

# Professional Writing Portfolio of: Jaime A. Heidel

*"Effective Copy That Speaks Your Language."*

*"Promoting Your Business with Passion, Commitment, and Skill."*

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## 7 Reasons to Exercise in a Fitness Boot Camp

If you're struggling to lose weight, you're not alone. There are many people just like you who diet and exercise but just can't seem to shed those stubborn pounds.

You may be too busy to work out, not have the money to join an expensive gym or just don't have the right motivation. Learn how a Tarzana boot camp can finally give you the results you've been looking for without any crazy diets or boring exercise routines.

### Fun, Friendly Atmosphere

A Tarzana boot camp is a judgment-free zone. Sessions are semi-personal and catered to your individual needs and fitness goals. You'll have fun working out with a professional trainer in a fun, friendly atmosphere that encourages you to keep coming back.

### Creates Healthy Competition

In a Tarzana boot camp, you'll work in small groups with other like-minded people with similar fitness and weight-loss goals. This creates a little healthy competition that will help you reach your goals faster and stay motivated to continue.

Unlike pumping iron or doing laps alone at a traditional gym, you're Tarzana fitness expert will be there every step of the way to motivate and encourage you.

### Less Expensive

If a personal trainer isn't in your budget, a Tarzana fitness expert can still offer you the personal attention and results at a fraction of the cost. Semi-personal training sessions mean you'll have time to get with your instructor one-on-one to go over your own individual needs and goals.

At a Tarzana boot camp, you'll never have to take any crazy diet pills or count points. Personalized nutritional counseling is all part of the package. You'll learn how to use food successfully and how to eat your way to a healthier, thinner you.

Eventually you'll get to the point where you can have that occasional slice of pizza or bowl of ice cream and still lose weight.

Who wouldn't want to learn how to do that?

### Fast Results

A Tarzana boot camp is designed to motivate so you'll get results much faster than working out at a traditional gym.

You'll not only lose weight but inches as you combine cardio and strength training to tone you abs, thighs, arms, buttocks and core.

### Make New Friends

Traditional gyms often make you feel self-conscious and isolated. Not the best environment for making friends. At a Tarzana boot camp, you'll be working in a small group of people with similar fitness goals. Making new friends means you'll stay motivated to stick with it, even when you're not in training.

### No Sweaty Gyms

Gym memberships cost a lot of money and you mostly go it alone. Pumping iron on sweaty gym equipment while trying to ignore the leering guy on the treadmill is not a fun way to start or end your day.

### No Gym Memberships

There are no gym membership bank drafts when you join a Tarzana boot camp.

A visit to a Tarzana boot camp will open you up to a whole new world of exercise possibilities. A Tarzana fitness expert will help you get up, get motivated and get moving so you can feel healthy and confident every day.

## Easy Ways to Improve Your Child's Behavior

### *Learn How to Get Your Child to Listen Without Yelling or Drugs*

Does your child throw tantrums at the drop of a hat? Is he whiney, clingy and demanding? Are you frequently getting calls from her school about inattentiveness, bullying, fighting or crying? If so, you're not alone. Millions of parents are going through what you are right now and they're just as frustrated. This article will show you easy ways to improve your child's behavior.

#### Listen to Your Child

One easy way to improve your child's behavior is to understand that children, especially young children, have only a limited grasp of how to convey their emotions. For example, if your daughter seems to go all to pieces over something simple like, knocking over a glass of milk or a slight fall, it may be that she has some unresolved emotions about something that happened weeks or days ago.

If you tend to tell her she's crying over nothing or do something to distract her from crying, repress the urge to do that.

Instead, give her space to get all of her crying out. Hold her and reassure her that everything is going to be okay and that she's okay. This will help her to feel safe and be able to open up to you about other problems, fears or concerns she may have been holding back.

#### Schedule Regular One-on-One Time

Even though you may be very busy, it's very important to schedule time to be with your child. Just half an hour a day of uninterrupted, light play between you and your son or daughter can work wonders to re-establish closeness and connectedness that is necessary for good communication. The more your child feels connected to you, the more likely he or she is to feel comfortable sharing emotions, asking questions and talking about what's bothering them.

