

**VEGGIE SUPER
VALUE PACKAGE**

**OMEKKAGLAZZIION
QUATTRIANI
IABOZZ-THUNDAMA**

Greetings and God Bless You

**Always! Here is the info you are
looking for! Enjoy always! Please
visit <http://www.jesusholyfruit.info>
for more great info!**

All 17 Bean List

- black bean white bean**
- navy bean kidney bean green bean**
- soybean lentil bean**
- castor bean carob bean vanilla bean**
- black eyed peas snowpea bean**
- garbanzo bean lima bean wax bean**
- pinto bean**
- water**

**144 Fruit and vegetable list -
completed January 14, 2011 in
Cincinnati, Ohio**

- pyucca purro poisson pitomba**
- apples ackee almonds asparagus**
- avocado artichoke awrenga**
- basil banana bache barley babaco**
- blueberry burdock brazil nut**
- breadfruit broccoli brussels sprouts**
- beets beans beech nut**
- corn carrot cabbage cocoa coconut**

coffee cinnamon cloves cumin

cardamom celery chayote cattail

cucumber cactus cauliflower cassava

chestnut cashew canteloupe

cranberry cherry cherimoya currant

dill date durian dragonfruit eggplant

fig fennel feijoa ginger

grapes granadilla guava garlic

gooseberry gojii-berry hazelnut

hickory nut

jackfruit jicama jujube kiwi kiwano

kola-nut kohlrabi kumquat

kabotcha kakoni kirban korzonera

lemon litchi langsung longan lettuce

locka louffa mango macadamia

mustard mushroom mint medlar

mongkosteem manioc nutmeg orange

okra olive oat onion oregano oak-nut

papaya peach plum persimmon

pommello pineapple pomegranate

physalis

pumpkin potato pepper peanut pecan

pistachio paprika parsley

quinoa raspberry radish radicchio

rosemary rhubarb rice rutabagga

rambutan

strawberry sorghum sapodilla

sunflower sesame starfruit sage

spinach squash

tomato thyme turmeric turnip ugli

zucchini

164 Recipe titles and a little more

Chocolate Chip Cookies German

Chocolate cake Sesame bars

Tootsie rolls Vegetable baked ziti

greens n barley Holy coffeecake

Peanut butter cookies Mushrooms

napoleon Peanut brittle

Butterscotch 4 grain mayhem

Pecan Delight Swiss cheesecake

Gummy bears Gobstoppers

Macaroni n cheese nutty buddy

Oatmeal Raisin cookies Banana

strawberry pie Berry drops

Candy canes Baked gnocchi

veggies+ rice Oatmeal n herb

Gingerbread cookies Pump n

dumpcake chocolate bars

Sweethearts Scalloped potatoes

Potatoes n rice Twizzlers Double

**Chocolate Cake Christmas
fruitcake Lollipop Eggplant and
ricePumpkin potpie Fig newtons
Lemon n cocoa Bars Snickers
Smarties Black bean toasties
Shepherds pie Coconut samoas
Marbled swirlcake Cocoa rice bars
Bit o honey Broccoli n cheese
Sweet potato gratin Thin mint
cookies Chocolate Brownies
Peppermint patty Sour patch kids
Spinach risotto Rustic squash gratin
Skittles Blueberry walnut Oatmeal
cashew Warheads Hashbrown pie
Sugar cookies Peanuts n wheat
Chewing gum Sugar dips Nutty
squash potpie Apple oaties
Licorice Coffee razzleberry juice
Wheat pancakes Rock candy
Curried chickpea Fruit n grains
potpie Toffee Watermelon hooties
Banana pancakes Creme puffs
Beans n rice Blueberry cabbage
Breads Pudding Pies Salad
Pastas Pastries Soups Shakes**

Pretzels chocolate delight Pecan
Spaghetti Doughnuts Baguettes
Beignets refried Beans Chef salad
Linguini Blueberry Rolls funnel
cakes Biscuits cherry terries
cherry pie ravioli apple pie
potato salad Doughnuts
watermelon bean pie baked potato
apple cinnamon muffins Noodle
salad pumpkin pie shells Macaroni
sweet potato biscuits Bagels
bananas foster stromboli Hoppin
johns corn and herb lemon bars
veggie calzone Caesar salad rice
pudding fettuccini alfredo Chef's
delight razzleberry pie pumpkin
spice pie Cole slaw blackberry pie
soybean + peanut pie Taco salad
lemon banana pie garlic bread
artichoke crostini fried rice balls
potato pancakes stuffed red
potatoes polenta triangles potato
napoleons stuffed mushrooms
spiced nuts veggie dumplings
babaganousha potato chips

guacamole red peppa hummus

veggie stock bread soup

minestrone soup mushroom chowder

barley soup gazpacho cornchowder

5 onion soup carrot and potato soup

bean soup groundnut stew

jambalaya gumbo veggie steaks

veggie burgers grilled portobellos

stuffed eggplant mashed potatoes

baked spaghetti squash pot roast

thanksgiving dressing boston

baked beans bread pudding

eggplant parmesan big Z's veggie

pizza

16 condiments

mustard ketchup bbq sauce ranch

dressing sweet n sour sauce italian

dressing soy sauce hot sauce

thousand island honey mustard

tondoori handi curry sauce teriyaki

sauce french dressing basic garlic

sauce tomato sauce

164 + 16 =180 total recipe titles

15 Weight Loss Tips

- 1. Dont eat too much food at one time.**
- 2. Sit down and eat instead of standing up.**
- 3. Go for walks several times a day.**
- 4. Drink water instead of pop, juice, and coffee.**
- 5. Eat 3 meals a day - minimal snacking between meals!**
- 6. Eat less and exercise more - basic weight loss formula!**
- 7. Ride a bike to work instead of driving.**
- 8. Walk those flights of stairs instead of elevator.**
- 9. Dont eat any meat, milk, or eggs.**
- 10. Dont smoke, drink, no drugs, nor fornicate!**
- 11. Count the portion sizes and serving sizes for your diet.**
- 12. Wear more clothes - that makes your body work harder = burns calories!**
- 13. Research what your food is made of - nutrition information!**
- 14. Take a break and rest easy - get 8**

hours of sleep a night!

**15. Dont overwork- that could cost
you sleep...or your life!**

45 Money Saving TIPS

**0. Weatherproof your home - clean
and insulate properly. Apply Frost
King or M-D weatherstrips on yo ur
windows and doors.**

**1. Stop eating meat and start eating
more fruit and veggies. Meat costs
more than \$5.00/pound on average.
Fruit is less than \$2/pound. do the
math - go with fruit!**

**2. Grow your own crops - saves
money but is real hard work. pays off
in the end.**

**3. Dont get haircuts anymore unless
you cut it all off to re-grow; grow
hair long instead of cutting it - saves
lots. Get it braided.**

**4. Use electric stove and water heater
and solar, wind, and water power for
your home. cost efficient. try an
amish electric heater too.**

5. Use E-85 corn gas on your vehicle

**instead of regular - mileage goes up
and costs go down.**

**6. Dont buy canned goods or bottled
water - that's wasting money and its
not that good for you!**

**7. Cancel your life and health
insurance policies - waste of money.
you wont die if you eat properly fruit
and veggies of course! also, cancel
flood and fire insurance on your
home - waste of money.**

**8. If you buy food use a shoppers
discount card and coupons.**

**9. Buy clothes from Goodwill,
Salvation army or St vincent de
Paul's. saves lots. Or get free from
thrift store or church.**

**10. Eat one less meal a week- try
fasting it really helps the ole body!
Also go for walks 4 times a day.**

**11. Get rid of your low gas mileage
vehicle and get a high efficiency
honda, toyota, mazda, or nissan. get
one that gets over 50 mpg.**

12. Dont eat at restaurants all the

**time - saves money. you can save big
by making meals at home more often.**

**13.Dont gamble or go out to the
nightclub - a complete waste of
money. it's cheap'r to keep 'er.**

**14.Get a motorcycle - a kawasaki
eliminator 125 - it gets 78 mpg!**

**15.Keep your vehicle maintained
properly - learn to maintain yourself.
learn the trade too.**

**16.Cancel your gym memberships,
club memberships and any other
memberships that's killing your bank
account!**

**17.Get rid of cable, televisions, cell
phone accounts, and satellite dish
accounts - dont waste money on these
things!**

**18.Insulate your home properly -
cover the electrical wall sockets with
a cover and window joints walls too!**

**19.Dont buy pet food - just feed them
fruit rice and beans like what we eat -
feed them the same things we eat only
to their taste - they are living beings**

too.

20.Dont overeat - take time to chew, digest, n rest. saves lost.

21.Dont waste money and time by playing sports - it's wastes. play chess + checkers instead. still find a way to have fun.

22.Instead of cutting grass, grow your own crops there. saves much and is more fulfilling.

23.Lighten the load on your car or truck. dont overload it with useless stuff -that's costing you in gas.

24.If you got bills and debts, pay of the little ones first and then take care of the big ones after that.

25.Dont buy shampoo, conditioner, soap, dish and laundry detergent, cologne, perfume or anything else that wastes money and time. if you like smelling things try the scent of a rose! make your own detergent with lemon juice and water! or mint too.

26.Pay a little extra on your mortgage every month. that's really saves

**money Or just build your own house
from scratch. saves money.**

**27.Cancel your credit cards - all of
them - department stores and vanity
stores too.**

**28.Dont drink alcohol, drugs, beer,
cigarettes, me at, milk, cheese,
chicken, NO pornography watching ,
no liquor, spirits, drank, yager
bombs, or anything else that's
destroying your body.**

**29.Instead of buying books and
wasting money on college, get an
education aat the library - its free
and fun.**

**30.Download music from the library
on your mp3 player.**

**31.Dont get into trouble with the law
- could cost you money and your life.**

**32.Get rid of all plumber's traps -
that p- or s-shaped pipe underneath
your sink. it's terrible. get a diagonal
or straight pipe instead.**

**33.Get a one handle ball type faucet
on your faucets - saves water. also get**

a composting toilet or low gpf that saves water and helps the garden.

Get a low 0.5 gpm aerator on your faucets - saves lots. Also get a low 0.5 gpm flow showerhead from Niagara conservation 0.5/1.0/1.5 gpm showerhead. Order one today - saves big!

34.Dont go out to the movies or pay for entertainment -waste of money.

Also instead the park is open, and find community events that's free.

35.Dont waste money on prescription drugs or even insurance for those things that's a waste of money. if youre healthy - you wont need drugs right?

36.Dont drive wrecklessly or drink alcohol impaired. take your time friends. Also dont buy toilet tissue - use cloth to wipe!

37.Open windows and curtains to let natural light in the home - even get a skylight window in your home. Get rid of lightbulbs and overhead fans.

38. Inflate tires properly on your car and get properly sized wheels on car. saves money.

39. DO NOT buy aluminum foil or plastic wrap - buy containers with lids and store it in there. Buy cloth napkins instead of paper ones. Dont buy paper or plastic cups- just buy mugs or glasses and wash them after using.

40. Go to Church and respect God Jesus Christ and Holy Ghost. get on your knees and give it all to God 4 real. He deserves all power and praise!

41. Make your own gifts instead of buying them saves money big time. Especially for Christmas and birthdays.

42. Instead of buying new clothes, repair or sew them up instead.

43. Dont buy convenience foods or snack foods - that's a waste of money and its bad for your health.

44. Invest in Coca-Cola because they

are a great company. Microsoft is

good too!

45. Replace drafty windows and doors

with new windows and doors and

install weather stripping on your

thresholds. saves a lot!

The 40 Body Systems

CHRIST U MENDERS GAMERS

TIPSHOCKER SEX ADDICT

Circulatory - heart, vessels, blood

Haitalitory - hair, teeth, nails

Respiratory - lungs, nose, trachea

**Immune - erthrocytes, lymphocytes,
macrophages**

Skeletal - bones, sockets, joints

Tankxitory - rectum and anus

Urinary - bladder, kidneys, urethra

**Muscular - muscles, ligaments,
tendons**

**Endocrine - glands, hormones,
thyroid**

Nervous - brain, nerves, neurons

Digestive - stomach, intestines, mouth

Electritory - wires

Reproductive - penis, testicles,

scrotum, prostate, vagina, uterus,

ovaries

Sensory - skin, sight, sound, taste,

touch, smell

Generatory - dna, rna, chromosomes

Ambulatory - hands, feet, head

Memoratory - medula, cerebral

cortex, memorons

Energitory - sugar, pancreas,

pituitary gland

Repairatory - white blood cells, scabs,

aloe

Storatory - storage cells

Thinkxitory - the mind

Imagitory - clothes, visions

Processitory - how we process things

Stopatory - how we stop things

Hydritory - hydric cells

Outatory - how we get rid of things

Cleansatory - cleaning mechansims

Kidatory - how we interact with kids

Educatory - how we educate

ourselves

Religitory - how we obey God

Satisfactory - how happy are we

Extreme - yep the end of the end

X-rated activities - you know what

that is

Automatory - how we repeat things

Directatory - how we get directions

Distancatory - how we measure

things

Informatory - how we show people

how to do something

Creatatory - how we make things

Top-of-the-line - atory - that is

realdeal holyfeld!

30 Trees

ash alder birch bamboo cypress

cedar dogwood elm

eucalyptus fir ginkgo hemlock holly

juniper larch laurel magnolia maple

palm

pine poplar sequoia spruce sycamore

tupelo willow

18 Rocks - GQ MIT ROMNET BASS

COG

Gold - yellowish metallic rock

Quartz - clear, transparent rock with

straight cleavage

Magnetite - blackish rock that is magnetic

Iron - silver blackish rock that is kinda metallic

Titanium - silverish gray rock that is really light and strong

Ruby - red rock that's transparently red

Olivine - dark green rock that's also transparent

Marble - hard rock with white swirls

Nickel - silverish rock used in money

Emerald - bright green rock transparent

Topaz - brownish rock that's also transparent

Beryl - blue, or brown rock

Amber - translucent yellow rock

Silver - silver looking rock that is shiny

Slate - gray or black rock that is real hard

Copper - reddish orange rock that is hard and shiny

Orangite - orange rock that is really

hard

Granite - gray or black rock that is

real hard

3 Textiles

Cotton

Flax

Rubber

80 Flowers

rose daisy tulip

chrysanthemum larkspur daffodil

crocus marigold moonflower

smokeflower bluebell violet

lavender....more to come

How to make your own bricks n

concrete n mortar

Equipment n materials

-1 straightedge (like a ruler or

carpenter's square

)

-20 3x4x3" slate rocks (the black flat

rocks by the railroad tracks)

-a file

-a hammer

-a 8"L x 4"W x 4"D brick mold/form

with thickness o f 3" uniform

-a measuring cup (need 3 1/2 cups

powered rocks to 1 cup water)

-a large spoon -a cloth

-1 cup of water -2 large bowls

instructions

1.Take your rocks and hammer and

break the rocks into smaller pieces

over the cloth.

2.Take your file and powder down

the rocks into powder and let collect

on the cloth.

3.Put the rock powder into a

measuring up and measure out 3 1/2

cups of rock powder.

4.Put the 3 1/2 cups of rock powder

into a bowl and then add your 1 cup

of water. Mix and stir.

5.Should make approximately 4 cups

of brick mortar /cement.

6.Pour the cement into a brick mold

onto a highly flat surface.

7.Make sure its level, and then scrape

the top off with a straightedge or

screed board.

8.Pull your brick mold straight

**vertically up and let the brick dry for
3 days in direct and indirect sunlight
n moonlight.**

9. You got it! Make dat wall bro!

How to make your own paint

Equipment

**-1 medium sized 9" diameter cooking
pot -heat source like stovetop or grill**

-2 large bowls -2 large spoons -1 ladle

-1 whisk

-1 strainer (sieve)

Ingredients

-6 cups water

**-1 cup of flower petals of your choice
color (e.g. pink, blue, etc)**

**-you can add more flower petals if
you want more color**

**-1/4 cup of corn oil or olive oil - a
little love and hope from God**

Instructions

**1.Take your cooking pot and 6 cups
of water and your flower petals of
your choice color**

and boil on medium heat for 1 hour,

uncovered.

2. When the 1 hour is up, take your strainer and bowl underneath the strainer and pour the hot dye and strain the petals into the large bowl and let dye cool for an hour in the fridge.

Should collect 3 cups of hot dye.

3. When finished cooling, pour the dye into another large bowl along with the vegetable oil and whisk briskly until the dye and oil becomes a paint.

4. May take 10-20 minutes to whisk it all together!

5. Enjoy!

How To Start And Run Your Own Farm

0. Measure up a plot of land you want to put your farm on.

1. Find a plot of land and clear it of trash, debris, and weeds.

2. Cut the grass and weeds with a mower.

3. Get garden equipment likes spades

and cultivators, shovels

4. Obtain seeds for the crop you want to plant.

5. Till your garden so that the soil is well cultivated.

6. Plan your crop rows and columns on a paper. Design it.

7. Plant your seeds 12" apart, 2" deep, the length of your rows.

8. When all seeds have been planted, clean up your mess.

9. Pray for rain and hopefully God will give it to you!

10. Weed out the bad plants and the weeds by hand or with a tool.

11. Wait for the harvest, usually within a couple months.

12. Harvest and store in your home for consumption.

13. Save 10% out of your total rows as seed rows - these rows will have seed crops, crops used only for seed for next sowing.

14. Till under and use compost.

15. Enjoy your food!

Bait n tackle

Bait N tackle

Bait and tackle, tackle and bait Make

me cackle and wait

Casting a line out in the water

It's worst than a rocket, can you

come harder

A starter I need to complete the

revolution Jesus Christ is the

solution!

One of a kind

I'm one of a kind Like iodine Cutting

a dime It's in my rhyme

My style is fine, my kin is kind

Try to find whether that rhyme is

yours or mine

Stop on a dime, I'll break the time

Walkin' in line

A mountain to climb, a treasure to

find

I'll do it for all mankind

Stimulate your mind, in front or

behind

Been sittin on the bench, ridin the

pine

Like turpentine on the line, position

supine

Hurricanes

A hurricane is a super powerful

whirling storm Gone and take cover

and kick it in the dorm

They measure several hundred miles

in diameter This is a poem, I don't

know iambic pentameter

They can blow at speeds of 74 miles

per hour at the core

They cause widespread destruction,

need I say more?

A hurricane has two main parts: the

eye and wall clouds

Just don't go up to one all bold and

act all proud Hurricanes form over

areas of low pressure in tropical

regions

They swirl super fast and they got

more clouds than a legion

If you find one in the Pacific, call it a

typhoon Rain it produces, and big

ups to tycoons

In the northern hemisphere, they

blow counterclockwise

In the southern hemishphere, they

blow clockwise Most hurricanes got

winds more than 130 miles per hour

They need warm air and water -

that's how they get their power

But when they hit the land, their

power starts to decrease

Just don't fly over one, just ask some

geese

My lease is up, but remember

hurricanes a beast!

Inspiration Station

Imma tell ya about a little inspiration

My guarantee is iron clad, so tune to

this station

You might be quakin if you do down

bad

I can bring ya some joy opposite of

sad

My lad they say, give em the K (iss)

Imma determined to have me, have

me a good day

So be inspired and rarely tired,

copper lines on poles

**Need to be rewired, fired i been from
most jobs**

**If you got what you need aint no need
to rob**

**Sobs of tears, ask King Lear, jets and
planes**

U know it rains near my station

**So gone ahead and do your best, best
inspiration!**

Never Give In

**When times are tough and it looks
pretty grim**

**that's when you cant give up, you
cant give in**

Cuz it's good to shoot for the stars

**And if you dont make it you might
still land on the moon**

A spoon of faith we really do need

Jesus Christ the truth, truth indeed

Seed to Sow, corn and row

**You might just win with one extra
blow**

Slow mo fo sho might win the race

You just need your best poker face

Anyway when the goin gets tough,

The tough get goin

**I gotta end this rhyme cuz my lawn
need mowin!**

Bot On a Cot

Im hotter than cold, colder than hot

A bot on a cot, is bolder than not

**Ink blot on yo top, i trades my yen
for a mop Red on a drop, is a type o'
cyclop**

**I got enough power to reinforce even
a lock Lock on da holster, bolster my
block**

**A rock on the top will do nothing but
drop Drop and stop, but you cant
stop dat clock!**

2013 Christmas Rap

2013 years ago Jesus Christ was born

Situation serious, situation forlorn

**No need to mourn because the man is
the saviour indeed**

**Get a book and go and read, the
bible, banana peels**

**Goin back to a pile, He'll change ya
dna, turn it back To a spiral**

Jesus Christ the Son of God

**motorcycles and choppas, hot like a
rod**

**From a thundastorm; Jesus Chirst
came to save**

The man is the boss the man is brave

So give em a hand, give em a wave

Thundastorm, 2013 years ago Jesus

Christ was born

Merry Christmas!!!!

Just Do Ya Best

Just do ya best and dont slack off

Give it all you got and then take a

break Dont ya know, Erie lake?

Whats ya fate that is, if you be lazy

Dont be lazy cuz man, that's simply

crazy

Work really hard and overcome all

odds Give em the key, key to da pea

Pods

Cobs of corn, situation forlorn

Born to win, give em da gin, -ger

juice Give em a boost, into the sky

If you do ya best you aint gonna die

Hopefully put ya best foot forward

my friend

**Good things happenin right around
the bend Send me to war and i bet we
make peace**

Just ask da man Kevin Reese

**Cuz fleece and peace is due up on the
lease, on life**

**My wife in the future will be great,
great in da st ate**

Dont ya know, dat earthquake?

So my lease is bout up on this rhyme

**Pass on by my friend, in the sands of
time!**

Overcome da Pressure

If you can overcome da pressure

when it gets hard Imma call ya a

king, imma call ya da best card

Cuz beer might get ya sent to da

dungeon

Overcome all odds, overcome da

curmundgeon If you keep it real in

da clutch

You a king or queen, royalties n such

Much to say, add a t and im gonna

stay

When da pressure is high and yo

back gainst da wall

Just give em da juice and just stand

tall Dont even fall when ya take dat

call

Cuz this call requires guts and power

Dont ya know a lemon eventually

becomes sour

Flower power for the meek, up da

street, Dont ya know a win sholl aint

defeat

If ya dont fold under pressure, ya

overcame some odds

Just ask da man, da man Big Bob!

Oh H3O OH

My rhymes are explosive My lyrics

are atomic

My words travel faster than a

supersonic

My poetry is hotter than a patient

with some chronic

It's like H2O with an extra molecule

Combine it with a missal and you can

call it my fuel

My fuel is heavy, like the kind that

flows from rivers or lakes

I'm talkin bout the kind that ends

with an 8

8 is the atomic number of Oxygen, or

O abbreviated

It weighs 3 grams or 16.00 and 4

millionths, standard deviated

It even turns into gas at 298 Kelvins,

and it's rated

Oxygen is a big component of water,

let your teeth rot and call it some

tartar

A starter I need to complete the

circuit, cut out some meat, gone and

work it

But let's talk about hydrogen

molecules, get you some mortar and

you can call it a duel

You will need some tools:

trihydrogen monoxide molecules, a

fuel known as heavy water

It's worst than a missile, you can't

come harder

A rocket I have, have me a rocket,

treat it like a circuit and gone and

socket

**Ballistic it is, it needs a solution,
Imma take you back to the back,
back, back to evolution
And this ain't Darwin's theory, cuz
it's a puzzle and it makes you kind of
leery
It ain't no theory in fact, my poetry is
hard and it makes you kind of teary
Weary from waterdrops, it's faster
than reality shows that rhymes with
tops
Stop, drop, and roll this is a fire drill
Go outside cuz it's time to chill
You chilly from my message, the
meaning you thought was a vestige
No not the Teflon kind, I'm talkin
bout the one's that might break ya
time
From a clock you tell, it's peace I'm
after, and violence I quell
Like takin well from water, water
from well. "I'm serious", can ya tell?
Back to my device, the water so
chilly, it's colder than ice
Resident Rice not nice, the device is**

hotter than aluminum foil

Derrick from oil, oil from Derrick,

say you a rabbit and Ill send ya a

carrot

But Imma continue with my

chemistry, send back ya mortar and

call it dentistry

My ministry is designed to make you

think, think tank, tank a thinker

Tinker a thank, yank a thank, thank

a Yank, I done got me a vehicle and it

ain't even a tank

So if you got some H₂O on you,

Imma whip up some water and then

say freeze

Back to the lesson at hand, my water

is enough to make you trust a liar on

the stand

Yessirreee I said it, stand it up, brush

it off, watch me propel it

Sick is ill, ill is sick, add up a bunch

of cents and call it a mill

Fill a molecule, heat it up and cause

the water to cool

Now you got yourself a science fair

Just don't come at me talkin bout

"that ain't fair"

Now Imma about to tell you how to

obliterate trinitrotolulene

Rewind it again, sip on a drink, and i

might send ya beans

Cuz kings understand this simple

formula $C_3H_8C_4H_6(NO_2)_3$ ain't the

lottery

It's enough to make the FBI jump on

ya pottery

My tick-tockery is energy, synergy

from energy, energy from Cinergy

You eatin seafood and you still got

energy? My energy ain't radioactive

Send me to boot camp and call me a

captive

Active if you don't sit on ya rump,

empty your toxic waste down at The

dump!

Pop

You know I got a pop that's hotter

than hot No bloodclot as I jot my dot

on the lot

My lot I got from the bot on a cot

Cuz I sleep a lot, this bot on a yacht

My bot on a cot with a top sock

**And a top knot above my plot This
plot ain't got a lock cuz I go easy a lot**

**My cot on my block out the plot on
my lot**

**This shock on my top bound to make
your eyes Not rot, that is if you can
top my hotbot Top on my socks
might got a lot of pots**

**The top pot on my lot is enough to
make you Take stock of yo' sock
you're a hotshot!**

Question Mark

**A question mark, you know it's a
mystery Don't study up and Imma
call ya history**

**These questions might make the light
go flickery It's tougher than wood,
harder than hickory**

**The mark, it's used after a question
Listen to this poem - you might learn
a lesson This symbol, you know it
marks an interrogative Let's get some
figures, that's the perogative You're**

about to bask

**The task is to answer the question, a
question to a nswer**

An answer for cancer

A cancer with no answer But Prancer

Said this cancer has an answer

**To question or not to question, that's
the answer!**

Rocket

**Imma make me a rocket, can they
clock it? Gone ahead in the pocket of
my rocket**

A wall socket in the rocket pocket

Can you top it?

My rocket is powered by solar

**And it's harder than nails , tougher
than a bowler This goaler says I gots
to make me a bike**

**Bike minus the b plus trail minus ail
makes it a trike**

This flight on my bike flies like a kite

**This light on my bike might make
this a flight of a kite**

**My bike is in the works, and it's a
trike minus a wheel**

Call it a deal, my meal might make ya

wax a seal The deal of the wheel, can

you feel

The real of the real, I kneel 4 real But

let's get back to my rocket

I got the blueprint for it right here in

my pocket A locket on my rocket,

please don't block it

Tick-tock it my rocket, can you clock

it?

My rocket on the topic, my rocket is

robotic Robotic rocket on the topic,

tick-tock it, sock it or rock it

Please don't block it!

Short Deuterium

Deuterium is a stable isotope of the

hydrogen atom these molecules are

strong as granite, do you see that

madam?

It's chemical symbol is H₂ or D,

whichever you choose

Ignite it with a stem and you choose

to lose

It's also called heavy hydrogen,

hydrogen is heavy

**Get you a car, call it a Honda and
maybe a Chevy But Imma get back to
the description of deuterium**

**You know they got sunrooms in the
house called solariums**

**Deuterium has an atomic weight of
2.01410 and it's solid**

**Study ya books and gone and go to
college My folli-cles gots to grow
from the root**

**My rhythm is serious, and it'll make
ya shoot**

**A basketball, but let's get back to our
deuterium isotope**

**Abolish ya beer and I'm giving ya
hope**

**Jump rope is something that people
do when they wan na have fun**

**I got serious poems for people that
wanna run to the sun**

**Cuz fun from a nun will make you
shun the pun**

**And this Son a send ya some fun that
will make you wanna run to the sun**

But let's get back to these isotopic

numbers Eat you a sandwich

complete with cucumbers

Cumber number, a cumber from

number A runner said this number

done committed a blunder

This is all for short deuterium atom

Time 4 Work

Its time to put in some labor

Jesus Christ da king, he's the Saviour

Do me a favor and go to work

They had a shop called Pleasant Perk

The search for work is hard indeed

Get you some knowledge and go and

read

Cuz Mead really makes fantastic

stuff

Workin in the winter sholl is tough

When you gotta work give it all you

got

Cuz a bot on the top best not mock

Whicheva line o work u choose betta

be right

Otherwise u may not get any sleep at

night

So fight for yo rights if you got sense

Jesus Christ da man, man heaven

Sent!

Top

Top on the block, a block for the top

My clock on the top, a top clock

My flock on the clock, and my top on

the rock Make you knock with a sock

or maybe a rock

This rock on the dock puts a key in a

lock

Yessireee no lock on the dock, please

this is my rock

A rock and lock on the dock, can you

top?

Block a lock on the dock, now I try

not to mock

The Cop on the top, but my flock on

the clock

Title: All For The Best

Author: Edgar A. Guest [[More Titles](#)

by Guest] Things mostly happen for

the best.

However hard it seems to-day,

When some fond plan has gone

astray Or what you've wished for

most is lost

An' you sit countin' up the cost

With eyes half-blind by tears o' grief

While doubt is chokin' out belief,

You'll find when all is understood

That what seemed bad was really

good.

Life can't be counted in a day. The

present rain that will not stop Next

autumn means a bumper crop.

We wonder why some things must

be-- Care's purpose we can seldom

see-- An' yet long afterwards we turn

To view the past, an' then we learn

That what once filled our minds with

doubt Was good for us as it worked

out.

I've never known an hour of care But

that I've later come to see That it has

brought some joy to me.

Even the sorrows I have borne,

Leavin' me lonely an' forlorn

An' hurt an' bruised an' sick at heart,

In life's great plan have had a part.

An' though I could not understand

Why I should bow to Death's

command, As time went on I came to

know

That it was really better so.

Things mostly happen for the best. So

narrow is our vision here

That we are blinded by a tear

An' stunned by every hurt an' blow

Which comes to-day to strike us low.

An' yet some day we turn an' find

That what seemed cruel once was

kind.

Most things, I hold, are wisely

planned If we could only understand.

[The end]

Edgar A. Guest's poem: All For The

Best

It Couldn't Be Done BY EDGAR

ALBERT GUEST

Somebody said that it couldn't be

done But he with a chuckle replied

That maybe it couldn't be done, but

he would be one Who wouldn't say so

till he'd tried.

So he buckled right in with the trace

**of a grin On his face. If he worried he
hid it.**

**He started to sing as he tackled the
thing That couldn't be done, and he
did it!**

Somebody scoffed: Oh, you'll never

**do that; At least no one ever has done
it**

**But he took off his coat and he took
off his hat And the first thing we
knew he'd begun it.**

**With a lift of his chin and a bit of a
grin, Without any doubting or
quiddit,**

**He started to sing as he tackled the
thing That couldn't be done, and he
did it.**

**There are thousands to tell you it
cannot be done, There are thousands
to prophesy failure,**

**There are thousands to point out to
you one by one,**

The dangers that wait to assail you.

But just buckle in with a bit of a grin,

Just take off your coat and go to it;

**Just start in to sing as you tackle the
thing**

**That it cannot be done, and you'll do
it.**

Figure it out for yourself, my lad,

You've all that the greatest of men

have had, Two arms, two hands, two

legs, two eyes,

And a brain to use if you would be

wise. With this equipment they all

began,

So start for the top and say "I can."

Look them over, the wise and great,

They take their food from a common

plate And similar knives and forks

they use,

With similar laces they tie their

shoes, The world considers them

brave and smart.

But you've all they had when they

made their start.

You can triumph and come to skill,

You can be great if only you will,

You're well equipped for what fight

you choose, You have legs and arms

and a brain to use,

And the man who has risen, great

deeds to do Began his life with no

more than you.

You are the handicap you must face,

You are the one who must choose

**your place, You must say where you
want to go.**

**How much you will study the truth to
know, God has equipped you for life,
But He Lets you decide what you
want to be.**

**Courage must come from the soul
within, The man must furnish the
will to win, So figure it out for
yourself, my lad,**

**You were born with all that the great
have had, With your equipment they
all began.**

**Get hold of yourself, and say: "I
can."**

The World is against me by Edgar A.

Guest

**"The world is against me," he said
with a sigh. "Somebody stops every
scheme that I try.**

**The world has me down and it's
keeping me there; I don't get a
chance.**

**Oh, the world is unfair! When a
fellow is poor then he can't get a**

**show; The world is determined to
keep him down low."**

"What of Abe Lincoln?" I asked.

**"Would you say That he was much
richer than you are to-day? He
hadn't your chance of making his
mark,**

**And his outlook was often
exceedingly dark;**

**Yet he clung to his purpose with
courage most grim And he got to the
top. Was the world against him?"**

**"What of Ben Franklin? I've oft
heard it said That many a time he
went hungry to bed.**

**He started with nothing but courage
to climb, But patiently struggled and
waited his time. He dangled awhile
from real poverty's limb,**

**Yet he got to the top. Was the world
against him?**

**"I could name you a dozen, yes,
hundreds, I guess, Of poor boys
who've patiently climbed to success;
All boys who were down and who**

**struggled alone, Who'd have thought
themselves rich if your fortune they'd
known;**

**Yet they rose in the world you're so
quick to condemn,**

**And I'm asking you now, was the
world against them?"**

**Things Work Out by Edgar Albert
Guest**

**Because it rains when we wish it
wouldn't, Because men do what they
often shouldn't, Because crops fail,
and plans go wrong- Some of us
grumble all day long.**

**But somehow, in spite of the care and
doubt, It seems at last that things
work out.**

**Because we lose where we hoped to
gain, Because we suffer a little pain,
Because we must work when we'd
like to play- Some of us whimper
along life's way.**

**But somehow, as day always follows
the night, Most of our troubles work
out all right.**

**Because we cannot forever smile,
Because we must trudge in the dust
awhile, Because we think that the
way is long- Some of us whimper that
life's all wrong.**

**But somehow we live and our sky
grows bright, And everything seems
to work out all right. So bend to your
trouble and meet your care,
For the clouds must break, and the
sky grow fair. Let the rain come
down, as it must and will, But keep
on working and hoping still.**

**For in spite of the grumblers who
stand about, Somehow, it seems, all
things work out.**

Don't Quit by Anonymous

**When things go wrong, as they
sometimes will,
When the road you're trudging seems
all uphill, When the funds are low
and the debts are high,
And you want to smile, but you have
to sigh, When care is pressing you
down a bit-**

Rest if you must, but don't you quit.

Life is queer with its twists and turns,

As every one of us sometimes learns,

And many a fellow turns about

When he might have won had he

stuck it out. Don't give up though the

pace seems slow - You may succeed

with another blow.

Often the goal is nearer than

It seems to a faint and faltering man;

Often the struggler has given up

When he might have captured the

victor's cup;

And he learned too late when the

night came down, How close he was

to the golden crown.

