



API of Peoria Newsletter

Attachment Parenting International
Peoria, IL Chapter
August 2006

VOLUME 1 ISSUE 12

AUGUST 2006

"What is API of Peoria?"

API of Peoria is a parenting group dedicated to providing support, encouragement and education to parents in the spirit of attachment. We encourage parents of all parenting philosophies to join us at our functions.

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Join us at a meeting!

Attachment Parenting International of Peoria holds monthly meetings **open and free to the public**, with different topics related to attachment parenting. We meet at 10:00 a.m. on the second Saturday of each month at the Universalist Unitarian Church, which is located at 3000 W. Richwoods Blvd, Peoria, IL 61604. The meeting room is down the right hallway once you enter the church. Please bring your spouse, children, friends, parents, or anyone else who might benefit from this organization!

Letter from the editor

Okay, it's hot! I am a heat wimp, and heat indexes over a hundred degrees are a signal to me that my utility bill is going up, up, up as my thermostat goes down, down, down. And this hot weather has really affected how I parent. I really enjoyed being outside with my son this spring and early summer, and he was very happy to be experiencing everything he could take in at home and anywhere else outside I would take him. Then the heat hit a couple of weeks ago, and my son was disappointed time after time as I turned down his request to go outside, both for health and selfish reasons on my part. So, what to do next, with a mad toddler that wants to be outside? The electric box in the corner, of course! Well, that was a quick and easy fix, but it didn't last long and I felt terrible that I couldn't seem to come up with enough activities to get us through this time. My son *needed* to be outside, and I had to find a way to make it happen. So, I braved the heat for a bit to head out to an impromptu playdate at Glen Oak Park (thanks, Kim!). Sure, it wasn't as hot that day as it has been this past week, but it was still warm, and he didn't need a whole day outside anyway- he just needed a chance to reconnect with nature for a little while. Since then, we've been getting out and about whenever we can. We all need that chance to reconnect with nature, even if you tend to dread being outdoors (like I do). And at the meeting this month, we'll learn more about what we can do to get ourselves and our children into nature more often. I hope you can join us for a great topic and conversation! ☀️ Angela Loring, editor

August Meeting Topic: Nature and our lives

Our modern technological world is a web of e-networking and tv icons. But is there another, more ancient network that you and your kids are missing out on? Let us discuss the interdependent web of life- Nature. How do we get our kids off the screen and into the backyard? Learn why nature is essential to a healthy lifestyle and how to incorporate more green into your home, using concepts from the book Last Child in the Woods: Saving our Children from Nature Deficit Disorder, by Richard Louv. This is the last of our Attachment Parenting Summer Potluck Meetings, so bring ideas, thoughts and questions to share.

Traditionally, API of Peoria has taken a summer hiatus. We really feel, though, that support from and for API families is needed year round. So this summer we've decided to try something new. Come join us for a "potluck" meeting. What does this mean? **pot-luck** (pŏt' lŭk') *n.* 1. meal at which each guest brings food that is then shared by all.

We are planning on having a "potluck of ideas" for each month during the summer. This means that each person attending the meeting will bring one idea about the meeting topic. Then we will put all of our ideas together and share them. The ideas can be as simple as one sentence or as elaborate as a demonstration. It's up to each person how they would like to contribute. This way, we can have more relaxed meetings this summer, while still supporting each other.

After the meeting, if everyone could submit their idea to leaders@apipeoria.org, we will compile it into a handout of tips that we will publish on the website. Come on out enjoy this summer feast of ideas! □

API of Peoria Website –

www.apipeoria.org

Have you visited our website lately? If not, it's time for you to revisit and check out all of the great things our website has to offer. You can find this current newsletter and archived newsletters on the site, as well as information for ALL of our activities. You can even print brochures about our group and programs to hand out to people who might benefit from the information. And don't forget to check the calendar for events happening this month and upcoming months. After you've checked us out again, share the website with your friends, family, and any new mom, dad, or family you meet, and give them a chance to get connected with API of Peoria!



How can I get involved?