#### Rule Out Food Intolerances

A common cause of misbehavior in children is undiagnosed food intolerance. The most common foods that cause behavioral problems in children are:

- Wheat/Gluten

- Soy
- Aspartame
- High Fructose Corn Syrup
- Food Dyes

Each of these foods have been shown to cause violence, aggression, irritability, hostility, emotional imbalance, ADHD and digestive distress. Children with a gluten intolerance cannot digest the protein found in wheat, barley, rye and oats and often exhibit learning disabilities, social confusion, angry and chronic digestive upset.

To learn if food is the cause of your child's behavioral problems, eliminate all of the above-mentioned foods from the diet for a period of one month. Then, slowly reintroduce one new food each week to test for a reaction.

### Understand How Environment Affects Your Child

To improve your child's behavior, it is very important to determine the cause of the behavior first. Oftentimes, bad behavior is a result of too much or inappropriate stimulation. For example, taking your 4-year-old to the mall for an all-day shopping trip or sitting him in front of the television that might display images he's unable to process or understand. As adults, we're desensitized and able to tune out all of the sights and sounds in our environment. A child cannot. Your son or daughter may be acting out because something he saw on TV scared him or there are simply too many people in the room.

### Rule Out Physical or Developmental Problems

Your child's behavioral problems may also stem from a physical condition or developmental/behavioral disorder.

Common physical problems that may result in child behavioral problems are:

- Leaky Gut Syndrome
- Food Intolerances/Allergies
- Thyroid Disease
- Seizure Disorders
- Neurological Disorders
- Tourette Syndrome
- Traumatic Brain Injury

The most common developmental/behavioral disorders that may cause child behavioral problems are:

- Autism
- Asperger's Syndrome
- ADHD
- Sensory Processing Disorders

In the case of your child's behavioral problems, it is very important to be sure there is no underlying physical or developmental condition that might be causing them. Every child is different and those with a legitimate medical reason for behavioral problems will become traumatized by yelling, scolding and punishing as they may truly not be able to control their actions or understand what is expected of them.

To sum up, improving your child's behavior can be very easy.

Remember to:

- Listen to your child.
- Schedule regular one-on-one time.
- Eliminate foods that may cause behavioral problems
- Understand how the environment affects your child
- Rule out medical causes of behavioral problems

Behavioral problems are distressing to parents, teachers, caregivers and children alike. Using these easy ways to improve your child's behavior should help you, your child and those around him heal.

## Review – Book – “Natural Cures “They” Don’t Want You to Know About”

Do you suffer from any type of chronic condition such as [frequent heartburn](#), headaches, [backaches](#), autoimmune disease, food allergies/intolerances or mental illness? If so, you may have turned to a prescription or over-the-counter drug to combat the symptoms. You may then have experienced a side effect from the drug, say, dry mouth, but that’s just a part of the healing process, right?

So you take a second drug to counteract the first drug and now your mouth is no longer dry but you’re sensitive to sunlight. Now, as you sit in your darkened home gazing longingly at the world outside, you realize the original drug you took did little to alleviate the symptoms you were using it for in the first place and your mouth is, once again, dry.

Sound silly, doesn’t it? It is.

Millions of Americans suffer from one or more chronic ailments and although America boasts one of the best, brightest (and most expensive) health care system in the world, millions are still dying uncured.

I used to be one of those millions. I had chronic stomachaches, muscle aches, brain fog, itchy skin, headaches and was diagnosed with not one, but four mental illnesses by the time I was in my late teens: depression, ADHD, bipolar disorder and anxiety disorder.

It turned out that both my mental and physical symptoms were being caused by something very simple: gluten intolerance.

Unfortunately, instead of doctors looking for the cause of my symptoms, they simply shook their heads, shrugged and handed me a prescription. Which, as you can imagine, caused side effects.

Do you ever wonder why the sick stay sick and the sicker die? Has it ever crossed your mind that the pills you are taking to treat your illness are not helping but harming you? If so, you’re absolutely right.

Kevin Trudeau’s important book, “Natural Cures “They” Don’t Want You to Know About” explains, in eye-opening detail, why the American health care system is, in fact, a “sick care system”. How it spends millions of dollars each year producing vats of drugs and even more of

*your hard-earned tax dollars* covering up the truth about the negative side effects of the drugs you and your family take everyday!

This brave whistleblower also explains what the Food and Drug Administration is *really* all about and whose best interests they truly have at heart (hint: It's not you). Learn how [affordable alternative remedies](#) have not only been hidden but banned and how good-hearted men and woman have been paid off, jailed and sometimes even **killed** for trying to promote these [inexpensive, effective natural cures](#)!

