiki Master, Healer, Minister and Metaphysician for more than 25 years. In order to find out the answers to my life, I studied Astrology, Tarot, Numerology, Religion, Psychic Phenomena, as well as Healing, Spirit Releasement Therapy and Psychic Self Defense. I am the Grandmother of 9 and reside in Milwaukee, WI



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