Just pick whatever parts of API of Peoria that you'd benefit from and do them! Participation is open to the public and free. We have monthly meetings in Peoria, playdates, moms' night outs, family events and much more. Many of our parents also find our message forums to be an invaluable source of 24/7 support, advice and friendship. Check the "Calendar of Events" section or our website for activities scheduled for this month.

For more information about our group or this newsletter, please contact our API of Peoria group leaders at their shared e-mail address: leaders@apeoria.org

Play in the Everyday

by Carrie Kerr, originally printed in the April 2004 API Peoria Newsletter

Sometimes it can be hard to think about sitting down to PLAY with your children. We have so many responsibilities as parents already. We need to feed them, dress them, take them to lessons or school, read to them, make sure they get fresh air, and clean up after them. In addition, we need to take care of our own responsibilities in a day. This may be work or homeschool, volunteer positions, grocery shopping, laundry, meal preparation, or paying the dreaded bills. It can be overwhelming to think of sitting down to participate in "play" on top of such overwhelming responsibilities. As a compromise we can incorporate play into our daily household work. After all, children love to do purposeful work and they love to be with mom or dad. Why not do purposeful work together with a playful attitude? These are playful activities that require using one's imagination for spending quality time with your children while you accomplish your domestic work:

Mealtime: Pretend you're at a restaurant. Ask for the drink order and tell them what is the "special" of the day. They can pay with the meal with pretend tickets or money they make while you are preparing the food. OR - Be chefs in a restaurant. Give the children the jobs of washing all of the produce.

Kitchen Cleanup: Hire a dishwasher. Allow the children to shine the sink. They love this! Tell them that the restaurant owner loves to see his reflection in the sink.

Getting hair combed/everyday grooming: Make an appointment on a piece of paper and hand it to your child. When it is time for his cooperation, call his name & have him come to the "beauty parlor." Introduce yourself as a different character (not mom or dad). Make beauty parlor small talk with your child. They love to tell their life story to a willing listener.

Putting on shoes/getting dressed: Pretend you are shopping for clothes. Get them all dressed and say "Oh, that is just perfect for you! I'm going to give you a discount special on that. May I take your picture in this marvelous outfit?"

Take a real picture or just pretend. When you put on their shoes, ask how they fit. Do they like them? Would they like to buy them?

Cleaning up the house: Create a "work order." Write down the tasks on an index card or piece of paper with boxes next to each task to check off. If the child is too young to read, draw pictures. (I'm a terrible artist, but if I explain what the picture is they remember.) Write a word next to the picture so they make picture/word associations. Draw 2 lines at the bottom--one for them to sign when all is complete and one for you to sign as the "supervisor."

Books: To get books back on the bookshelf--send an overdue notice from the "library." Or...pretend you are returning books to the library and your child is the librarian. It's the librarian's job to put the books back on the shelf.

Spills/big messes: Announce in a megaphone voice "clean up in aisle one!" Then hand the child the necessary child-sized tools for helping to clean up the mess (they actually like being able to do this for themselves, especially if you have a happy attitude about it).

Laundry: Pretend you are working at a laundromat or a hotel. Get everything just right for the next guests.

Bills: Play office or bank. Ask your child to read you the number on the bill as you write the check (or type in the number if you pay bills online.) Circle the number for them that they will be reading. This is a great way to pay bills and teach your child her numbers at the same time. Each time you're ready for the next bill declare "NEXT!" If you are using snail mail, your child will love to play post office with you, placing all the stamps in the correct places and sealing them shut. Just be sure your child doesn't think that stamps are play stickers--I know from experience it gets pretty expensive that way! You can also snatch some deposit / withdrawal slips from the bank next time you go in & give them to your child to write with while you pay bills. If you have old checks from an old checking account, void them out and give them to your child to play with. What fun! □

Carrie Kerr is a mother to 3 children: Natalie ('98), Kate ('00), and Julius ('04). She is a co-founder and past leader of API of Peoria, which has been active since December of '99. Carrie is married to her high school sweetheart, Matt. They homeschool their children in rural Washington, Illinois with the intention of just getting through one day at a time!