Kevin Trudeau is one of the foremost consumer advocates of the twenty-first century. He's mad as hell and he's not going to take anymore and neither should you. If you or someone you care about is suffering with any type of chronic illness, even cancer (which, by the way, is curable, the cure has just been hidden for decades), his book, "Natural Cures "They" Don't Want You to Know About" will light a fire under you and have you wanting to shout the vital knowledge contained in its pages from every rooftop!

Don't sit back and let the powers-that-be lead you along by the purse or wallet strings any longer. Arm yourself with knowledge and take charge of your health. You don't have to be sick, tired and broke anymore. Join the millions of people who've already benefited from the life-changing information in this book. Pick up a copy of "Natural Cures "They" Don't Want You to Know About" today!



## Coolpix S8100

The Nikon Coolpix S8100 12.1 MP digital camera is a versatile little machine that makes taking stunning, professional-quality photos easy and fun.

The Coolpix S8100 is a step above traditional point-and-shoot digital cameras. Its innovative features and compact design make it the go-to camera for amateurs who want to improve their skills and widen their portfolio.

With the Coolpix S8100, you can change your camera settings as fast as you change your scene. Sports photographers, set your ISO up to 3200 for crisp, clear captures in even the lowest light.

Want to shoot a movie? The Coolpix S8100 allows you to take social media to the next level by offering full HD movie with optical zoom control and stereo sound recording. HDMI output allows convenient in-camera or HD TV playback.

The Coolpix S8100 has no shortage of advanced features. Some of the highlights:

### High-Speed Performance

With its ultra-fast start-up, autofocus and shooting, you'll never miss that perfect shot again.

High Speed Shooting captures 5 shots each second in full HD.

The Sport Continuous Shooting feature effortlessly captures fast action.

Take Slow Motion Movies up to 240 frames per second in HS Movie Mode.

Subject Tracking keeps your moving target in focus for crisp, sharp results every time.

## Smart Portrait System

You know how irritating it is when the shutter button just won't release and your subject is left holding a smile so long it becomes a grimace?

The Coolpix S8100 eliminates that with the built-in Smile Timer. The camera senses when your subject has smiled and immediately releases the shutter button for a more natural-looking picture.

With the in-camera red-eye fix, red-eye is eliminated automatically as you shoot.

The Blink Warning will even tell you if your subject has blinked so you can re-shoot right away.

Group photos are no problem for the Coolpix S8100. The smart Face-Priority AF senses up to 12 faces and ensures each is crisp and detailed so nobody feels left out.

Another favorite feature is Skin Softening, which smoothes out skin tones at 3 different levels for professional results.

## Convenience and Ease

The built-in macro setting allows you to get close to your subject (up to 0.4 inches) to capture the inside of a flower or the detail of a butterfly's wing.

The Coolpix S8100 offers 17 different scene selections for the perfect picture in every setting. Not sure which is the best to use for your scene? Switch on the convenient Scene Auto Selector and the work is done for you!

Take up to 220 still shots before needing to recharge your battery.

Motion Detection corrects for sudden movement or shaky hands ensuring each image is sharp and in focus.

Take the guesswork out of choosing the perfect captured image with the Coolpix S8100 Best Shot selector. It takes 10 shots while the shutter is pressed and saves the brightest, clearest one so you don't have to.

With the Coolpix S8100, creative control is yours. The powerful 30-300mm lens lets you get close on the action and pull back for scenic landscapes and everything in between. You can even shoot still images while recording an HD movie so you'll never miss a thing!

The Coolpix S8100 is a versatile, professional-quality camera that has received impressive reviews. One complaint is that the pop-up flash must be pushed back into the body before storage instead of automatically retracting but with so many automatic features, this small detail can be easily overlooked.

## Nikon Coolpix L120

The Nikon Coolpix L120 is a great little camera for the amateur photographer looking for a bit of professional touch. Those new to photography will appreciate the built-in intelligent features of the Nikon Coolpix L120. No need to worry about low-light conditions with this camera. It will capture crisp, clear photos even if you're photographing the school play or Halloween Trick-or-Treaters.

### Get In Close

Even if you've got the nosebleed seats at your son's baseball game, the high-powered 21x wide-angle zoom will get you close enough to capture his look of concentration as he cracks the ball out of the park.