Success is failure turned inside out -

The silver tint in the clouds of doubt,

And you never can tell how close you

are, It might be near when it seems

afar;

So stick to the fight when you're

hardest hit - It's when things seem

worst that you must not quit.

My Comfort Zone

Unknown

I used to have a comfort zone

where I knew I wouldn't fail. The

same four walls and busywork were

really more like jail.

I longed so much to do the things I'd

never done before,

But stayed inside my comfort zone

and paced the same old floor.

I said it didn't matter that I wasn't

doing much. I said I didn't care for

things like commission checks and

such.

I claimed to be so busy with the

things inside the zone,

But deep inside I longed for

something special of my own.

I couldn't let my life go by just

watching others win.

I held my breath; I stepped outside

and let the change begin.

I took a step and with new strength

I'd never felt before,

I kissed my comfort zone goodbye

and closed and locked the door.

**If you're in a comfort zone, afraid to
venture out,**

**Remember that all winners were at
one time filled with doubt.**

**A step or two and words of praise can
make your dreams come true.**

**Reach for your future with a smile;
success is there for you!**

**Count That Day Lost By George
Eliot**

If you sit down at set of sun

**And count the acts that you have
done, And, counting, find**

One self-denying deed, one word

That eased the heart of him who

heard, One glance most kind

That fell like sunshine where it went-

**Then you may count that day well
spent.**

But if, through all the livelong day,

**You've cheered no heart, by yea or
nay- If, through it all**

You've nothing done that you can

**trace That brought the sunshine to
one face- No act most small**

**That helped some soul and nothing
cost- Then count that day as worse
than lost.**

Life by Nan Terrell Reed

**They told me that Life could be just
what I made it**

**Life could be fashioned and worn like
a gown; I, the designer, mine the
decision**

**Whether to wear it with bonnet or
crown. And so I selected the prettiest
pattern**

**Life should be made of the rosiest
hue Something unique, and a bit out
of fashion, One that perhaps would
be chosen by few.**

**But other folks came and they leaned
o'er my should er;**

**Someone questioned the ultimate
cost; Somebody tangled the thread I
was using;**

**One day I found that my scissors
were lost. And somebody claimed the
material faded; Somebody said I'd be
tired ere 'twas worn;**

**Somebody's fingers, too pointed and
spiteful, Snatched at the cloth, and I
saw it was torn.**

Playing The Game Unknown

**Life is a game with a glorious prize, If
we can only play it right.**

It is give and take, build and break,

And often it ends in a fight;

But he surely wins who honestly tries

(Regardless of wealth or fame),

He can never despair who plays it

fair How are you playing the game?

Do you wilt and whine, if you fail to

win In the manner you think your

due?

Do you sneer at the man in case that

he can And does, do better than you?

Do you take your rebuffs with a

knowing grin? Do you laugh tho' you

pull up lame?

Does your faith hold true when the

whole world's blue?

How are you playing the game?

Get into the thick of it, wade in, boys!

Whatever your cherished goal;

**Brace up your will till your pulses
thrill, And you dare ð to your very
soul!**

**Do something more than make a
noise; Let your purpose leap into
flame**

**As you plunge with a cry, I shall do
or die, Then you will be playing the
game.**

Influence By Joseph Norris

**Drop a pebble in the water,
And its ripples reach out far;
And the sunbeams dancing on them
May reflect them to a star.**

**Give a smile to someone passing,
Thereby making his morning glad;
It may greet you in the evening
When your own heart may be sad.**

**Do a deed of simple kindness;
Though its end you may not see,
It may reach, like widening ripples,
Down a long eternity.**

Before You

By William Arthur Ward

Before you speak, listen.

Before you write, think.

Before you spend, earn.

Before you invest, investigate.

Before you criticize, wait.

Before you pray, forgive.

Before you quit, try.

Before you retire, save.

Before you die, give.

Do More

By William Arthur Ward

Do more than belong: participate.

Do more than care: help.

Do more than believe: practice.

Do more than be fair: be kind.

Do more than forgive: forget.

Do more than dream: work.

We Must

By William Arthur Ward

We must be silent before we can

listen. We must listen before we can

learn.

We must learn before we can

prepare. We must prepare before we

can serve. We must serve before we

can lead.

Be The Best of Whatever You Are By

Douglas Malloch

**If you can't be a pine on the top of
the hill, Be a scrub in the valley-but
be**

**The best little scrub by the side of the
rill; Be a bush if you can't be a tree.**

**If you can't be a bush be a bit of the
grass, And some highway happier
make;**

**If you can't be a muskie then just be
a bass But the liveliest bass in the
lake!**

**We can't all be captains, we've got to
be crew, There's something for all of
us here,**

**There's big work to do, and there's
lesser to do, And the task you must
do is the near.**

**If you can't be a highway then just be
a trail, If you can't be the sun be a
star;**

**It isn't by size that you win or you
fail Be the best of whatever you are!**

Profit From Failure, Unknown

**The test of a man is the fight he
makes, The grit that he daily shows;
The way he stands on his feet and
takes Fate's numerous bumps and
blows.**

**A coward can smile when there's
naught to fear, When nothing his
progress bars;**

**But it takes a man to stand up and
cheer While some other fellow stars.**

**It isn't the victory, after all, But the
fight that a brother makes;**

**The man who, driven against the
wall, Still stands up erect and takes
The blows of fate with his head held
high; Bleeding, and bruised, and
pale,**

**Is the man who'll win in the by and
by, For he isn't afraid to fail.**

**It's the bumps you get, and the jolts
you get, And the shocks that your
courage stands,**

**The hours of sorrow and vain regret,
The prize that escapes your hands,
That test your mettle and prove your**

worth; It isn't the blows you deal,
But the blows you take on the good
old earth, That show if your stuff is
real.

Success Unknown

Success is speaking words of praise,
In cheering other people's ways.
In doing just the best you can, With
every task and every plan.

It's silence when your speech would
hurt,

Politeness when your neighbor's curt.

It's deafness when the scandal flows,
And sympathy with others' woes. It's
loyalty when duty calls, It's courage
when disaster falls.

It's patience when the hours are long,

It's found in laughter and in song.

It's in the silent time of prayer,

In happiness and in despair.

In all of life and nothing less,

We find the thing we call success.

On Top of the Rock

by Dr. Rick McGrath, Ph.D.

There are many rocks in my life to

**overcome There are big ones and
small ones too**

**All need to be scaled but when? I
must muster the courage**

Will it be today? I say yes!

**Time to end this terrible fear that I
have It's a matter of my mind made
up**

**Get up and take that first step Can't
wait for another day**

Now is the time No excuses!

**Victory is now mine, the rocks
climbed and defeated**

**I sit on top of my rocks with a new
sense There was big ones and small
ones**

**I scaled everyone of them I have no
more fear Because I started!**

The Guy in the Glass by Dale

Wimbrow

**When you get what you want in your
struggle for self**

**And the world makes you king for a
day Just go to the mirror and look at
yourself**

And see what that man has to say.

**For it isn't your Father or Mother or
wife Whose judgement upon you
must pass.**

**The fellow whose verdict counts most
in your life Is the one staring back
from the glass.**

**Some people may call you a straight
shooting chum And call you a
wonderful guy,**

**but the man in the glass says you're
only a bum If you can't look him
straight in the eye.**

**He's the fellow to please, never mind
all the rest For he's with you clear to
the end,**

**And you have passed your most
dangerous test If the man in the glass
is your friend.**

**You may face the whole world down
the pathway of life**

**And if you've cheated the man in the
glass, better get it right.**

My Wage by Jessie B. Rittenhouse

I bargained with life for a penny,

**And life would pay no more,
However I begged at evening
When I counted my scanty store; For
life is a just employer,
He gives you what you ask,
But once you have set the wages,
Why, you must bear the task.**

**I worked for a menial's hire, Only to
learn dismayed,
That any wage I had asked of life,
Life would have paid.**

Watch By Frank Outlaw

**Watch your thoughts, for they
become words. Watch your words,
for they become actions. Watch your
actions, for they become habits.**

**Watch your habits, for they become
character. Watch your character, for
it becomes your destiny.**

If by Rudyard Kipling

**If you can keep your head when all
about you Are losing theirs and
blaming it on you;**

**If you can trust yourself when all
men doubt you, But make allowance**

for their doubting too:

**If you can wait and not be tired by
waiting, Or, being lied about, don't
deal in lies, Or being hated don't give
way to hating,**

**And yet don't look too good, nor talk
too wise; If you can dream and not
make dreams your master; If you can
think and not make thoughts your
aim, If you can meet with Triumph
and Disaster**

**And treat those two impostors just
the same.**

**If you can bear to hear the truth
you've spoken Twisted by knaves to
make a trap for fools,**

**Or watch the things you gave your
life to, broken, And stoop and build
'em up with worn-out tools;**

**If you can make one heap of all your
winnings And risk it on one turn of
pitch-and-toss, And lose, and start
again at your beginnings, And never
breathe a word about your loss.**

If you can force your heart and nerve

**and sinew To serve your turn long
after they are gone, And so hold on
when there is nothing in you Except
the Will which says to them: Hold on!**

**If you can talk with crowds and keep
your virtue, Or walk with Kings, nor
lose the common touch,**

**If neither foes nor loving friends can
hurt you, If all men count with you,
but none too much: If you can fill the
unforgiving minute**

**With sixty seconds' worth of distance
run, Yours is the Earth and
everything that's in it, And which is
more you'll be a Man, my son!**

**Stand By Me by Dr. Rick McGrath,
Ph.D.**

**Sometimes life has it difficulties
When the odds seem impossible
Many times there are casualties
For me, all things are possible!**

**Problems mount unbelievable
But who will stand by me?**

**Who will be accountable?
I will not faultier you see.**

Can I count on you to be there?

Or do I have to face this alone?

Will you be honest and fair?

Or will I be the one you disown?

I will stand and give you my best

I want to know I can count on you

Your love for me I won't contest

I will give you my love and life too.

In the end I will make my stand

With or without you I'll conquer

I will draw my line in the sand

In me you'll find no surrender.

The Road Not Taken by Robert Frost

TWO roads

diverged in

a yellow wood,

And sorry

I could not

travel

both

And be one

traveler, long I stood

And looked

down one as far as I could

To where it bent in the undergrowth;

**Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted
wear;**

**Though as for that the passing there
Had worn them really about the
same,**

**And both that morning equally lay
In leaves no step had trodden black.**

Oh, I kept the first for another day!

**Yet knowing how way leads on to
way,**

I doubted if I should ever come back.

I shall be telling this with a sigh

Somewhere ages and ages hence:

**Two roads diverged in a wood, and I
took the**

one less traveled by,

And that has made all the difference.

The Victor -C.W. Longenecker

If you think you are beaten, you are,

If you think you dare not, you don't.

**If you like to win, but you think you
can't, It is almost certain you won't.**

If you think you'll lose, you're lost,

**For out in the world we find,
Success begins with a fellow's will.
It's all in the state of mind.
If you think you are outclassed, you
are, You've got to think high to rise,
You've got to be sure of yourself
before You can ever win a prize.
Life's battles don't always go
To the stronger or faster man.
But soon or later the man who wins,
Is the man who thinks he can.**

The Mind of the Mouth,

The Weight of Words by

Omeklaglazziion Q.

Shabazz-Thundamaccloud

**In the beginning, the Word was with
God. It was with Jesus Christ. The
Word was with the Holy Spirit. In the
Bible, it says in John 1:1 that "In the
Beginning was the Word, and the
Word was with God, and the Word
was God." I interpret that to mean
that God made words, and all words
consisted of God. So exactly what is a
word? The "Word" in the spiritual**

sense is the Bible, and all things relating to the glorification and building of God, His Son Jesus Christ, and the Holy Spirit. I'll also give you the dictionary definition. The Thorndike Barnhart Dictionary has many different definitions of "word." In fact, they give 12 different definitions stemming from the same root. Word. 1) noun: a sound or group of sounds that has meaning and is a unit of speech. 2) noun: the writing or printing that stands for a word. 3) noun: a short talk(conversation). 4) noun: speech. 5) noun: a brief expression. 6) noun: a command; an order. 7) noun: the Bible. 8) noun: promise. 9) noun: news. 10) noun, plural: angry talk or dispute. 11) noun: a unit of computer information equal to the number of bits of data that a computer can store or process as a unit. 12) verb: to put into words. These are the twelve definitions of the word "word" and

I'm sure there's a few more. In this book, I am going to use the Holy Word(Bible) and all twelve of the dictionary definitions to drive home this single point: the mouth has a mind and words have weight. I know for a fact that the mouth has a mind because I've been in many situations where, if it were not for my words that I spoke, I'd have been in plenty trouble. But if I were behaving and thinking and doing the right kinds of things in the first place I wouldn't have had to have been bailed out by my words. My actions should have been right, so my words would not have had to have been called on to get me out of the trouble. I am going to teach you how to use words in the kind of manner that will blow your mind. I am going to give you a list of words that will transform your mind into that of a well oiled machine. We all want machines that operate smoothly, right? Well, this machine

that I refer to is your mouth.

And so, The Mind of the Mouth, The Weight of Words begins. Words are marvelous things. They are the direct result of thought. The mind of the heart produces forth thought. And thought brings forth words. And words produce speech. And speech produces action. And each action garners a reaction. After reaction is reflection. And the cycle continues back to the mind of the heart. That is the base cycle of the human mind. It's very important to learn this cycle because if you're taking care of all parts of the thought cycle, chances are your words will be complete when they come out. Jesus Christ said in Matthew 12:37 that "For by thy words thou shalt be justified." Boy is that true ! We are justified by our words! We are established by our words. Even further, Jesus said in Matthew 15:11 that "Not that which goeth into the mouth defileth a man,

but that which cometh out of the mouth, this defileth a man." What that basically says is that you may hear things that may be contrary to the Bible's teachings, but your response to it is what matters the most. It's not your hearing of negative things that counts, it's our response to those types of things that establishes our position. All words have weight. If you were to weigh one word on a super high tech scale, it may only weight one millionth of an ounce. But that one millionth of an ounce could make all the difference in the world. For example, let's say you're sitting in the front of a bus. You hear someone in the back of the bus say "I'm getting ready to stop!" But in reality, what was really said was "I'm getting ready to shop!" You misheard. "Stop" and "shop" is the difference. Now those two letters, "t" and "h" are only 12 letters away from each other but it makes all the difference in the world at this point.

Stop is different from shop. Stop means to cease from doing something; a halt. Shop means to look for and purchase items at a merchant. Now, that one letter may only weigh 1/4 of a millionth of an ounce, but it means the difference between someone ceasing from doing something and someone about to go spend some money for goods. So that's weight of words.

Now you can do different types of things with the weight of words. You can create positive weight; that is positive words. You can create neutral weight; that is neutral words.

Or you can create negative weight; or negative words. Ever seen a pendulum? It swings on one side, and the other and the spheres in the middle don't move. Well, that's where the mind of your mouth comes into play. If you mind your mouth, and mouth your mind, you can be sure that you are getting maximum

productivity from your mind. But be careful what to mouth, for if you mouth every thing your thinking, then you can be sure that some of what you think may offend, and we want to promote peace, right. In Proverbs, it s ays "The tongue of the wise promotes health [peace too]." So that's our goal: to promote peace with our tongue.

It says in Proverbs 18:20-21 that "A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. [18:21]...Life is in the power of the tongue: and they that love it shall eat the fruit thereof." So let's start using the right types of words that will not only increase our lives, but increase others as well. Not only that, but in obeiance of the Commandments that we should "honor all men, do good, and obey the Commands." It seems to me that the most successful people in this world are ones who use words

the best. They also put in the effort to bring it all together. So input and output are very similar. Or these successful people get a greater output than they input. If you input a good word, the output may be a good thought or action. So using words and having proper diction is tantamount to being successful.

Imagine going to a distant land and you didn't know the language. Well, if you don't use words right, that's what it's like! So use words properly and you'll be A okay. I am putting together a list of words along with their definitions, that will blow your mind if you use them correctly. You will see the fruit of their use instantly! Below is a long list of words, albeit a dictionary of peaceful but powerful words. Use it in your everyday language and speech and watch what happens!

1.A - the first letter in the English alphabet

2.abbey - the building where monks

or nuns live, ruled by an abbot or

abbess; monastery or convent

3.abbot - a man who is the head of an

abbey of monks

4.abbreviate - to make a word or

phrase shorter

5.abet - to encourage or help

6.abide - to put up with or endure;

stay or remain

7.ability - power to do or act; skill

8.able - having enough power or skill

to do something

9.abloom - blossoming, in bloom

10.aboard - on board

11.abode - a living place or dwelling;

house

12.abolish - to do away with

completely; put an end to

13.aboriginal - existing from the

beginning

14.abound - to be plentiful; well

supplied or rich

15.president - call someone a

president that you know, see their

reaction!

15.master - name someone a master

and see their face light up

16.sir - old word that describes a

noble man

17.nobleman - name this to someone

who deserves it

18.partner - this is a word that you

can use to call a colleague

19.buddy - call someone this any day

20.pal - use this word for a friend

21.reverend - use this for a noble

religious person

22.general - use this when referring

to a noble person

23.representative - use this for a good

man or woman

24.senator - use for an honorable

person

25.officer - use for distinguished

person

26.shahman - an indian chief

27.friend - a friend in need is a friend

indeed

28.mate - a good buddy

29.colleague - a close friend you work

with

30.cohort - someone you are equal

with

THE 10 COMMANDMENTS FROM

EXODUS 20

1.GOD IS THE ONLY GOD -

WORSHIP HIM ONLY.

2.DO NOT MAKE GRAVEN

IMAGES OR IDOLS.

3.DO NOT TAKE THE NAME OF

THE LORD IN VAIN.

4.HONOR AND KEEP THE

SABBATH DAY HOLY.

5.HONOR THY FATHER AND

MOTHER.

6.THOU SHALT NOT KILL.

7.THOU SHALT NOT COMMIT

ADULTERY.

8.THOU SHALT NOT STEAL.

9.DO NOT LIE OR BEAR FALSE

WITNESS.

10.THOU SHALT NOT COVET.

Immutable Christian Laws

Christian Laws

1. God is the One and only God - bar none!

2. Jesus Christ is the Son of God - God in the form of man.

3. Holy Spirit is God in Spirit - He is real!

4. God exists in three forms but One God - Father, Son, Holy Spirit.

5. A family that prays together, stays together

6. Jesus said, Man shall not live by bread alone, but by every word that proceeds out of the mouth of God. (Matthew 4:4) It is true.

7. Jesus said not to tell other folks that they are fools. (Matthew 5:22)

8. Jesus said, Go the extra mile for people. (Matthew 5:41)

9. Jesus said, Love your enemies (Matthew 5:44)

10. Pray The Lord's Prayer:

Our Father which art in heaven.

Hallowed be thy name.

Thy kingdom come.

Thy will be done in earth,

As it is in heaven.

Give us this day. our daily bread.

And forgive us our debts,

As we forgive our debtors

And lead us not into temptation,

But deliver us from evil:

For thine is the Kingdom,

And the power, and the glory,

forever.

Amen.

(Matthew 6:9-13)

**11.It's good to go on a fast. (Matthew
6:16-18)**

**12.Jesus said, Seek ye first the
Kingdom of God and his
righteousness (Matthew 6:33)**

**13.Jesus said, narrow is the way that
leads to life and wide is the way that
leads to destruction. (Matthew
7:13-14)**

**14.Jesus said, Love thy neighbor as
thyself. (Matthew 22:39)**

**15.Jesus said, A good tree cannot
yield evil fruit, and a bad tree cannot
yield good fruit. (Matthew 7:17-18)**

16. Jesus said, The disciple is not above his master, nor the servant above his lord. (Matthew 10:24)

17. Jesus said, There is nothing covered, that shall not be revealed; and hid that shall not be known. (Matthew 10:26)

18. Jesus said, He that findeth his life shall lose it: and he that loseth his life for my sake will find it. (Matthew 10:39)

19. Jesus said, Give a cup of cold water to the kids (Matthew 10:42)

20. Jesus said, A kingdom divided against itself cannot stand. (Matthew 12:25)

21. Jesus said, He that is not with me is against me. (Matthew 12:30)

22. Do not blaspheme the Holy Ghost (Matthew 12:31)

23. Jesus said, By thy words you shall be justified, and by thy words you shall be condemned. (Matthew 12:37)

24. Jesus said, He that hath ears, let him hear. (Matthew 13:9)

25. What goes into and what comes

out of the mouth defiles the man

(Matthew 15:17-18)

26. Jesus said that whoever your

treasure is, that's where your heart

is!

27. Jesus said, If you have faith the

grain of a mustard seed, you can

move mountains. (Matthew 17:20)

28. Jesus said, Where two or three are

gathered in my name, there am I in

the midst of them (Matthew 18:20)

29. Jesus said, It is easier for a camel

to go through the eye of a needle than

a rich man into the kingdom of

heaven. (Matthew 19:24)

30. Jesus said, My words will not pass

away. (Matthew 24:35)

31. Prayer and fasting works

32. DO the things you don't want to

do sometimes. (Romans 7:14-17)

Immutable Integrity Laws

32. Tell the truth always, even if it

hurts to do it.

33. Do not accept bribes

34.Only have one spouse

35.Treat your kids right - don't

provoke them.

36.Treat animals right - with respect.

37.Treat your body right - eat right

and be fit.

Immutable Dietary Laws

38.Eat only vegetables, fruits, herbs,

spices, and grains - anything from a

greenfruit plant.

39.Drink anything that IS NOT

fermented, carbonated, alcoholic, or

anything with animal products in it.

40.Drink water.

41.DO NOT TAKE MEDICATION

AT ALL. These are drugs , and you

don't want drugs in your body.

42.DO NOT USE DRUGS -

COCAINE, CRACK, WEED,

ALCOHOL, PCP, SHROOMS,

Hash, etc. - NEVER USE THESE!

43.USE OIL, SUGAR, AND SALT

SPARINGLY - BUT YOU CAN USE

IT!

44.Stay away from the vending

machines.

Immutable Fitness Laws

45. Fitness law says, pick up a sport -

swimming, racquetball, squash -

something and do it every week

46. Be a good sportman - offer thanks

and congratulations if you win or lose

at all times.

47. Go for a walk/jog once a day.

Immutable Hygiene Laws

48. Wash your face and brush your

teeth every day.

49. Take shower or bath every day or

every other day.

50. Take a shower or bath after you

exercise or play sports.

51. Wash your dirty clothes at least

once a week.

52. Brush and comb your hair.

53. Don't use shampoo on your hair -

use lemon juice.

54. Don't use toothpaste - use water to

brush.

Immutable Scientific Laws

55. Archimedes Principle - When a

body is fully immersed in water, the weight loss is equivalent to the weight of the displaced liquid.

56.Kepler' Planetary Motion Law - every planet's orbit is an ellipse around the sun.

57.A line between the planet and the sun sweeps out equal areas for a given period of time.

58.The squares of the orbital periods are equal to the cubes of the semi-major axis of the orbit.

59.Newton's First Law of Motion: An object in motion will stay in motion unless acted on by a force.

60.Newton's Second Law of Motion: Force = Mass times acceleration.

61.Newton's Third Law: For every action, there's an equal and opposite reaction.

62.Newton's Law of Cooling: the rate of heat loss of a body is proportional to the difference in the temperature of the body and it's surroundings.

63.Boyle's Law: For a fixed gas at a fixed temperature, Pressure is inversely related to the volume.

64.Ideal Gas Law: Pressure and volume are proportional to n times R times temperature.

65.Einstein Law: $E = hf$ - that's energy equals Planck's constant times the frequency of light.

66.Einstein Law: $E=mc^2$ that's energy = mass times speed of light squared.

67.Ohm's Law: $V=IR$, that's Voltage = Current times resistance

68.Law that matter must come from God, Jesus, Holy Spirit

69.Law that science comes from God, Jesus, Holy Spirit

Immutable Math Laws

70. $1+1=2$

71. $1 \times 2 = 2$

72. $4 / 2 = 2$

73. $1-1=0$

74. $D = 1.40S$

Immutable Marriage Laws

**75.LOVE YOUR MATE WITH ALL
YOU HEART, SOUL, AND MIND!**

**76.DO NOT CHEAT ON YOUR
HUSBAND OR WIFE!**

**77.A FAMILY THAT PRAYS
TOGETHER, STAYS TOGETHER!**

The Vegetable, Fruit, and Herb

Encyclopedia

**Hi sir or madam. This electronic
book is really a Christian food guide
that is designed to help you out in a
very big way. Also, it helps your
pocketbook out. What this electronic
report shows you is all the different
types of fruits and vegetables you can
buy, complete with background and
uses. Most of the information I have
pulled from Foods That Harm Foods
That Heal. The other significant part
of the information comes from World**

Book Encyclope dia and

Wikipedia. There are many benefits to using a Christian diet. A) There are vitality benefits. B) There are financial benefits. C) Peace of mind benefits. If you just change your eating routine you may be able to obtain great benefits. Without !"#%&#()*+,-./0\$#*)"1&'23!/#4\$' fruit. Remember to go get these items at your local grocery store or market. Don't forget, cancer and any type of disease has a cure - it's eating proper fruits and veggies and do not eat meat. It's just that simple! Here is the encyclo' 4 u!!

Almonds

Almonds are small, brown, elliptical nuts that you can eat just about any day of the week, any time anywhere!

The almond tree grows anywhere between 4 to 10 meters high and a few meters wide. The flowers are white or pink and the leaves are green. The almond nut itself is the

seed and you can use that in growing a new almond tree. Go out and get some almonds today!

Apples

Apples are one of the most important fruits and they grow on trees all over the world. They are a staple crop in 2*4\$'5(#\$4'*\$!'\$%&'6*#.)7'8%&3-9&':&&0' eaten since cave dwellers dotted the globe. Apples are grown commercially and in the garden more than most other fruit trees. It is a very popular fruit all across the globe as it is easy to carry. Apples have been a favorite fruit even as far back as the cave man days. The sweet and tart taste of apples makes them popular as well. Apples are grown all over the globe, except the coldest and hottest extremes. There are many varieties of apples to choose from. They come in red, green, and yellow and they can be sweet or tart. The flesh is always whitish in color. Apples are known as pomes ; fruits

that have a fleshy outer layer and a paperlike core. Apples usually have a few black seeds in them that you can use to grow your own apple trees.

Apple trees are part of the rose family, which is a shock. You

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being related. Apples trees can grow upwards of 40 feet tall ;\$%('\$-4'%/=%>'

Apple trees are supposedly able to bear fruit for up to 100 years.

However, most apple trees should be recycled every 100 years. People that grow apples produce about 2 billion bushels of apples every year. China is the number one producer. United States is second in apple production.

France, Italy, and Turkey rounds out the top five. In the United States, the Pacific Northwest is a leading apple growing region. The state of

Washington produces more apples than any other state in the U.S. In Canada, apples are supposedly the most important fruit crop. Apples

can be used in a variety of different ways. For one, they can be eaten raw. Two, they can be used in baked pies and the like. Three, they can be used in apple butter, applesauce, apple juice, jelly, and wine. Apple juice can

:&'2()&'0\$*'9/0&=#7'8%(\$-4'6/.)+'
eh? Apples consist of 85% water.

They have vitamin A, C, potassium, and pectin. Of all the varieties of apples to choose from, Delicious, Golden Delicious, and McIntosh make up about 60% of apples produced in the United States. Go ahead and buy any type of apple you want at the grocery store or market!

Artichokes

The artichoke comes in two different varieties: the globe artichoke and the Jerusalem artichoke. The globe artichoke is a large gray-green plant

two or three feet tall with large, prickly leaves. California is leading artichoke- producing state in the

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ahead and buy any type of apple you

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Artichokes

USA. Artichoke plants are about 3 to 5 feet tall and about 5 to 6 feet in diameter. The artichoke grows by the seed, when it sprouts stems and large leaves. The bud part is the flower, which turns into the artichoke heart. Artichokes can grow from seed or from little plants called shoots. The plant can live upwards of 15 years if you take good care of them. Whether you serve it hot or cold, the artichoke is a very nutritious vegetable. The heart of the artichoke is the edible part. In Jerusalem artichokes, the potato-like roots are eaten as food. All you have to do to eat a globe artichoke is remove the thorny top and leaf tips, and boil, steam, or bake the heart portion. You can eat artichokes with tomato sauce, lemon sauce, or whatever kind of concoction you can dream of. A large globe artichoke provides 15% of the RDA of folate and vitamin C, about 300mg of potassium, and about 2g of

fiber. Artichokes do belong to the sunflower family. Well, you can walk, jog, or run to your nearest grocery store to get some artichokes!

Asparagus

Asparagus is a long, rod-like green vegetable that is pointed at one end.

Not too many people like asparagus at all. However, these vegetables have lots of good stuff for you in them.

Most people eat the shoots, or the stems, rather than anything else.

Asparagus plants originated from the Mediterranean area and Africa, according to World Book. They grow well in moist, sandy soil and in moderate climates. In the United States, California, New Jersey, and Washington are the chief producers of asparagus. According to World Book, asparagus is a perennial plant, which means that they can survive for many years without replanting them. Most commercial asparagus is grown from seed. Basically, the

underground stem, known as the rhizome, plus the crown is its growth.

As the plant gets nourished, the rhizome has buds on them that grow through the soil and become the asparagus spears. If you take real good care of them, you might get 20 years out of one plant.

You can boil asparagus or steam it, either way they are good ; especially if you add spices to it. In ancient Greece and Rome, they thought that asparagus had medicinal qualities, even curing toothaches. Just six medium spears contain 90 mcg of folate or about 1/3 of the RDA; 20mg of vitamin C (1/3 of RDA); and 750 I.U. of vitamin A, or 1/5 of the RDA.

Asparagus is very low in calories and super high in fiber. Asparagus is good for protein, too. This information is according to Foods That Harm Foods That Heal.

Avocado

Avocado is a fruit that grows in most

warm climates. The fruit may be round, oval, or pear-shaped. Its skin color ranges from green to dark purple, depending on the variety.

Avocados have a yellow-green pulp and contain one large seed. Avocados are highly nutritious. They are rich in vitamins, minerals, and oil. People eat avocados fresh in dips, salads, and desserts. Guacamole, a popular Mexican dish, is made with mashed avocados, onions, tomatoes, cilantro, garlic. In Brazil, avocados are used to make shakes and beverages.

Avocados are native to Mexico, Guatemala, Jamaica, and Cuba, but they are now grown in many parts of the world. The United States is the leading avocado-producing country, followed by Mexico and Brazil.

California and Florida produce most of the U. S. avocado crop. They say most of the fat in avocados is monounsaturated, so it does make a good snack at any time! A medium

sized avocado provides about 500mg of potassium and more than 1/3 of the recommended dietary allowance of folate. It also has 10% or more of the RDA for iron, magnesium, and vitamins, A, C,E, and B6. These avocados make a great addition to your repertoire!

Babaco

Babaco ; the Babaco is a longitudinally shaped fruit that is green and yellow and looks like a tubular starfruit. They came from ?1"()*#'/0'\$%&'@ABC-4'(#&'!*"0)'/0' Trinidad and Tobago now too. The skin of the fruit is edible and the flesh has a few seeds in it. The babaco tree can produce an average of 45 fruits per year. It reaches 5-8m high. It has plenty of nutrition in it so go get some babaco today!

Bananas

Bananas are fruits--longitudinal, yellow skin on the outside, with white fruit on the inside. Banana plants

grow upwards of 30 feet tall, and they look like a tree. Banana plants are not trees only because it has no woody trunk. Bananas are one of nature's most prized treats. They are healthy, tasty, and filling. Folks in the U.S.A. eat approximately 11 billion bananas every year. They can be eaten as snacks, in cereal, or part of a fruit cocktail. Most bananas grow in the tropics and the trees grow 8 to 30 feet tall. Most bananas are cut from banana trees while they are still green. Most bananas are yellow on the outside, except for one variety ; the Red Jamaica. Plantains are also types of bananas and they are cooked and eaten. Babies love bananas blended up and ready to eat. Most people eat just the fruit of the banana, but in some countries, they use the banana leaves for things like baskets, roofs, and mats. They certainly are smart with it! Bananas grow very well in hot, moist climates

like Central America. They like well-watered soil and hot weather. I think the little black things inside the banana are the seed. There are bunches of seeds in just one banana.

Then the banana seed grows rhizomes, which reveal stems. The stems reveal growths called buds.

And the buds turn into flowers. The flowers from the buds turn into small bananas, the small bananas grow into

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bananas grow! Supposedly, bananas

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tropical regions until about 1860.

Then, som ebody figured out that

bananas are great ; why not import

them and eat them? And so they did,

and th ey established banana

plantations. They eventually

expanded into multimillion-dollar

corporations, which had gigantic

influence. Now, the banana trade

exceeds \$400 million. Some have

started unions, which fought for

higher banana prices and higher

wages. That is the history, in a

nutshell, of the banana trade.

Avocados are the only fruit that have

more potassium than bananas. A

medium sized banana has 1/3 of the

RDA of vitamin B6, plus 10% of the

RDA for vitamin C and folate.

Bananas also have phosphorous and

vitamin A. You can also find fiber in

bananas. Go get these yellow wonders

at the store today!

Barley

Barley is a cereal grain that looks

somewhat like wheat. The head of the

barley is where the seeds are at, and

that's what is used in cooking and

nutrition, the seed head. Barley is

good for you - it has all kinds of

vitamins and minerals in it. Go and

get it today!

Basil

Basil is an herb that tastes great with

most any type of dish that you can

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season food since ancient times. The common basil plant has purplish white flowers and green leaves. The basil plant can grow up to 1 foot tall.

You can grow basil from seed, too.

The plant produces leaves and flowers, which turn into seeds. Use basil in your salads, soups, vegetable dishes and the like. Please go get some basil some time soon!

Beans

Beans is the name of many related plants of the pea family. The part that you eat is the seed, which is also called the bean. Beans are among the best things that you can eat. Some farmers use them to feed people; others use them to feed their livestock. Beans also enriches the soil by introducing nitrogen that is taken from the air. Beans can range from green beans to kidney beans to navy beans. They can be low and bushy or on a vine. Beans start off as seeds, then with watering and sunlight, they

become flowers. The flowers break off and become bean pods. There are soybeans, too. Within 60 days of planting them, beans produce a very large crop per unit area. They thrive badly in cool weather. Beans are round objects that you can cook and are great sources of protein, according to many health authorities. They also have iron, folate, and vitamins A and E. They are also good sources of thiamine, vitamin B6, potassium, and magnesium. Go right ahead and get these beans soon.

Beech Nut

Beech nuts come from the beech tree, which is a deciduous tree that grows all over the world. The fruit of the tree is the beech nut - I've never tried the beech nut I don't think, but I know that they are good for you! I'd imagine that the nuts are good for bones and hair and skin and all the works ! Anyway, as soon as possible,

get down to your local store and get some beech nuts!

Beets

Beets come in two different varieties.

The first kind is the most known

kind, and that is the red beet. The

second kind is called the sugar beet.

Sugar beets supply about 50% of all

sugar made in the United States.