BabyBodyBirth

love your baby / nourish your body / cherish your birth™

Sponsored locally by API of Peoria

Our API of Peoria childbirth instructor, Hilary Shirven, has recently become a certified childbirth instructor for a new organization, *BabyBodyBirth*®. We are very excited about this continued transformation to a full spectrum, mother and baby centered approach that is both accurate and up-to-date. We are also very excited about the *BabyBodyBirth*® approach to childbirth education, as it is not a "one size fits all" approach.

BabyBodyBirth® believes that all expectant moms should have a full understanding of the many options they will have during pregnancy and childbirth. This is key to achieving a satisfying birth experience—something every mother wants but which often looks different from mother to mother depending on her unique hopes and desires. Those wanting a natural birth will find everything they need within these classes to fully prepare for the birth they want, as will those who plan to use medications to help them along the way.

The *BabyBodyBirth*® classes will be taught in three "modules." Taught in a layout that is completely different from any other childbirth classes, the modules are independent of each other with no requirement to take all three. However, taking all three will certainly give mothers the most comprehensive childbirth education available. For more information on class content, please refer to the brochure at [API of Peoria Childbirth Classes Brochure](#) and the official *BabyBodyBirth*® website, www.babybodybirth.com.

Here is the schedule of upcoming classes:

***BabyBodyBirth*® 9-week Combo:** Mondays, Sept. 11th - Nov. 6th, 7pm

BODY Class: 2 sessions
Mondays, Sept. 11th & Sept. 18th
7:00pm

BIRTH Class: 5 sessions

Mondays, Sept. 25th - Oct. 23rd
7:00pm

BABY Class: 2 sessions
Mondays, Oct. 30th & Nov. 6th
7:00pm

To register, contact Hilary at childbirth@apipeoria.org or 309-472-7508.

API of Peoria Contact Information

API of Peoria Leaders: leaders@apipeoria.org
Julie Harvey, 309-446-9973, julie@apipeoria.org
Cinnamon Niekirk, 309-282-7950, cinnamon@apipeoria.org

Treasurer: Libbe Dawdy, treasurer@apipeoria.org
To pay for accounts, please feel free to use our paypal address!
paypal@apipeoria.org

Secretary: Marla Serrine, secretary@apipeoria.org

Newsletter Editor: Angela Loring, newsletter@apipeoria.org

Publishing Editor: Shannon Alvarez, newsletter@apipeoria.org

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Librarian: Sharon Chinn-Heritch, library@apipeoria.org

Hospitality: Mary Clayton, welcome@apipeoria.org

Mentoring Program: Mary Clayton, mentor@apipeoria.org

Council Members: Jen McDaniel, Angie Cordio
council@apipeoria.org

Childbirth Preparation: Hilary Shirven, childbirth@apipeoria.org

Integrated Yoga: Julie Carnegie Reams, yoga@apipeoria.org

What is Attachment Parenting?

Attachment parenting is a philosophy based in the practice of nurturing parenting methods that create strong emotional bonds, also known as secure attachment, between the infant and parent(s). This style of parenting encourages responsiveness to the infant or child's emotional needs, and develops trust that their emotional needs will be met. As a result, this strong attachment helps the child develop secure, empathic, peaceful, and enduring relationships.

You can learn about API of Peoria's parent organization, **Attachment Parenting International** and view the Ideals of Attachment Parenting and of Attachment Parenting the School-Age Child at: www.attachmentparenting.org

Recipe: Skillet Lasagna

submitted by Julie Harvey

Ingredients:

1 can diced tomatoes (1 oz.) (1 to 28)
 1 tbs Olive Oil
 1 medium onion, minced
 3 cloves garlic, minced
 1/8 tsp red pepper flakes
 3/4 pound ground beef
 3/4 pound ground Italian sausage
 10 curly-edged lasagna noodles, broken into 2-inch lengths
 1 can tomato sauce (1 oz.) (1 to 8)
 1/2 cup grated parmesan cheese
 Pepper, to taste
 1/2 tsp. salt
 1 cup ricotta cheese
 3 tbs chopped fresh basil

Heat the oil in large nonstick skillet over medium heat until simmering. Add the onion and 1/2 tsp. salt and cook until the onion begins to brown, about 5 minutes. Stir in the garlic and pepper flakes and cook until fragrant, about 30 seconds. Add the ground meat and cook, breaking apart the meat, until no longer pink, about 4 minutes.