### Sharp Images in Low Light or Fast Conditions

The Nikon Coolpix L120 offers an ISO speed up to 6400, making capturing crisp, clear shots in low-light or fast-moving conditions a snap. No need to worry about camera shake either with this little machine. The Five-Way VR Image Stabilization system uses sensor shift to eliminate blurry images in just about any condition.

### Studio-Quality Portraits

The Nikon Coolpix L120 is a smart little camera. It automatically corrects red-eye, softens skin tone, recognizes up to 12 faces in a shot at one time, detects if your subject has blinked and releases the shutter button as soon as your subject has smiled.

### A Scene Mode for Every Occasion

With the Nikon Coolpix L120, you can choose from 17 different scene modes. Whether you're shooting your children by campfire light, a beautiful sunset over a mountain or fish in an aquarium, you can be sure each photo will be crisp, clear and beautiful each time.

## Full HD Video Mode

Still images are nice but nothing brings the action to life like full-color movie with sound. Going to your daughter's play or son's dance recital? Don't worry about lugging around your camcorder. The Nikon Coolpix L120 will capture the precious moment in full stereo with just a touch of a button.

Playback is just as easy. Simply press the playback button and share your movie with family and friends immediately or hook the camera up to your computer and play from there.

## In-Camera Editing

Taking images is a blast but let's face it, who wants to come home and edit afterwards? With the Nikon Coolpix L120, you can edit your photos right from the camera!

Choose from five color options:

- Standard
- Vivid
- Black & White
- Sepia
- Cyanotype

Also, use D-lighting to improve image contrast and enhance fine details otherwise lost in glaring light situations.

The Nikon Coolpix L120 is a great camera to take for long trips or on vacation because you can get up to 330 still images from just one set of four AA batteries.

This camera has received great reviews with customers advising to check out the user guide before buying a memory card as the Nikon Coolpix L120 is sensitive to certain ones and perform at its best when used with the recommended four: San Disk, Toshiba, Panasonic & Lexor.

YardGopher

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## **PRESS RELEASE**

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FOR IMMEDIATE RELEASE

### **Yard Sale Fanatics Save Money, Gas and Time With Yard Gopher!**

Ashville, NC – April 17<sup>th</sup>, 2011 – Thrifty yard sale enthusiasts can now save even more money with YardGopher.com. YardGopher.com gives yard sale shoppers the opportunity to search for and find the items they need in their local area before ever leaving home. Yard sale sellers can list specific items they're selling, turning browsers into buyers before they even arrive!

"YardGopher.com: Find the items you need at your next yard sale  
*before you leave home!"*

YardGopher is the brainchild of Ashville, NC resident, Taylor Nations who came up with the idea from his own experience struggling to sell furniture worth hundreds for under 50 dollars. He thought, "There has to be a better way to get the word out to serious yard sale shoppers who would be thrilled to find these pieces at these great prices!" He

knew most yard sale customers were paying twice as much for items of lower quality because they really needed them. He also realized the right people didn't know what was available at each garage sale. He knew his garage sale couldn't be the only one like this. There had to be high-quality items being sold for pennies on the dollar at yard sales all over the country. The problem was, the people who wanted those items had no idea they were there.

-MORE-

YardGopher

[www.yardgopher.com](http://www.yardgopher.com)

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If he could find a way to bring the needy customer to the available product, it would be a win-win situation! Thus, the thrifty, interactive website was born!

YardGopher.com is still in 'beta' mode with 50 cities currently listed and more features being added all the time. The website is free and easy for browsers looking for specific yard sale items. For example, browsers searching for bikes in their local area can use the search box to type in 'bikes', select their city and go. Buyers can also browse by

category such as 'recreation'. Sellers may post generic listings for free while those selling more high-priced items such as furniture, bikes or stereo systems would benefit from using the 'premium listing' feature, (which costs under \$1 per listing). This would get the seller's listing at the top of the page and in front of more potential customers. Yard sale buyers and sellers go to [www.yardgopher.com](http://www.yardgopher.com) to make your next yard sale experience a money-saving, money-earning success!

Author: Jaime A. Heidel

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## The Dancer

### <OPENS 0:30>

I remember the first time I saw my mother dance. She took me to the studio and I watched as she spun around the room like air. Her legs were so strong and lithe, carrying her around the room. I watched till I got dizzy and fell down on my rear.