Both red beets and sugar beets are

necessary crops, so both are

important. The swollen root of the

plant is used as a vegetable. They are

a very versatile vegetable, as you can

put them in salads or you can eat

them raw. According to some

folklore, beets were known to cure

headaches and other bad conditions.

Naturalistic doctors tell their patients

to eat beets because they are healthy.

Beets have folate, vitamin C, vitamin

A, calcium, iron, and potassium. Get

these at the store today.

Blackberries

Blackberries are a serious, serious

fruit that you must have on your daily grocery list. Blackberries come in different colors, but for the most part, they come in black color. Also, blackberries are part of the rose family. Sometimes people confuse blackberries with black raspberries, but there is a difference. Blackberries are black, round, and come in clusters. I think the little berries can be broken off and planted as seeds. I think that is right. Blackberries are juicy and sweet and you can mash them up and make a pie or you can eat them raw or you can blend them up in a shake. The United States is the leading producer of blackberries.

They are produced in Arkansas, Michigan, Missouri, New York, Oklahoma, Oregon, Texas, Washington, and other states. Most of the blackberries that are grown are used as processed fruit.

Blackberries can be grown from seed or grown from plants. If you water

them and take care of them, blackberries can live up upwards of 20 years without replacement. I think the round things that you eat are the seeds. Blackberries are high in fiber, vitamin C, folate, vitamin E, and plus they have small amounts of iron and calcium. Add these to your cart today!

Blueberries

Blueberries are similar to blackberries except they are blue! They are spherical and blue, tasty and tart. Most blueberries have a powdery gray coating that rubs off when you wash them. Blueberry leaves are green and the bush begets white or pink flowers. The United States and Canada supply close to 80% of the blueberry crop in the U.S. About 33% of the blueberry crop is

80% of the blueberry crop in the U.S. About 33% of the blueberry crop is

About 33% of the blueberry crop is

sold fresh. About another 33% is sold frozen, and the last 33% is sold as canned or in baked goods like pies and cakes and cookies.

An important distinction in blueberries is the type. One type is called highbush. The other type is called lowbush. Lowbush blueberries are a half-foot to a foot and a half tall and are bushy. Some northeastern states in the U.S. sell the bulk of the lowbush blueberries. Highbush blueberries grow from 3 to 6 feet tall and also are bushy. Either way you want them, blueberries definitely are healthy. One important note that I want to add is that blueberries do have seeds in them. They are small and round and brown and are located inside the berry itself. You can use the seed to plant for next year up some blueberries and make a pie or eat them raw. Dried blueberries supposedly are good for fighting

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**that topic! Blueberries have plenty of
vitamin C, iron, potassium, folate,
beta carotene, and they also have
plenty of fiber.**

Brazil Nut

**The brazil nut is a great little nut I
tell ya! It 's nice, in one word - nice!
It's healthy for you can it tastes great.**

**The nut itself is good for bones
because they have calcium in it.**

**Brazil nut trees grow 100 feet high
and can age up to 100 years old in
some cases! The brazil nut is about
10-15 centimeters in diameter and
can weigh about 2 kilograms. It has a
shell an contains 8-24 nuts inside the
fruit shell. The nut is what we eat.**

**Bolivia, Brazil, and Peru are the chief
producers of Bra zil nuts. They are
very good for you so go out and get
some Brazil Nuts today!**

Breadfruit

Breadfruit is usually a spherically

shaped fruit that is green colored and grows on trees. The trees grow at least 10 feet high and a few feet around. Some parts of the breadfruit tree yield latex, a rubbery liquid that can be used in a variety of applications. A single breadfruit tree can produce up wards of 200 fruits a season, which is very good. The seed is in the fruit. Go and get some today!

Broccoli

Broccoli is a green tree-like vegetable that grows from the ground. It is also related to the cauliflower. Broccoli has thick flower-like buds that form the broccoli head. Broccoli grows best in cooler weather and in moist, well-drained soil. You can try growing it from seed, too. Broccoli is a serious vegetable that you can eat steamed or boiled. Throw some spices

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Broccoli is a super-nutritious vegetable and it is cruciferous.

Broccoli is super high in antioxidants

and bioflavonoids, which help protect cells from being damaged. Broccoli has plenty of vitamin C, vitamin A, folate, calcium, iron, and protein. Go ahead and get these at the market today.

Brussels Sprouts

Brussels sprouts are green and white spherical vegetables that look like miniature cabbages. They are related to both cauliflower and cabbage, too.

Brussels sprouts grow along the stem of the plant, and form tight little balled leaves. Brussels sprouts are especially good if you add some spices to them. They are high in vitamin C, folate, vitamin A , iron, and vitamin E. Brussels sprouts also have bioflavonoids and antioxidants, which are good for you. Just steam them with spices and call it a day! Go get them at the store!

Butternut

The butternut is a type of nut that grows on trees from Maine all the

way down to Georgia. Butternut fruits are oblong and pointed and they grow in clusters of up to 5 nuts combined. The husk enclosing the nut is spongy and has a little hair on it.

The nuts themselves are very oily when ripe. Plenty of vitamins and minerals in those butternuts! Go and try some butternuts today!

Cabbage

Cabbage can be green or red or white, any color it is, they are all spherical and good to eat. There are three types of cabbage: red, white, and savoy. All three have different characteristics about them that differentiate themselves. The leaves grow real close together to form the head of cabbage. The leaves fold up into a ball and are packed tightly.

One of the prominent characteristics of cabbage is the large veins ; cabbage has large veins. Cabbage is also part of the mustard family.

Cabbage is high in fiber and folate,

vitamin C, potassium , and beta

carotene. Cabbage tastes best when

you cook it with spices and herbs.

Throw it in a wok and call it a night.

Go and get it.

Canteloupe

Canteloupe is a type of fruit that

doesn't grow on trees - they grow on

vines on the ground. They are sweet

and tasty. The fruit itself is a light

grey outside part with an orange

interior and white elliptical seeds.

They fruit is high in vitamin C so

that's all the more reason to get

them! Canteloupes are really good

for you so go ahead and march to the

market and get canteloupe!

Carob

The carob bean is a type of bean that

grows on car ob trees. The beans is

used as a substitute for chocolate

because it tastes like chocolate. The

carob tree gets to be about 50-55 feet

tall and almost 3 feet in

circumference. The carob bean pods

are light to dark brown in color and has brown pulp. Carob beans are definitely good for you so go ahead and get some soon!

Carrots

Carrots are long, tornado-like orange vegetables that have a crunchy taste and slightly sweet taste. The orange part is the root of the carrot plant.

Supposedly, carrots are native to Afghanistan. Ancient Greeks used carrots as medicine and not as food, which is wild! Carrots are part of the parsley family. Carrots grow in the ground spiraling down wards towards the earth. They have green leafy tops. Carrots make a great addition to salads or you can cook them in a soup or eat them raw.

Carrots have lots of beta carotene and vitamin A. Find carrots at the local store and get them today!

Cashews

Cashews ; the cashew is a type of hard nut that looks like peanuts, but

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and nice. The actual nut is the seed!

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good for healing bad joints and

bones. You can get some cashews

anytime bud!

Cauliflower

Cauliflower is a white bunchy

vegetable with green leaves. The head

looks like a miniature flower and that

is the part of the plant that is eaten.

Only the head of cauliflower is eaten.

Most cauliflower in the U.S. is

produced in California. Cauliflower

has vitamin C, folate, potassium,

fiber, and vitamin B6. Cauliflower

also has bioflavonoids, too. Just cook

cauliflower by steaming it in boiling

water. You can also add spices to

make it taste even better. Go get

them at the store today!

Celery

Celery is a long green vegetable that

resembles bamboo shoots. The stalks

have feathery green tops to them.

Celery belongs to the umbelliferae family. Celery is crunchy and has a slightly strong taste. The stalk of celery can measure more than a foot long. After the second year of growing, celery forms a bush, and seeds grow on the bush. It is widely recognized as a great addition to various dishes. Celery has a really good use for salads and soups. Celery is low in calories and high in fiber. Celery has potassium, vitamin C, folate, and vitamin A. Celery is about 95% water in general. You can use both the stalk and the leaves in cooking dishes. Go ahead and get these at the store today!

Cherries

Cherries are a great fruit that comes in yellow, purple, and red varieties. The cherry is part of the family rosaceae and genus prunus. Cherries are native to North America, Europe, and Asia. Sometimes, the really ripe cherries are almost black in color.

They grow on trees all across the globe. Most cherry trees grow up to 40 feet tall. California, Michigan, Oregon, and Washington produce a large amount of sweet cherries.

Cherries also belong to the rose family. Annual production of cherries is about 3 million tones.

Cherries are very sweet and healthy!

Cherries are spherical in shape with long brown stems attached to them.

There is a white seed in the middle of the flesh. Cherries have lots of good stuff including a few vitamins. Make sure you go and get some cherries at your local market today!

Chestnuts

Chestnuts are fine little hard dandies.

They have a brown casing encased in a green outer core, and the fruit is a little nut that's oh so wonderful! The chestnut is also called a buckeye

because it the brown casing with the light "eye" looks like a buckeye.

Chestnuts are great for you in all

shapes and forms. The best way to eat them is raw. So go and get some chestnuts today!

Chocolate

Chocolate is derived from the bean pods of the cacao tree, an evergreen tree that dwells in the tropics. Cacao

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language. The cacao tree produces the beans, or seeds, of which is used

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s chocolate comes from Africa and

Brazil. Cacao trees can grow

upwards of 25 feet high. The tree

produces leaves and flowers. The

flowers grow in clusters near the

trunk of the tree. The flowers bring

forth bean pods, much like the green

bean produces pods. The seeds, when

they are fermented and dried,

become the cocoa bean. Chocolate

can be used in cakes, pies, pastries,

and cookies. Contrary to popular

belief, chocolate is not bad for

youMits good! Chocolate beans have

plenty of vitamin E, B vitamins, protein, chromium, iron, magnesium, phosphorous, and potassium. It also has fat, calories, and things like that.

So if you are lucky, you will find cocoa beans at a specialty store.

Cilantro

Cilantro is a great tasting little vegetable that has an herblike taste.

,\$-4'=#&&0'6/\$%'1.*9&#-like leaves.

Cilantro makes a great addition to most vegetable dishes. You can combine it with some parsley and tofu to make an excellent dish. Its herblike taste makes a good addition to stir fry dishes. Anyway, go ahead and pick up some cilantro today!

Cinnamon

Cinnamon is a very strong tasting spice that goes well in cakes, pies, and cookies. You can also add it to any dish you want to. The cinnamon tree grows as much as 30 feet tall. It has oval leaves and yellow flowers. The fruit of the cinnamon tree looks like

an acorn. Cinnamon trees are grown for their bark, which people use to flavor their dishes. Anyway, go get some cinnamon some time soon!

Cloves

Cloves are the dried flower of a tree called the clove tree. I believe the tree bears fruit and a seed but I'm not sure where. Anyway cloves are good to use in seasoning cakes and pies and cookies and the like. So go ahead and get some cloves today!

Coconuts

Coconuts are spherical, brown seed fruit that are the seeds of the coconut palm tree, which is a tropical plant that grows in tropical areas of the world. The white inside part is the
eat. Coconut trees can reach upwards of 40 feet high. Some folks use the coconut tree to build houses and roofs because of its tensile strength. The coconut is the actual fruit of the coconut palm tree. Large round

fruits grow in clusters around the leaves of the tree. The coconut seed is the big brown ball within the bigger brown shell. The seed has 3 darker colored eyes on the outside, which distinguishes it from the husk. If you plant the seed, little leaves sprout up from the eyes of the ball. A well taken care of coconut palm tree might give 100 coconuts a year.

Some people are smart enough to use the coconut to make copra, a type of coconut oil. It is used to make margarine and soap, as well as in cooking foods. The coconut belongs to the palm family. You can cut the coconut in half or you can squeeze the meat part and make coconut milk

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coconut though. Coconut meat has a lot of iron, fiber, protein, and good stuff in general. Try and find these at the local market if you can!

Coffee

Coffee is a drink made from the

roasted and ground beans of the coffee plant. It is the favorite hot drink in almost every country in the world. The coffee fruit is called a berry. It begins to grow while the plant is blossoming and ripens from green to yellow to red. The average plant produces enough berries each year to make about 11/2 pounds (0.7 kilogram) of roasted coffee. A coffee plant is usually six to eight years old before it bears a full crop of berries. The common variety of coffee plant grows best at altitudes that range from 3,600 to 8,000 feet (1,100 to 2,400 meters) in a tropical climate. The majority of coffee plants grow from seeds that are first planted in nursery beds. After a year in the nursery, the seedlings are transplanted to prepared fields. About 500 to 1,000 seedlings are planted per acre. Coffee comes from the coffee bean, which is the offspring of the coffee plant. The fruit is

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soft and round. The coffee berry is
usually red in color. The coffee plant
produces an average of 11.5 pounds
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usually 6 to 8 years before a full crop
of coffee berries come into existence.
In many parts of the world, coffee is
used as medicine. Coffee definitely
has antioxidants in there and other
random good stuff ; so drink it! Go
and try to get some coffee at the local
grocery store.

Corn

Corn is a yellow vegetable with green
leaves covering it that grows very
well in most parts of the world.

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probably able to grow some corn.

Corn is supposedly a type a of cereal
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oats, and barley. United States is a
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of corn. Brazil, China, and Mexico
are also major players in the corn

industry. Corn has many uses outside of eating it. It is used in paints, ceramics, explosives, metal molds, textiles, and construction materials.

Some farmers use their corn to feed their livestock. Ethanol, a new type of energy source, is made from corn as well. Some companies are using ethanol to power their vehicles. Corn grows from a small yellow kernel, which is found on the corn cob. There are literally hundreds of kernels on one single corn cob. After watering it and giving it some sunshine, the seed develops into a small green plant.

From the green plant shoots out feathery tails that need to be pollinated. Then, small corn cobs start growing through the plant.

Then the corn husks and cob gets bigger and form corn as we know it.

Sometimes the corn is not yellow, but white in color. The taste of corn is very sweet and tasty. The kernels that you eat can be dried and used as seed

for planting. Corn has starch, protein, vitamin A, vitamin C, potassium, and iron. Go and pick up some corn at the market todayM/\$-4' usually inexpensive.

Cranberries

Cranberries are a seriously tasty fruit. They are red berries that grow on vines. Lots of people eat cranberry sauce on Thanksgiving. They also have little seeds inside them that you may use for planting. You can also eat cranberries raw or mash them up and make pies and cakes, or you can blend them up and make a juice.

Cranberries taste sweet and tart most of the time. The cranberry has fiber, vitamin C, and is an antioxidant. Go and get these rascals at the store soon!

Cucumbers

Cucumbers are long, green vegetables that grow on vines. They contain many seeds in them.

Cucumbers belong to the same family

of vegetables as melons, pumpkins, and squash. If you grow them, you can grow them from seed. They start off as seeds, and then when you water them, they grow in to vines with flowers on them. The flowers will swell up at the base and start to form little cucumbers. After nurturing it some more, the little cucumbers grow into big cucumbers. Then you cut off the stem and throw them in your

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cucumbers. Cucumbers are about 95% water, so if you cook them, most will be water. You can use cucumbers in salads especially. Some people like pickles, which are cucumbers marinated in vinegar and spices.

Cucumbers have vitamin C, folate, potassium, and vitamin A. Go and add these to your salads today.

Cumin

Cumin is a type of herb that is similar to parsley and dill and carrots. I believe it's part of the

carrot family. Cumin is good to use in spicy dishes like spiced rice and soups and chilies. Cumin has a seed and fruit, of which the fruit is used in cooking, although more frequently the seed is used in cooking in modern day homes. So, anyway, go ahead and get some cumin at the market today!

Currant

Currant ; the currant comes in three varieties: black, white, and red. I think they all have different tastes. I
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they are good for you. They are soft, round berries with tart flesh. You can make pies, cakes, cookies, and all sorts of stuff with currants. Lots of vitamins too. Go get them today!

Custard Apple

Custard apple ; the custard apple comes in three varieties: cherimoya, soursop, and sugar apple. All three are dandies! The soursop can be a foot long and can weigh 10 pounds or more. Like a watermelon! All of them

have lots of black seeds! Go get the custard apples today!

Dates

Date ; the date is a brown fruit that many people eat dried. Dates are brown and elliptical in shape and they are good for you! They have one medium sized seed in the middle that you can use for growing. Go get some dates today!

Dill

Dill is a tall, green annual herb that is related to the parsley plant. It is used extensively to flavor pickles and sour cream and potato chips. It has seeds as well. The leaves of the dill plant are called dill weed. I would recommend that you use it in your sauces and stir fry dishes. It would do well in those types of dishes. Go out and get it today!

Dragonfruit

Dragonfruit is a fuschia-like fruit with green lea ves coming out of it. The fruit itself is a little scary

looking, but it's good for you.

Dragonfruit has many vitamins and minerals for you, so no worry - it's going to help you out! They do grow on trees and not vines, so that's one more thing you may want to know about dragonfruit. Go ahead and get to the market and get dragonfruit soon!

Durian

Durian ; the durian is an Asian fruit originating in the Indonesian islands.

Durians are a greenish brown fruit with spikes on them. Supposedly they have a foul odor. But they are also supposedly really good ; the fruit

nutrition in them durians. Go get it

today!

Eggplants

Eggplants are an elliptical shaped vegetable with a violet-black outside skin and a white interior. You will find black seeds in them that you can use for planting. These vegetables are

members of the nightshade family, which includes tomatoes, peppers, and potatoes. Eggplants are filling, but they have a bland flavor. Be sure to add spices to eggplants while

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Be sure to pick up some eggplant at the market today.

Feijoa

Feijoa ; the Feijoa is a green fruit, longitudinal in shape, and has yellow flesh with white seeds in it. It looks like a small watermelon. New

Zealand farms a lot of Feijoas, but you can find them in other parts of

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vitamins in them Feijoas, so go ahead and try some today!

Fennel

Fennel is a green and white vegetable with a round base and long stems shooting out from it. Fennel is commonly mistaken for celery.

Doctors to help alleviate many ailments have used fennel. Florence fennel has fan shaped leaves and is used in cooking. Supposedly, it has a sweet, crisp taste that tastes similar to licorice. Fennel is a member of the parsley fam-fam. The vegetable is high in fiber and low in calories.

Also, fennel has vitamin A, vitamin C, iron, calcium, and other minerals.

You can chop up some fennel and add it to your salads and soups today.

Figs

Fig - the fig is a fruit, and it is an oval and elliptical shaped fruit that is very good for you. They talked about figs in the Bible, mostly in the Old Testament, as the Isrealites were fleeing Egypt into the promised land.

Figs have seeds in them , and the flesh is yellow and red. Fig Newtons are a popular snack in the United States. Go get some Figs very soon!

Garlic

Garlic is a white bulb-shaped

vegetable that grows in the ground.

The white cloves are seeds that you use in your cooking. Garlic has been used for years by healers to treat a lot of different types of diseases. A lot of research has been done to test

most results have been good. Most of

the garlic grown in the United States is grown in California. You can steam or cook garlic with herbs and spices to make a really good aroma. Garlic is a great little vegetable and you

ought to use it in your sauces and dishes. Go and buy some at the store today.

Ginger

Ginger is a light brown root vegetable that has been used to flavor foods since ancient times. The ginger root comes from the ginger plant.

Long stems and leaves sprout from the roots of the ginger plant. Ginger is grown in Asia, West Indies, South America, Africa, and other parts of

the world. Ginger root is great for

teas, drinks, and all sorts of dishes.

Ginger is also great for breads,

cookies, cakes, pies, and the like. It is

used sometimes for medicinal

purposes as well. Run to the store to

pick up some ginger.

Gooseberries

Gooseberry ; the gooseberry is a type

of berry. It has many colors, some

red, some yellow, some green. They

are spherically shaped and they are

sweet and tart. Each berry has a seed

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seed). They have plenty of vitamins

and minerals so go ahead and hop to

it ; Go out and buy some

gooseberries soon!

Grapefruits

Grapefruit have a yellowish-orange

skin and a pink -red fruit interior. A

lot of people like grapefruit because it

tastes sweet and tangy, but it is al so

filling and inexpensive. Most

grapefruit measure about a half foot

in diameter. It consists of many fruity segments combined with white grapefruit seeds. The yellow outer layer provides the protection from the elements. The United States produces close to 50% of all grapefruits in the world. The farmers harvest about 4.5 billion pounds of the fruit annually. Florida is United States' largest producer of grapefruit, followed by California. Grapefruit trees can grow up to 30 feet tall. The leaves are usually dark green in color and the flowers are white. The flowers eventually make way to become small grapefruits. Grapefruit belongs to the rue family. It is a citrus fruit, too. Grapefruit has vitamin C, potassium, folate, calcium, and iron. It also has beta carotene, which is good for eyes. Make sure to put some grapefruit in your cart today.

Grapes

Grapes are juicy little fruits that

grow on vines. Grapes come in green, red, and purple varieties. They are spherical and they taste great! Inside are little white seeds that you can use

grow in clusters of 6 to 300 grapes, too. About 60 million metric tons of grapes are harvested every year.

Approximately 80% of all grapes goes over to making wine. About 13% is sold as fresh grapes, which is called table grapes. Grapes are among the oldest fruit crops grown.

Some people crush grapes and store them in vats to make wine. Or you can let them dry up and become raisins.

About 90% of all grapes grown in the United States is grown in California.

Outside the U.S., Europe is the biggest producer of grapes. France, Italy, and Spain are the big boys of the grape industry in Europe. Grapes can be grown from seed or grown from cuttings of the vines and

planted. This process is called propagation. With good care, a grapevine may produce 15 pounds of grapes every year for 100 years.

But oftentimes people just eat the fruit raw. Grapes have iron, potassium, vitamin C, and bioflavonoids. Add some grapes to your daily regimen.

Greens (Collard)

Collard greens are a type of plant that is really good for your body.

They are green, leafy plants that we use the leaves to eat. Greens are known to many people as down home cooking food. Collard greens can be used in soups, stir fry, casserole, or just on its own. They have all kinds of vitamins and minerals in there so make sure you head to the market and get some greens today!

Guavas

Guavas are a tropical fruit that grows well in many tropical areas of the world. They are oval shaped,

plump and green. The fruit inside is usually deep pink or light reddish in color. They also have many gritty little seeds inside them. They grow on evergreen trees that grow 5 to 30 feet high. Guavas have plenty of vitamin C, potassium, iron, and fiber. Most guavas have about 60 calories per

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You can eat them raw or you can throw them in a blender and call it a day! Go ahead and buy these delicacies today!

Hazelnut

The hazelnut is a type of nut that we all should know a little something about - you eat them around Christmastime. They have orangish-brown shells and a small brown nut. The nuts themselves are a good source of good vitamins and minerals. Also, hazelnuts are known to be good for bone strength. So go ahead and get to your market to get those hazelnuts today buddy!

Hickory Nut

The hickory nut is a brown nut encased inside of a brown-green husk. The nut itself is the seed of the hickory tree. You can use the nuts for eating and also to grow more hickory trees. The hickory nut is a good source of vitamins and minerals. They definitely are very good for building strong teeth and bones. All nuts are good for bones. So get some hickory nuts at the market today buddy!

Jackfruit

Jackfruit ; the jackfruit is a nice fruit! Some of them jackfruits weigh up to 80 pounds or more. They are brownish green with numerous white seeds in it. They grow them in Asia and Australia and the West Indies. The jackfruit is a serious fruit I tell ya and they have lots of vitamins and minerals that is good for you! So get some jackfruit today please!

Jicama

Jicama is a greenish skinned veggie that has a white interior kind of similar to the potato - it's like a green potato. they're great for you!

Jujube

Jujube is a type of exotic fruit that we all need. has plenty of vitamins and minerals in them. go I think that they are purplish in color with seeds inside!! Go get em today!

Kale

Kale is a curly, leafy green vegetable that looks like collard greens and that taste great when you cook it. They thrive in cooler climates, Antarctica ; watch out! Kale also belongs to the mustard family. All types of kale are great and highly nutritious. It is an excellent source of vitamin C, bet a carotene, vitamin A, vitamin B, vitamin E, folate, calcium, iron, and potassium. Kale also has bioflavonoids and carotenoids. To prepare it just throw it in a pot with herbs and spices and steam it. Run on

to the store to clobber some kale!

Kiwano

Kiwano ; the Kiwano is fruit that

New Zealanders know very well. It

really is known as a horned melon.

The skin is orange with many sharp

spikes shoot ing out from it. The

inside is green flesh with lots of white

seeds in it! The taste of the Kiwano is

like banana, lime, and Passion fruit

all put together. Dynamite in a shell!

Go get some Kiwano today!

Kiwi Fruit

The kiwi fruit is a tasty little berry

fruit that looks like a fuzzy brown

egg. The inside of the fruit is green

with black seeds. Kiwis are very good

; you can blend them up and mix it

in with a shake or you can eat them

raw. The kiwi fruit is named after the

kiwi bird, which is native to New

Zealand. New Zealand is the leading

producer of kiwi fruit. France,

United States, Italy, Spain, and Japan

are also primary producers of kiwi

fruit. The kiwi supposedly came from China and was once known as the Chinese gooseberry. Kiwi fruit has lots of vitamin C, potassium, pectin, and fiber. Hop along and get some kiwi fruit today.

Kohl Rabi

Kohl rabi is a globular looking green plant with stems coming out from the main globe thing. Kohl rabi is a member of the cabbage family. Kohl rabi is a very nice vegetable and is very good for your body. Any vegetable is good for your body I think. I know that Kohl rabi has seeds but I just don't know where.

Anyway, go and get some Kohl rabi at the market today ole buddy!

Kola Nut

The kola nut is a type of nut that comes from the kola tree. The nuts themselves are reddish purplish in color. The pod is a brownish color.

Kola nuts are grown a lot in Africa. They use the leaves to chew on to

**reduce hunger pangs. But I think
chewing on the nuts would do a
better job of eliminating hunger.**

**Anyway, if you can find them, go
ahead and get kola nuts today bud!**

Kumquat

**Kumquat ; the Kumquat is a type of
fruit that looks exactly like a lemon,
except it is orange-yellow ish. Wash
the fruit and eat it whole. The skin
tastes good and the flesh is good too.**

**It has a few seeds in there too. Plenty
of vitamins, too. Go get some
kumquat today!**

Leeks

**Leeks look like long green spring
onions except they are thicker and
have a different taste. As a matter of
fact, leeks are related to onions.**

**Leeks are biennials, meaning they
live for two years before they need to
be replaced. Leeks have green sheafs
and a white base ; those two parts
you eat. The stem measures up to 2
inches wide and about 6 inches long.**

The average total area of leeks is 12 inches squared. You can do a lot of things with leeks: you can make a soup, add them to a salad, or steam them with spices to make a seriously good dish. Leeks taste a little like onions, but their taste is milder.

Leeks have fiber, vitamin C, calcium ,

Lemons

Lemons are yellow, spherical fruits that grow on trees in many parts of the world. Lemons are tart and are used in teas and drinks mainly. But people also use lemons in lemon spray like Pledge. People also use lemons in pies, cakes, and cookies.

Lemons are yellow on the exterior and light yellow on the interior fruit.

because they taste sour. But if you combine it with sugar and water, you can make a serious drink.

More than 3.2 million metric tons of

lemons are produced every year.

Italy, U.S.A., and Spain are the leading producers. U.S. producers produce about 660,000 metric tons every year. California and Arizona are the leading producers of lemons.

If you grow lemons from seed, the lemon tree will reach a height of upwards of 30 feet. They are thorny and have long, green leaves. The tree produces white flowers, and the lemons form from the base of the flowers. Lemons have a lot of vitamin C. Try and use some lemon in your drinks. Get some lemons today.

Lettuce

Lettuce is a green, leafy vegetable that most people just throw in their salads. Lettuce is usually inexpensive to buy and you can find it in the vegetable section at the grocery store.

There are three types of lettuce: head; leaf; and romaine. All three have differentiable qualities, but are equally good. Head lettuce is the type

that looks like a green basketball.

Head lettuce has tightly curled leaves around the stem. Leaf lettuce forms big leaves off the stem. Romaine lettuce grows long and upright and the leaves curl inward towards it.

Lettuce has beta carotene, folate, vitamin C, calcium, iron, potassium, and good stuff in general. Go ahead and clobber some lettuce today.

Longan

Longan ; the longan is a fruit that comes from Asia. The longan is a brown, spherical-shaped fruit that is very, very good for you. The longan is a fruit that is brown with white flesh and has at least one seed in it.

Go get some longan today!

Loquat

Loquat ; the loquat is also known as the Japanese Medlar and looks like (0'&../5\$/1(+ '*9('4%(5&)'5&(1%7', \$-4' orange and has a sweet taste and you can eat the skin, too. There are 2 or 3 large seeds in there which you can

use for planting. You can find lots of nutrition in the loquat so rest assured. Go ahead and get the loquat at the market today!

Lychee

Lychee ; the lychee is a very unique fruit indeed. It is reddish in color and has tough, knobbly flesh. The flesh is white in color and houses a large, brown seed. The lychee is well known in Asia and the tropics. Go get some of that good ole lychee today please.

Macadamia Nut

The macadamia nut is a type of nut that comes from the macadamia tree. The nut is whitish in color and it's encased in a medium sized brown shell. The macadamia nut is good for all kind of health stuff. They have all kinds of vitamins and minerals including protein, calcium, and potassium. So go ahead and head down to your nearest market and get macadamias today!

Mangoes

Mangoes are a reddish green, oval shaped fruit that grows in the tropics.

The seed inside the fruit is a big, long, tan hard square shaped thing. In some places the mango is called king of tropical fruit. Mangoes can be used in drinks, desserts, pies, or cakes.

Supposedly, the mango tree grows up to 70 to 80 feet tall ; astounding! The tree produces long leaves and good smelling flowers. The mango fruit grows from the swelling at the base of the flowers. Most mangoes are about 10 inches long and a few inches wide.

Mangoes have smooth skin and yellowish or orangish inner fruit.

There is a huge hard seed in the

2/)).&'*!'\$%&'6%*.&'!#'/ \$7', \$-4' brown, too. Mangoes are part of the cashew

family. Mangoes have vitamin A,

vitamin C, vitamin E, potassium,

iron, and pectin. You can eat these

bad boys raw or you can throw them

in a blender and make a drink out of

them. Go ahead and get it today.

Mangosteen

Mangosteen ; the Mangosteen is also

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and about the size of an orange with

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color and has white flesh with a few

seeds, just like oranges. The white

flesh are really segments just like the

orange. Lots of nutrition in them too.

So go ahead and get some

Mangosteen today at the local

market!

Medlar

Medlar ; The Medlar is a European

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these at the grocery store! The

Medlar is a brownish looking fruit

that is shaped like a sphere except

for the back which houses the calyx.

The flesh is brown and soft and

sweet. It also has a few seed in it. Go

ahead and go get the Medlar fruit

today!

Melons

Melons come in many different

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<div data-bbox="0 41 355 64" data-label="Text"><p>cantaloupe, honeydew, and others.</p></div>
<div data-bbox="0 80 377 260" data-label="Text"><p>Most melons grow on vines and the fruit is round or egg shaped. Most melons are made up of mostly water, containing vitamin A, vitamin C, potassium, and other minerals.</p></div>
<div data-bbox="0 275 377 455" data-label="Text"><p>Melons also have a lot of beta carotene, which the body converts to vitamin A. They usually have many seeds inside the flesh of them, which you can use to plant for next year.</p></div>
<div data-bbox="0 470 367 610" data-label="Text"><p>You can also find bioflavonoids and antioxidants inside melons. Cruise through the store to pick up some melons today.</p></div>
<div data-bbox="0 625 62 648" data-label="Section-Header"><h2>Mint</h2></div>
<div data-bbox="0 665 391 963" data-label="Text"><p>Mint is a great, great, great tasting little herb that grows in plant form. It is a perennial herb that comes back every year. It has a sweet, minty taste that only the mint can have. The plant usually bears flowers, then round fruitlets that you can eat. You can use the fruitlet seeds to plant in</p></div>

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that you use mint in your cakes, pies,
and cookies. Go out and get some
mint today!

Mushrooms

**Mushrooms look like miniature
umbrellas with a bell shaped top.**

**Most are brownish to light brownish
in color. Mushrooms are regarded as
fungi because they lack chlorophyll, a
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**photosynthesis. You can cook
mushrooms with bell peppers and
spices to make a great dish. The
portabella mushroom is a very
popular variety of mushroom.**

**Mushrooms have moderate amounts
of potassium, calcium, selenium,
niacin, and vitamin C. Use these
dandies in your dishes today.**

Mustard

**Mustard is the name of a family of
leafy, annual plants that grow in
temperate regions of the Northern
Hemisphere. People use a powder or**

paste made from the seeds of certain mustard plants in salad dressing, to flavor different types of dishes. The plant has deep-green leaves that are large, thick, and jagged in shape. The leaves may be harvested while still tender and eaten as greens. The leaves become inedible after the plant sends up its seed stalk. Mustard is an easy crop to grow. Farmers sow the seeds for the spring crop about two weeks before the last frosts of spring. The seeds for fall crops should be sown about 50 days before the first autumn frosts. Popular varieties include black and white mustard. Black mustard grows to a height of 6 feet (1.8 meters) or more. Black mustard plants have bright yellow flowers, with smooth pods that lie close to the stem. The seeds are dark brown. Black mustard is the chief source of commercial mustard products. White mustard grows only about 2 or 3 feet (61 to 91

centimeters) in height. The plant has stiff branching stems, hairy leaves, bristly pods, and small brilliant yellow flowers. Its seeds are yellowish. Mustard greens are an excellent source of vitamins A, B, and C. In addition, their bulk and fiber tend to have a mildly laxative effect. The oil in mustard seeds gives mustard its strong flavor. It also makes mustard a valuable household remedy. Mixed with warm water, mustard can be used to cause vomiting. It also has been used in a plaster applied to the body to relieve pain.

Nectarines

Nectarines are like super sweet peaches. The only difference between peaches and nectarines is that nectarines have smooth skin rather than fuzzy skin. Nectarines are part of the rose family. They are orange and red and spherical in shape. Nectarines are supposedly high in

beta carotene, potassium, and vitamin A. The skin of the nectarine is high in bioflavonoids. Go ahead and get some today.

Nutmeg

Nutmeg is a tropical tree that is grown for its seed, the nutmeg. The spice comes from the inner parts of the fruit. The seeds develop inside a yellowish pear looking fruit that mature when ripe.

The nutmeg tree can grow more than 70 feet tall and has green leaves and yellow flowers that develop into fruit.

They are about 3 years old. Each tree can produce in excess of 2,000 seeds per year.

Oak nut

The oak nut, also called the acorn, is a type of nut that grows on an oak tree. The nut is a brownish looking semispherical thing encased in a brown cup-shaped capsule. Believe it or not, those acorns you see those

squirrels forever chasing down and eating - we also can eat too. They are good for teeth and bones and good for you. So go and get some oak nuts at the store soon bud!

Oats

The oat plant is a type of cereal grain grown for its seeds. The seeds are light brown in color and they grow on stalks. The Quakers are known to grow a lot of oats all across the east and midwest United States. In fact they have their own brand of oatmeal called Quaker Oats! Oats have vitamins and minerals in there I am sure! Anyway, go and get some oats at the market today!