Scatter the pasta over the meat but do not stir. Pour the diced tomatoes with their juices and the tomato sauce over the pasta. Cover and bring to a simmer. Reduce the heat to medium-low and simmer, stirring occasionally, until the pasta is tender, about 20 minutes. (Sauce should look watery after about 15 minutes of cooking. If dry, add up to 1/4 cup additional water to loosen sauce, as needed.)

Remove skillet from heat and stir in 1/2 cup parmesan. Season sauce w/salt & pepper. Dot with heaping tablespoons of ricotta. Cover and let stand off heat for about 5 minutes.

Sprinkle w/basil and remaining 2 T of parmesan. Serve immediately. □

API of Peoria Message Forums

We all have times in our parenting journey when we need other parents in our lives to help us make informed decisions, let us vent and lift us up when things are not going the way we envisioned, and celebrate with us when things are going better than you ever thought possible. Where can you find this great support network 24/7? Right here in your own backyard, through the API of Peoria Message Forums. We have over 100 moms and dads in our forums to give you different perspectives and suggestions on everything – from parenting to recipes to music and books, and more! And if you live here locally, we also use our message forums to decide locations for Moms' Night Out and announce other activities. Come and register at the API Message Forums. Go to [Forums link](#) and complete the form. Once our leaders receive your form, they will review and then open your membership, which will allow you to view the full forums. Come on over and check us out!

Attention Work at Home Moms!

Is the deadline looming near for ordering your minimum product for the quarter?
 Do you need just a few more sales to boost your rank in your company?

How about doing a **WAHM fundraiser** with API? It would be an easy way to reach sales goals, with not much extra effort on your part. And the members of API would be able to enjoy the fabulous products you offer while we help you meet your goals!

We would love to work with you!

Please contact us at leaders@apipeoria.org for more information.

CATCH UP DAY

Do you like to scrapbook or knit? Do you need to clean your purse, paint your nails, or pay some bills? Make a date to our monthly API of Peoria Catch Up Day!

Bring your children, your crafting supplies, and anything else that you need to get done. Come early, come late, or come the entire time.

We'll sit and talk parenting while our children play around us. Bring your own lunch (or you can run out and grab a lunch – there are several restaurants close by). We hope to see you there, with your knitting needles, bills to be paid, children, and sack lunches!

Friday, August 4th from 10-2 at the UU Church

TIMBERCREEK

Would you like an opportunity to have fresh, organic food products for your family while also helping API of Peoria? If so, this fundraiser is for you!

We are placing monthly orders with Timbercreek. Visit www.tcforganics.com for an example of food boxes that are available. If you purchase any box costing \$29.99 or more, our local API chapter receives \$3.00 per box. Orders are delivered directly to your door. Please contact Chris Kaniecki at c.kaniecki@insightbb.com to set up your account, place your monthly orders (the deadlines are on our calendar here and on the website), and ask any questions about the program.

August orders are due on August 2nd!

INTEGRATED YOGA

Do you enjoy yoga? Or maybe you've always wanted to try it, but haven't had the chance? Join us on Tuesday evenings for integrated yoga at the UU church. Julie Reams will be leading the class. The class fee will be \$5.00 for API Peoria members and \$8.00 for non-members. Punch cards are also available – pay for six sessions and get your seventh session free! Please wear light, loose, comfortable clothing and bring a mat if you have one. If you are pregnant, please bring a blanket and pillow. Yoga is great for maintaining balance and preparing for childbirth, two of our ideals, so come on out and join us!

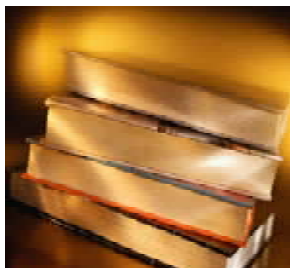
If you are planning to attend an activity, please check the message forums for potential schedule changes. If you are not a message forums member, please call one of our leaders for more information.

If you would like this newsletter to come to your e-mail box every month, please visit [Yahoo Groups](#) and click on "join this group!"

