

Pregnancy prevention and fertility corner - 2 sides of the same coin:

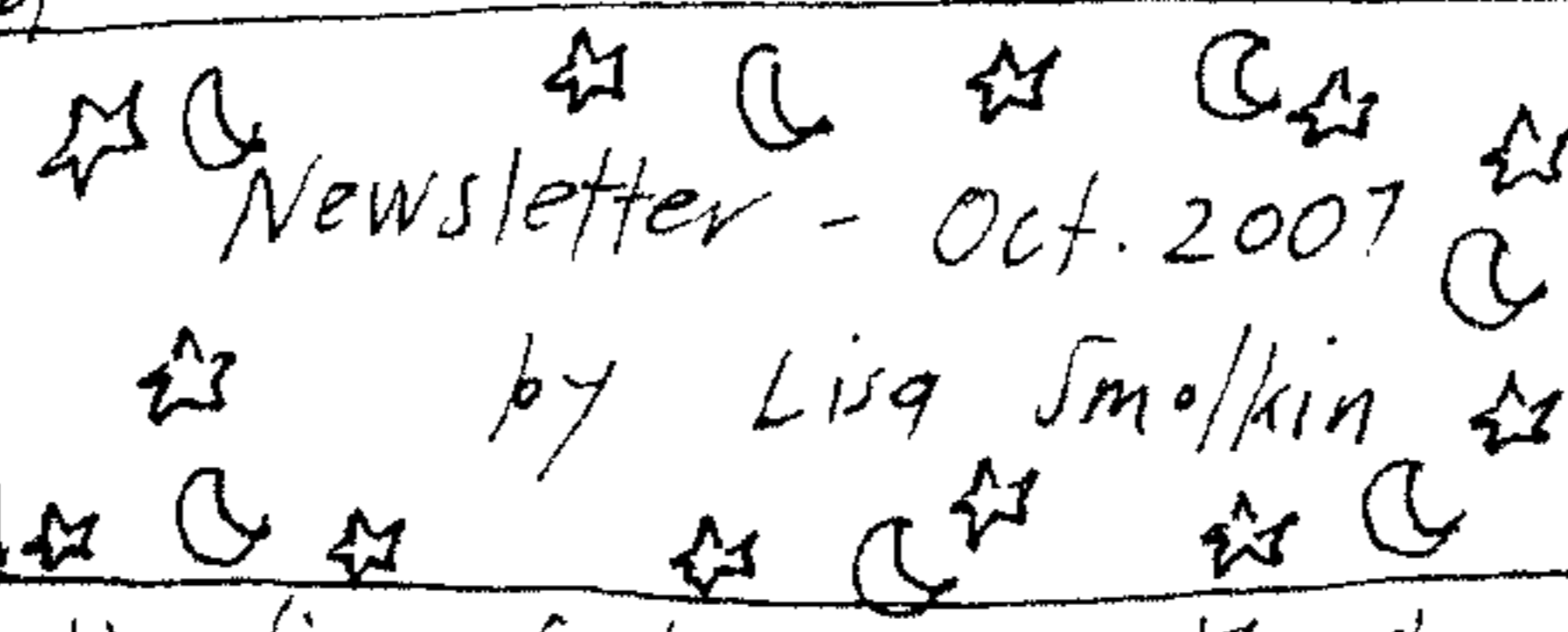
featured method: ~~CYCLE~~ CYCLE BEADS - its a string of 3 different coloured beads - each colour representing a part of your menstrual cycle.

Red -> 1st day of your period

Brown -> possible non-fertile days

White -> probable fertile days.

There is a little black ring that you remind yourself to move every morning in the direction of the arrow thereby marking in a rough visual way the day in your cycle you are at. This is a method best used by those with very regular menstrual cycles (28-32 days) consistently for the last year. I would not recommend using this as sole birth control. Use with a barrier method for best efficacy.



Movie Corner: Vulnerable: I love these movies.

Nights of Cabiria - contains one of the best scenes in history where a darling adorable clown-like woman of the night hides in a bathroom overnight.

Almost Famous - best line? "Why doesn't he love me?" I adore this movie. I wanted it NEVER to end. EVER.

Some Kind of Monster - about the band Metallica in group therapy

Latcho Drum - get to look at beautiful Romani people

Weather: Welcome Fall!

Watch the Wind blow the coloured leaves around. Wearing a jacket.

Music: Junior Senior.

Played it at my son's birthday party for musical chairs and limbo. P.S. Competitive games are a mistake.

Some favourites:

- o long interesting talks (hardly happens)
- o funny things
- o made for TV movies
- o winning
- o crimped hair
- o waterfalls
- o old things like clothing, perfume bottles, furniture and magazines
- o good radio programming (1920s and 1930s jazz and feminist talk shows)
- o the mortal god that is my pagan husband
- o Nadia Comăneci (sad-faced BART AND NADIA.COM perfect 10 gymnast)
- o Miralles
- o free menstrual products (org.)

WHAT'S UP WITH THAT CORNER:

Q: Why are the Saturday Night Live Best of DVD's all of men except 2?

A: sexism

RECIPE:

Lemon Water

- 1 Heat clean water until hot
- 2 Squeeze lemon into it
- 3 Drink

A most gentle detox. Good upon rising in the morning

WISH: No more trauma for anyone.

STRONG DULIKES:

- o competitive games (once again to reiterate)
- o snobbery
- o the feeling in certain areas of the city (Bathurst St.)

TRAVEL:

Will I ever go to Cuba?

SEND LETTERS TO:

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FICTION: Intro to Mainstream - unedited

My fiancé (then boyfriend) proposed to me in the Raffles Hotel when we were both working in Hong Kong. We knew immediately we would be together for the rest of our lives. Two years later our daughter Paige was born. Luckily she's healthy and happy. And I have a lot of help raising her. It takes a village right? Steve is a partner at a law firm. We give him lots of space/time cause he works so hard.

I like to unwind by watching my shows. I love Friends. It's hilarious! I don't practice any religion but we had Paige baptized mostly for our families. I don't worry. I jog to let off steam. I am training for The Boston Marathon 2010. We just renovated our kitchen and bathrooms and what a headache it was! We take good care of our stuff. We want it to last! All of our artwork is framed in UV protective glass. We don't have a junk drawer. EVERYTHING I HAVE IS ACCOUNTED FOR.

Steve has many interests. He also has a lot of expensive state-of-the-art audiovisual equipment (aka home stereo system). Paige Paige is not allowed to play with Steve's "toys." I am in charge of making sure Paige doesn't touch any of his stuff. My 1st year out of university I taught English abroad. I paid off my student loan in full. I love to travel! Next year when Paige is old enough to really enjoy herself we're taking her to Disneyland. It's a great place for kids.