Okra

Okra is a dark green vegetable that grows pretty well. They are elliptical in shape and they are delicious. Most people in southern states eat fried okra. Okra plants are annuals, meaning you have to replace them every year. The okra plant grows up

to 8 feet high if you cultivate it right.

The pods are about a half foot long.

Okra is actually related to cotton! It is high in folate, antioxidants, vitamin A, vitamin C, potassium, and good stuff. You can cook okra by steaming it in a wok with other vegetables.

Find it today!

Olives

Olives come in both green and black varieties. They come in both black and green varieties. They are spherical in shape and are delicious.

Olives are grown a lot in the Mediterranean area. Most olives are cultivated for their oil, which is used in cooking. A lot of people use the greenish olive oil in their cooking ; you can use it in yours, too. Olives grow on trees. The olive itself has a black exterior and a hard pit with a seed in it. A mature olives tree has thousands of flowers on it, from which olives grow at the base of the flowers. Olives have calcium, iron,

**and vitamin A. So, in other words,
these suckers are great. Throw them
in your salads!**

Onions

**Onions are spherical vegetables that
come in purple, green, and yellow
varieties. Supposedly, onions rank as
#6 as a vegetable crop. Onions are**

part of the allium family which

includes leeks, garlic, and shallots.

Onion plants are biennials, meaning

you have to replace them every

couple years. When they are fully

mature, they consist of leaves, a bulb,

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growing, there are flowers with seeds

in them that come out. Most onions

are white, red, or yellow. Yes, there

are even red onions out there! Onions

were known to help heal things in

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Onions have vitamin C, beta

carotene, potassium, and other good

stuff. If you cut them, they will make

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Oranges

Oranges are spherical, orange fruits

that are super tasty! They are one of

the best tasting citrus fruits out there

folks. About 120 billion pounds of

oranges are produced every year ;

what an amazing figure! Brazil,

U.S.A., and China are the top orange

producing countries in the world. In the USA, oranges are grown in Florida and California. Florida produces about 80% of the total crop of oranges for the U.S. Oranges can be grown from seed. The seed sprouts roots, and the roots give way to a stem. The stem turns into a tree trunk, and the tree trunk has a bunch of branches. The branches bring forth white flowers. Oranges develop from the base of the flowers. The flowers die off and bring forth the orange fruit. Orange trees may produce fruit for up to 100 years if

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how oranges grow. You can eat oranges raw or you can throw them in a blender and make a drink. Some people use oranges in their cakes, pies, pastries, and the like. Oranges have lots of vitamin C, rutin, hesperidin, and bioflavonoids. You can blend them up and make a cake or pie out of them. Go ahead and

clobber some oranges today!

Oregano

Oregano is widely recognized to be one of the best herbs for pasta sauces and chilies. It belongs to the mint family. Oregano has a very distinct taste and it goes great in pasta sauces.

You can probably grow it from seed, too. Go grab some today!

Papayas

Papayas are super tasty and sweet fruits that grow in tropical areas of the world. They are usually round or oval in shape, too. They are usually green on the outside with a yellowish-*
symphony of black seeds inside the fruit. If you grow papayas from seed, supposedly it will begin to bear fruit 36 months after planting. The tree reaches a height of up to 35 feet. A typical papaya plant will yield a gathering of up to 150 fruits. Papayas are very high in vitamin C, beta carotene, vitamin A, and potassium.

You can eat these fruits raw or throw it in a blender with other fruits and call it a day. Or you can even mash them up and make a cake or pie out of it. Hop to it and get some papayas today.

Parsley

Parsley is a great tasting herb that goes well with any vegetable dish that you can make. It is green with curly little leaves on the end, and a long, light green stem. It is a biennial herb, meaning you have to re-grow some every two years. Parsley goes very well in stir fry dishes. Parsley has vitamin A, vitamin C, iron, and calcium. Cook it with tofu blocks to make an extremely tasty dish. Go and get some parsley today!

Parsnips

Parsnips are white or red vegetables that are elliptical in shape. It is the tornado shaped white root that you can eat. Parsnips are definitely related to the carrot. Parsnips are

part of the parsley family. They have a sweet, nutty flavor that goes well with soups and the like. Or you can serve parsnips with collard greens or potatoes. Parsnips have fiber, potassium, vitamin C, and folate. Go get them today!

Passion Fruit

Passion fruit ; the Passion fruit is a very exotic fruit indeed. The passion fruit is a purplish spherical shaped fruit with tough, wrinkled skin. The flesh is yellowish-orange. The seeds are embedded within the flesh, which you can use to grow your own fruit.

Go ahead and get these dandies today!

Peaches

Peaches are super great tasty fruits that have an orange and yellow skin and orange fruity inside. Most have brown seed pits in the middle. Peach trees can grow up to 25 feet high. A peach tree usually bears a good crop about 3 to 4 years after it is planted.

Sometimes, peach trees can live up to 20 years. Peaches are part of the rose family. You can eat them raw, make a pie out of them, or throw them in a blender and make a fruit drink out of it. Peaches have antioxidants, vitamin A, vitamin C, fiber, and random good stuff. Go ahead and grab some today.

Peanut

The peanut is a type of groundnut, a nut that grows underground. They are light brown in color encased in a brown shell, What happens is that the plant will drop little shoots into the ground and peanuts grow on the ends of the shoots. Then you harvest them by pulling up the plants from the roots and you end up with peanuts! They have plenty of vitamins and minerals in them peanuts that's good for your general health! So go ahead - hop, skip, run - to the market and get some peanuts today buddy!

Peas

Peas come in green pods with spherical green seeds. Peas are classified as legumes, and they combine to make a complete protein when you combine it with grains.

You should cook peas by steaming them with herbs and spices. Peas taste best when you put them in vegetable soups. Growing peas is a relatively easy thing to do. You just take a seed from one of the pods, and throw it in the ground. Water it, give it some sunlight, and call it a day! No,

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take about 60 days to harvest peas.

Peas have lots of protein, pectin, vitamin C, vitamin A, thiamine, riboflavin, iron, and potassium. Peas are just a hop, skip, and a jump away ; go ahead and get them.

Pecans

Pecan ; the pecan is a nice little nut that I never liked, but I will eat them in the future. They are a honey brown colored nut that grows on

trees. The pecan is very good for your body! They help heal broken bones like no other. Go out and get some pecans today!

Pepper

Peppers come in many different shapes and colors, ranging from red to yellow, orange, and green. One different variety called black pepper.

The pepper plant bears a small green berry that turns to red as it ripens.

The berries are dried and they turn to black as they dry. The dried berries are ground up and shifted into containers. Just cook them with herbs and spices for it to taste good.

The other type of pepper is the Bell pepper. It grows on a small little plant called the pepper plant. The pepper is usually cylindrical with a caved in top. There are dozens of little white seeds inside the pepper.

Peppers are part of the nightshade family. Peppers have vitamin C, vitamin A, vitamin B6, and folate.

Go ahead and get these today.

Persimmon

Persimmon ; the persimmon is an orange fruit that is semi-spherical in shape and supposedly is very tasty. I am assuming it does have a seed somewhere inside the fruit , but I am just not sure where the seed is at.

Also, people use the persimmon for woodmaking and jellies. Persimmon has lots of nutrients. Go get some today!

Physalis

Physalis ; the physalis is a type of fruit that is round in shape with a calyx, an encasing, and is usually orangish in color. Supposedly the physalis is known as groundcherries.

They have lots of vital nutrients in them that can make you happy! Go get some soon!

Pistachios

Pistachios are small elliptically shaped nuts that have a white shell and a small greenish-whitish-brown

nut in it. The seeds are the stuff you eat - the pistachio nut. They grow them out in the West Coast of the USA a lot, especially California.

Pistachios have plenty of vitamins and minerals in them for you. So go ahead and get down to the market and get some pistachio nuts soon!

Pineapples

Pineapples are grown in many tropical areas of the world. They are tasty yellow fruits with scaly skin on the outside. The seeds are on the rim of the yellow flesh, outside. The seeds are black. The pineapples plant
weighs an average of 6 pounds.

Pineapples are very sweet fruits that make them great additions to your diet. You can blend them up to make a drink or you can eat them raw ; either way, it-
have vitamin C, thiamine, folate, vitamin B6, iron, magnesium , and fiber. Head to the store to get these

today.

Plums

Plums are purple spherical fruits that grow on trees in many parts of the world. The trees grow up to 18 feet tall. About 6 million metric tons of plums are produced each year.

China, Germany, and the U.S.

produce the bulk of the plums in the world. The U.S. produces about 9 million tons each year. California produces more plums than the other states combined. Plums have a smooth skin and a thick, juicy flesh.

You can eat them with the skin on or off. They are sweet, juicy fruits that you can eat at just about any time of day. Plums have vitamin C, riboflavin, and potassium. Go ahead and devour some plums today.

Make sure you let it ripen on your window sill, though.

Pomegranate

Pomegranates are purplish red round fruits that are very good for your

body. They have a lot of seeds in them that you can eat or store for next year's planting. Pomegranates grow on trees all across the globe. They have a nice flesh, and the seeds you can eat. They have lots of vitamins and minerals in them so easy does it! So, go ahead, hop on over to your local market and get some pomegranates today buddy!

Pommelo

Pommelo ; the pommelo is a fruit that looks like a big pear, but with
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has on its inside divisions like the orange does. There are seeds inside of each little division. The pommelo is called that because it is so big but has so little fruit that you just want to pummel it ; beat it down! So anyway, go and get some pommelo today!

Potatoes

Potatoes are elliptical brown or red vegetables that come in colors ranging from brown to red. They

grow underground, too. Potatoes are baked, boiled, fried, or mashed.

Potatoes are grown in many parts of the world, but in the United States, they are mostly grown in Idaho.

Growers produce about 6 billion bags of potatoes every year. China grows the most potatoes out of all the countries. The U.S. produces 400 million bags of potatoes annually.

Potatoes are annual vegetables, meaning they have to be replanted every year because the plant dies off after the tubers mature. Potatoes are unique because you can plant the whole tuber as a seed. It produces offshoots from the little eyes on the potato. The offshoots bring forth new potatoes on stems. There are also sweet potatoes, too. They are essentially the same as regular potatoes except they are sweet and have an orange interior. Potatoes are inexpensive, nutritious, and filling.

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taste, but it is noticeable. They have fiber, vitamin C, vitamin B6, iron, magnesium, potassium, and zinc. You can boil them and mash them up or you can eat them baked. Either way, go get them today.

Pumpkins

Pumpkins are very large spherical orange vegetables that grow on vines.

Pumpkins are very heavy and have lots of seeds within the fruit.

Pumpkins have a distinct taste. You can eat them mashed up or use them in a pie. Pumpkins are part of the gourd family. Pumpkins are typically eaten from September to December in the United States. Just like most other orange pigmented vegetables, pumpkins have a lot of vitamin A.

They also have vitamin C, potassium, and fiber. One thing about pumpkins is that they have lots of seeds. Go and get some pumpkin today!

Quinoa

Quinoa is a cereal grain crop that

looks like a type of light grain if you look at it. They are green or red in color and they are ultra good for your body. Not too many people know that quinoa exists but now you do. I am sure that quinoa has all kinds of vitamins and minerals in there that's healthy for the ole temple! Anyway, head down to the market and get some quinoa today my bud!

Radishes

Radishes are spherical red vegetables that grow underground. The reddish root is the part that you eat. They are closely related to cabbage, kale, turnips, and cauliflower. As a matter of fact they are part of the mustard family. They make good additions to soups and salads. Radishes have vitamin C , iron, potassium, and folate. Get some today.

Rambutan

Rambutan ; the rambutan is a medium sized fruit that looks very

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has feathers on it! There is a brown seed in the middle of the whole thing.

You can use it to plant next year!

Anyway, the rambutan must be good

for you because folks like it! So go

and get some of that good ole

fashioned rambutan today buddy!

Raspberries

Raspberries are maroon red looking

fruits that grow in patches. They are

very sweet as well. Raspberries grow

on bushes that produce fruit for

about 6 years. You can eat

raspberries raw or blend them up to

make a drink. Raspberries are part

of the rose family. They are a very

rich source of vitamin C. And they

contain useful amounts of iron,

folate, and potassium. If you are

really creative, you can mash them

up and make a jam out of it. Just

head to the store and get some today.

Rhubarb

Rhubarb is a perennial vegetable also

known as the pieplant. It is grown throughout the world, but America and Europe grow the most rhubarb.

If you grow it from seed, it will grow large yellow roots combined with an extensive root system before giving way to the main plant. The plant usually lasts up to 8 years without replacement. People use the reddish stems as food, rather than the leaves which might be poisonous. Rhubarb is packed with good stuff, most

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smart, go to the market and find some rhubarb today!

Rice

Rice is a great, great grain to eat.

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population depends on rice as a staple crop. Most people that eat it live in Asia. Rice is either brown or white in color usually. Rice is very popular in many Asian countries like China and Japan. Asian farmers produce about 90% of all rice in the

world. In contrast, the U.S. produces only 1% of all rice. You can eat it usually by steaming it in a pot or boiling it. Rice has lots of nutrients in it that are good for you. It contains B vitamins, iron, phosphorous, potassium, and sodium. Buy them by the caseload at the store soon.

Sage

There are about 750 species of sage grown in the world remarkably. Sage is a very important herb for cooking.

Sage has white stems that grow to about 2 feet tall. The grayish green leaves are great and the flowers are usually pink, violet, or white. GO and add some sage to your sauces today!

Sapodilla

Sapodilla ; the sapodilla is a fruit that looks like a potato without the eyes. The sapodilla is greenish-brown and is spherical in shape and has 2-10

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good for you so go ahead and get

some sapodillas at you local grocery store or market today. Just give it a try my friends!

Sesame

Sesame seeds are used a lot in the making of breads and rolls and bakery items. Sesame seeds are white in color and they grown on plants that are annuals, meaning you have to replant every year. Sesame seeds are good to use as an extra ingredient in stir frys, sauces, and breads. They have all kinds of good stuff in sesame too. So, go ahead and get some sesame at the market bud!

Sorghum

Sorghum is a white and green grain that many farmers use to feed their livestock. But we can eat it too!

Sorghum is used in beverages and in fuels. The seeds are round things that look kind of like corn kernels. But I'd use sorghum to make breads and cereals because technically and actually it is a grain. It has all kinds

of vitamins and minerals that are good for you. So go ahead and head down to the market to get some sorghum today!

Spinach

Spinach is a super great green, leafy vegetable that you cook with herbs to make a great little dish. Spinach is an annual plant, meaning you have to replant it every year. Spinach is related to Swiss chard and beets.

Persian folks used to use spinach as a type of medicine. Popeye the Sailor Man ate green spinach before he made a muscle. Popeye had big biceps, too. Spinach has a lot of carotenoids, vitamin A, vitamin C, fiber, and protein. Make sure you add some spinach to your diet.

Squash

Squash is a vegetable that is a member of both the melon and cucumber family. There are more than 40 types of squash that you can eat. Squash comes in many different

colors, the most notable being the yellow kind. Squashes grow on bushes and vines. California is the leading squash producing state.

There are two types of squashes ; summer and winter squash. You eat squash by cooking it in a pot with hot water then smashing it up and adding sugar. Squash has vitamin C, folate, vitamin A, and other random good stuff. Go ahead and get it today.

Star Fruit

Star fruit ; the star fruit is a fruit that looks like a star. It look like a greenish-yellow pentagon in ovular format. They have seeds in them, so no need to worry. The star fruit is grown a lot in the tropics, but I am sure you can grown them all over the place. There are plenty of vitamins and m inerals in there in those star fruit. Go get some star fruit today

Strawberries

Strawberries are super duper sweet and delicious little fruits that grow in

lots of different parts of the world.

Strawberries, believe it or not, are part of the rose family. They are usually red and plump. At first, strawberries are greenish white, but it ripens to red after awhile. The strawberry has red and juicy flesh, and the exterior is covered with small, oval shaped yellow seeds. You can use the seeds in planting.

Strawberries also produce things called runners, which are offshoots that grow into new strawberry plants after going underground. You can eat strawberries raw or blend them up and make a drink. Or you can even use them in cakes, pies, cookies, and all the good stuff! Strawberries are an excellent source of vitamin C, folate, potassium, and bioflavonoids. Make sure you add these gems to your diet today.

Swiss Chard

Swiss chard is a vegetable similar to lettuce that comes in reddish maroon

color or green and white varieties.

These are very brightly colored vegetables that can look good in your garden or farm and they are

probably tasty to boot. You can add

Swiss chard to your salads and dishes, or you can just eat it raw.

Swiss chard probably has lots of good stuff in it so scoop some up at the market today!

Tangerines

Tangerines are small orange-reddish

fruits that are similar to oranges

except that they are smaller. Also

they peel easier and the sections

inside the fruit separate more easily.

They are very sweet and tangy, and

tangerines make excellent snacks.

Tangerines have plenty of vitamin C,

as well as vitamin A, potassium, and

other good stuff. Run and find some

today.

Tea

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popular beverage, nonalcoholic.

Annual production of tea exceeds 5.75 billion pounds ; amazing! India and China are the two biggest tea producing countries in the world. Britain imports a lot of tea, followed by America. Tea is made from tea leaves and is grown in China, Japan, Taiwan, and Indonesia. The best tea is supposedly grown in high altitudes. The tea plant grows well in most warm climates. The tea plant produces small white flowers that contain about 3 seeds apiece. The seeds look like hazelnuts. Tea plants grow about 3 or 4 feet high, but without pruning they can grow to 30 feet tall. Harvesters pick the tea leaves when they are mature. Tea has bioflavonoids, antioxidants, vitamin K, and other random great stuff. Go and get some tea today! Tea is a beverage prepared by pouring boiling water over dry processed tea leaves. It ranks as the most popular refreshing

drink in more countries than any other beverage. The annual worldwide production of dried tea totals about 53/4 billion pounds (2.6 billion kilograms). India has always played a dominant role in world tea production. Today, India produces over 11/ 2 billion pounds (720 million kilograms) each year. China is the second largest producer with over 11/4 billion pounds (600 million kilograms) annually. Other tea-producing countries include Indonesia, Kenya, and Sri Lanka. The tea-producing countries themselves consume over one-half of the global tea crop. Britain imports the greatest amount of tea--about 400 million pounds (180 million kilograms) annually. On the average, about 7 pounds (3.2 kilograms) of tea are consumed per person each year in Britain. People in the United States consume about 3/4 pound (0.34 kilogram) of tea per person per year.

The tea plant grows in tropical and subtropical climates. The plant, an evergreen, grows quickly at low altitudes where the air is warm. The finest tea comes from elevations of 3,000 to 7,000 feet (900 to 2,100 meters). The plant grows more slowly in cool air, adding to its flavor. Tea plants have small, white, sweet-smelling flowers. Each flower produces three seeds that look like hazelnuts. On a tea estate or in a tea garden where tea plants are grown commercially, workers plant the seeds in a nursery bed. Another method of cultivating tea involves planting cuttings of tea plants with desirable qualities, such as high yield or special flavor, in the bed. About a year later, when the plants are about 8 inches (20 centimeters) high, they are transplanted to the field. About 3,000 tea plants grow on 1 acre (0.4 hectare) of land. Wild tea plants grow as high as 30 feet (9 meters). But a

commercial tea plant is pruned to keep it from 3 to 4 feet (91 to 120 centimeters) high. The plant matures in three to five years and produces a flush (growth of new shoots). Each shoot consists of several leaves and a bud. At lower altitudes, tea plants may grow a flush every week. At higher altitudes, a plant needs as long as two weeks to grow a flush. Tea plants produce no flushes in cold weather. Workers called tea pluckers pick the flushes off the bush by hand. A plucker can harvest about 40 pounds (18 kilograms) of tea leaves a day, enough to make about 10 pounds (4.5 kilograms) of manufactured tea. Mechanical pluckers are common in countries with flat land. These devices are tractorlike machines that can harvest as much tea leaf as up to 100 manual pluckers. However, tea of higher quality is generally produced from leaves that have been hand-plucked.

Processing tea. There are three main kinds of tea : (1) black, (2) green, and (3) oolong. They differ in the method used to process the leaves. The processing takes place in a factory on or near the tea estate. All tea-producing countries manufacture black tea. Most of the green and oolong tea comes from China, Japan, and Taiwan. Black tea. To make black tea, workers first spread the leaves on shelves called withering racks. Air is blown over the leaves to remove excess moisture, leaving them soft and flexible. Next, the leaves are crushed between the rollers of a machine to release their flavorful juices. Then, in a fermenting room, the tea leaves change chemically under controlled humidity and temperature until they turn coppery in color. Finally, the leaves are dried in ovens and become brownish-black. Green tea is made by steaming the leaves in large vats. The steaming

prevents the leaves from changing color. The leaves are then crushed in a machine and dried in ovens. Oolong tea is made by partially fermenting the leaves. This gives tea leaves a greenish-brown color. Grades of tea vary only according to the size of the leaves. The size of a tea leaf has nothing to do with the quality of the tea. To sort the processed tea leaves by grade, they are passed across screens with different size holes. The largest tea leaves, selected for loose tea, are classified--in order of size--as orange pekoe, pekoe, and pekoe souchong. The smaller or broken tea leaves, generally used in tea bags, are classified as broken orange pekoe, broken orange pekoe fannings, and fannings. Instant tea is made by brewing tea on a large scale and then removing the water by a drying process. When the process is completed, only a powder remains. The powdered tea combines easily

with moisture, and so it must be packed under controlled humidity and temperature. People make instant tea at home by simply adding water to the powder. Teas grown in different countries, or even in different parts of the same country, vary in taste, flavor, and quality. To obtain the best teas, each tea company employs tea tasters who select only certain teas for purchase. These teas, after being blended by the company, have a flavor for which the firm is known. The company then sells its blend of tea under its own brand name.

Brewing tea. Tea is brewed by pouring boiling water over one teaspoon of loose tea, or one tea bag, per cup. To obtain the best flavor, the tea should steep (soak) for three to five minutes before being served.

People who prefer weak tea can add hot water. Iced tea, the most popular form of the beverage in the United

States, is prepared by first brewing a strong hot tea. For each two glasses, three teaspoons of tea or three tea bags should be used. After steeping for five minutes, the tea is cooled at room temperature and served over ice cubes. According to legend, the use of tea was discovered by Emperor Shennong of China about 2737 B.C.

The earliest known mention of tea appeared in Chinese literature of about A.D. 350. The custom of tea drinking spread to Japan around A.D. 600. The first shipment of tea to Europe was made in 1610 by Dutch traders who imported it from China and Japan. By 1650, the Dutch were importing tea into the American Colonies. The use of iced tea and tea bags began in the United States.

Richard Blechynden, an Englishman trying to increase the use of tea in the United States , first served iced tea at the Louisiana Purchase Exposition (also called the St. Louis World's

Fair) in 1904. That same year, Thomas Sullivan, a New York City coffee and tea merchant, sent his customers samples of tea leaves in small silk bags instead of the usual tin containers. The customers began to order tea leaves in bags after finding that tea could be brewed easily with them. Instant tea was developed in the United States and first marketed in 1948.

Thyme

Thyme is the name of sweet smelling, shrubby mint plants native to the I&)/\$&##(0&(0'#&=/*07'8%32&-4' flavor makes it great for sauces and soups. Thyme plants grow upwards of 6 to 8 inches tall. It makes a great addition to soups and pasta sauces.

Go grab some thyme today!

Tofu

Tofu is a super great little concoction that is made of soybean curds. It is usually white in color. Tofu takes on the taste of whatever is cooked with

it. For example, if you cook cilantro and parsley with tofu, it tastes just like cilantro and parsley. Tofu has no cholesterol, and has little salt and calories. Tofu can be the substitute for meat and chicken in any given situation. Tofu has a lot of protein, B vitamins, and potassium. Use it in your dishes today.

Tomatoes

Aw man! These red spherical puppies are great. They grow on little plants.

Tomatoes are usually red in color, but there are also green tomatoes out there. Tomatoes are sweet tasting, but not too sweet. You can cut them up and throw them in your salads, or you can cook them in a wok.

Tomatoes have lots of bioflavonoids and antioxidants. Plus there is vitamin C, vitamin A, potassium, and great stuff. Please grab some tomatoes today.

Turnips

Turnips are white and pink

globe-like vegetables that grow

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a strong taste, but the taste is

noticeable. Turnips have lots of

vitamin C, calcium, potassium, fiber,

and lots of great stuff in it. They also

have antioxidants in them as well. Go

ahead and clobber some turnips

today.

Turmeric

Turmeric is a plant that grows in

mostly Asian regions. It is great for

seasoning dishes. It goes well with

curry and pepper and onions and

garlic. Go ahead and get some of it

today!

Ugli

Ugli ; the ugli is a greenish-yellow

fruit that has tough, wrinkled skin

(which is where you get the name

Ugli from!). There are seeds inside

the flesh, and the flesh resembles

orange flesh. You can find these in

the tropics. Go get some of that good

stuff today!

Vanilla

Vanilla is actually the name of a group of climbing orchids, or flowers.

The vanilla plant lives for about 10 years. The fruit it produces is in the form of a bean pod ; a vanilla bean pod. The bean pod measures five to ten inches long. The pod contains many oily black seeds. If you can find them, try growing vanilla from seed. Go get it today!

Walnuts

Walnuts are whitish brown nuts that are encased in a light brown shell.

They grow on walnut trees all across the globe. The nuts themselves are good sources of vitamins and minerals and they are very good for teeth and bones. All the more reason to go out and get them walnuts buddy! So go out and get some walnuts at your local grocery store or market today my good buddy!

Watermelon

Watermelon is a type of melon that is

green in color with dark green lines on them. The fruit is green on the outside and red on the inside with numerous black seeds. Watermelon is high in vitamin C - very good for you as far as I know. They have all kinds of good stuff in them watermelons! use them in your drinks or fruit salads! Go ahead and get some watermelon at the market today bud!

Water

Water is one of the best things you can ever drink; period! Get a water filter and filter pitcher at the store ; that saves serious cash on water bills! Water costs much less than you think, so if you get a water filter, that will save you because it replaces the act of buying distilled water in a 1*0\$(/0'8%&#&-4'2*#&'1*4\$' associated with making distilled water than by drinking filtered water. So hop to it and buy a water filter today!

Wheat

Wheat is a kind of grains that can grow just about anywhere. It's usually golden brown colored with a stem and seeds. the seeds are on top of the plant. Wheat has many vitamins and minerals, and it's easy to grow. It grows in many different types of climates, so unless you live in Antarctica, you can probabaly grow it. It's good for the ole vitality, too.

Zucchini

Zucchini is a squash like vegetable that definitely resembles the cucumber. In Italian, the word
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are cylindrical in shape and have a green exterior skin. The interior flesh part of the zucchini is little green or greenish white. Zucchini is best when used in cooking, rather than eaten raw. You can also mash it up and put it in bread to make zucchini bread.
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from seed after all frost dangers have passed. They grow well in climtes

that have warm weather for at least a couple months. They grow on little bushes with large leaves. You should pick them when they get a half foot to
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in a nutshell. Zucchini has calcium, thiamine, riboflavin, niacin, and vitamin C. Go clobber some today!

We Are Built On Invisible Forces

It seems, the more I think about it that the verses in Hebrews 11:3 and Romans 1:20 and Corinthians 1:28, are true as it gets as regards to the basis of existence. Hebrews 11:3 says "Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made by things which do appear." Romans 1:20 says "For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse." 1 Corinthians 1:28 says "And

base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to nought things that are." It seems, everyday that I live that these principles are the foundation for all existence. People, animals, plants - everything is governed by invisible principles and the result is sometimes something visible. Let's take for instance, love. Let's say you got your last dollar in your pocket and someone asks you to give them a dollar to get on the bus because they were out of money. You give them the dollar. That's love! Is it tangible? No. Even the end result is not tangible. You may have won a friend. And friendship is not something for sale. Love is a powerful, powerful thing you know. The Bible says in Proverbs 10:12 that "Hatred stirreth up strifes but love covereth all sins." That's true - hatred is bad; love is good! When you love your fellow man, you

are obeying the Bible's teachings.

One thing I have to say is there also is another type of love that is part of the Lord's will - "agape love." That's all encompassing love. It's like giving the clothes off your back to someone who really needs its type of love. Or maybe marriage love. That type of love requires agape love because marriage is sacred and you should be willing to go to extremes to keep your mate from dying (or just keep them living). So now you know about love!

So what else is invisible that we need?

Peace, patience, longsuffering, kindness, meekness, joyfulness, hope, serenity, obedience, faithfulness, and there's many others. But what is peace? Peace, according to the dictionary is "a state of tranquility or quiet." It's when you are at the park overlooking a great expanse of nature with your loved ones. Peace is when you have no bills, no worries- just peace. That's peace. Another one I

want to talk about is patience.

Patience is "not hasty or impetuous

and able or willing to bear"

according to the Merriam-Webster's

dictionary. We need it. It takes

patience to win the ballgame of life.

You can't have everything now. Also,

you have to wait for things sometimes

that you really want. So that's

patience. Lastly, longsuffering.

Longsuffering means "patiently

enduring lasting hardship or

offense." You've got to really

endure some things if you want to

make it in this life, you know. So

longsuffering is a characteristic that

you gotta have! As you can see in this

short work that we are built upon

invisible things. Peace, joy, patience,

longsuffering, kindness, meekness,

hope, serenity, faith, and the list goes

on. So don't forget that God Jesus

Christ Holy Spirit is first and that

you should obey His commandments

to the utmost degree. Live your life

**the best, and PUT YOUR BEST
FOOT FORWARDS ALL THE
TIME!**

Peace to you always.

**The Cure for Cancer And Any
Disease Has Been Here For 5,400+
Years!**

**Well, the cure for cancer is this: to
eat greenfruits, and simply eat zero
meat or anything from animals, don't
drink alcohol, don't do drugs, don't
masturbate, don't smoke cigarettes,
and don't drink wine. That's it! They
did studies on cancer and meat and
found out that people who ate meat
had substantially higher incidence
of cancer compared to vegetarians.**

Same thing with prostate cancer.

**They link masturbation and prostate
cancer together as related. Heart
disease, is linked to milk and cheese
and meat and fat consumption. Eggs,
too is bad for you - too much
cholesterol. Also, they say there's
good and bad cholesterol - LDL and**

HDL. Well they're wrong! ALL cholesterol is bad for you...that's something you don't want! Cirrhosis of liver is linked to alcohol and excessive drinking. Also, linking smoking to lung cancer and emphysema, bronchitis, and asthma.

In a nutshell, if you do bad things to your body, you will either die, or be in a coma, or sick all the time! no no!

So the solution is to eat fruits, veggies, herbs, spices, grains, nuts, and vines, and water. All these elements have cancer fighting chemicals and polypeptides in them as well as antioxidants to help make you look younger. So please try a vegetarian holy diet - no meat! You'll live longer, leaner, and feel better guaranteed!

**To All Peoples Of All Nations,
Colors, Creeds, And Kinds: Enjoy**

This Work!!!!

**How To Develop An Infinite
Championship Mindset**

By Omeklaglazziion Q.

Shabozz-Thundamaccloud

Chapter 1 - Wants => Needs!

Chapter 2 - Develop A Vision

Chapter 3 - Set Some Goals

Chapter 4 - Make A Decision

Chapter 5 - Make A Commitment

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Chapter 10 - Time Allocation

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Level

Chapter 34 - Repetition Is Mother

Of...

Chapter 35 - You May Get

Confidence

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Chapter 37 - Have Some Passion

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Chapter 39 - Be Consistent

Chapter 40 - Be On Time

Chapter 41 - Adapt To Change

Chapter 42 - Learn The Rules

Chapter 43 - Performance: Game

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Chapter 44 - Endgame

Chapter 45 - Good Sportsmanship

Chapter 46 - Post Game Analysis

Chapter 47 - Win:Lose:Draw Record

Chapter 48 - Giving/Tithing

Chapter 49 - Reminiscing

Chapter 50 - Power=Work x Time

Chapter 1: Wants=>Needs!

"Start By Doing What's Necessary,

then by doing what's possible...

and suddenly you'll be doing what

was thought to be impossible."

-Saint Francis d'Assisi

(1188-1233 A.D.), Super saint in the

12th-13th century

"Do the right thing, the right way,

the best way you can, when you can,

and do it that way, on time, all the

time."

-Bobby Knight, Indiana University

Head Basketball Coach (1947-)

"The man who wants to lead an

orchestra usually has his back to the

crowd."

-Max Lucado, Reverend and

best-selling author at church (1962-

)

"When what we really really want

is equal to what we really, really,

honestly need, that's an equivalence

truth tautology and if that want is fulfilled it brings an equilibrium, or a state of satisfaction or even nirvana to the person."

-The Omekkaglazzinator,

Shakespeare poetry award winner

2005 (1990-)

"Where there's a bleed, there's a need. So pick up an ebook and gone and read."

-Roberto McJohnsworthy, Street's

disciple, Oberlin, Ohio (1970-) +

Mr. Donut

Motivation 101....needs and wants are

central to life. It's a fact, everyone

needs or wants something but the

question is: what do you want out of

life? Do you want love, a healthy

marriage, education, knowledge,

power, respect, or even humility and

honor? Those are all good things to

hope for and want. But what do we

really need? We need God, Jesus

Christ, Holy Ghost, church, Bible,

food, clothing, shelter, spouse, love,

water, knowledge, honor, respect,
technology, an automobile, shoes,
socks, coats, hats, fun, laughter,
games, music, and parties...we need
all of that. So now, it's time to
separate wants versus needs. Do you
really need that extra bag of
potatoes? What about that giant 50
inch TV some got that's on sale for
\$400. Or what about that ipad,
iphone, and all this istuff that only i
use? Really? Technology is great but
we need the needs over the wants
anyday. When your wants and
desires line up and are equivalent to
your needs, that's when you may be
on the brink of achieving a state of
nirvana, or contentment. You see,
information is traveling at an
increasingly faster rate with each
passing year. In the future, they'll
probably put computer chips in
people to monitor them or even to
buy groceries! But the thing is, some
laws will always be in effect like the

10 Commandments and the Code of Hammurabi and penal laws. Wants and needs should always equal up to each other - maximum productivity.

So, with that being said....what motivates you? It's tough to say it but my 7 biggest motivations are in

hierarchal order: 0. God in 3-1. 1.

Marriage; 2. Knowledge; 3. Food; 4.

Motorcycles; 5. Computers; 6. Games

; 7. History. I think that everyone

should have these 7 concepts and

activities in their lives. You should

have an idea of what makes you tick.

You know what makes a clock tick?

It's movement - measured movement

over a measured distance called time.

So with that being said, you should be

able to formulate in your mind your

motives. What moves you, they say?

Figure that out and then you can

start talking about moving towards

the end result of that motivation -

success! The thing you thought about

doing is actually done - that's success

in your mind. Of course whether the right thing was done or the wrong thing was done, that's up to God to judge, but success in any area of life is a matter of thinking, visualizing, speaking, and acting (or doing) the right thing, repeatedly. A thought causes an image in your mind to form, which could cause speech to happen, and then the action actually happens once you put the thought to your motor skills, nervous system, bones, muscles, etc to cause your body to move in a certain direction - the end result.