API of Peoria Brochures

We have several brochures available to be passed out to your friends, family, co-workers, and anyone else you think might benefit from API of Peoria and our activities! Brochures include API of Peoria, Integrated Yoga, Integrated Yoga for Pregnancy, and Childbirth Classes. Please visit our website or contact the leaders for more information.

[API Peoria Brochures](#)



API of Peoria Library

API of Peoria has a wonderful selection of books. Our collection has grown with the addition of a generous gift of books from the disbanding Childbirth Education and Parenting Association. We appreciate titles such as "Raising Your Spirited Child" by Mary Sheedy Kurcinka, and "The Year After Childbirth" by Sheila Kitzinger. See the entire list of titles available in our library by going to <http://www.LibraryThing.com> and entering the name: **APIPeoria**, and the password: **SD5JK**.

You must be a contributing member to check out a book. Books may be checked out for one month. Please plan on returning your book at the next API of Peoria monthly meeting or activity. Donations of books are welcome and appreciated. Please check with Sharon Chinn-Heritch at library@apipeoria.org if you have a book that you would like to donate.

AUGUST 2006 API OF PEORIA CALENDAR

S	M	T	W	T	F	S
		1 Integrated Yoga #5 UU Church 7:00-8:15 pm	2 Timbercreek Orders Due Details Page 5	3 Moms' Night Out Location TBA on forums 6:00-10:00 PM	4 Catch Up Day UU Church 10:00 am-2:00 pm Details on Page 5	5
6	7 Timbercreek Order Delivery	8 Integrated Yoga #6 UU Church 7:00-8:15 pm	9	10	11	12 API Peoria Monthly Meeting - UU Church 10:00-11:30 am
13	14	15 No Yoga - Break	16	17	18 Playdate UU Church 10:00 am-12:00 pm	19
20	21	22 No Yoga - Break	23	24 October Newsletter Submission Deadline	25	26
27	28	29 Integrated Yoga #1 UU Church 7:00-8:15 pm	30 Timbercreek Orders Due Details Page 5	31		

SEPTEMBER 2006 API OF PEORIA CALENDAR

S	M	T	W	T	F	S
					1 Catch Up Day UU Church 10:00 am-2:00 pm	2
3	4 Timbercreek Order Delivery	5 Integrated Yoga #2 UU Church 7:00-8:15 pm	6	7 Moms' Night Out Location TBA on forums 6:00-10:00 PM	8	9 API Peoria Monthly Meeting - UU Church 10:00-11:30 am
10	11 BBB Class 7:00 pm UUChurch Details Page 3	12 Integrated Yoga #3 UU Church 7:00-8:15 pm	13	14	15 Playdate/Fold Oct. Newsletters UU Church 10:00 am-12:00 pm	16
17	18 BBB Class 7:00 pm UUChurch	19 Integrated Yoga #4 UU Church 7:00-8:15 pm	20	21	22	23
24	25 BBB Class 7:00 pm UUChurch	26 Integrated Yoga #5 UU Church 7:00-8:15 pm	27 Timbercreek Orders Due Details Page 5	28 November Newsletter Submission Deadline	29	30

MISSING DATES? Are there API Peoria events or community events that should be on our calendar?
Please e-mail Angela at newsletter@apipeoria.org to add dates to the calendar.

IMPORTANT: If planning to attend an activity, please check the message forums for potential schedule changes. If you are not a message forums member, please call one of our leaders for more information.

Regular Newsletter Items

API of Peoria Mentors Program

API of Peoria's Mentor Program offers FREE direct one-on-one support for any mom or dad. We hope this will be especially helpful for new parents with first time babies or for those who find that they need consistent help with their current situation. After gaining a little information about your needs and position, a mentor will be assigned to you. You'll never have to wait a whole month to get personal support again!

Your mentor will check in with you to see how you are doing through phone calls, e-mails, or home visits (if you desire). Your mentor will be able to help you with questions about sleeping, crying, babywearing, discipline, breastfeeding, maintaining family balance, and overall caretaking needs—whatever they may be! If your mentor does not know personally how to help you, be assured they will find someone who can!

