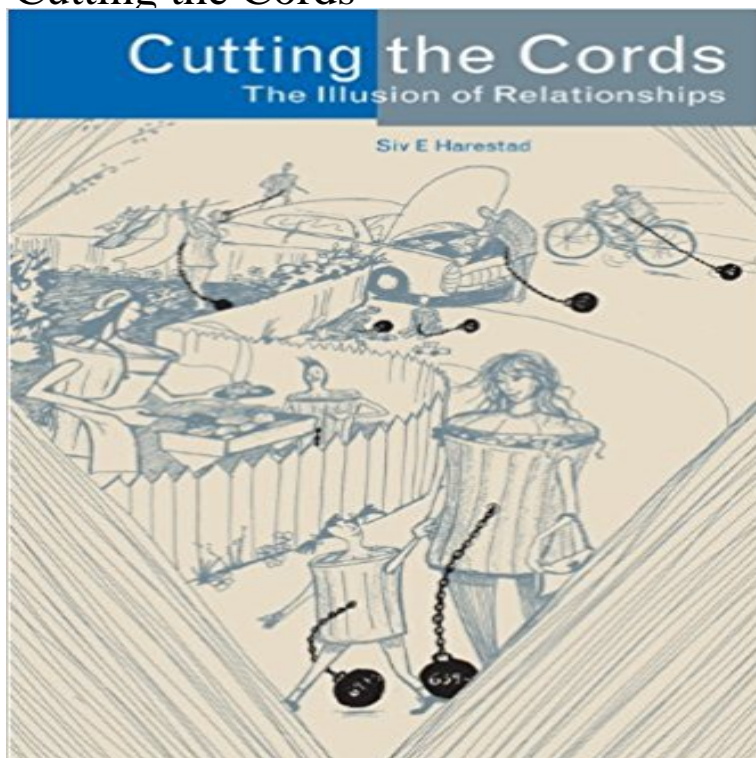


Cutting the Cords



People who live their lives led by their navels lose energy as they get older because of events that occurred during childhood. If you are one of them, it is hardly surprising you are tired! But, dont worry, it is not your fault. You didnt learn how to be any different. Now, thanks to this book and the wisdom of Siv Harestad, you have the tools to change your thinking and your life. But what has it got to do with navels? When you were born they cut your umbilical cord, didnt they? Of course, but in separating you from your natural, spontaneous self, they cut more than a connection with your mother. How were those people with whom you spent your childhood to prepare themselves for someone as wonderful as you? How were they to know how to teach and encourage you to stay save and with your own identity? They were only doing their best. They too have no blame. Now you can reclaim and reset your past and any destructive patterns. As long as there is love there is hope. Sustaining a relationship of any kind is just one way of regaining the energy you may have lost along the way. Harestad is a complementary therapist blessed with insight and wisdom. This book teaches not only how to reach your potential as a person and as a parent, so that your children live their best lives, but also teaches you to love yourself. Using body reflexology as a tool towards healthy living. This book can change your life.

Call My Journey...LifeSports, movies, family, kids, marriage, health, lifeWednesday, November 28, 2012Quick updateThe last time I posted a lot has changed. So for a quick update, my husband got a new job. As soon as we got an offer on our house we accepted we accepted i. We found a house to live in and put an offer on the the table and after a little negotiation we can to an acceptable and agreeable offer. After a very painful moving process, which lasted 33 day after the original closing date we finally closed.I quit my part time teaching job. Now I get to stay at home with Roarie and substitute teach every now and then.Posted by Mrs. Stacie Christner at 8:13 AM Reactions: 75 comments: Friday, April 27, 2012Education CutsOne of the most important things in life is to have a good education. Teaching is the only occupation that shapes our country. We teachers touch every life from the farmer to the lawyer, to the CEO of some big company. Granted you may not use everything that learn in the classroom but the structure, respect, responsibility, social skills and time management are life skills that are used everyday.The frustrating thing about being a teacher is the lack of money put into education. I am not complaining about how much money I make because teachers do not go into

teaching. What I am complaining about is teachers getting cut, class sizes are getting bigger, and yet we still get the same pay. The schools who have the money have the money get the technology and the good test scores. The better the test scores the more money you get. So if you a poor school you don't get the technology and yet you don't get any money for the low test scores. So the rich get richer and the poor get poor. Needless to say, I have gotten word from the school superintendent that my special education position is being cut. I am still going to have a teaching job being a part time American History teacher. Which I am glad that I am getting into the general education setting and that I get to be a part time stay-at-home mom but at the same time I wish I had a full time, paying job. Posted by Mrs. Stacie Christner at 7:39 PM Reactions: 24 comments: Sunday, April 15, 2012

Manners Meal Every year, the Colfax-Mingo Middle School does what they call manners meal. Grades six through eight take a field trip to a designed location and practice using good dining manners. So on Friday, April 13, 2012, we went some where local, the Colfax Historical Building for our dining. Before we go to on our trip the staff reviews what it is to have good manners. There are so many manners to cover and sometime we just assume that it will happen but it doesn't. Here are a few manners that we covered:

- Appearance- The students were to Shower, which as middle school students it is a challenge for some, and use soap
- Fix hair up nice
- Wear dress clothes- dresses, dress pants, dress shirt
- Wear minimal make-up
- Wear minimal perfume or cologne
- Table Setting- Silverware start on the outside and work your way in and the fork at the top of plate is the desert fork
- The drink is off to your left
- Waiting for others- Wait for everyone to arrive to your table before seating yourself
- Wait for everyone to get their food before you begin eating
- Table Talk- Speak softly to the people at your table
- Do not interrupt
- Do not talk about bodily functions (farts, pooping, etc.)
- Say "Please", "Thank you.", "You're welcome.", "Pardon me"

Some things we took for granted and expected the students to know were:

- Keep elbows off the table
- Keep elbows as close to your sides as possible when eating
- Keep hands to your self (which is hard to do for middle school students)
- Listen to speaker (which is hard to do in the classroom too)
- Pass dinner rolls and salad dressing all around the table

Posted by Mrs. Stacie Christner at 4:57 PM Reactions: 18 comments: Labels: education, Teacher Advice

Monday, April 9, 2012

Roarie Meets her Cousins Roarie is 7 weeks old and finally got to meet half of her cousins yesterday at Easter. 18 comments: Labels: personal

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About Me

Mrs. Stacie Christner I am a second year Special Education teacher at Colfax-Mingo Middle school. I got married in July of 2010 to the love of my life. We have a morkie dog (maltese/yokie mix), Laila. I do a lot of online shopping and would like to tell you about great deals that I find. View my complete profile

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