So basically figure out your needs and wants, and if they are equal, then visualize those wants or needs and start working towards it. Needs!

Chapter 2: Develop A Vision

"Where there is no vision, the people perish."

-King Solomon, Book of Proverbs

29:18, Bible (926 BC - 849 BC)

"The eye is the lamp of the body, gateway to the soul. If the eye is bad pluck it out for you'd rather lose one limb than for your whole body be cast into hell"

-Jesus Christ, The Great I AM,

Matthew 6:22, Bible (0 AD - 33 AD)

"The blind can't lead the blind, or they will both fall into a ditch."

-Jesus Christ, Most High, Matthew

15:14, Bible (0 AD - 33 AD)

"Write the vision, make it plain on tablets so the herald may run with it.

-Habakkuk, Minor Prophet, Bible

200-400 years BC

" Just take the first step. You don't have to see the whole staircase, just take the first step."

-Rev.Dr.Martin Luther King, Jr. US

Black Civil Rights Leader (1936 -

1975)

Well given these quotes from these great men, i can tell you vision is important. I mean if you lose both of your eyes, it would be kind of hard to drive a car! So, anyway, once you figure out your wants and needs, its time to visualize where you see yourself going, 1, 2, 5, even 10 years from now. You visualize yourself doing something, meeting that need, filling that void in your life where the need is at. Remember, where there's a bleed, there's a need

(R.McJohnsworthy). The most goal oriented people in this world and the most successful producers in the universe have a vision. They see what's going on; they see how things are, were, and are going to be; they see their path, their road that they take - in short they know where they are going. One of the beginnings of a championship mindset is visualization. Think about it: what if

**it were dark all the time - no sunlight
or no light at all - bad! But when that
sun comes up, man you got it! Jesus
is the light of the world! And He
wants you to shine with Him!**

**So, again, formulate in your mind a
vision, a dream, of what you want to
be, where you want to go, and what
you want to do, and how to meet your
daily needs and wants. Gotta have a
vision, some insight on your life you
see. If you are going to win the goal
medal, you gotta go the extra mile.
Don't you know, gold does shine too!
Don't forget, usually if it's daytime,
there is a light at the end of the
tunnel. It's kind of hard to be the
best fighter pilot AND wear
Blu-Blockers sunglasses, too! So
don't develop tunnel vision that you
ignore solid advice - just develop
your sight, cuz victory is around the
corner. Hellen Keller said that "the
only thing worse than being blind is
having sight but no vision." So be**

**smart, if you got 2 eyes, formulate a
master vision of where you want to
be. Also, the old story goes that there
is a pot of gold at the end of every
rainbow, and a leprechaun waiting to
greet you. While you may not receive
a pot of gold if you find the end of a
rainbow, you still got dat man, Jesus
Christ!**

**So remember, formulate your vision,
even write it down if you have to...but
one thing is for sure, some rabbits
still fight over carrots! The eye!**

Chapter 3: Set Some Goals

"Aim at the sun, and you may not reach it; but your arrow will fly far higher than if aimed at an object level with yourself." -J. Howes, Great Canadian Artist (1964 -)

"Shoot for the stars, and if you don't make it you still might land on the moon."

-Les Brown, African Motivatioal Speaker(1952 -)

"Don't bunt. Try to hit it out the park."-David Ogilvy, American Baseball Player (1918-2006)

"A goal is a dream with a deadline."-Napoleon Hill, Great American Motivator (1890 - 1977)

So okay, once do formulate a vision in your brain as to what your end result of success looks like to you, it's time to develop and set some goals.

You know in football there's goals - there's 4 downs and the goal is to make it to the end zone or kick the ball through the goal posts. So in life,

we have goals. Let's say the goal you have is to get married within 10 years and have 20 children by the time you're 70 years old. That's a great goal! Figure out your vision and then develop a list of goals that you want to achieve. Just either write a list of goals you want to reach, and then go for it. Also, try not to set your goals to low, other wise you might get it, but you might just be settling, or compromising yourself.

You may even want to put a time limit or time frame on them so that you can give yourself an operating schedule. Set high goals and then ask yourself, okay, i want to complete xyz by such and such date and year. Or you can set a quantity goal. For instance, you might want to say, i want to save 100 bean seeds a day for a month and i want to increase the number of beans saved each month by 50 beans. You'll end up with 2,200 beans after just 8 months. That's goal

**setting and goal achieving in in a
nutshell. Just remember, set high
enough goals that you can see,
visualize, and possibly achieve.**

**So in all, set high goals that you have
a time limit on and you can possibly
achieve and you might do it! Give
yourself a date by which you want to
achieve that goal and go about
preparing to just do it. Goals!**

Chapter 4: Make a Decision

"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward."

-Amelia Earhart, Champion Female Pilot (1905-1944)

"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is now."

-Ellen Degeneres, Popular Talk Show Host (1965 -)

Once you make your goals plan out and you've already formulated a vision, then it's time to make a choice, a decision if you will. Make the choice to take control of your life, your situation. It's time to make that choice to better your life to a great degree. Just by reading this ebook tells me that you've made the choice

to at least investigate a new way of life for yourself and your family. A better life is ahead for you, if you just submit to God's will and way.

Now once you've formulated your goals, already got your dream vision in your mind, and have already identified a need, and decided you want to do this thing, then it's time to formulate a plan - a roadmap if you will. When wants = needs, then formulate a vision, set goals to work toward that vision, then formulate a plan to get there.

Congratulations! You've made the choice to better your life to the highest degree (hopefully)!

Chapter 5: Make A Commitment

"I made a decision to completely cut out drinking [alcohol] and anything that might hamper me from getting my mind and my body together. And the floodgates of goodness have opened up to me both spiritually and financially." -Denzel Washington, Academy Award Winner (1961 -)

So what's a commitment? A commitment is a promise or an oath or vow to do something you say or feel you might do. So now that you have decided to do something about your life, it's time to make a commitment. What is it that you are going to do? Are you going to volunteer, work, or play...or all three? An example of making a commitment is saying something like "I'm going to work 8 hours a day for 4 days a week at the local vegetarian restaurant. Of course, you may or may not get paid, but in all actually that's a good commitment. Or

**another good commitment could be,
"I am going to be a better husband,
father, and neighbor." Here's
another one: "I am going to do my
best no matter where i'm at with who
i'm with with what i've got." That's a
good one.**

**One word of caution: it's one thing to
make a commitment, saying that
you'll do some -thing...but it's quite
another animal to actually DO what
you say you made a commitment to
do. Anyone can say they'll do
something, but what about doing it?
That's what separates the true from
the not so true. See, the importance of
commitment is key in this life my
friends.**

**Got a goal? Decide to do it. Make the
commitment, and then formulate a
plan, then take action!**

Chapter 6: Formulate A Plan

"Rome wasn't built in one day. It took years and years to build. Even Washington, D.C. was mapped out! There's no preacher in the history of mankind ever born on a wooden cross, with a mitre hat on his head."

-The Glazzinator, yours truly

Once you've decided to make the commitment to reach your goal(s) that you've visualized in your head that originated from filling a need, then it's time to formulate a plan on how to get there. It's not enough to say you'll do something or commit to something, you have to follow through...and that involves planning.

The best sports teams in history all had a plan - a roadmap. You see, if you just go through life willy nilly and not caring about stuff, and not planning things, and just do everything spur-of-the-moment spontaneously all the time, you won't last very long. Even farmers have a

plan on how they'll sow their crops:

how many rows they'll make, how much rain they need, how many weeks to maturity, how much weeds they have to pull, etc. The most successful people in this world plan things out. of course, to a spontaneous person, it might seem boring, but it's great and necessary.

Think about it, what if instead of having the super bowl after the playoffs in february, the NFL announced they'll play the game randomly at any point in the year, even during spring training when no teams are playing in the NFL????

That's bananas my friend!

So you see we, need order, a plan of action if you will. We need a life plan!

What's your life plan? A good one is planning to be an engineer. So a good plan would be to enroll in an engineering school or learn independently at the library on your own. That would be step 1. Step 2

**would be to finish school or training
in the engineering realm, and then
practice or work under someone else
or on your own - experimenting and
such. Step 3 would be to actually
work at a job as an engineer,
and.....voila you are meeting your
needs and accomplishing your goal.
So remember, work towards a plan
for achieving your goal and then do it
buddy!**

Chapter 7: Take Action

"Every action has an equal and opposite reaction."

**-Isaac Newton's 3rd Law of Motion,
17th Century**

Action my friends, is key in this life.

If you plan on getting anywhere, you have to take action. Somebody said, "you can't lift a 4 ton bus by thinking it up there." Thinking may help you develop the equipment used to lift that bus, but still it takes bulldogged work and effort to lift that bus. You have to take action if you're going to be successful in telling you. So what does that mean? It means checking out books at the library, working on that project that you've been meaning to get your hands on, or going back to school to finish what you started a decade ago.

Action has the word "act" in it as well as "ion." An act is a type of organized movement. An ion is a charged particle in physics and

chemistry. So organize yourself and charge ahead and start doing what you've planned and committed to doing. Action will get you places. Inaction will just place you...and usually at the same place you've been at, or worse. Take action and start working toward the goal. Go ahead, start doing what you've said you'd do...it really pays off in the end friend!

Chapter 8: Make A Checklist!

"10, 8, 8, 7, 6, 5, 4, 3, 2, 1....Happy New Year!"

-Nearly universally accepted truth in english

Happy New Year! 2021 is here (2014)! The countdown begins...In life we have a countdown....countdown to dinner time, a newborn baby, wedding day, graduation, etc. You see, what these all have in common is that there's intermediate goals to reach before you get the end goal. In football, each

team has to advance the ball at least 10 yards or 30 feet to keep possession of the rock, unless you're less than 10 yards away from the end zone. The key to that is that you gotta make the 10 yards before you get the touchdown...that's called making 1st down. We have to start making 1st down in our lives. Apply yourself and you'll start making first down.

A checklist is a list of items that you have when you want to reach a goal. In short it's an abbreviated, abridged planning sheet. When you accomplish one of those goals on that paper, that's called "hitting the mark," or achieving a benchmark. You see having a checklist comes in handy when you want to do something. Go to the grocery store without a checklist and you might wind up with boxed peppers and frozen bologna nuggets - that's nuts! So, make a checklist as you go to accomplish something, it can help you achieve

**what you set out to do. Go ahead, just
do it bud!**

**A checklist can help ease the burden
of getting something accomplished
friends!**

Chapter 9: Develop Right Mindset

"To create something truly exceptional, your mindset must be relentlessly focused on the smallest detail."-Giorgio Armani, Champion clothing designer (1941 -)

To create an infinite championship mindset, you must change the way you think. You have to make a conscious effort to do that, too. Also, don't forget, Norman Vincent Peale said that "a peaceful mind generates power." He's right. Change the way you think and you can change your expectations; you can even possibly change the outcomes in your life....just change the way you think!

So what do i mean by change the way you think? I mean, you shouldn't just blow \$40,000 on a car that only gets 18 miles to the gallon! You shouldn't spend \$1000 dollars on a pair of shoes that you can get an equivalence at a dollar store. You shouldn't spend your time watching smut (you know

**the bad stuff) or even drinking beer
and smoking weed. You just
shouldn't do that stuff if you want to
succeed. Change your habits,
thoughts, ideas, environment, and if
you have to move to a better city or
township, do it!**

**Changing thoughts is key to changing
your mindset because thoughts are
things too. Don't be silly and throw
your life away on a bag of crack rock
that cost \$5 a pop cuz it's cheap,
inexpensive and gets you high...you
want a real high, you get married,
and then you can have all the fun you
want! Problems? Big problems
require big thinking to solve them.**

**Also, small problems require a nearly
equal level of thinking to solve them.**

**So you want to do big things in this
life, you gotta think big, real big. You
want a wife with watermelons, or one
with flatbread? Your choice! You
want a husband (for female) with a
banana, or a mini vienna sausage?**

Choose!

**So anyway, change your thinking to
positivity because you can never go
wrong with positive clean thoughts
because they will lead yourself in the
right direction!**

Chapter 10: Time Allocation

"I do not want to waste any time. If you are not working on important things, you are wasting time." -Dean Kamen, American Inventor (1958 -

)

Somebody said, "time waits for no man." It's true - you can't reverse time...once something has been done, it's set in history, no reversal. So, pay attention and don't waste the talent God has given to you on silly stuff like drugs and alcohol. So anyway, once you've made your commitment to succeed, you have formulated a plan, taken some action, and are changing your mindset, you have to figure out what to do with your time and with whom and why as well as other things.

Starting with what to do: start at the library. They have plenty of resources there to help you find just about anything you are looking for.

Also you might want to figure out

what time to get up in the morning,

when to go to bed, when to eat, etc.

i'd recommend going to bed at 9-11

o'clock pm and waking up at 6 am.

That's maximum productivity in

sleeping. Also working 4-6 hours

during the day and learning another

2-4 hours is another bonus too. The

rest of the day should be spent with

family, fun, games, eating, and

showering, and cleaning, etc. So

figure that out for yourself and then

work towards doing that. Start

reading ebooks too!

You may have to stop hanging out

with folks that aint doing much; it

may be hard to do but it's necessary.

Tell them, you got a job to do -

restore the Kingdom of God! We

can't waste time on silly stuff

anymore, the kiddie games are over

my friends. It's time to rise up and be

as efficient as we can be and be as

good as we can be!

Time allocation is a key concept

because you have to know what to do

with your time. Don't waste time.

Don't lie, cheat, steal, kill, or

fornicate. Play right all the time!

Chapter 11: Have A Great Attitude

Attitude by Charles Swindoll,

Acclaimed Speaker (1941-)

"The longer I live, the more I realize

the impact of attitude on

life. Attitude, to me, is more

important than facts. It is more

important than the past, than

education, than money, than

circumstances, than failures, than

successes, than what other people

think, say or do. It is more

important than appearance,

giftedness or skill. It will make or

break a company... a church... a

home. The remarkable thing is we

have a choice every day regarding the

attitude we embrace for that

day. We cannot change our past...

we cannot change the fact that people

will act in a certain way. We cannot

change the inevitable. The only

thing we can do is play the one string

we have, and that is our attitude... I

am convinced that life is 10% what

happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes. Attitude

Having a great attitude about things in life is very central to success.

When one door closes, another one opens. And when that door opens, it may not shut behind you! You see, bad things happen sometimes - death, strife, debate, arguments, bills, etc...but how we react to

disappointments in life determines our attitude. You can't go through life just being negative and expect positive things for your life - it usually doesn't work that way. So if you want to be successful, adopt a positive attitude.

Most people will either agree or disagree with you, the remainder indifferent about you - i'm talkin about the people you come in contact with. So make it a point to make your case, don't be negative, and conduct

**yourself in a professional Christian
manner. We are, after all, children of
God.**

**So remember, whatever happens in
life, be kind, positive, and
encouraging towards one another.**

**The results you see in your life could
be outstanding if you just adopt a
positive attitude from God! Peace!**

Chapter 12: Honesty Is Best Policy

"If you don't start having some morals and values, you might as well be toasted with butter on both sides!"

In business, as it is in life, honesty or lack thereof could make or break you. If you tell somebody "we'll ship it to you in 2 days," but decide not to ship the product at all, you're in what's called "hot water." That's dishonest practice. You see people have a certain expectation of what they want, how they want it, and when they want it. You, as a producer, should provide anything someone needs when they want it, how they want it, and where they want it. Honesty is key in life if you want to make it.

What's honesty? It is simply telling the truth. Some will appreciate your work more if you tell the truth rather than lie about it. Like, let's say you have 2 kids for example (hypothetical.) Would you tell the

IRS that you have zero (0)

**dependents? I mean that's lying and
that's what got Enron in trouble.**

**Jesus always told the truth no matter
what - he did the right thing all the
time. Will you?**

**Just remember, the truth will make
you free as opposed to lying, which
will probably get you in more trouble
than telling the truth. Don't lie. Tell
the truth and your conscience will be**

**A okay! Don't forget, if you tell a lie,
and no one catches you, God still
knows it and will act on it. So, tell the
Truth!**

Chapter 13: Have Some Integrity

"Be impeccable with your word.

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or gossip about others. Use the power of your word in the direction of truth and love. -Miguel Angel Ruiz, Mexican author (1959 -)

Integrity is the ability yes when you need to say yes and no when you need to say no. It's when you have the choice to do something contrary to the Bible's teachings and decide to do the right thing. In other words, integrity is the characteristic and ability to do the right thing, regardless of the situation. For instance, if you have the opportunity to take a job in another state but your wife says no, and you have the integrity and honesty to agree with her because maybe the hours are too long, like 18 hours a day. So you say no and keep your integrity.

**Integrity will keep you in the game of
life if you expect to live. Integrity will
help keep you afloat my friend.**

**Having integrity as part of your
overall character is better than being
labeled a libelous, downright dirty
son of a truck liar! So, in general tell
the truth and do the right thing in all
times. No need to get shot!**

**Integrity, remember this, will keep
your ship afloat when the storm
rages! Press on!**

Chapter 14: Be Trustworthy

"Being trustworthy means doing things right. And doing the right thing."

-Don Peppers, Successful businessman (1957 -)

Trust and integrity and honesty are the trinity of character. If you people can trust you and you can trust them, then that's a true tautology. Peace.

When I was about 7 or 8 years old, i stole some money from my Grandma Beck and she found out about it because she knew how much money was in that jar or maybe she knew something wasn't right. She called my dad, and he asked me and initially, i lied about it, but i eventually confessed and returned the coins to her. You see, i thought i could get away with it because she couldn't see me go in that jar, so it was a go for me...however i never stole any more coins or just about anything from her again (except some

Jet magazines that i returned).

The lesson i learned is that if you steal, people catch you, and you might lose credibility and trust because they figure they can't leave anything laying around while you're in their presence. So, i learned that you can't steal from people - taking some thing that doesn't belong to you or taking something without asking permission or paying for it. Now, i steal nothing at all and i work for everything i get - no stealing required. They say, "if you got a job, aint no need to rob!"

Make it a point to trust other people and not to steal cuz that could cost you big time. People shoot people nowadays for stealing or get jailed for it. And i don't want to die or go to jail. You too! Make it a point to be worth others' trust. Be honest, direct, open, and trustworthy...it'll get you places buddy!

Chapter 15: The 7 P's

**"Proper Prior Preparation Prevents
Piss Poor Performance."**

**-Olde motivational business saying,
MLM**

**Well you know, if you are well
prepared to do something, you are
more likely to succeed than if you
didn't prepare for it. In life, you have
to go through the beginning steps
before you can reach the finish.**

**Preparation is key to success. For
instance, would you go on a long road
trip without first: 1. packing up to
leave; and 2. packing food for the
trip; and 3. bringing a road map with
you; and 4. bringing enough money
to buy gas; and 5. checking the
vehicle to make sure it's running
great...etc...? Well, i don't think you'd
like to go on a trip without being
prepared.**

So what does preparation entail?

**Getting ready to do something means
having a plan, getting the resources**

**to carry out that plan, and making
sure the plan won't backfire by doing
it right. Performance is largely based
on the plan. It's true. If you have a
plan, and it's a bad plan, but you
execute that plan perfectly, it still
makes for a bad performance
because the plan was bad. No matter
how well executed a plan may be, if
the planning and preparation are
bad, usually the end result will be
bad too. So, don't get caught lighting
a cigarette at a gas station!**

**So to sum it up, preparation is not
the end all, be all, but it can help you
perform better possibly and it can
improve your bottom line. Be
prepared before you do something
and it can prevent a bad
performance. 7 P's!!!!**

Chapter 16: Proper Conditioning

"Some squirrels have conditioned themselves to gather acorns. Also, the boogey-man has conditioned himself to hide under beds. We're not boogey-men nor squirrels, but we can condition ourselves for success like them!"

It's true folks. Conditioning is "a type of training that involves dieting, exercise, and rest," according to Merriam-Webster. The 2nd definition says that "conditioning is a simple form of learning that involves the formation, strengthening, or weakening of an association involving a stimulus and response." In other words, you train yourself to put two and two together to make four.

Conditioning is important in life because it's an essential part of training, which can improve your bottom line. When I say that some squirrels have conditioned themselves to gather acorns, that's

true.

So, how do you go about conditioning yourself? It starts with reading, gathering and acquiring knowledge, and train yourself through exercise and practice. Diet also is key. You shouldn't be an Olympic boxer AND expect to win the gold medal if you eat 10 bags of pork rinds a day, along with 8 chicken tenders, and 6 liters of pop a day! It usually won't work because you'll get tired and get beat - probably. You can't win eating animals.

So start including a vegetarian regimen in your repertoire, because that's when the real fruit kicks in in this life. If you eat fruits and no meat, and drink water, stay away from alcohol, drugs, smoking, and meats, you have the proper diet. With physical conditioning, just go for walks every day - 3 to 4 walks a day. Pray and read books, including the Bible. That's good!

With mental condition, Yogi Berra said "90% of the game is half mental!" Just condition yourself to say no to anything bad for you and yes to anything good for you. You will know what's good for you by the fruit. For instance, somebody emails you and says that you've "just won \$450 million dollars...click here to claim." That's probably a scam - an indecent proposition or offer.

However, let's say you get another email that says, "you're eligible to receive free ebook downloads for 120 days. Unlimited free ebook downloads for 4 months. click here to get it!" That's usually going to be more credible than a out of space prize of 450 million big ones. So you'll know what's going on by the fruit that manifests itself in this life. Just remember, conditioning will get you to the door. Action will open the door. Strategy will keep you in the game. And execution and

determination will help you win the game. Sportsmanship will keep a friend. And humility will give you honor. Honor will give you power. And power will give you respect. That's the flow of power in this life.

Read and receive....Power!

Chapter 17: Knowledge => Power

"The more positive things you know, the better off you might be."

It's true. There was an old commercial on NBC that had an actor saying some stuff, and then at the end of the actor talking, there'd be a shooting star in space with rainbow colors and you could hear a voice in the background saying, "The More You Know!" There'd be a banner on the screen saying the same thing too. You see, knowledge is information organized in an efficient manner. Knowledge can help turn a bad situation into a good situation because knowledge can give you power to over come some stuff. I

mean, for example, let's say you're a chess player, a novice one, and you didn't have a good opening strategy so you used to lose a bunch of games.

But you pick up an ebook on opening strategy and practice, and eventually you win a lot...that's using knowledge to accrue a powerful result. Gaining knowledge is paramount, absolutely important!

Acquiring knowledge should be part of everyone's training regiment.

Knowing how to do something is better than not knowing. For instance, let's say you've been given a helicopter for your 50th birthday gift.

How much sense does it make to have a helicopter but don't know how to fly the thing? None! Likewise, how much sense does it make to have job, but not know how to do it efficiently? We have to start working towards efficiency and that begins with accruing knowledge. A black man named Rod at Summit

Behavioral Healthcare said on

10-11-2011 that "knowing is half the battle." That's very true. So gather some info and get some knowledge.

Get a training manual or instruction guide in your field of study - it really works!

Knowing is half the battle, so win that ballgame and you're already at a draw. Actually execute the proper knowledge and the battle might be won!

Chapter 18: Time 4 Training

**"I hated every minute of training,
but I said I rather suffer now and live
the rest of my life as a champion."**

**-Muhammad Ali, Great Boxing
Champ (1949 -)**

**Training is a key element in the
process of winning this game of life.**

**Training is basically applied
preparation. Training will put you in
most games, determination and
execution will get you over the top in
most cases. You see, boxers train for
the big fight. Bishops train for that
Easter sermon. Farmers train for
that big bumper crop for the year.**

**And engineers train for building that
highly efficient engine or motor. You
see, you gotta train if you want to
make it iin life. Training involves
walking every day, working 5 1/2
days a week, sleeping 8 hours a day,
reading books and acquiring
knowledge on your field of study, and
a host of other elements to get you pit**

over the top. Also you might want to go to the library or buy a highly efficient portable computer for yourself to help you gain information and knowledge required to do your job right,

Without training, you'd be hard pressed to succeed. However, if you commit to a regular training program for yourself to better yourself and others, that's a good thing. So go ahead, buy that nice portable computer for yourself and get some wisdom, knowledge, and understanding. Finish that schoolwork. Get that degree. Do the best job possible, Change that diet to vegetarian. You can do it!

So, in a nutshell, get training by reading ebooks and manual, articles, etc so you can put yourself in a position to succeed. Go for it man!

Put the beer down and go read!

Chapter 19: Go With Chess Pal!

"The Boogey-man's gameplan

usually doesn't involve going to the library to reading a book on quantum mechanics. We're not the Boogey-man! Go read an ebook, formulate a good gameplan and work it the best you can." -Glaze

You see figure out what game you are going to play, develop a gameplan, strategize, and then execute. Playing chess could really help you because it involves a transfer of property. You win and you win property. You don't win and they get your property. It's that simple...so figure, what game are you going to play? I'd highly recommend chess because you don't have to worry about getting injured moving pawns and rooks! There's almost a zero physical risk of liability on your part because you usually don't get hurt playing chess. At worst, you feel tired after playing a bunch of games. At best you get put in hotels around the world, playing the game you love. So give it a whirl

my friends - it's the best game ever recorded!

Chess is a game of skill, a game of strategy, a game of patience, a game of concentration and patience - do you have what it takes to win?

Winning at chess is different than just playing for the heck of it because you are winning property from people, not just a game. You win and you're +1. You lose and you're -1.

You draw and you're +0. Stalemate is +0.50 points. Those 4 things are key concepts in Chess. I have attached a miniature chess strategy guide with 30 master checkmates and opening defensive strategy for Black. It's a great game i tell you. More about chess in the next chapter. Thanks thus far friend! Learn chess and play it! Go for it pal!

Chapter 20: Develop A Strategy

You just about 100% have to have a strategy in life if you're going to make it. I mean, even thieves have a strategy: "wait til they're gone and get the dough, roper!" I mean if they can succeed, surely you, as a follower of Christ can make it in this world.

Also, a strategy-less person is bound to fail usually because they have no direction. They just let the wind blow them everywhere, as they say. If you don't stand for something, you might fall for anything." So have some backbone and make a gameplan, a strategy, if you will. A good life strategy will most likely keep you in the hunt, my friends. So get a good strategy and do it!

A good strategy in chess is to make a wall of pawns, attack with the knight behind them, and then double your bishop and Queen on a battery file.

Advance your pawn, sacrificing when necessary to gain position for

**checkmate when necessary, capturing
when necessary, and removing the
guard of the defender. Attack the
kingside, protect your pieces and
king, and overload to the opponent's
kingside. Then break the castle and
go for checkmate. That's basic chess
strategy for you. So give it a try
today!**

**Remember, life demands that we
have a gameplan. Even birds and
racoons have a gameplan - to find
that food! You also need a gameplan.
Study chess openings, middlegame,
endgame, special moves, special
tactics, offense, defense, and
checkmates. I'll detail some at the
end of this ebook, okay? So study
long, study....study for Fei Kong! Get
it pal!**

Chapter 21: Go On The Offensive

"Bobby Knight told me this: There's nothing that a good defense cannot beat a better offense. In other words, a good offense wins." -Dan Quayle, Former VP (1954 -)

If your offense is better than their defense and execute it that way, then you'll probably win this game. You see, and offense is a type of organized attack, or mobilization. In chess, you have to go on the offensive to win the game. If you just sit back and let them attack, and you're constantly on the defense, then you won't usually win. You HAVE to go after their king, you have to. You see, they want to trap your king, so don't let em do it go you should be concerned with trapping their king. So i'll show you a little how to do it in the next paragraph.

How do you go on the offensive? It takes guts, calculated attack strategy, and just plain common sense. If the

opponent makes a mistake, then you should take advantage of it and go after that piece. You see if you can win the micro game, the game at the lowest level, then you can start winning the big game. Try to corner their king, not go after their queen or take as many pieces as you can - that usually doesn't pan out. Of course, if their queen is bothering you, try to eliminate that threat if you can. At the end of this ebook i'll give you good opening strategy for Black, who is actually on the defense because Black goes 2nd. So that's that buddy! So remember, try to corner their king, eliminate the threat and don't lose focus...it really works. Don't start trying to kill all their pieces, just try trap the king! So at the end, i'll go more in detail for you, ok? Thnx!

Chapter 22: Play Some Defense

"And they go...man to man!" -Bill

Raftery, Basketball Commentator,

(1950 -)

Man to man in chess, man to man.

You see, going with a man to man, or

"tete a tete" defense will probably

prevent you from losing too many

pieces, and will probably keep you in

the good. When defending, remember

2 things: 1. what will i gain or lose if i

make that move; and 2. what will my

overall position be if i do that move.

You always have to keep in mind,

their king versus your king - it's one

on one. You see, defense means

protecting your king and queen,

reducing the threat, and keeping all

your key pieces, including pawns,

and putting yourself in position for

checkmate. That's defense. Now i'll

mention a few strategies next.

A good defensive strategy would be to

sometimes let the opponent take one

of your pawns, and then that buys

**you a move or two to make another
move with another piece to put you in
a better position for checkmate.**

**Passing up the opportunity to take a
piece, or pawn, is called en passe.**

**That's different from en passant,
which is cheating. So with en passe,
you let the opponent do what they
gotta do, all the while moving your
pieces in a strategically and
algebraically better position - trust
me, it works! So, there are other
defensive strategies like blocking, and
castling, so more on those at the end
of this ebook.**

**So remember, play some defense, and
if you're good your defense can be a
type of offense, putting yourself in a
greater position for checkmate!**

Chapter 23: Special Teams, Sir!

***Adapted from:**

**[http://www.championshipspecialteam
s.com/Coach_Quotes.html](http://www.championshipspecialteam
s.com/Coach_Quotes.html)**

**ABILITY IS IMPORTANT, BUT
DEPENDABILITY IS VITAL!**

1. It doesn't take talent to have effort!

**2. WHAT HURTS MORE - THE
PAIN OF HARD WORK, OR THE
PAIN OF REGRET?**

3. Be the HAMMER, not the Nail!

**4. EVERY JOB IS A SELF
PORTRAIT OF THE PERSON
WHO DID IT. AUTOGRAPH
YOUR WORK WITH QUALITY!**

**5. Attitudes are contagious - is
YOURS worth catching?**

**6. THE WILL TO WIN IS
NOTHING WITHOUT THE WILL
TO PREPARE!**

**7. Don't mistake activity for
achievement! Nothing stays the
same.**

8. SUCCESS IS A CHOICE.

**9. OUTWORK them so you can
OUTPLAY them - PREPARE TO
WIN!**

**10. You're either part of the
STEAMROLLER or part of the
PAVEMENT!**

11. OPPORTUNITIES are never

lost...the other guy takes those you

miss!

12.When you're through improving,

you're THROUGH!

13.TRAIN LIKE YOU PLAY and

YOU'LL PLAY LIKE YOU TRAIN.

14.Discipline, Attitude, Backbone.

NOT AVAILABLE IN STORES!

***15.What ENTHUSIASM starts,**

DEDICATION and COMMITMENT

finishes!*

Chapter 23: Special Teams, Sir!

Special teams is your go-to teams when the going gets tough, or you need to score some points or you need to gain position. Special teams in chess means doing things like pinning the opponent, or skewering him, or en passe, passing up a capture, or even forking an opponent. A pin is when you attack 2 or more chess pieces at a time on the same rank, file, or diagonal. It's crucial to pin sometimes, especially if their queen and king are pinned against each other. You can gain material, position, a move, and possibly the game if do it right. A fork is when you attack two or more pieces at the same time, usually on different ranks and files, but close. A knight can fork two or more pieces, and as a matter of fact all the pieces can do the fork move, even the king! An en passe

move is when you pass up an opportunity to capture an opponent's piece because it would be more advantageous if you just moved ahead instead of capture it. It's great for the chess master.

So remember, special teams come into effect when you've played defense, offense, and you're looking for a breakthrough. It can definitely put you in a better position if you work it right. Special teams are players that come together do special things to accomplish a particular goal. It can help put you over the top my friend! Special teams really are....special! P.S. Also another special teams play would be to draw an otherwise lost game by perpetual check, 3-fold repetition or other methods. That's +1/2 instead of +0. A world of a difference! Pawn promotion is key too. Promoting a pawn could mean the difference between winning or losing.

**Special teams is key in tough
situations, so do the best you can
while you got time!**

Chapter 24: Mind The Small Stuff

"Compound interest is the 8th

wonder of the universe." -Albert

Einstein, (1876 - 1962)

Little things are key to winning the

ballgame. In baseball you can score 9

runs a game by playing small ball.

For instance, in each inning, the

lead-off batter walks 4 balls and gets

on 1st base. During the 2nd batter's

bat, the lead off man on 1st steals for

2nd and makes it. Then the 2nd

batter flies out or grounds out, and

the 2nd baseman advance to third.

Then, the 3rd batter sacrifice flies to

the outfield or ground out, sending

the runner on 3rd home. Score = +1.

There's 9 innings in a ball game, so if

you score that way 9 nine innings,

you got 9 runs, without ever getting a

single hit! Something to think about.

In chess, i stress that the pawns are

the most important pieces on the

board, because without them you'd

be in trouble. For instance let's say

you have 1 pawn and a king versus their lone king, you can promote that pawn and win the game just with one extra pawn! U see it's important to mind the little things. For instance, let's say you take a 0 by itself - that's just zero, nothing. Add six zero's to that and it's still worth zero, = 00000. But put a one behind all those six zeros and you got a million - 1,000,000! So that's the power of minding the small stuff....read more about small stuff in ezine articles if you can!

Remember, small things are worth something too. Don't neglect them my friend. It could cost you the game if you start neglecting the small stuff. So pay attention to detail! The small things, done right, will eventually win you the big game, it's true!

Chapter 25: Give Your Best Effort!

"Good. Better. Best. Never let it rest.

Until your good is better, and your better is best."

-Dr. Seuss, Great American author

(1911 - 1998)

"Go hard or go home." -Fiend, Great

black music artist (1983 -)

Come strong or don't come at all they

say. Don't get locked into doing

things half-heartedly, otherwise,

you'll get half-poor results. You see,

you gotta tackle a project going all-in,

otherwise, it won't come out right - i

can guarantee that! You know, would

you get a spouse with half a body,

like missing the legs and arms and

things like that? Probably not

because it's gonna be kinda tough to

maneuver in that bed! So do things

completely, and do them as well as it

can be done.

When playing chess, give each game,

each move, each play your undivided

attention and keep at it until you get

the checkmate! You see, your

opponent wants to try to get you

trapped, so you want to prevent that,

right? So you focus, go hard at it and

do your best. What would happen if you get on a plane, but they only got half a tank of fuel, and you're going overseas? They'd probably run out of fuel, and crash somewhere because of a half-hearted fuel effort. So, likewise, we don't want to crash by being careless or lackadaisical, so work hard, study hard, and play hard and you'll be just about guaranteed to succeed. Go hard to the paint or bust, pal!

Remember, come hard or don't come at all - that's the motto. Put it on your dash!

Chapter 26: Discipline is important!