Don't be shy! Sign up to receive a mentor of your very own! Contact Mary at mentor@apipeoria.org for more information.

Newsletter Submission Invitation

Reader submissions are what make this newsletter great!! Are you looking for an excuse to write your birth stories? Have a great recipe to share? Read a good book lately? What are your latest favorite quotes? What are your recent thoughts or discoveries about Attachment Parenting topics? Please share with the other readers of this newsletter. ***Please send submissions to newsletter@apipeoria.org***. There's a new page on our website with the how's, why's and what's of submitting to this newsletter along with all of the submission deadlines for this year. Please check it out! [Newsletter submissions](#) **Thank you!**

API Message Forums

Come and register at the API Peoria Message Forums. Go to [Forums link](#) and complete the form. Tessa Matthews is managing the message forums. Once our leaders receive your form, they will review and then open your membership, which will allow you to view the full forums. These message forums make it very easy to follow all of the current API threads! For more information, please visit page 4 of this newsletter! If you have questions, please write to forums@apipeoria.org

API of Peoria Meeting Ground Rules

When you come to a monthly meeting, please consider the following:

1. While children are welcome at meetings and there are plenty of toys for babies and toddlers, we currently do not have hired childcare. We also do not have activities for older children. If you bring your children to a meeting, be prepared to get up and attend to them regularly. If you bring older children, bring a quiet activity for them and prepare them to sit quietly during the meeting.
2. No hitting, spanking, or verbal abuse of children at group functions.
3. No gossiping about group members and their situations outside of the group.
4. Please don't bring a sick child (or a sick self) to a meeting within the first three days of the start of a respiratory illness, or within twenty-four hours of the cessation of diarrhea or vomiting. (see our Illness Policy for more details)
5. No group will espouse or maintain a political or religious affiliation.
6. Snacks – in order to address several concerns with food allergies and sensitivities, we are asking that children eat snacks in their parents laps or at their parents feet. Also, please help us keep the new carpet looking great by picking up crumbs after the snack is finished.

If you have time:

Will you please consider helping clean up after a meeting? We need to put all the toys back, put the chairs and tables the way they were, and vacuum the floor. Your help would be appreciated. Thanks!

API of Peoria Illness Policy

In our efforts to keep all of our children as healthy as possible, and to clear up confusion about when children are welcome to participate in API Peoria events, we have adopted a modified version of Dr. Bill Sears' recommendations on when to keep children home from child care.

In general, if your child has nasal secretions but they are clear and watery, and your child is happy and playful, pain free, and has a temperature of less than 101 degrees there is no need to exclude your child from Peoria API events.

However, please do not bring your child to any Peoria API event if she/he exhibits any of the following symptoms:

- a fever of 101 degrees or more within the last 24 hours
- nasal secretions that are thick, yellow, and/or green, especially if accompanied by a fever, an earache, frequent night waking, or a peaked look -- in mother jargon, a sick-looking-face
- a cough accompanied by fever, chills, and/or coughing up of green or yellow mucus
- vomiting or diarrhea within the last 24 hours
- a rash (especially with fever and itching)
- eye discharge or conjunctivitis (pink eye)
- open or oozing sores
- lice or scabies
- you or your children have knowingly been exposed to a highly communicable disease, until the incubation period has passed and there is no sign of illness.

Thank you for your cooperation and honesty, and for supporting us in our efforts to keep all of our children as safe and healthy as possible. □

Julie Harvey
Cinnamon Nieukirk
API Peoria Leaders

Join Attachment Parenting International of Peoria

Why?

** You can check out fabulous parenting books from our library. A lot of the books on the booklist from the Positive Discipline meeting can be found right in our own library. If there is a book that you need that you don't see, please contact Sharon at

library@apipeoria.org

** You can advertise for free in our monthly newsletter. Do you want to sell something? Do you have a work at home business?

Advertise in the newsletter and reach mommas just like you!

** You can help to support our group meeting location rent needs. Our new location at the Universalist Unitarian requires that we pay a little more rent. Also, if we choose to do some enrichment meetings (how to freezer cook, how to cloth diaper, etc.) we could use the church for that, too.