"Even some rabbits are disciplined enough to wait for carrot season as opposed to dirt!"

What's discipline? Well let's break up the word down for you. "Disc" is any round, flat, circular object with respect to the horizontal plane or even a storage medium for information. "Ip" stands for

indispensable provider. And "line" is just that, it's a long conduit used for communication or other purposes. So discipline is basically an object or thing that is an indispensable provider that is communicated. So in other words, it's having the ability to hold the line when times get tough. So basically you got use your discernment to check whether something is good or bad for you.

In chess, discipline is key because if you're not disciplined, you'll start making rash moves, fall into traps, and wind up losing. So being disciplined in chess means taking your time, following instructions, don't give your opponent cannon fodder, and going after the king, protecting yourself, eliminating the threats, and watching your time. If you do those things, you've got a great shot at a victory. So be disciplined, - don't be fooled!

Having sound discipline will keep you

**from losing in most cases so pick up
some knowledge on your job and
practice....then do it! Go for it!**

Chapter 27: Be Persistent

"Nothing in this world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent."

-Calvin Coolidge, Former President of U.S.A.

Persistence is basically not giving up.

It can keep you in the ballgame my friends. Not giving up on yourself, or others is a key concept to remember because remember, no one has ever done anything great without

persistence. Thomas Edison failed 10,000 times before inventing the lightbulb back in the late 1800's.

Every struggle has a seed of greater benefit, so keep trying. Don't give up on yourself or your family, or God.

God will always be there for you, why

don't you be there for him?

Persistence in chess will definitely put

you in a great position to win the

ballgame because advancing your

pieces will put you over the top-

usually. Also, not giving up when the

opponent looks like he'll win might

give you a draw instead of a loss, and

in some cases, a win! So, just keep

moving those pawns, keep going on

the offensive, playing some defense

when necessary. Don't you ever give

up, never give in and you'll get the

win!

Remember, don't give up, keep on

pushing forward, and you'll get the

things you both want and need - i

guarantee it my friend!

Chapter 28: A Determined Soul

WIns

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."

-Vince Lombardi

Determination will usually put you over the top, even if the opponent is smarter or has more degrees, or even more experienced than you.

Determination is the bulldogged ability to push forward when things get tough. It's persistence squared.

Persistence, planning, and organization, will get you in the hunt, but determination and willpower will probably put you over the top. You see, your opponent wants to defeat you, take your stuff, and send you to the subdungeon probably. But Don't let 'em! Keep on keepin on, the old folks say!

In chess, determination will put you

in a great position to win, even if the game hasn't quite gone according to plan. So you gave up a few pieces or made a couple blunders - that's ok (just try not to do it again). However with determination, you can overcome those blunders and win the ballgame! You can do it!

Remember, you can win the ballgame: just push forward despite setbacks and obstacles, stick to the masterplan, and execute, and the big W goes to you...i guarantee it!

Chapter 29: Have Some Willpower!

"Will power is to the mind like a strong blind man who carries on his shoulders a lame man who can see."

-Arthur Schopenhauer

Willpower can definitely help put you over the top in terms of the success equation. If you want to succeed in just about anything you do, you have to have some willpower. Will power is the magnified force of determination and persistence

**combined in one. It's Persistence,
planning, and determination cubed.
That's what it is! Willpower will keep
you from drinking alcohol for 40
years in a row. Willpower will keep
you from that nasty habit for 25
years. Willpower will put you in the
ballgame, boss. You gotta have it,
otherwise, a substantial loss is on the
horizon! Go get it!**

**Willpower will put you in the hunt to
win most ballgames in chess because
it beats and trumps luck, smarts,
intelligence, history, and any other
attribute that could possibly even
compare to willpower. Willpower
always wins the ballgame with Jesus
Christ! So, if you got it, use it to your
advantage and get that big W.**

**Chapter 30: There's A "W" In
Teamwork**

**"Unity is strength... when there is
teamwork and collaboration,
wonderful things can be achieved."**

-Mattie Stepanek

U-N-I-T-Y, that's a unity! That's

**what Queen Latifah said in one of
her songs back in the 1990's. You see,
teamwork is key to getting the victory
in life because a united effort will
usually put you over the top.**

**Teamwork: using all of your plays
effectively, together in collaboration
to get things done well enough for the
victory. Michael Jordan, the 6-time
NBA Champion said "Talent wins
games. But teamwork and
intelligence wins championships."**

**You see, in life, everyone and
everything counts - everything
matters. You see, everyone is
important, and if you can learn
something from everyone and
everyone on your team, you've got a
great shot of winning the ballgame of
life - I guarantee it!**

**In chess, a united effort is key to
getting the victory because one piece
will usually not be enough to win the
game for you. It is highly imperative**

that you be able to use all 16 of your pieces as efficiently and as cooperatively as possible, otherwise you'll be in great danger to lose the ballgame! Use those pawns, move in with the knights, double your bishop-queen, and go after the kingside. Team - Together Everyone Achieves More! So use your team the best way possible and that will usually put you over the top in most cases - usually! So get to it! Remember, teamwork and a cooperative, united strategy and executed gameplan will put you in the position for the "W" in just about all cases, so see to it that you use the team to work together - teamwork!

Chapter 31: Be Precise

"Be precise. A lack of precision is dangerous when the margin of error is small."

-Donald Rumsfeld, Secretary of

Some Serious Stuff (Defense)!

Precision is basically being on target with your execution of your strategy.

In other words, it's doing the right thing, the right way, as close to perfectly as possible. In life, you have to be as precise as possible, because a mistake could cost you time, money, aggravation, and possibly a job.

Being on target can help win you the ballgame because it will put you in a better position to not make a mistake.

You absolutely have to be accurate to be able to succeed effectively.

In chess, accuracy is key because if you miscalculate a move, or series of moves, that could cost you future moves, pieces, and possibly the game.

You see, if you have a gameplan, and don't stick to the plan or miscalculate

your opponent's moves or your moves, that'll usually cost you severely. So the more on target with your calculations and moves you are, the better off you'll be, and the better chances of you getting put into position for the checkmate! So be precise, and don't make mistakes if at all possible! Precision is key!

Precision will keep you in the hunt, put you on track to win the ballgame, and has the characteristics of not making mistakes...and being on target. Use precision to your advantage, pal!

Chapter 32: Accuracy Is Key

"The child who has been taught to make an accurate elevation, plan, and section of a pint pot has had an admirable training in accuracy of eye and hand." -Thomas Huxley

What precision does it is not making mistakes. Accuracy is being laser precise all the time, on time, in time. Accuracy can put you over the top in the game of life and in chess. Accuracy is like a laser ballpoint pen marking out an x on a 1 mm x 1mm square down to the "T." It is the constant precision of your executed plan, over and over again. We need accuracy because otherwise we'd be estimating everything, and not knowing everything. So be accurate, it really helps!

Accuracy is important in life because it gives us an exaction, a kind of quantification in exact measured format. What would happen if we write a check to somebody for \$1,000

**when you only meant to write it for
\$100. You'd be -\$900 in the hole just
for misplacing or adding 1 zero! One
zero could mean the difference
between a thousand and ten
thousand, so make your game tight
like a laser beam. When doing a job
or playing chess, do your job, as
Rev.Dr.Martin Luther King, Jr. said,
as if no one born, ever born, or will
be born, can do it better than you!
Imagine that! Whe playing chess,
treat each move like royalty - treat it
like it's your only move you got,
because remember - the next moment
is not for certain. So each move is
important, of course looking ahead,
reflecting back, and acting in the
present! So be accurate if you can!
Accuracy is key because it is
necessary for great workmanship,
thereby getting the job done how it's
supposed to be done, day in and day
out, without ceasing! So please try to
be as precise and accurate as**

possible!

Chapter 33: Practice At The Highest

Level

If you decide to do this thing, to go for it, to accomplish your goals, then you have to practice at the highest level, because as they say, you practice how you play in the real game! So if you slack off, half-effort, or loafing during practice, how do you think you'll play in the real game? In life, if you don't give 100% when no person is watching, you probably won't turn on the juice all the way when a bunch of folks are watching. You see, training and practice is key if you want to succeed because it helps prepare you for the real deal. Ali trained and practiced. Jordan trained and practiced. Michael Phelps trained and practiced. LeBron James practiced and trained - and they all are champions. Will you practice at the highest level? Will you? Don't you want to win this ballgame? Well,

start practicing hard and playing and working as hard as you possibly can -- then take a rest or break. That's how you do it!

In chess, you need to practice opening, middle, and endgame strategy, as well as etiquette and the 30 basic checkmates because if you don't study and practice them, you'll most certainly be in severe danger of losing the ballgame! So i've provided a checkmate manual and a basic chess strategy guide for you at the end of this ebook, so stay tuned!

Practice can help make you perfect if you practice perfectly and perfect your practice! Just Do It Nike!

Practicing hard can give you a big advantage over the opponent because that help prepare you for the real deal. Also you won't be as surprised because you already practiced that particular defense, etc. So practice and play as hard as you can, and let God take care of the rest!

Chapter 34: Repetition Is The

Mother Of Learning!

"Any idea, plan, or purpose may be placed in the mind through repetition of thought."

-Napoleon Hill

"I tell a student that the most important class you can take is technique. A great chef is first a great technician. If you are a jeweler, or a surgeon or a cook, you have to know the trade in your hand. You have to learn the process. You learn it through endless repetition until it belongs to you." -Jacques Pepin

What's repetition? Repetition doing something over and over and over, etc, or repeating something until a certain time limit, or indefinitely.

Repetition is the mother of all learning, and really, success if you repeatedly do the right thing all the time. In life if you repeatedly smoke pot or eat meat, you'll die. On the opposite, if you eat fruit and drink

water and go to church, you'll probably live a long, long time, continuously. So the choices we make and how we practice and through repetition determines our health, our status, and our happiness level. If you, through repetition, read books and go to school, you're likely to learn at least something. If you sleep most of the day, and watch inappropriate crap, what will be your fate? Not good. So let's be in the good be practicing and repetitiously doing the right things and learn and watch and read the right kinds of things too. Listening to the right kinds of things helps too. You live where you think in your mind, and it will manifest itself eventually. So think right, repeatedly all the time and you'll be okay!

In chess, repetition of the right move sequences, strategies, and executions can definitely put you in the hunt for red october, my friend! Right repetition can help put you over the

**top for sure! I mean, study, practice
and play at the highest level...and
execute! Repeatedly do the right
moves over and over and over, etc,
and you'll be on top of things usually!**

So repetition is key buddy!

**Repetition can help put you over the
top in most cases. However it has to
be repetition of the right things for
you to win this ballgame, so do it!**

Chapter 35: You May Gain

Confidence!

"We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face...we must do that which we think we cannot." -Eleanor Roosevelt

You will probably gain confidence by knowing things, practicing, and learning at the highest level. You see, as you gain experience, you will usually increase your skill level. Just think, when you were 2 years old, you probably barely knew how to walk...but as you got older, you probably fell on your butt less and less and gained confidence that hey, i can walk. Also in life, you will probably gain more confidence as you read more, practice more, learn more, and experience more, especially if it's in your chosen field of work. Remember nothing can shake your confidence in something if you're the #1 best at it....probably!

Your confidence will probably skyrocket in chess if you practice, learn, train, and get some repetitions in. It's just about guaranteed you'll get better at it if you experience the game more, and play at the highest level! Confidence is a key component to winning the ballgame because a lack thereof will put you in position to make terrible moves, and that could cost you the ballgame! So do it go do it right, you can do it baby!

As you get more experience and training, that could help put you over the fence...so increase your confidence and you can increase your victories in most cases. Go get it!

Chapter 36: Experience Is

Paramount!

"The cousin of knowledge is experience. And experience can be a great teacher." - O.G.K.

It's true - experience can be a great teacher and is usually accompanied by confidence. Confidence and experience go hand in hand, because you will usually gain confidence through or by your experiences. So in life, if you train to be an engineer, and practice and learn, you will gain experience. And that experience can give you confidence. Learning, training, and practicing can all be vehicles by which you can get more experience and confidence too!

Without experience and knowledge, it would be hard to get any type of success. If you read engineering books all day, but don't practice and experiment with it, you usually won't gain any significant measure of confidence - probably. However if

you learn, do, and practice these things, you can gain significant experience and confidence - which can help you succeed! So, gain experience buddy!

In chess, you have to get experience, or playing time, in order to succeed, because that may teach you some things as regards to the game of chess. In other words, the more you play, the higher your probability of learning something. While not always the case, you can usually learn the nuances and the ins and outs of the game through repetition, practice, learning, and experience. So get at it - don't be afraid to fail because even the international grandmasters have lost a few games in their heyday! So get at it buddy!

Remember, experience is like a key, opening a door to the victory. So learn, read, practice, play, and learn - those are critical factors to success!

Chapter 37: Have Some Passion

"The greatest minds in the universe knew that you gotta love what you do!"

The most successful people that ever lived had or have passion for what they do, regardless of the situation or the environment that they are in.

When Bill Gates started Microsoft, he had a passion for making operating systems and computers.

When Frank Carney started Pizza Hut, he had passion for pizzas. When

Oprah Winfrey started Harpo, she had a passion for talking. When

Damon Dash formed Roc-A-Fella records, he had a passion for music

(rap). So with you, whatever legit field of study you've chosen, have

passion for your job, otherwise

someone else will have your job if you

don't love it. Kinda like a wife: if you

don't love on your wife, someone else

usually will. Not promoting adultery,

though! Adultery is bad. real bad, so

treat your spouse and love your spouse and things will be fine! Have passion for what you do! Have passion for chess because if you don't you are liable to get lackadaisical, lazy, prideful, and unmeticulous - and those things are some of several key factors in a possible losing of the ballgame. So, be passionate about chess because you don't want to lose your house, your car, your wife, your kids, and your life, your church, etc...do you? Well, it could all happen in chess buddy! So be careful, love the game, and be smart, and you'll probably get the W. Have some passion.

Remember, having passion, or love for life and the game of chess is a key factor in success. Remember, love conquers all sins! Have some passion, friend!

Chapter 38: You Gotta Hustle!

"Everyday I'm hustlin, huh, huh, hustlin.' Everday I'm hustlin, huh,

hustlin'!"

-Rick Ross, Great African Music

Artist

You gotta hustle, hustle hard (Ace Hood) if you're gonna make it successfully in this life. I remember playing basketball as a teenager in our parent's backyard and at various places in the city of Cincinnati. I remember hopping over fences, running after that ball - i mean, i treated the basketball like it was my lifeblood. As a kid, i just loved basketball - hearing that SWOOSH in the net or dunking , or whatever about the game. i just loved it! With same regards, you gotta be better, stand out, do better than everyone else because if you're not the best, that means someone else is...and you know, we all want the best: best cars, best house, best food, best record, etc - we want the best. Now if you're not the best that makes you at most, #2 in line - at best if you're not the best.

Best always passes the test, and is better than the rest! So hustle hard in your chosen field and you'll probably be the best!

Hustling in chess mean doing things like putting in extra hours practicing, playing, learning, observing, and experiencing more than anyone else ever! If you hustle hard in chess, there won't be the agony of defeat, the eternal remorse of losing a game - probably never! If you work your hustle, and hustle your work, you'll be fine my friend. So hustle hard in chess and that might put you over the top!

Remember, hustle hard or go home! There lots of Number 2's and 3's in this world, but don't you want the gold medal? I hope you do! A good part of that is hustle...work your hustle, and hustle your work and that is the the key to the W!

Chapter 39: Be Consistent!

"Trust is built with consistency."

[And consistency is key.] -Lincoln

Chafee

You have to be consistent at the highest level, in order to obtain any measure of success in this life. You see, the best players are the players who consistently perform at the highest level, day in and day out.

People will trust a person more if they tell them the truth and truly are consistent with telling them the truth. How can you gain a friend if you tell them one thing, then tell them another story, etc. It's a vicious cycle and don't you ever get on that lying cycle! So be consistent in the way you approach any matter in this life - it'll be good for you and you might sleep better at night if you are consistent. I've been told, "there's nothing worse than a liar." However, that's not entirely true, but you definitely don't want to lie. Be consistent!

In chess, be consistent with your

**approach. Move those pawns,
protect, defend, and advance. Go for
the king, eliminate the threats, and
protect your pieces. Don't forget, lose
enough pieces, and eventually you
might lose the ballgame! So be
consistent, be learn each time you
play what went right and what didn't
work, and note your position, and
record the data in your mind.**

**Whatever you do, be true, honest,
and consistent with your approach
and you'll put yourself into position
to get the Win! Be consistent!**

**Remember, be consistent with your
approach to life - say what you'll do
and do what you'll say and you
probably won't be considered a liar.**

So just be consistent okay!

Chapter 40: Be On Time!

**"Time marches on, and that march is
a heckuva one, and we aint talkin a
month!"**

**You see being on time with your job
is vital not only in games, but in life.**

You know, the Bible says in

Ecclesiastes that "there is a time and season for everything." It's true, there is a time for everything. If you consistently arrive at work late or don't do the job on time, that could cost you a friend, or in business, it could cost you a customer. However if you're on time at work, you could be at the starting point for a quick promotion because that shows that you are at least reliable to get to work on time. That is the beginnings of success - being on time! So mind your clock and clock your mind!

In chess, time is an essential element of organized chess tournaments, and if you are efficient at using it wisely, you will probably put yourself in a great position to win the ballgame. Of course, don't rush your moves in the least bit, because the arbiter [the person who is like the chess judge] can always add time if it's a close game. But pay attention to your time

because you don't want to lose

because you ran out of time for your moves - that's bad! So pay attention before, during, and after the game to everything...and your time. Use your time wisely!

Effective and efficient use of time can be a highly advantageous element that could possibly contribute to your upshoot or success. Use your time as best as possible and don't waste it on garbage talk or garbage gossip or even taunting people because people note it and could come back and rear its ugly head. Use time wisely and efficiently and you won't have too many negative life events and issues to deal with! Be on time and use time wisely!

Chapter 41: Adapt To Change!

"What's change? It's more than those metal things in folks pockets!"

Having the ability to adapt to a changing world is key if you want to be successful in anything you want to

do in this life. Adaptation, or the ability to recognize and change with the situation, is critical, or paramount if you're going to do anything worthwhile in this life. Why? For instance, let's say the world is evolving and things are changing, but you are still stuck in your old ways and habits...that's usually not a good thing! The reason being that technology, and the improvements thereof, has reduced the information gap by 70% or more in the last 100 years or so. When they invented the telegraph in the late 1800's, the telephone in the early 1900's, and the personal computer in the 1970's, that reduced the lap time of information, because the technological inventions have helped to create faster information times. So, with that being said, don't get caught up in the whirlwind, but also don't dwell in a cave either...adapt to change!

In chess, it is highly critical that you be able to adapt to a changing game. Sometimes if you are playing a game, the fortunes could turn in your favor or vice versa. Or the pace of the game could get faster or slower. That's important to know because if you aren't able to adjust your playing threshold, or level, while playing a game, you have a great probability of not coming up with the W. So, let's get some W's and not any L's, and limit the D's. Adaptation is key in chess....and in life!

Remember, the world is changing so being able to adjust your game or your life accordingly is very critical, in terms of the success factor. So adapt to change pal!

Chapter 42: Learn The Rules

"You have to learn the rules and play by those rules better than anyone playing...that's how you win." -Albert Einstein, (late 1800's-mid 1900's)

In order to get the victory in life, you have to learn the rules, or precepts, and play by those rules far better than anyone else out there. That's how you succeed. If you decide to become a nutritionist, for example, you have to know dietary code like the back of your hand. If you want to become an automotive engineer, then you have to know science and math like the back of your hand. You get the picture. Codes, or laws are there for a reason - it's to provide guidelines for doing your job. So, learn the rules of life, and then live by those rules better than everyone else and you'll succeed. It starts with reading the Bible. Get one and read it. Learn the rules!

In chess, learn the rules there, too.

You have to learn the basic moves, openings, strategies, etc, if you are going to achieve any measure of success in the game. You shouldn't just go into a game willy-nilly and just make random moves! A master will clobber that strategy in 10 minutes! So get a training manual in chess and read it, use it, practice it, and play it - trust me, it really works. So, learn the rules bud!

Remember, learn the rules as best you can and play by the the best you can and you won't have much to worry about - your sleep will be sweet! Learn the rules, friend!

Chapter 43: Performance ->

GameTime!

"When somebody asks you what time it is, tell 'em, 'It's GameTime!'"

Newsflash - you're on the air! As long as you live, it's gametime! Why because there is at least one being watching you - and that's God. If you kick out of here, then no one is

**watching you but you. In sports,
some teams hype themselves up with
chants, etc, to get ready for the big
game. In life, you should always be
aware that you're on air...even if you
are not on television. Somebody,
somewhere is watching what you do,
say, think, act, and treat people. That
is true all the time, on time! So be
very wary of that fact because people
will note what you do, probably,
especially the more successful you
become. So think, speak, act, and do
right, and there won't be any trouble
4 u! It's gametime!**

**In chess, it's gametime before,
during, and after the game all the
time - at least while you're on this
side on the earth. You see, you don't
wanna put yourself in position for a
letdown by not preparing for
gametime. Execution is a key concept
in the game, because you can have
the best laid-out plan in the world,
but if you don't execute right, you're**

probably going to put yourself in a greater position for the L or D than the W. So plan, strategize, organize, prepare, and execute at the highest level and there shouldn't be many problems in terms of the game! You will usually get the W if you do those things! So remember- you're on! Remember, you're always on air, so execute your gameplan right you'll be A-Okay!

Chapter 44: Endgame

"In the end, you will still have a friend...and that's Jesus Christ!"

Finishing what you started is highly vital because it is sure sign of success.

Endgame is key in life because it is necessary for survival. For instance,

let's say you are a farmer, and you

grow crops, right? Let's say you

plant some corn seed, it rains, and

you watch your plants grow for 40

days. However, the last 10 days you

don't take care of your plants right,

and your corn dies! How much sense

and how fruitful is it if you plant a

crop and don't even get a harvest?

The harvest is the endgame, the

watering and tending is the

midlegame, and the planting is the

opening game...do you have what it

takes to have a superior endgame?

Finish what you start and complete

the task at hand, and you'll have a

job for a long time!

Now, when it comes to chess,

endgame is supremely important because that's where the W, L, or D happens. I can't tell you how many times i've lost games in the last few moves of the game, i mean straight blew games because i rushed the endgame. At the end of the game, when checkmate is looming, take your time and make sure you got all your ducks in a row because if not, you could lose on time, blunder, mistake, or outright carelessness. So don't do what i have done and rush the endgame, but take your time, study the move sequence, and execute that plan!

Remember, endgame is a highly important component of chess and life. Use it to your advantage and your results will probably be fantastic. Study the endgame!

Chapter 45: Practice Good

Sportsmanship

"Win. Lose. Draw. Still good

sportsmanship is the law."

Being a good sport about things is

critical and paramount if you are

going to have some success in life.

You see a good sport, or

optimistically positive person will

usually be on top of things. Whether

things are going good or bad, a good

sport will usually be positive

regardless of the situation. So, be

positive, focused, determined, and

friendly and you won't have too

many problems with people - usually!

The best most successful people in the

world are great sportsmen, shaking

hands whether victory or defeat, win

or loss - a good sportsman always

wins, even if they actually lost the

game. So be a good sport please - it's

good for you and for all!

In chess, being a good sportsman is

important because if not, you put

yourself in grave danger of serious repercussions. Repercussions like a physical fight, blows, nasty words, or worse, adding motivation to your opponent - which could result in continuous defeats. Like taunting or trash talking for instance. That can add fuel to the fire and that could give your opponent motivation for: 1. amping up their chess attacks; 2. physically attacking you; 3. killing you literally; or 4. stepping up their game. You don't want any of those 4 things so treat your opponent right and you won't have many problems.

On the other hand, good sportsmanship can convert an opponent into a friend. If you give them compliments, tips, etc, they are likely to not put an all out blitz on you, which is advantageous 4 you. So treat all your chess buddies, and people, right and you'll be fine.

That's about guaranteed!

Remember, treat people well and you

won't have many problems. In life
and in chess, treating people right
will usually prevent yourself from
getting injured so please, please,
please practice good sportsmanship!

Chapter 46: Post Game Analysis

**"After all the action has been done,
it's time to analyze the game."**

**It's true, after everything has been
done before, during, and after the
game, it's time for the post game
analysis. I remember watching
basketball games at night and I'd
hear the announcers talking about
the game, like hey "The Bulls shot
57% from the field, 40% from 3, and
made 75% of their free throw, got 50
rebounds, 10 blocks, and 18 fouls, No
technical fouls." Those numbers are
completely made up but i'm just
giving you an example of a beginning
post game analysis. The beginning**

part is actually looking at the

numbers. Look and read those vital statistics because it most likely will tell you something about your performance. So look at the stat sheet - read em and weep or take it to the street!

In chess, post game is basically looking at your move sequence, opening moves, defensive maneuvers, how many moves it took to get to checkmate. Was it a win, loss, draw, resignation, stalemate, etc? If you won, figure out okay, why did you win and what lead to the victory. If you lost or drew, figure out what went wrong and then try to fix it so you wont lose next time. So, basically look at the number of moves, sequence, opening repertoire, and anything else you can analyze concerning the game. Analyzing the game after the game is very beneficial because it can really help improve your overall game. Why? Because

**you figure out what went right and
what didn't go right, fix it, and
regroup for the next game. So do it!
Remember, numbers are important
so pay attention to move order,
sequence, and start noticing pattern
recognition in chess. Some moves
happen a lot so prepare and practice
so you won't be surprised and you
can defend yourself properly. Stats!**

Chapter 47: Win:Loss:Draw Record

"I'm goin' for the history books folks,
goin' for the big one, chief!"

Win. Lose. Draw. That's how your
record goes in games. For instance, if
you win 40 games, lose 5 games, and
draw 10 games, your record is

40-5-10. That's how it works. There is
not much else to it except that you

don't want to let your opponent that
you've won a lot of games if you have
won a lot, because that could add fuel

to the fire, and cause them to play
harder, and possibly put themselves

in a greater position to possibly
defeat you. So keep your record

under wraps unless someone really
wants to know. So, again its, W-L-D

in that order. In chess, you get a
rating and a win/loss/draw record.

You start at 1200 rating and move
higher or lower depending on the

quality of your opponent, and the
outcome of the game. So that's it in a

briefcase about the win-loss-draw

**record. Remember it and don't brag,
too!**

**Remember, it's Win-Loss-Draw, in
that order. Ratings in chess start at
1200 with International
Grandmasters playing at 2700
ratings or around there. So
remember, W-L-D and you try to get
rated higher by winning all your
games. That's all 4 now!**

Chapter 48: Giving/Tithing

**"Every man is a friend to him who
gives gifts." -Proverbs**

**"Pay your dues, pay your bills, and
pay your tithes and God will reward
you."**

**It's commonly good policy in life to
give back some of what you've been
given because a gift is a good thing. If
you happen to lose a game of chess,
give your opponent something,
because as you may recall - "to the
victor goes the spoils."**

**So, it's due diligence to just be a good
sport. In reverse, don't expect**

anything from your opponent if you win the game because more than likely, they won't be too happy that they lost the game...so don't expect a brand new car from them. If you win, say "good game, i think you have great potential to do great things in life." And give them compliments, note the good more they made and build upon that conversation. But whatever you do, don't ask for any prize from them because you won the game - it's not good courtesy because we are not gamblers, right? So do your due dilligence - give when at all possible, shake hands and compliment after the game, and don't, don't don't brag or taunt your opponent - that's not good! Remember, give when necessary, receive when possible, but don't ask for gifts from your opponent if you win. If you lose or draw, give your opponent a gift and a handshake, fix the problems and do better next time

you play! Give some gifts!

Chapter 49: Reminiscing

"Summa, summa summertime. That's the one baby, back in the day!" -Will Smith

Reminiscing is a good component of the game set because it allows you to think about the game, and can help you with your strategy. The more you think about the game, and about life, the better off you'll probably be. So, sit back, enjoy some carrot juice, and invite your friends and family over for food, drinks, fellowship and good times. Party hard, play hard, pray hard, give hard, work hard, and love hard - that's maximum effectiveness. So, look at those transcripts and records and figure out things. You know, look at the numbers, statements, receipts, etc - analyze, record, reflect, fix, and do it again. When you need kiss, it's time to reminisce!

Remember, reminiscing can be a valuable tool in improving your game

- use it to your best advantage and

then do that there buddy!

Chapter 50: Power=Work x Time

"Knowledge can give you power. And

that is what moves mountains!"

Whoever came up with that equation

should really be rollin'! I mean, that's

a very, very powerful equation, to say

the least. Power is work multiplied by

time. You want power, right? Well,

you do work during a period of time

and do it right and you'll get power.

Power in chess. Power in your

marriage. Power in your prayer life.

Power in you finances. Power over

debt and bills. Power of the

mortgage. Power over loans and

leases. Power over bad habits and

addictions. You'll get power for sure

if you work hard, pray hard, study

hard, practice hard, and do

everything at the highest level, you

will be the most successful person in

your neck of the woods guaranteed!

So, remember, life is great if you play

by the rules. Get some rank, get some power, one W at a time! Get your power today!

Remember, Power = Work x Time.

The more work you do in per period of time = more power. Get some more power by doing more work per unit time and you'll get what you want in life - guarantee it! Get your power - one W at a time!

Final Remarks....

Remember, all humans have a need.

Fill the void and need and you'll probably succeed. Also, set a goal, make a decision and are committed to doing it, and then make a plan.

Once you have a plan in place, it's time to take action. Don't lie, cheat or steal. Be honest and have some integrity. Commit yourself to excellence in all areas of your life, and don't be lazy. Get some knowledge and training in your chosen field. Practice it, play it and reflect on it. Have a gameplan in

chess and stick to it. Know the endgame, study the opening, and count the values. After the game, be a good sportsman and offer a gift if you lose, don't ask for anything if you win, and don't brag either. Keep your composure too. Use your time wisely. Don't waste time on nonproductive pursuits. Give your best effort, be precise and accurate, and never, never, never give up on life or the game! Be persistent, determined, and have some willpower. Hustle hard, be committed to the teamwork, and execute the gameplan right. Analyze the performance in the postgame, and then reminisce with your friends and family. Do your best and let God take care of the rest! I give you power, which is $\text{Power} = \text{Work} \times \text{Time}$. I give you....POWER!

Thanks much for reading, friend!

Yours Truly,

The Glazzinator

Bonus Material

120 Vegetarian Recipes

Beverages

Glaze's Slammin Carrot Juice

16 carrots, unpeeled and washed,

tops removed

3 in x 2 in x 2 in piece of ginger,

peeled

5 stalks of celery, base removed

In a juicer, juice the carrots, then add

ginger one piece at a time, then the

celery, one stalk at a time. Juice will

run out of a juicer into a cup. Collect

your juice and enjoy! Makes 4-6 12

oz glasses of juice.

Tropical Fruit Juice

8 oranges (de-seeded and skinned)

2 lemons (de-seeded and skinned)

1 papaya (skinned and de-seeded)

3 peaches (pit removed and stored)

3 cups of water

In a blender, blend the oranges,

lemons, papaya, peaches, and add

water. May have to do it in loads. Use

a pitcher to store the juice. Make 8 12

oz glasses of juice.

Banana-Strawberry Peach Smoothie

5 bananas, skinned and sliced

2 cups of sliced strawberries

2 peaches, pitted and sliced

1 cup of water

In a blender, blend bananas, strawberries, peaches, and add water.

Stir and place into a pitcher. Makes

6-8 glasses of smoothie drink.

O Holy Beet Juice!

4 red beets, sliced and tops removed

6 radishes, sliced and tops removed

1 yellow onion, sliced and top

removed

1 cup of water

In a juicer, juice the beet slices, radish slices, onion slices, and place the juice into a pitcher. Add water and your finished. Make 6 glasses of beet juice.

White Veggie Juice

1 bulb of garlic, peeled and sliced

2 white onions, sliced

6 peppers, sliced

2 turnips

In a juicer, juice the garlic, onions, peppers, turnips, and place into a pitcher. Add water if you'd like.

Makes 4-6 glasses of juice. Enjoy!!

Tomato Juice

10 big red tomatoes, sliced in half, tops removed

1 cup of water

In a blender, blend the tomatoes for 2 minutes. Add water. Put juice into a pitcher. Enjoy! Makes 4-6 glasses of juice.

Orange Juice

10 oranges, peeled and sliced, de-seeded

3 cups of water

In a blender, blend the oranges for 4 minutes. Take the juice and put into a pitcher. Add water. Stir well and enjoy! Makes 4--6 cups of orange juice.

Blueberry Razzlemataz Juice

3 cups of blueberries

2 cups of blackberries

2 cups of water

In a blender, blend the blueberries and blackberries on high for 4 minutes. Take juice and put into a pitcher. Add water. Stir well. Enjoy!

Makes 4-6 glasses of razzleberry juice!

Supa-Dupa Mochanita

2 cups of cacao nibs, peeled

2 cups of coffee beans, unroasted

2 tsp each of: cinnamon, nutmeg, ginger, cloves

2 cups of water

2 tbsp maple syrup

Melt the cocoa nibs first by placing them in a double boiler, heating hot water in a pan on medium heat for 10

minutes. Then boil the coffee beans until soft, about 15-20 minutes. In a blender, blend the coffee beans, melted cocoa, and add maple syrup.

Then, place into a serving pot. Add the spices and syrup and stir well.

You can add sugar if you want too.

Make 6-8 glasses of Mochanita.

Enjoy!

Glaze's Hot Chocolate

1 cup of cocoa nibs

1 sugar beet, sliced, and boiled

3 tsp vanilla

3 cups of water

1/4 cup of maple syrup

In a pot, put 3 cups of water and the

cocoa in and heat on medium heat

until cocoa melts. Add more water if

necessary. Add the sugar beet puree.

Stir. Add vanilla. Add maple syrup

and stir. Put into a coffee pot and

serve. Makes 6-8 cups of hot

chocolate.

Hot Kenyan Coffee

2 cups coffee beans, unroasted

6 cups water

In a pot put the coffee beans and

water in there and boil on medium

heat until beans are tender, about 25

minutes. Put the beans into a blender,

keeping the juice. Blend on high until

beans are fully pureed. Add the

beans to the hot water, and stir. Put

into a coffee pot and serve. Makes

8-10 cups of coffee. Enjoy!

Peppermint Tea

3 cups of mint leaves

6 cups of hot water

Take the mint leaves and the water and put them into a stove pot. Boil on medium heat until peppermint leaves are tender. Serve with beet sugar or maple syrup. enjoy. Makes 8-10 servings of peppermint tea.

Glazzi8r's Lemonade

6 lemons, de-seeded and peeled

8 cups of water

1 cup maple syrup

Squeeze lemons and get the juice out of them over a bowl. In a pitcher, combine lemon juice, water, and maple syrup. Stir well. Serves 8-10 cups of lemonade. Enjoy!

Tahitian Fruit Punch

4 cups of cherries, de-seeded

1/2 cup lemon juice

1/2 cup strawberry juice

6 cups of water

In a blender, blend the cherries and

**collect the juice. Put the lemon juice,
strawberry juice, and cherry juice
alone with the water into a pitcher.**

Stir well.