** Your money will go toward any future community outreach that we do. Remember when you were a new mom confused about parenting style? Wouldn't it be great to reach those new moms before they've succumbed to societal pressures to sleep train or CIO?

** Your membership status will carry weight when we work with International. Wouldn't it be great to say that we are 100 members strong in Peoria, Illinois!?

Quarterly newsletter mailed to you from Attachment Parenting International.

How much?

\$35 to join

How do you join? WOW!! It's so easy now!!! Just use PAYPAL. You can paypal your money directly to paypal@apipeoria.org . You can also mail a check to Libbe.

If you have any more questions on membership, please email Libbe at treasurer@apipeoria.org

Classifieds

Support our work-from-home community!

~Usbourne Books~

"It's a rewarding experience when a child opens a book and discovers the magic of reading." Libbe Dawdy- Independent Consultant

<http://www.ubah.com/D1797>

Parties, fundraisers, book fairs, read-a-thons.

Call or e-mail today!

For more information, contact Libbe at
MomLibbe@aol.com or (309) 383-3103.



~Organize Your Stuff & Simplify Your Life!~

Sharon Chinn-Heritch can come to your house and help you figure out what to do with kitchen stuff, hallway closet stuff, basement stuff, toy organization, and even bedroom closet stuff.

Clear out the clutter and begin to feel calm and clear. \$25 for the first hour, \$10 each additional hour. I take notes of my suggestions for you to keep after our session.

Call me at (309) 263-2346 to make an appointment.

~The Crafty Dragon~

The Angel Company's new 2005-2006 Catalogue is now available! Don't miss these wonderful and artistic stamps! Get TAC Catalogue for \$10, but mention to Marla that you are an API member and receive 50% off!!

Free stamp with every \$30 order plus a new Stamp of the Month every month (discounted with that same \$30 order) PLUS four Limited Edition Stamp sets for \$2.50 each...all four available with that SAME \$30! Discover the ease and savings of unmounted stamps! Monthly hostess clubs available. Contact Marla at:

www.thecraftydragon.net
jingles@thecraftydragon.net
309.369.7503



Considering cloth diapering but want to actually see the diapers? Want to check for proper fit and compare sizing? Want to have your cloth diapering questions finally answered? Come visit the [PinStripes and PolkaDots Showroom](#) and explore for yourself the wonderful world of cloth diapering.

Call and schedule a showroom consultation today!
Or visit us online at www.pinstripesandpolkadots.com

Sarah Gesiakowski
309.821.9408
122 Magoun St, Bloomington, IL 61701
info@pinstripesandpolkadots.com

~Tastefully Simple~

Eat. Party. Shop. What's not to love? Tastefully Simple offers over 30 easy-to-prepare gourmet foods you and your friends can taste before you buy. Contact me for more information.

Nicole Nemec, Tastefully Simple Independent Consultant
(309)444-2154

ts_nicolen@yahoo.com

<http://www.tastefullysimple.com/web/nnemec>



Give the gift of a new friend with cuddly animals and dolls you stuff yourself.
Clothing, sound chips, and accessories to personalize your new friend.
Birthday Parties, Home Parties, Fundraisers.

Jenny Wallace, independent representative, Stuff a Friend

jenwallace@stuffafriend.com

www.stuffinwithjen.com

Nicole Pierce
Independent Consultant
The Body Shop at Home
309-821-0577
nicole.pierce4@verizon.net



To place an order or to learn more about this ground-floor opportunity, visit: www.thebodyshopathome.com/web/npierce

Call and listen to a brief recorded message about this amazing opportunity!
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DISCOVERY TOYS

Are you looking for toys that promote critical thinking, exploration, motor skills, creativity and more? Discovery Toys has many learning tools for children from birth thru school age that will help your child *learn through play*, and I would love to share them with you!



I am also looking for moms who are interested in learning more about having an at-home business where you can share the benefits of playing with your children and provide them with the proper tools for learning. Contact me today to get the latest catalog, to set up a personal shopping appointment, or to get information about how to earn FREE toys!

Alysia Short

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On-line product catalog and business opportunity information: www.discoverytoyslink.com/ashort