Servers 9-12 servings of punch.

Enjoy!

Apple-Grape Juice

10 red delicious apples, sliced

2 cups of grapes, de-seeded

4 cups of water

**In a juicer, juice the apples and
collect the juice. In a blender blend
the apple juice, grapes, and then add
a little water. Collect the juice and
put into a pitcher. Serves 6-8 cups of
apple-grape juice. Enjoy!!**

Breads

Whole Wheat Pancakes

1 cup golden brown whole wheat

flour

1 cup water

1/5 cup corn oil

**Mix the flour and water in a bowl
and stir well. Grease a skillet with the**

oil and add enough pancake batter to fill a small circle's worth. Cook on medium heat 2 minutes, flip pancake, and then 1 more minute on the other side. Makes 4-6 pancakes. Enjoy!

Cinnamon Rolls

3 cups brown whole wheat flour

1 cup water

1/5 cup corn oil

2 tsp ea.: cinnamon, nutmeg, ginger, cloves

1 cup maple syrup

1 tbsp vanilla

In a bowl, combine the flour and water and mix well. Knead into a dough ball and then add oil. Knead well. Roll out the dough with a rolling pin into a rectangle. Sprinkle the spices over the dough rectangle along with vanilla. Roll the dough up into a round log, end-to-end, and then cut 3" sections of the log into smaller cylindrical circles. Put into the oven at 375 F on a greased baking sheet for 15 minutes, until crispy. Take out

**of oven, pout maple syrup over top
and serve on platter. Serves about 10
cinnamon rolls. Enjoy!**

Herby Hush Puppies

**1 cup corn kernels, mixed and
mashed**

1 cup brown whole wheat flour

1 tsp salt

1/2 of an onion, minced

1 tbsp black pepper

1 clove garlic, minced

**1 sprig each of: dill, oregano, thyme,
sage**

2/3 cup of water

4 cups of vegetable oil

**In a mixing bowl, combine mashed
corn kernels, flour, and water. Mix
until a ball is formed. Add salt, about
1/10 cup of vegetable oil, herbs,
minced garlic, pepper, and minced
onion. Mix well and add more water
if not congealed properly. Divide the
hush puppy dough into smaller balls,
then turn the stovetop on. Add 4 cups
of vegetable oil to a medium heated**

pot and let it start to boil. When the pot starts boiling, add the hush puppy balls, one at a time for 3 minutes, until browned. Take out and put on a platter. Serves at least 10 pups. Enjoy!

Quik Biscuits n Gravy

3 cups whole wheat flour

1 cup water

1/5 cup corn oil

1 cup mashed corn kernels, cooked

Mix the flour and water in a bowl

until a soft dough is formed. Add oil

and knead. Roll out into a rectangle

and use a round cookie cutter to cut

12 circles. Discard excess dough (or

not). Grease a baking sheet and place

the 12 rounds on the sheet and bake

for 15 minutes at 400 F. Take out and

let cool, serve. In a skillet, take your

corn kernels (mashed), and 3/4 cup

water, black pepper, and 1 tsp salt.

Cook down until a gravy is formed.

Makes about 1 1/4 cups gravy. Makes

12 biscuits. Enjoy!

Daddy's Bread

3 1/2 cups whole wheat flour

1 cup water

1/5 cup vegetable oil

Mix the flour and water together in a

mixing bowl. Add vegetable oil

slowly. Form a ball and knead well.

Place the dough into a greased

baking pan filling about 4/5 of the

way with dough. Bake in oven 20

minutes at 375 F until browned

slightly. Take out of oven and put on

platter. Serves 1-2 medium loaves.

Enjoy!

Banana Bread

3 1/2 cups whole wheat flour

1 cup water

1/5 cup corn oil

2 bananas

Mix the flour and water first in a

bowl. Make a dough. Knead dough

until soft and ready to use. Add the

mashed bananas and corn oil. Makes

a banana dough. Grease a baking

bread pan and bake 15 minutes at

375 F, until browned. Take out and serve. Makes 2 loaves. Enjoy!

Blueberry Muffins

1 cup of wheat flour

1 cup of water

1/2 cup blueberries

1/5 cup of vegetable oil

In a mixing bowl, mix flour and water. Makes a batter. Add blueberries and stir. Grease muffin tins with vegetable oil. Pour batter in tins and bake at 375 F for 15 minutes until done. Serves about 15 muffins.

Enjoy!

Chocolate N Nut Cupcakes

3 cups wheat flour

2 cups water

1 cup of cocoa, melted

1/2 cup maple syrup

1/4 cup peanuts, shelled, unsalted

Combine flour, water, melted cocoa, and maple syrup with peanuts in a mixing bowl. Mix well, makes a thick batter. Put batter into a greased muffin tin, and bake at 375 F for 15

**minutes, until done. Take out and
serve. Makes 20 muffins. Enjoy!**

Pumpkin Loaf

**1/2 pumpkin, seeded, sliced, cooked,
and skinned**

3 1/2 cups of wheat flour

1 1/4 cup of water

1/4 cup of vegetable oil

**Take the flour and water and mix in
a mixing bowl. Makes a dough. Add
cooked pumpkin. Add oil. Mix well.**

**Form a dough ball. Next, place the
pumpkin dough in a greased baking
loaf pan, and bake for 15 minutes at
375 F until done. Makes 2 loaves.**

Enjoy!

Hot Cross Veggie Loaf

3 1/2 cups wheat flour

1 1/2 cup water

1/2 onion, minced

2 cloves garlic, minced

**1 tbsp. each: dill, oregano, thyme,
sage, parsley**

1 tsp. each: salt, black pepper

1 each: serrano pepper, jalapeno,

banana pepper, bell pepper

1/4 cup vegetable oil

Combine flour and water in bowl and

make a dough. Add onion, garlic,

herbs,

peppers, and then the salt and

pepper. Add water if necessary.

Combine and make a dough (large

one). Divide if necessary. Put the

dough into a greased baking bread

loaf pan. Bake at 375 for 15 minutes,

until well done. Makes 2-3 medium

loaves. enjoy!

Basic Dough Recipe

3 cups wheat flour

1 cup water

1/5 cup vegetable oil

Mix the flour and water together in a

mixing bowl and make a dough. Add

the oil and knead. Makes 1 large

wheat dough. Good for pizza, pastry,

burritos. Enjoy!

Glazed Doughnuts

3 cups wheat flour

1 cup water

1/5 cup vegetable oil

1/2 cup vegetable oil

4 cups vegetable

1/2 cup maple syrup

In a mixing bowl, combine the flour and water and mix well. Forms a small dough. Add 1/5 cup of oil and mix. Knead well. Makes a dough.

Roll the dough out into a flat disc.

Use a cookie cutter to cut out several circles of dough. Place the dough circles into a hot boiling oil pot and fry for 2 minutes 1 side, and flip over the other side and fry another 1 minute. Makes 20+. Add maple syrup over top. Enjoy!

Corn Bread

1 cup mashed and cooked corn kernels

3 1/2 cups flour

1 1/3 cup water

1/4 cup vegetable oil

Combine flour, water and mix in a bowl. Makes a dough. Add corn kernels. Mix. Add vegetable oil and

mix well. Knead well until ball forms.

**Place the corn dough into a greased
baking loaf pan and bake 15 minutes
at 375 F. Makes 1 loaf. Enjoy!**

Laker Oats n P-nut Butter

2 cups oats

2 cups water

3/4 cup peanut butter

**Put the oats and water in a pan and
cook on medium heat for 8 minutes.**

**Add peanut butter when oats have
been cooked thoroughly. Makes 4-6
servings of Laker Oats! Enjoy!**

Uncle G's Famous Herb Pretzels

3 1/2 cups of wheat flour

1 1/4 cups water

**1 tbsp. each: dill, thyme, oregano,
sage, parsley**

1/4 cup vegetable oil

4 tbsp salt

**Combine flour, water, herbs, and
water in a mixing bowl. Makes a soft
dough. Add oil and knead and mix.**

**Knead until a dough is finished. Roll
the dough flat. take a pizza cutter**

and cut a line of dough 2" thick and 20" long. Twist the dough into a pretzel shape. Sprinkle salt over the pretzels. Place onto a greased baking sheet. Repeat until all dough is used. Place the pretzels into an oven at 375 F for 15 minutes until browned slightly. Makes 20 pretzels. Enjoy!

Cakes

German Chocolate Cake

3 cups wheat flour

3 cups water

2 cups cocoa, melted

1/2 cup peanuts

1/2 cup vegetable oil

1/2 cup shredded coconut

Mix the flour and water in a bowl

first. Makes a batter. Mix in the

melted cocoa and mix well. Add

peanuts. Mix. Pour batter into a

greased baking cake dish, bake for 15

minutes at 375 F until relatively firm.

Take out of oven and pour more

melted cocoa on the top and sides.

**Sprinkle coconut shreds on the tops
and sides. Let cool. Serves 1 chocolate
cake. Enjoy!**

Mint Chocolate Nut Brownies

3 cups flour

1 1/2 cups vegetable oil

1 cup water

1 cup melted cocoa nibs

**1/2 cup fresh peppermint sprigs,
chopped**

1/2 cup cashews

**Combine the flour and water, and
melted cocoa. Makes a batter. Add
mint, oil, and nuts. Mix well to form
a nice batter. Pour into a greased
baking dish and bake for 15 minutes
at 375 F, until well done. Makes
20-25 brownies. Enjoy!**

Lemon Cake w/chocolate glaze

2 cups wheat flour

1 1/2 cups water

1/4 cup vegetable oil

8 lemons, juiced and peeled

1 cup melted cocoa

1/4 cup vegetable oil

1/2 cup peanuts

Combine flour, water, and mix in a bowl. Makes batter. Add lemon juice, peanuts, and oil. Make a batter. Mix well. Pour batter into a greased cake pan. Bake in oven at 375 F for 15 minutes, until firm. Take out and put onto a platter. Mix melted cocoa and oil in a bowl. Pour melted cocoa on the lemon cake and sprinkle with nuts. Makes 1 medium sized cake.

Enjoy!!

Mochasto's Coffee Cake

3 cups wheat flour

2 cups water

1/2 cup melted coca

1/2 cup of fresh brewed coffee,

unroasted

2 tbsp vanilla

1/4 cup sugar beet syrup

In a bowl, combine flour and water and mix well. Mix in the melted cocoa and brewed coffee. Mix well. Should make a batter. Add vanilla juice in there and the sugar beet syrup. Mix

well. Pour batter into a baking cake pan, greased, and bake for 15 minutes at 375 F. Bake until well done. Serves 1 coffee cake. Enjoy!

Red Velvet Cake

3 cups flour

1 cup of beet juice

2 cups water

1 cup of strawberries, diced

1 cup of red currants, diced

1/5 cup vegetable oil

In a bowl, mix the flour, beet juice, and water. Makes a batter. Mix is the 1/5 cup of oil, mix well. Add the berries and fruit. Mix well. Pour batter into a greased baking pan and bake for 15 minutes at 375 F until well done. You can pour maple syrup over top if you'd like. Makes 1 red velvet cake. Enjoy!

Coconut Babonka Cake

3 cups wheat flour

3 cups water

1/2 cup shredded coconut

1 babaco, sliced

1/4 cup vegetable oil

1 tbsp vanilla

In a mixing bowl, mix the flour and water together to make a batter. Add the coconut shreds and babaco slices and mix well. Add vanilla and vegetable oil. Pour the the batter into a greased baking dish and bake at 375 F for 15 minutes. Pour maple syrup over top if you'd like to. Makes 1 cake. Enjoy!

4 Spice Vanilla Cake

3 cups flour

3 cups water

1 tsp. each: cinnamon, nutmeg, ginger, cloves

1 tbsp vanilla bean juice

1/2 cup maple syrup

In a bowl, combine flour and water together. Mix. add 4 spices and vanilla juice. Mix well. Pour batter into a greased baking pan and bake for 15 minutes at 375 F until done. Makes 1 large cake. Serve and enjoy!

Carrot Cake w/chocolate glaze

3 cups flour

3 cups water

1 cup carrots, shredded

1/2 cup peanuts

1/4 cup vegetable oil

1 cup melted cocoa nibs

1 tbp vanilla

In a bowl, combine flour and water and mix. Add carrot shreds, peanuts, and vanilla. Makes a batter. Pour batter into a greased baking cake pan and bake at 375 F for 15 minutes.

When done, pour melted cocoa over top and sprinkle peanuts over top.

Can also add maple syrup too if you like. Serves 1 large cake. Enjoy!

c. = cups; tbsp.=tablespoon;

tsp.=teaspoon

Chocolate Pineapple Upsidedown

cake

3 c. flour

3 c. water

1 pineapple,sliced

6 cherries, de-pitted

1 cup melted cocoa nibs

1/2 cup shredded coconut

1/4 cup vegetable oil

1/2 cup maple syrup

In a bowl, mix flour and water

together. Mix. Makes a batter. Add

melted cocoa to the batter and mix

well. Add vegetable oil and mix well.

Grease a baking cake pan and place 6

pineapple slices on the bottom,

covering the bottom. put a cherry in

the middle of each pineapple slice.

Pour the chocolate batter over the

pineapple slices, until empty. Bake

the cocoa-pineapple batter for 15

minutes at 375 F until well done.

When finished, take out of oven and

pour maple syrup over top. Sprinkle

coconut shreds over top and serve.

Makes 1 large cake. Enjoy!

Verry-Berry Cake

3 c. flour

3 c. water

1/4 cup strawberries

1/4 cup blueberries

1/2 cup blackberries

4 tsp. vanilla juice

1/4 cup vegetable oil

**In a mixing bowl, combine flour,
water together and mix. Makes basic
batter. Add strawberries,
blueberries, blackberries. Mix well.**

**Pour batter into a greased baking
dish and bake at 375 for 15 minutes,
until done. When done, pour a mix of
vegetable oil and vanilla juice over
the cake and serve. Makes one cake.**

Enjoy!!!

Banana Nutty Buddy Cake

w/chocolate glaze

3 c. flour

3 c. water

2 ripe bananas, sliced

1/2 c. peanuts, unsalted

1/2 c. melted cocoa

1 tbsp. vanilla

1/4 c. vegetable oil

**In a bowl, combine flour and water
and banana slices. Mix. Add peanuts
and vegetable oil. Mix well. Pour**

**batter into a greases baking pan and
bake 375 F for 15 minutes until well
done. Take out of oven. Combine
vanilla and melted cocoa and pour
over cake, drizzling. Sprinkle peanuts
over top. Serves 1 cake. Enjoy!**

Johnny McHootsworth's White Cake

3 c. flour

3 3/4 c. water

1 turnip, sliced

1 clove garlic, minced

1 white onion, minced,

1 c. white beans, mashed

10 slices of apples, peeled

2 bananas, sliced and peeled

1/4 cup vegetable oil

**Combine flour and water in bowl and
mix. Makes batter. Add turnip,
garlic, onion, beans, apples, and
bananas. Add oil and mix well. Add
more water if necessary. Makes a
white batter. Pour batter into a
greased baking pan and bake for 15
minutes at 375 F until done. Makes 1
cake. Serve and enjoy!**

Basic Strawberry Shortcake

3 c. flour

3 c. water

1 c. strawberries, sliced

1/2 c. coconut milk

1 tbsp. vanilla

1/4 c. pistachios, shelled unsalted

1/4 c. vegetable oil

In a mixing bowl, combine flour and

water to make a batter. Add

strawberries and pistachios. Mix.

Add vegetable oil and mix well.

Makes batter. Pour batter into a

greased baking pan and bake at 375

F for 15 minutes until done. Whip the

coconut milk and vegetable oil until a

whipped cream forms. Spread the

coconut whipped cream over top of

cake. Sprinkle with nuts if you wish.

Serves 1 cake. Enjoy!

Peanut Butter Cake w/nut Topping

3 c. flour

3 c. water

1 c. peanut butter

1/5 c. vegetable oil

1/2 c. peanuts

In a bowl combine flour and water to make a batter. Add the peanuts and mix. Add vegetable oil and mix well.

Pour batter into a greased baking pan and bake at 375 F for 15 minutes until done. When done, spread peanut butter on the top and sides of cake. Sprinkle peanuts on top and enjoy. Serves 1 cake! Enjoy!

Tri-Fecta Layered Rainbow Cake

Layer 1:

2 c. flour

2 c. water

1 c. bananas, mashed

1/5 c. vegetable oil

Layer 2:

2 c. flour

2 c. water

1 c. blueberries

1/5 c. vegetable oil

Layer 3, Top:

2 c. flour

2 c. water

1 pineapple, sliced in to small mini

slices

1 c. melted cocoa nibs

1 tbsp. vanilla

1/2 c. peanuts

Topping;

1 c. peanut butter

1/2 c. cashews

To make the cake, combine flour and water in 3 separate bowls. In bowl #1, mix bananas into batter along with vegetable oil and mix well. Makes a banana batter. Set aside. In bowl #2, mix blueberries into the batter and mix well. Makes a blueberry batter. Set aside. In bowl #3, mix pineapple slices, vanilla, and melted chocolate into batter along with peanuts and oil. Mix thoroughly. Makes a chocolate fruit batter. Grease 3 baking cake pans and pour batter in each of their corresponding batter pans. Batter #1 gets poured into pan #1..and so on. Bake the 3 cakes for 20 minutes at 375 F until the cakes are well baked through. After finished

baking, spread peanut butter on top and sides all the way around of each cake. Put layer #1 on bottom. Layer #2 in middle. Layer #3 goes on top. Spread peanut butter over top and sprinkle cashews over top and serve.

Makes 1 large Tri-fecta Cake!!

Enjoy!

Delicious Pies

Pecan Pie

1 basic pizza dough

2 cups mashed corn kernels, cooked

1/2 cup pecans

1/4 cup sugar beet syrup

1 tbsp vanilla juice

1/4 cup water

1/4 cup vegetable oil

1/4 cup peanuts

In a bowl, mix together the pecans, mashed corn, sugar beet syrup, vanilla, and oil. Mix well and combine. Makes filling. Place the dough onto a greased pie pan. Add in the pecan filing and flatten the top. Drizzle a little oil and water over the

top and sprinkle peanuts over the top. Bake in an oven for 20 minutes until done at 375 F. Serves 1 large pecan pie. Enjoy!

Peach Pie w/chocolate glaze

1 basic pizza dough

2 cups mashed corn kernels, cooked

1 cup peaches

1/4 cup sugar beet syrup

1 tbsp vanilla juice

1/4 cup water

1/4 cup vegetable oil

1/4 cup melted cocoa

In a bowl, mix together the peaches, mashed corn, sugar beet syrup, vanilla, and oil. Mix well and combine. Makes a filling. Place the dough onto a greased pie pan. Add in the peach filing and flatten the top. Drizzle a little oil and water over the top and sprinkle chocolate over the top. Bake in an oven for 20 minutes until done at 375 F. Serves 1 large peach pie. Enjoy!

Mississippi Mud Pie

1 basic pizza dough

2 cups soybeans, cooked and mashed

1 cup melted cocoa

1 cup coconut juice

1/2 cup shredded coconut

1/4 cup sugar beet syrup

1 tbsp vanilla juice

1/4 cup water

1/4 cup vegetable oil

1/4 cup peanuts

In a bowl, mix together the cocoa, mashed soybeans, sugar beet syrup, vanilla, and oil. Mix well and combine. Makes a chocolate filling.

Place the dough onto a greased pie pan. Add in the chocolate filling on the bottom. On 2nd layer. put peanuts and coconut shreds in there.

3rd layer= whip the coconut juice until it becomes a whipped cream.

Drizzle a little chocolate over the top and sprinkle peanuts over the top.

Bake in an oven for 20 minutes until done at 375 F. Serves 1 large mississippi mud pie. Enjoy!

Key Lemon Pie

1 basic pizza dough

1 cup of lemon juice, fresh squeezed

2 cups mashed soybeans, cooked

1/2 cup pistachios

1/4 cup sugar beet syrup

1/4 cup water

1/4 cup vegetable oil

1/4 cup peanuts

1/2 cup coconut creme topping

In a bowl, mix together the soybeans,

lemon juice, sugar beet syrup,

pistachios, and oil. Mix well and

combine. Makes filling. Place the

dough onto a greased pie pan. Add in

the lemon filing and flatten the top.

Bake at 375 F for 20 minutes until

done. Add coconut creme on top.

Drizzle a little oil and water over the

top and sprinkle peanuts over the

top. Serves 1 large lemon pie. Enjoy!

Glaze's Sweet Potato Pie

1 basic pizza dough

2 cups mashed sweet potatoes, cooked

1 tbsp vanilla juice

1/2 cup melted cocoa

1 tsp. each of cinnamon, nutmeg,

ginger, cloves

1/4 cup vegetable oil

1/4 cup peanuts

In a bowl, mix together the sweet potato, spices, vanilla, and oil. Mix well and combine. Makes filling.

Place the dough onto a greased pie pan. Add in the sweet potato filling and flatten the top. Bake in an oven for 20 minutes until done at 375 F.

When done. drizzle melted cocoa over top. Sprinkle peanuts over top, too. Serves 1 large sweet potato pie.

Enjoy!

Pumpkin Pie

1 basic pizza dough

1 c. mashed and cooked pumpkin

2 tsp. each: cinnamon, nutmeg,

ginger, cloves

1 tbsp. vanilla

1/4 cup sugar beet syrup

In a bowl, combine mashed pumpkin, spices, and vanilla. Mix well. Add in

the sugar beet syrup. Mix. Pour the pie filling into a pizza dough, stretched to the edge. Bake at 375 F for 20 minutes, until done. Makes 1 pumpkin pie. Enjoy!

Young Buck's Greata Cherry Pie

1 pizza dough

2 cups cherries, pitted

1 cup cooked soybeans, mashed

1/2 cup peanuts

1 red apple sliced

1/4 cup water

Combine cherries, mashed soybeans, apples, and peanuts in a bowl. Mix well. Add 1/4 cup water until a batter is formed. Pour batter over a pie shell made from dough. Bake the pie for 20 minutes at 375 F. Makes 1 pie.

Enjoy!!

Good Buddy Apple Pie

1 basic dough

2 cups cooked, mashed corn

3 apples, sliced, skins on

1/2 cup water

1 tbsp. each: cinnamon, nutmeg,

ginger, cloves

1/5 cup vegetable oil

1/2 cup walnuts

In a mixing bowl. combine mashed corn, apples, water, and spices. Mix well until becomes a nice batter. Add walnuts and oil. Mix. Pour batter into pie shell (dough) and bake at 375 F for 20 minutes, until done. Makes 1 large apple pie. Enjoy!!

Banana Strawberry Pie

1 pie dough crust

3 bananas, (1 sliced, 2 mashed)

1 cup sliced strawberries

1/2 cup peanuts

1/5 cup vegetable oil

1/4 cup water

1/2 cup melted cocoa

In a mixing bowl, mix bananas, strawberries, and peanuts together.

Add in the banana slices. Mix well.

Add in oil. Mix. In a greased dish, pour batter onto a pie crust shell and bake for 20 minutes at 375 F until done. When done drizzle cocoa over

top of pie. Makes 1 pie. Enjoy!!!!

Blueberry Pie

1 basic pie shell (dough)

2 cups of blueberries

1 banana, mashed

1 tsp. each of: cinnamon, nutmeg,

ginger, cloves

1/2 cup peanut butter

1/4 cup vegetable oil

1/5 cup water

In a bowl, combine blueberries,

banana, spices, and water and mix

well. Add in the oil and mix well.

Makes batter. Pour batter into

greased pie shell and bake for 20

minutes at 375 F until done. When

finished, spread peanut butter over

top. Serves 1 large pie. Enjoy!

Great Tasting Puddings

Vintage Chocolate Pudding

2 cups melted cocoa nibs

2 cups mashed and cooked soybeans

1 cup water

1/2 cup sugar beet syrup

In a bowl, combine melted cocoa,

soybeans, water, and sugar. Mix well until soft, smooth, and rich. Makes 7-9 servings of chocolate pudding.

Banana Pudding

2 cups mashed bananas

2 cups mashed and cooked soybeans

1 cup water

1/2 cup sugar beet syrup

In a bowl, combine mashed bananas, soybeans, water, and sugar. Mix well until soft, smooth, and rich. Makes 7-9 servings of banana pudding.

Vanilla Pudding

1 cup vanilla beans, mashed

2 cups mashed and cooked soybeans

1 cup water

1/2 cup sugar beet syrup

In a bowl, combine vanilla, soybeans, water, and sugar. Mix well until soft, smooth, and rich. Makes 7-9 servings of vanilla pudding.

Adobo's Black Pudding

1 cup melted cocoa nibs

1 cup brewed coffee beans, unroasted, and mashed

1 cup soybeans, cooked and mashed

1 cup blackberries

1/2 cup sugar beet syrup

In a bowl, mix, mash and stir cocoa, coffee, soybeans, and berries. Add in the sugar syrup. Mix and stir well.

Mix until it becomes soft and smooth, but a little firm. Makes 7-10 servings of pudding. Enjoy!!!

Bob Bigglestown's Brown Pudding

1 cup pinto beans, cooked and mashed

1 cup brewed coffee beans, unroasted, and mashed

1 cup soybeans, cooked and mashed

2 tbsp. ginger, nutmeg each

1/2 cup sugar beet syrup

In a bowl, mix, mash and stir pinto beans, coffee beans, soybeans, and 2 spices Add in the sugar syrup. Mix and stir well. Mix until it becomes soft and smooth, but a little firm.

Makes 7-10 servings of brown pudding. Enjoy!!!

Pastas

Basic Pizza Sauce

2 cups crushed red tomatoes

**2 tbsp. each: thyme, oregano, sage,
parsley, dill**

1 tbsp. salt

1 chopped chili pepper

1 minced onion

1 clove garlic

1/4 cup water

**In a blender, blend all the
ingredients, along with 3 tbsp olive
oil. Blend for 3 minutes, until smooth
and thick. Makes 4 servings of pizza
sauce. Enjoy!**

Basic Pasta

1 basic dough

3 tbsp. olive oil

6 cups of water

**Using a cookie cutter, cut small
circles out of the dough. Boil the
pasta circles in 6 cups of water, oiled,
until al dente. Makes 50 pasta circles.**

Enjoy!

Veggie Pizza

1 basic pizza dough

2 cups crushed red tomatoes

**2 tbsp. each: thyme, oregano, sage,
parsley, dill**

1 tbsp. salt

1 chopped chili pepper

1 minced onion

1 clove garlic

1 cup chopped mushrooms

1/5 cup vegetable oil

**In a blender, blend tomatoes, herbs,
salt, onion, garlic, and vegetable oil.**

**Blend well until smooth. Makes a
sauce. On a greased pizza pan, roll
dough out and place onto pan.**

**Spread tomato sauce over the pizza
dough. Add mushrooms on top, as
well as peppers, and maybe onion
rings. Bake the pizza at 375 F for 15
minutes until done. Slice in 8 pieces
and serve. Makes 1 large pizza.**

Enjoy!

Chef Boyardee's Slammin' Ravioli

1 basic dough

2 cups basic pizza sauce

**1/4 cup black-eyed peas, cooked and
mashed**

1/5 cup vegetable oil

1 tsp. salt

**Divide dough in half. Put pizza sauce
on bottom dough, as well as
black-eyed peas. Add vegetable oil
and salt. Cover the dough by placing
the other half of the dough on top of
the bottom half and then seal the
edges. Cut small squares out of the
dough until all dough is used up. Boil
the ravioli in a pot of water for 15
minutes, until done. Makes 25-30
ravioli squares. Enjoy!**

Oh Henry's Pasta Salad

2 cups basic pasta, cooked

1 cup pizza sauce

1/2 cup peanuts

1/2 cup minced onion

1/8 cup minced garlic

1 tbsp. salt

1/8 cup olive oil

1/4 cup shredded carrots

1/2 cup romaine lettuce

4 tsp. black pepper

In a bowl, combine pasta, pizza sauce, nuts, onion, lettuce, pepper, garlic, salt, oil, and carrots. Mix well.

Drizzle olive oil over the top and serve. Makes 10-12 servings of pasta salad. Enjoy!

Black Fettuccini Alfredo

1 basic dough

1 cup mashed black beans

1 onion, minced

1 tbsp. each parsley, oregano, sage,

thyme, dill

3/4 cup water

3 tbsp. olive oil

1 tsp. salt

In a bowl combine black bean mash, onion, parsley, water, oil, and salt.

Cook on medium heat the mix for 5 minutes, oiled. Take the dough and cut out 1" x 8" strips of fettuccini strands. Boil the fettuccini strips for 10 minutes, medium heat, until done.

Take out, put into a serving bowl.

Serve the black alfredo sauce over

the fettuccini. Make 8 servings of

pasta. Enjoy!

Guaco's Pasta n Nuts

3 cups basic pasta, cooked

1 cup of avocado, mashed

1 minced onion

1 clove minced garlic

1/2 cup peanuts

1/5 cup vegetable oil

1/4 cup water

1 tbsp salt

1 tsp black pepper

In a bowl, mix pasta, avocado, onion,

garlic, nuts, and water. Mix and

combine well. Drizzle oil over top of

it. Sprinkle salt and pepper over the

pasta. Serves 8 servings of pasta n

nuts. Enjoy!

Pasta n 'chokes w garlic n herbs

3 cups basic pasta circles

1 cup artichokes hearts, cooked

1 tbsp each: 5 herbs

2 cloves garlic, minced

1/2 cup water

1/8 cup olive oil

1 tsp each: salt and pepper

In a bowl, combine cooked pasta, artichokes, herbs, and garlic. Add water and mix well. Drizzle oil over top. Sprinkle salt and pepper over top and serve. Serves 8 servings.

Enjoy!

Pasta Rounds, Seeds, n Rice

2 cups basic pasta

1 cup brown rice, cooked

1/2 cup sunflower seeds

1/4 cup minced onions

1 clove garlic, minced

1 basic pizza sauce

4 tbsp sesame seeds

1/4 cup vegetable oil

1/2 cup water

1/2 cup peanuts

In a large mixing bowl, mix pasta circles, rice, sunflower seeds, onion, garlic, pizza saucee, sesame seeds together, along with water. Mix well.

Add in the vegetable oil and sprinkle peanuts over the top. Serve in a large bowl. Serves 10. Enjoy!

Veggie Spinach Calzone

1 basic pizza dough

2 cups basic pizza sauce

1 cup brown rice, cooked

1 cup spinach leaves

1 tsp salt and pepper

1/2 cup mushrooms

In a large bowl, mix rice, pizza sauce,

spinach, mushrooms, and salt and

pepper. Mix well. Makes filling. Pour

the filling onto a greased pizza dough

shell and fold up into a burrito. Bake

the calzone for 15 minutes on a

greased baking sheet at 375 F until

done. When finished sprinkle salt and

pepper over top. Serves 2 large

calzones. Enjoy!

Salads

Caesar Salad

4 cups of lettuce

3 ripe tomatoes, diced

1 onion, diced

2 peppers, sliced

1 sprig of parsley

1 cup of mushrooms

4 tbsp. olive oil

1 tsp each: salt and pepper

In a bowl, combine lettuce, tomato, onion, peppers, parsley, mushrooms, and mix well. Mix. Add olive oil, and drizzle over the salad. Sprinkle salt and pepper over top and enjoy!

Serves 1 caesar salad! Enjoy!

4 Bean Salad

1 cup black beans, cooked

1 cup green beans, cooked

1 cup kidney beans, cooked

1 cup black-eyed peas, cooked

1 onion, diced

2 cloves garlic, diced

1 tbsp each: parsley, oregano, thyme,

sage, dill, basil

1 cup water

1/4 cup olive oil

1 tsp salt and pepper

In a large bowl, combine all 4 types of beans, onions, garlic, herbs, and water. Mix thoroughly. Drizzle olive oil over top. Sprinkle salt and pepper

over top and enjoy!! Makes 8 large

servings of 4 bean salad. Enjoy!

Jeff's Spinach Applenut Salad

3 cups spinach

3 apples, sliced

1 onion, diced

1 clove garlic, diced

1 tsp. each of your choice of herbs

1 cup peanuts

1 cup maple syrup

1 tsp of salt and pepper

In a large bowl, mix the spinach,

apples, onion, garlic, herbs, nuts, and

mix well. Mix well. Drizzle maple

syrup over the salad and add salt and pepper. Mix the salad well. Put in refridgerator until well chilled.

Makes 8 servings of salad. Enjoy!!

Abdulle' Josenth's Fruit Salad

2 large red apples

1 cup sliced canteloupe

1 cup sliced watermelon, skinned

1 cup peaches, sliced

1 cup plums sliced

1/2 cup peanuts, unsalted

1/2 cup maple syrup

In a large bowl, mix apples, canteloupe, melon, peaches, plums, peanuts, and syrup. Mix well. Mix the salad well. Drizzle maple syrup over the top of the salad and serve.

Serves 10 medium salads. Enjoy!!!

Bobby's Brown Rice Supa Salad!

2 cups brown rice, cooked

2 tomatoes, diced

1 onion, diced

1 clove garlic, diced

1 cup lettuce, chopped

1/4 cup sunflower seeds

1/10 cup of sesame seeds

1.4 cup olive oil

1 tbsp. each: salt and pepper

In a large bowl, mix rice, onion, garlic, lettuce, and both kinds of seeds. Mix well. Drizzle olive oil over top and place into fridge. Serves 8-10 servings of salad. Enjoy!

Plain Cuisine Plus Some!

Regulario's Brown Rice

1 cup brown rice

2 1/2 cups water

1/2 onion, minced

1 clove garlic, minced

1 tsp. salt and pepper

In a pot combine water, rice, onion, garlic, and salt and pepper. Cook for 35 minutes on medium heat until done. Serves 5 bowls of rice. Enjoy!

Herby Kirby's Mashed Potatoes

4 potatoes, diced

1 onion, diced

1 clove garlic, diced

1 tbsp. each of 6 herbs

1 hot pepper, diced

4 cups water

1/4 cup olive oil

1 tbsp. salt and pepper

In a medium pot, combine potatoes, onion, garlic, herbs, pepper and water. Boil the potatoes and all the other ingredients for 25 minutes until well cooked and tender. Place into a bowl and mash the potatoes with a potato masher. Add oil, salt and pepper. Mix and mash well. Makes 10 servings of mashed potatoes.

Enjoy!

Indian Minted Spicy Bean Jamboree

1 cup black beans

1 cup pinto beans

1 cup black eyed beans

2 tbsp. each: rosemary, thyme, sage,

basil, dill, oregano, parsley, mint

1/10 cup vanilla beans

1/4 cup soybeans

1 onion, minced

2 cloves garlic, minced

12 cups of water

1 tbsp. each: paprika, cardamom,

turmeric, black pepper

1 tsp salt and pepper

In a pot, combine beans, herbs,

onion, garlic and water. Cook in a

pot for 1 hour 15 minutes until well

cooked and tender. Add spices and

salt and pepper and mix well. Stir.

Transfer to a serving bowl and serve.

Makes 25 servings of spicy beans.

Enjoy!

Guacamole n Corny Beans

2 avocados, pitted and mashed

1/2 onion, minced

1 clove garlic, minced

1 cup corn kernels, cooked

1 cup green beans, cooked

1 tsp salt and pepper

In a large bowl, mix avocados, onion,

garlic, corn kernels, green beans, salt

and pepper. Mix thoroughly. Makes

8 servings of the guacamole mix.

Enjoy!

Dave's Loaded Spicy Baked Potato

1 potato, baked for 50 minutes at 375

F

1/4 cup olive oil

1 tbsp. each of 4 herbs

1 hot pepper, minced

1/6 onion, minced

1 clove garlic minced

**1 tsp. each of cardamom and
turmeric**

1 tsp. each of salt and pepper

1 tbsp. water

**Take your baked potato, slice it down
lengthwise open. Drizzle olive oil over
top, and add garlic, pepper, onion,
curry and turmeric, water, salt and
pepper. Mix the toppings together
and spread over middle of baked
potato and enjoy. Serves 1 loaded
baked potato. Enjoy!**

Sauces + Dressings

Spicy Mustard Sauce

**1 cup mustard seeds, cooked and
mashed**

1 onion, diced and cooked

1 clove garlic, diced and cooked

2 jalapeno peppers, diced and cooked

1 lemon, fresh squeezed and juiced

2 tsp salt and pepper

In a blender, combine mustard seed

mash, onion, garlic, peppers, lemon

juice, salt and pepper, and blend for

3 minutes. When smooth, take out

and put into a serving dish. Serves 1

large bowl of hot mustard sauce.

Enjoy!

Jazzy Ketchup Sauce

3 tomatoes, diced

1 onion, diced and cooked

1 clove garlic, diced and cooked

1/2 cup soybeans, cooked

1 tsp salt and pepper

In a blender, blend the tomatoes,

onion, garlic, beans, and blend well.

Take out and put into bowl, and add

salt and pepper. Mix well. Serves 6

servings of ketchup. Enjoy!

Mikey J's BBQ Sauce

2 cups ketchup

1 tbsp. each of thyme, sage, oregano,

basil, dill, parsley, rosemary, cooked

1 tsp. salt and pepper

1 lemon, squeezed and juiced

3 jalapeno peppers, cooked

1/4 cup corn oil

1 tsp. paprika

1/5 cup water

In a blender, blend ketchup, herbs, lemon juice, peppers, oil, and add in water and paprika. Blend well until smooth. Add in corn oil. Mix well.

Place into a serving bowl. Serves 12 servings of BBQ sauce. Enjoy!

O' Holy Mayonnaise

2 cups soybeans, cooked and mashed

1/2 onion, minced and cooked

1 clove garlic, minced and cooked

1/5 cup olive oil

1/5 cup water

1 tsp salt and pepper

Blend soybeans, onion, garlic, olive oil, and water for 3 minutes until smooth. Add in the salt and pepper and mix well. Transfer to a bowl.

Serves 8-10 servings of mayonnaise.

Enjoy!

Japanese Soy Sauce

1 cup soybeans, cooked and mashed

**1/4 cup black beans, cooked and
mashed**

4 tsp. salt and pepper

1/8 cup lemon juice, fresh squeezed

2 cup water

**In a blender, blend beans, lemon
juice, and water until well blended.**

**Add in the salt and pepper and mix
well. Place into a serving bowl and
serve. Makes about 40oz of soy sauce.**

Enjoy!

Sauces + Dressings

Sweet n sour sauce

1 cup soybeans

2 lemons, juiced

1/2 cup maple syrup

1 tsp. salt and pepper

1/2 cup water

**In a mixing bowl, mix soybeans,
lemon juice, maple syrup, salt and
pepper. Mix thoroughly and enjoy.**

Makes 1 1/2 cups of sweet n sour

sauce. Enjoy!

Toyota's Hot Hot Sauce!

1 cup diced onions

2 cups water

1/4 cup garlic, minced

8 hot peppers, diced and cooked

1 tsp. salt and pepper

1 tbsp. grated ginger

In a blender, blend onions, garlic, water, peppers, salt and pepper, and ginger. Blend until well smoothed.

Add a little oil if you want. Makes at least 3 cups of hot sauce.

"Honey" Mustard

3 cups homemade mustard

1/2 cup maples syrup

1 tsp. salt and pepper

In a bowl, mix the mustard, maple syrup, and salt and pepper. Mix well.

Makes honey mustard. Makes 3 1/2 cups honey mustard. Enjoy!

Omekka's Easy Herbed Garlic Sauce

2 cups water

1/4 cup minced, cooked garlic

1/8 cup vegetable oil

**1 tsp. fresh rosemary, thyme,
oregano, parsley, sage, basil, dill**

1 tbsp. salt and pepper

**In a blender, blend the garlic, herbs,
and water with vegetable oil. Blend
until smooth. Add in salt and pepper.**

Makes 2 1/2 cups of garlic sauce.

Enjoy!

West Africa Curry Sauce

1 cup soybeans, cooked and mashed

4 cups water

1/4 cup cardamom

1/8 cup turmeric

1/5 cup vegetable oil

1/8 cup homemade mustard

1 tbsp salt and peper

**In a blender, blend soybeans, water,
cardamom, turmeric, oil, mustard,
salt and pepper. Blend until smooth.**

Should make 6 cups of curry sauce.

Enjoy!

Italian Dressing

1 cup water

1 tbsp. each: 7 herbs

1 clove garlic, minced and cooked

1/4 onion, minced and cooked

1/8 cup vegetable oil

1 tsp salt and pepper

In a blender, blend all the ingredients

together until well liquified. Makes 1

1/4 cup of italian dressing. Enjoy!

Teriyaki Sauce

2 cups homemade soy sauce

1/8 cup maple syrup

1 tsp. salt and pepper

1/4 onion, minced and cooked

1 clove garlic, minced and cooked

1/4 cup water

In a blender, blend the soy sauce,

maple syrup, onion, garlic, water,

and salt and pepper. Blend until well

liquified. Makes about 3 cups of

teriyaki sauce. Enjoy!

Glaze's Ranch Dressing

1 cup white beans

3 cups water

1 clove garlic, minced and cooked

1/3 onion, minced and cooked

1 tbsp. each 7 herbs

1/8 cup vegetable oil

1 tsp. salt and pepper

In a blender, blend all the ingredients together until well pureed. Serves 4

1/2 cups of ranch dressing. Enjoy!

Spicy French Dressing

1 cup homemade ranch dressing

2 tomatoes, minced

1 tbsp. each 7 herbs

4 hot peppers, cooked and minced

1 tsp. salt and pepper

1/8 cup vegetable oil

Blend all the ingredients in a blender until well pureed. Add water if necessary. Makes 3 cups of french dressing. Enjoy!

Basic Salt n Pepper Onion Drizzle

Sauce

1 cup water

4 tsp. salt and pepper

1/4 onion, minced and cooked

1/8 cup vegetable oil

1/8 cup soybeans, cooked and mashed

Blend all the ingredients in a blender until well liquified. Makes 1 1/2 cups of salt n pepper sauce. Enjoy!

Appetizers

Basic Onion Herbed French Fries

8 potatoes, sliced longitudinally, skin

on

1 onion, minced

1 clove garlic, minced

2 tbsp: each: 7 herbs, minced

8 cups of vegetable oil, for frying

1 tbsp salt and pepper

In a large pot, boil vegetable oil with

herbs, onion, garlic, in it. Place the

potato sliced in the boiling herb oil,

and fry for 5 minutes one side, 1 1/2

minutes other side. Makes 80 french

fries. Add salt and pepper on at the

end. Serve on a platter. Enjoy!

Glaze's Heavenly Onion Rings

2 1/2 cups wheat flour

2 cups water

3 large onions, sliced into rings

1 clove garlic, minced and cooked

1 tbsp. each of 7 herbs

1 tsp of salt and pepper

8 cups vegetable oil

First make the batter. So mix flour and water together with salt and pepper and herbs. Mix well. In a separate bowl, put dry wheat flour in it. Makes a dry rub. Drag raw onion rings through water first, then into the dry rub. Then drag the rings through the wet batter. Then dunk 'em back through the dry batter.

Then, when the onion rings have been coated with batters, fry them in the pot of oil for 5 minutes on one side, 2 on the other. Makes 40 onion rings or more. Enjoy! Sprinkle salt and pepper if needed. Serve with horseradish sauce! Enjoy!

Glaze's Hoppin' Horseradish Sauce

3 radishes, diced and cooked

1/10 cup of ginger root, minced and cooked

1 onion, diced and cooked

1 cup homemade soy sauce

1 tsp. each 7 herbs

1 tsp. salt and pepper

1/8 cup vegetable oil

1/4 cup water

In a blender, blend all the ingredients together until well pureed. Mix well.

Put into bottles or a serving bowl.

Makes 4-6 cups of horseradish sauce.

Enjoy!

Indian Naan Onion Flatbread

3 1/2 cups wheat flour

1 cup water

1/4 cup vegetable oil

1 tsp.salt and pepper

Combine flour and water together in a bowl. Mix and knead well. Add more water if necessary. Add oil and knead. Add in the salt and pepper.

Knead well. When a ball is formed, flatten into a disc. Cut the disc into a large rectangle. Divide into smaller pieces if you want to. Bake the bread in the oven at 375 for 10 minutes one side, and 5 more on the other side, until browned. Make sure you grease the baking sheet. Enjoy! Makes 1-4 servings of flatbread. Serve with cucumber sauce. Enjoy!

Kenyan Cucumber Sauce

2 cups ranch dressing

1 tsp salt and pepper

1 cucumber, sliced and diced

1/8 cup olive oil

1/2 cup water

Combine all ingredients in a blender

and blend until well pureed. Serve in

a serving dish. Makes 2 3/4 cups of

cucumber sauce. Enjoy!

Extras

Whipped Cream

1 cup coconut milk

1/8 cup sugar beet syrup

1 tsp. salt

1/10 cup water

In a bowl, whip all the ingredients

together with beater and incorporate

air until stiff peaks start to form, and

the whipped cream is made. Mix well.

Let chill. Makes 1 1/4 cups whipped

cream.

Chocolate Maple Peanut Sauce

1 cup melted cocoa

1/4 cup maple syrup

1/4 cup peanut, cooked and mashed

1 tsp. salt

In a blender, blend all the ingredients

together until it makes a nice sauce.

Makes about 1 1/2 cups of chocolate

sauce. Enjoy!

Sweet n Salty Mixed Nuts

1/4 cup almonds

1/4 cup pistachios

1/4 cup peanuts

1/4 cup hazelnuts

1/2 cup maple syrup

3 tbsp. sea salt

1/8 cup olive oil

Mix all the ingredients together in a

bowl. Sprinkle a little black pepper

over top if need be. Makes 1 1/2 cups

of mixed nuts. Enjoy!

Chocolate Dipped Strawberries

1 cup of strawberries, tops chopped

off

1 cup chocolate sauce

1/4 cup shredded coconut

Dip the strawberries in the chocolate

sauce, then into a bowl of coconut shreds. Let the dipped strawberries chill in refrigerator for 30 minutes.

Serves at least 10 chocolate dipped strawberries. Enjoy!

Baked Potato Wedges de "Pat-Pat"

4 potatoes, quartered

1/8 cup vegetable oil

1 tbsp. salt and pepper

Bake the 16 potato wedges on a greased baking sheet for 35 minutes at 375 F until done. Take out and sprinkle salt and pepper over the wedges. Serves 16 wedges. Enjoy with BBQ sauce!

Basic Baked Eggplant Coins

1 eggplant sliced into circles

2 tbsp. olive oil

2 tsp. salt and pepper

In place the eggplant slices onto a greased baking sheet and drizzle a little oil over them. Sprinkle salt and pepper over top and bake at 375 F for 30 minutes, until done. Makes 40 coins, give or take. Enjoy!

Baked Spaghetti Squash with Onion

+ Herbs

1 spaghetti squash, sliced lengthwise,

in the middle

1 onion, diced

1 clove garlic, diced

1 tbsp each: 7 herbs

2 tsp. olive oil

1 tsp. salt and pepper

On a greased baking sheet place the 2

spagetti squash halves side by side.

Put onions, garlic, herbs, and salt and

pepper in there too. Bake for 50

minutes at 375 F until well baked.

Take out, cool, and serve. Enjoy!

Makes 2 spaghetti squashes!

Mint Chocolate Nutty Ice Cream

2 cups soybeans, cooked and mashed

1 cup chocolate sauce

1/2 cup peanuts, shelled, unsalted

1 cup mint leaves, cooked juiced

1/8 cup vanilla

1 1/2 cups water

1/8 cup corn oil

1 tsp. salt

In a blender, blend the beans, mint juice, chocolate sauce, vanilla, oil, and water. Blend until smooth.

Transfer to a bowl and add peanuts.

Mix well. Add salt and mix well. Put

the ice cream in fridgerator for 1

hour. Serves at least 4 cups of ice

cream. Enjoy!

Orange Sherbet Ice Cream

2 cups soybeans, cooked

1 1/4 cup water

1 cup orange juice, fresh squeezed

1/4 cup sugar beet syrup, homemade

1/8 cup corn oil

1 tsp salt

In a blender, blend all the ingredients

together until well pureed. Mix until

smooth. Add salt. Mix. Place into a

bowl to put in freezer for 45 minutes,

until frozen. Makes 1 small bucket of

orange sherbet. Enjoy!

Vanilla Ice Cream

2 cups soybeans, cooked

1 1/2 cup water

1 cup vanilla juice, fresh squeezed

1/4 cup peanuts, shelled

1/4 cup sugar beet syrup, homemade

1/8 cup corn oil

1 tsp salt

In a blender, blend all the ingredients

together, except nuts, until well

pureed. Mix until smooth. Add salt

and peanuts. Mix well. Place into a

bowl to put in freezer for 45 minutes,

until frozen. Makes 1 small bucket of

vanilla ice cream. Enjoy!

Soups

Basic Potato n Leek Soup

4 cups water

2 russet potatoes, diced

1 leek, diced

1 onion, diced

1 tbsp each: 7 herbs

1 clove garlic, minced

1 tbsp. salt and pepper

Boil the water, potatoes, leek, onion,

garlic, salt and pepper in a pot for 1

hour. After finished cooking the basic

soup, add in the salt and pepper. Mix

and stir well. Makes 3 1/2 cups of

potato leek soup. Enjoy!

Vegetarian Black n Red Bean Chili

1 cup black beans, cooked

1 cup, kidney beans cooked

1 cup soybeans, cooked

1/8 cup vanilla beans, cooked

1 tbsp salt n pepper

1 celery stalk

1 tbsp. cardamom

1 tbsp. turmeric

1 tbsp each of 7 herbs

1 onion. minced, and cooked

4 cloves of garlic, minced

4 hot peppers, minced

5 cups water

In a pot combine all the ingredients

and cook for an hour on medium

heat, until the chili is well done. iMix

well and serve. Makes 14 servings of

chili. Enjoy!

Corn n Carrot Soup with herbs

1 cup corn kernels

4 cups water

2 carrots, minced

1 onion, minced

1 clove garlic, minced

1 tbsp. salt

1 tbsp. each: 7 herbs

In a pot, mix all the ingredients

together and cook for an hour on

medium heat. May need to add

water from time to time. When

finished cooking, add salt and pepper

to it and mix and stir well. Makes at

least 6 servings of soup. Enjoy!

Spicy Cabbage Soup

1 head of cabbage, minced

4 hot peppers, minced

1 onion, minced

1 clove garlic, minced

1/10 cup ginger root, minced

2 carrots, minced

1 tbsp. each 7 herbs

1 radish, minced

5 cups of water

1 tbsp of salt and pepper

In a large pot, cook all the

ingredients together for an hour on

medium heat until done. When

finished cooking, add salt and pepper. Mix well and enjoy! Makes at least 8 servings of cabbage soup!

Enjoy!

Butternut Squash Soup

1 butternut squash, minced

4 hot peppers, minced

1 onion, minced

1 clove garlic, minced

1/10 cup ginger root, minced

2 carrots, minced

1 tbsp. each 7 herbs

1 radish, minced

5 cups of water

1 tbsp of salt and pepper

In a large pot, cook all the ingredients together for an hour on

medium heat until done. When

finished cooking, add salt and

pepper. Mix well and enjoy! Makes at least 8 servings of butternut squash

soup! Enjoy!

Drinks Remixed

Watermelon Mojito

1 cup watermelon juice, de-seeded

and juiced

1 cup orange juice, fresh squeezed

1/4 cup sugar beet syrup

1/10 cup vanilla juice

2 cups water

Mix all the ingredients together in a

blender and blend on high until well

juiced! Makes 10 servings of juice or

greater. Enjoy!

Orange-Banana-Strawberry Twist

1 cup orange juice, fresh

1 cup bananas, pureed

1 cup strawberries, pureed

1/10 cup of vanilla juice

1 cup water

Mix al the ingredients in a blender

until well pureed. Makes a juice.

Makes 4 cups of juice. Enjoy!

Peppermint Tea

1 cup of peppermint leaves

5 cups of water

sugar, to taste

1 tbsp vanilla, to taste

Boil the mint leaves with the water in

**a pot for about 20 minutes, medium
heat. When finished, transfer into a**

tea pot and serve. Add vanilla and sugar if need be. Makes 12 servings+ of mint tea. Enjoy!

Coconut Cola

1 cup coconut juice, fresh

1 cup kola nuts, cooked and juiced

1 tbsp. vanilla

1/4 cup sugar beet syrup

5 cups water

1/4 cup lemon juice, fresh

Combine all the ingredients in a blender and blend on high for 4 minutes until smooth and a juice is formed. Mix well. Add sugar syrup. Stir and mix. Serves 16+ servings of coconut cola. Enjoy!

Wintry Hot Hazelnut Mochoa-Cocoa

1 cup cocoa, melted

3 cups water

1/2 cup coffee, fresh brewed

1/4 cup hazelnuts, cooked and juiced

2 tbsp. vanilla

1/3 cup sugar beet syrup

In a pot, cook cocoa, coffee, nuts, vanilla, and water. Brew for 15-20

minutes until well brewed. Add sugar syrup to taste. Makes 5 cups or more of mochoa-cocoa coffee. Enjoy and peace to you always!

I hope you enjoyed the 120 recipes.

God speed and good luck to you and your family always! Adios amigos for now!

10 Tips For A Happy Marriage

These are some great tips for improving you marriage. Here they are!

Tip #1. Don't cheat on your spouse.

Cheating not only is bad for the relationship, it's a bad personal choice. People cheat on their spouses usually because that person is usually offering something that the spouse isn't offering, or isn't offering enough of, or maybe isn't doing something the cheat wants done right. It could take many forms, but cheating is a no-no. Be faithful to your spouse and you'll be rewarded, that's a mamjor

possibility. If you don't like your spouse, reconcile...or divorce, but whatever you do, don't cheat on your spouse because people get shot and killed nowadays in love triangles.

Rule #1: DO NOT CHEAT ON YOUR SPOUSE!

Tip #2: You must give, give, give her bossalini. Give your spouse everything she wants and needs and you won't have to worry about her cheating. A satisfied wife is usually a happy wife. So that means, learning how to eat that pie (you know what that is) with your spouse, and do it right. That's #1. You must learn how to pleasure your spouse in any legal way she needs to be pleased. Mainly that means giving her the bosstown, also massages with oil, and taking showers and baths together. Rub her back and neck, and just pleasure your wife like she's the only woman in the world. It really works! Give her the bossalini - learn how to eat

that pie - that's #2.

Tip #3: Don't be rough with your wife. Women are not men - men are not supposed to play football with women, we're supposed to play with their breasts! So don't be tryin' to kill your wife. Some women don't like men to be rough with their bodies, but not too soft either. In other words, don't treat your wife like a man and she'll appreciate that more. Remember, God made man first, and woman was made from man....but don't abuse your power and you'll likely keep your wife! Don't be rough with your wife!

Tip #4: Don't bring up your sexual exploits of ex-girlfriends or mention them unless she asks. Don't talk about past marriages or relationships unless your wife asks, or it's relevant. You see, how would you feel if your wife brought up her old boyfriends and their large packages and talked about that to you? Wouldn't be nice, i

**know that much! So don't go
parading your exploits to her or even
bring it up - it's just distasteful and
dangerous, so just don't do it.**

**Arguments and fights happen over
stuff like that . So please keep past
relationships in the past, unless she
asks!**

Tip #5: Be a man, act like one, too.

**Most heterosexual women like men
who are men's men - a male who acts
like one. You see, if you start wearing
hoop earrings and pink tanktops,
your wife may question that. But if
you do man stuff like work, work,
and work, she'll be likely to stay with
you. Dress like a man, act like a man,
eat like a man, talk like a man, you
will most likely keep a woman. Give
it to her long and strong. That's that!**

**Tip #6: Don't be gay. I mean, i don't
even understand why a man would
want another man...why, when a
woman has everything we need as far
as sex goes, and women look good**

**too! I think it's self explanatory-
don't be gay and you won't catch a
disease, and you probably won't die
anytime soon. So, be smart as an ox
and...eat that boxx! That's tip #6.**

Tip #7: Remember special days.

**Remembering anniversaries,
Valentine's Day, and birthdays, etc
can help you keep that woman. She's
worth it, right? I mean, women
deserve to have good things because
they are special. Heck, God made
'em, might as well treat em right.**

**Remember and celebrate those
anniversaries because that wife is a
treasure, a true find. Treat her right
and you'll probably keep her! Tr(eat)
her right her and you'll probably
have a very healthy marriage!**

Tip #8: Keep a job and work hard.

**Having a vocation is a great thing.
Plumber, engineer, doctor, lawyer,
author - these are all great vocations.**

**Lots of women want a man to have a
job, so she can be taken care of. You**

**don't necessarily have to have money,
but at least have some goals, plans,
and a career. Just do your best to
work hard and you'll likely keep that
special lady! Remember you don't
really need money or things, but you
do have to work!**

**Tip #9: Don't brag to your friends
about what you do in bed with your
wife. Always, always, always keep
your love life under wraps to
outsiders because you don't want to
get caught up in drama. Trust me,
don't do it. The devil uses gossip as a
tool to bring you down, so don't
gossip and don't brag, don't reveal
your love life to others. That's a
sacred, sacred thing so keep cool,
okay. I hope you get the picture!!**

**Tip #10: Don't baste that turkey.
Don't you ever even think about
bastin' em or - it's evil and can cost
you your life. Prostate and testicular
cancer is real so don't think about
basting that turkey - it leads to hell.**

That part of the reason why God made women, so we don't have to choke the chicken anymore! So, if you don't wanna die and you don't wanna harm your love life, don't you ever choke the turkey- never!

Those are the 10 tips i have for you regarding marriage. Read, internalize and remember them. Do them. And hope your life improves to the maximum degree! One last thing, it's good if your wife can return the love favors back to you too! That's always good - a cooperative, synergistic, healthy relationship! Mutual love is ALWAYS good love!

Thanks and have a great one!

10 Home Energy Savings Tips

1 .Weatherproof your home - clean and insulate properly. Apply Frost King or M-D weatherstrips on yo ur windows and doors. Keep cold air out!

2.Use electric stove and water heater and solar, wind, and water power for

your home . cost efficient. try an

amish electric heater too.

3.Insulate your home properly -

**cover the electrical wall sockets with
a cover and window joints walls too!**

4.Get a one handle ball type faucet on

your faucets - saves water. also get a

composting toilet or low gpf that

saves water and helps the garden.

Get a low 0.5 gpm aerator on your

faucets - saves lots. Also get a low 0.5

gpm flow showerhead from Niagara

Conservation 0.5/1.0/1.5 gpm

showerhead. Order one today - saves

big! Make sure you get a 1.28 gallon

per flush or less toilet on all toilets.

Or get a composting toilet.

5.Open windows and curtains to let

natrual light in the home - even get a

skylight window in your home. Get

rid of lightbulbs and overhead fans.

Use as little electiricty and heat as

possible without being

uncomfortable.

6.Replace drafty windows and doors

with new windows and doors and install weather stripping on your thresholds. saves a lot!

7. Get rid of your air conditioner. Use natural wind and air from nature through opening windows and open doors in summer, closing in winter.

8. Get solar panels and a solar hot water heater. Use as much green energy as you can. Also use wind turbine to provide electrical power to your home.

9. Install a rainwater collector in your attic, attached to your roof, to collect, store, and supply your water needs. Really works.

10. Cover any openings or cracks in the floor, foundation, windows, doors, and any other solid wall piece that needs to be covered. It really helps keep cold air out.

That's all for home energy savings tips for now. If you find any more, please use the tips as best you can!

Enjoy!

30 Tips To Get 770 Miles Per

Gallon+ From Your Vehicle

1. Increase engine compression ratio to 40:1. Increase the compression ratio of your engine by getting longer piston connecting rods and an accommodating crankshaft.

Compression ratio should be 40:1, but most gas powered cars have less than 12:1 compression ratio. It's critical because more air in your combustion chamber replaces the fuel, which means less fuel consumption, more power. So modify your engine to get a 40:1 perfect compression ratio. More than quadruples your gas mileage! 416%!

2. Reduce weight in your vehicle by 1/2 or greater. It's true, the less the load, the less gas needed to carry the load. So find as many ways as possible to reduce the weight of your vehicle. Doubles gas mileage! 200%.

3. Get improved braking system: cantilver brakes with brake disc. This

increases stopping power, efficiency, and overall handling and performance of your vehicle.

Reduced weight as well, as cantilever brakes are less load, easier to maintain, and lightweight. Increases gas mileage by 3-4%+.

4. Install a premium turbocharger on the engine. This will improve your gas mileage by 10% alone by itself in some cases. A turbocharger takes spent air and fuel and turns it into compressed air which sends helps reduce the load of the engine. Get a turbocharger. Increases gas mileage by 10%+.

5. Install a supercharger. A supercharger takes incoming air, charges and compresses it, and sends it to the engine, providing more power and using less gas. Get one! Increases gas mileage by 10%+.

6. Get aerodynamic wheels, tires, and tread. This alone can account for about a 3% increase in your gas

mileage, by using the wheels as a propellant and turbine. The momentum and force makes the car use less gas. Get aerodynamic wheels!

7. Get aerodynamic spinners on your wheels. This wheel auxiliary help provide thrust when the car is in motion, thereby decreasing the load on the engine, and reducing gas consumption. Get it! Increases gas mileage by 1.11%+.

8. Install a turbofan on your rear wheel(s). This turbofan is completely powered by the wheel motion, thereby reducing the load on the engine, which means less gas used.

Get a turbofan on those rear wheels!

Increases mileage by 5-10%+.

9. Improve the fuel grade you use on your vehicle. E-85 or premium gas is best, whichever you want. E-85 is 85% corn ethanol fuel and 15% gasoline. It's great because it help the environment, burns cleaner, and is usually at least 10% cheaper than

premium fuel. Premium is alright, it get's great mileage because it's more pure. So if you use 87 or 89 octane, its time to upgrade to premium or E-85 fuel. Increases mileage by at least 6%.

10. Improve the camshaft timing.

Improved timing means better performance, period. Get one that has a duration of 90 degrees. Not 110, not 120, not 100....90 degrees duration. That's because there's 4 strokes, 360 degrees in a circle. So $360 / 4 = 90$ degrees per stroke. So be smart, get a better camshaft! Increases mileage by 3%+.

11. Use square pistons instead of circular ones. A square has 50% more area than a circle. Therefore, you will need less cylinders to get the job done with a square rather than a circle. Get square pistons - it's smarter! Increases mileage by 3.33%+.

12. Get aerodynamic bodywork. This

can increase your gas mileage by about a 0.5%. Doesn't sound like much, but it adds up. Better, more efficient bodywork can reduce the drag, which results in better gas mileage. Get it!!

13. Get a V-8 engine. V-8 is the #1 standard when it comes to fuel efficiency. The mechanical advantage is 8:1 in V-8 engine. In a normal 4 cylinder, it's only 4:1. You doubled the advantage by switching to a V-8! Increases gas mileage by 4%+.

14. Install rubber gaskets and seals on all parts that require it. Rubber will seal better than metal. Most gaskets today as made out of metal. But rubber seals much better, so switch to rubber gaskets and seals. May improve gas mileage by up to 1%.

15. Get a more simplified cassette type transmission. It's simple. Just get a cassette type transmission like road bikes have and you'll see your

mileage improve by 4% or greater.

Get a simple transmission!

16. Tune or improve your oil pump.

The oil lubricates the parts of the engine so it lasts longer. Tuning or improving your oil pump increases your gas mileage by up to 1% or more.

17. Add a rear stabilizing bar or

wing. This increases airflow and improves overall gas mileage by up to 0.75% or more. Get it today!

18. Add a Hero motor to your gas engine. This device takes steam, and turns it into mechanical power. This has the effect of reducing the gas engine load, and increases gas mileage by up to 4-6% or more. So install a steam Hero motor on your engine today!

19. Add solar panels to your vehicle.

This can increase electrical power freely, and can provide a better spark for your plugs. When the sun is out, you best not pout!

Increases mileage by up to 1-2%.

20. Add aerodynamic mirrors and lights, windscreen. This has the effect of lowering drag, which can increase fuel mileage by about 0.25%. Get to it today!

21. Get a shaft drive vehicle instead of chain or belt drive. This means more direct power conversion, which means more power at less gas useage.

Increases mileage by about 2%.

22. Improve the grade of oil you use.

Corn oil is the premium oil to use in an engine. Most cars use synthetic oils, which are made from bad materials. But corn oil is natural, friendly, and efficient. Get some today. Increases gas mileage by 0.50% or more.

23. Improve transmission and radiator fluids. This means better ingredients, which means better efficiency and gas mileage. Gas mileage increases by 0.25% or more

24. Make sure valve stem caps are

screwed on tight on tires. This

increases gas mileage by about

0.25%.

25. Torque your nuts and bolts to

maximum. This will mean a better

ride, better handling, and less chance

of something falling off your vehicle.

Increases gas mileage by 0.25% or

more.

26. Get a rubber insulated gas tank.

This keeps the gas from evaporating

a lot, which means better fuel

conservation and less fuel loss. This

increases gas mileage by 0.25% or

greater.

27. Get titanium nuts, bolts, washers,

and fasters. This means stronger,

more lightweight parts, and that

increases gas mileage by 0.25% or

more.

28. Get a tighter fuel tank cap and

tighten to the max. This increases gas

mileage by 0.25% or greater

because less gass loss and better fuel

conservation.

29. Install 4 more spark plugs per cylinder. This increases the combustion efficiency and makes a more complete burn. This increases gas mileage by up to 2-4% or more.

30. Don't drive more than 75 miles an hour. Studies show that the faster you go, the more fuel you burn, proportionally. So, go about 70-75mph on the highway, no more than 40 in the city. It really works! Increases gas mileage sometimes by up to 5%.

31. Get triangular front forks instead of circular ones. This makes the front more aerodynamic, which means an increase in gas mileage. Boosts mileage by 0.50% or more.

32. Use a simplified crankshaft that doesn't have all those lines on it. More power transmission and less power loss than traditional crankshaft. New crankshaft resembles stirling engine crankshaft. Increases gas mileage by 1-3% or

more.

33. Simplified piston connecting rods

designed to improve power, reduce

friction losses, and increase

performance. These are stationary

connecting rods with a variable rod

on each stationary connecting rod.

Increases gas mileage by maybe

0.25% -1% or more.

34. Simplified radiator and cooling

system. Uses momentum and angular

velocity to pump water through

engine. Improves fuel efficiency by

1% or more.

A Word About Race, Gender, And

Wealth

In my own opinion, it is paramount

that people marry their own race. I

think blacks should marry blacks,

and whites should marry whites and

everybody marry their own kind. I

think that it's better for society and

can cause less problems, less fights,

less wars, if people married their own

kind. Studies show that...blondes

have more fun! Just kidding!

Anyway, studies suggest that people who are the happiest married are not interracially married. Interracial marriage is a terrible, terrible thing.

Along with gay marriage, interracial marriage is bad for society. Heck,

the babies end up having 2 races in them, which one wins out? What

would you get if you mated a whale with a racoon? You'd have a

whaleoon! Same thing with people - the pure breeds will always beat, in

my opinion, the hybrid breeds or crossbreeds. Why? Because the genes

are stronger, faster, and better

developed. I think that if you pick a

color and race, stick with it! Don't

half-do it and be two or more races.

Bible says a "double-minded man is unstable in all his ways!" Also, a two

face is always a shifty character. Plus,

in Revelation 3:15-16, it says that "I

would rather you be hot or cold

rather than lukewarm. If you're

lukewarm, God will spit you out of his mouth." That's what it says. So also, if you're going to be black, be black. Don't be mixed and biracial and crossbreded - that's insane and ridiculous! If you're going to be white, be white! Don't be trying to mix stuff up for the thrill and interestingness of it. Don't you know, familiarity breeds trust? So, remember, do yourself a favor and marry somebody of your own race, opposite gender, and hopefully a vegetarian! You'll live a long, long time if you do!

As far as gender goes, i think men and women have different roles. Men are providers and heads of the family - decision makers. Women are nurturing, caretakers and lifegivers. You see, people got things messed up thinking that women should go out and work and take care of the family, but actually it's the opposite - men should go out and work while women

cook, clean, take care of children, do hair, wash, etc. Men's purpose is to provide for his family - all his family. That is the goal. I'm not sexist or racist at all, i just think men should do men stuff and women should do women stuff - bar none!

That's all for now on gender. The best men are real men!

As far as wealth goes, it's okay to have a house, car, motorcycle, plane, helicopter or whatever things like that. But i think it's not good to hoard things and not share with people. I think that God wants us to be healthy, wealthy, and wise. I think He wants us to prosper and have things. But money - i don't think God cares about money too much at all. Money is no more than a quantification of efforts, or work. I think that God thinks that money is not a good thing and that people abuse it. Yes, it's a means of exchange. Yes, people use it for purchases. Yes, it works in some

cases. But, yes it's also abused and misused and worshipped by many people to the point that some folks don't even associate or communicate with you unless you got money!

That's nuts, man. However, if someone falls into debt and wants to get out and money is in the picture, it's okay to include money in that picture. But overall, God wants us not to focus on money and not to treat people different because they don't have much or any money and He wants us to not worship things.

God is the Father - we worship Him and His Son and the Holy Ghost, NOT money! So, in a nutshell, it's okay to have material things and wealth, but the true wealth is laid up in the spirit - peace, joy, love, happiness, patience, gentleness, faith, and truth - knowledge! And that, my friend, is true wealth! Enjoy the rest of your day!

Well, I hope you enjoyed this ebook.

Use it to the best you can. If you'd like you can also check out my site <http://www.jesusholyfruit.info> for some absolutely fantastically vital great information! Also you can email me at omekka49@yahoo.com with comments, questions, concerns, or just general feedback. You can either compliment me or criticize my ebook if you want to. Please rate my ebook as best you can from a scale of 1-10, 10 being the best! I wish you all the luck in the world. Peace, joy, happiness, and.....Soul Train! God Jesus Christ Holy Ghost Bless You 4Ever!

Truly,

"The Super Donut General"

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P.S. You may wanna check out my chess ebook, "Mates R Us: How To Consistently Win At Chess...And More." It's at my website:

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