She danced on. <0:20>

My feet always wanted to move. Dance became like breathing to me. Easy. <0:31 = FEET>I can remember the other kids at recess playing on the monkey bars or the swings. But I'd sneak off to the woods behind the school and just move. <BEAT>

I'd watch the bare trees as they swayed in the wind, trying to copy them, twisting my body into that exact shape. Always changing, always growing<0:40>

My mother forced me to go to summer camp when I was 10. That way, I could interact with kids my own age AND nature. <0:49 = HER STARE>

Well <SOFT CHUCKLE>, I appreciate it now.

I had my first boyfriend when I was fourteen. We met in the woods. He was a free spirit too, just as into nature as I was. He was sixteen and drove a car. My parents didn't approve because his family was poor. I didn't see how any of that mattered.

Eddie Barnes taught me hip-hop dance and I watched my practiced, fine-tuned movements evolve into something more organic, almost sensual. I was surprised what my body could do. <1:07 = HER EYES CLOSE>

My mom didn't like it. She caught me practicing the new moves and said it was "indecent". She knew Eddie had been my first and only. It wasn't just "fooling around". It was love. <BEAT>

Unfortunately, forever doesn't last when you're only fourteen. Or maybe it would have but Eddie's father took a job eight-hundred miles away and he moved during our junior year.

I didn't handle the break-up well and I stopped dancing for a long time after that. **<BEAT>**

**<1:37>**One day I was cleaning out my closet, trying to decide what to give away to charity. The radio was on, playing Eddie's favorite song and I just started to move. **<BEAT>**

**<2:00>**I came alive again. Each step, each spin, each pose seemed to bring me further back to reality, life and the present. I let all the hurt and fear go, gave it up as my body twisted and writhed like my limbs were possessed. It was as though my arms and legs were slowly unfreezing like a tree after a long winter.

**<2:07>**I watched myself moving like a temptress who wanted to keep others far, far away. There was a strength in that. A power. Then, for the first time in my life, I realized I was in control.

Life isn't always so easy. I stand tall. Fall down. Get tripped up and try again. Dance has taught me more about life itself more than anything else I've ever known, even Eddie's kisses.

Once you've stopped trying to be what everybody else wants you to be and give yourself to your true path, anything is possible. Doors open and the world seems....more inviting.

This is who I am. This is how I move.

## **Discover Beautiful Playa del Carmen, Mexico!**

You'll soon be walking down the aisle to marry the love of your life. You've picked out the perfect place, the right music and flowers and all your closest friends and family will be there. Now it's time to choose where you will spend your honeymoon.

Discover beautiful Playa del Carmen, Mexico. Just south of popular Cancun, Playa del Carmen is its scenic, more relaxed alternative. Spend hours strolling along white, sandy beaches, sip champagne under the stars while a musician plays for just the two of you or swim with dolphins in our natural aquarium.

There's so much to see and do in stunning Playa del Carmen, you'll never be bored and the only complaint you'll have is that your honeymoon ended too soon.

### **Getting to Playa del Carmen**

There are many convenient ways to get to Playa del Carmen or 'Playa' as the natives call it. You can fly in from Cancun International Airport or take a bus for just \$10 American (purchase the ticket in pesos to save even more money). You and your new spouse can book a private transfer with a travel agency and arrive in paradise for just \$65 per car. Renting a vehicle? You can also reach our sandy shores via highway 307 from Cancun.

### **Staying in Playa del Carmen**

Whether you and your soulmate are searching for simple elegance, pampered luxury or something in between, Playa offers accommodations to fit your every need and taste.

### **Pueblito Luxury Condo Hotel**

The pueblito luxury condo hotel has lavish suites overlooking the beautiful Riviera Maya. Prepare meals in our fully equipped kitchens to dine on the terrace or order in room service every night! Bedrooms are fully furnished with all the amenities.

Rent DVDs, books or board games for free and change money any time of day. Reception is open 24 hours. Did a little too much partying the night before? Have a professional masseuse visit your room for a relaxing couples massage.

## **Aventura Mexicana**

Just two blocks away from the beach, on a private road sits Aventura Mexicana. Amble through our beautifully-kept grounds, take a dip in the pool, enjoy a sunset dinner on the balcony or just relax by the TV in your comfortably air-conditioned room. When you've returned from a day of fun in the sun, relax and unwind at the Mayan Bistro Restaurant and Bar where Italian chef Marco Maffezzoni prepares meals fresh and serves them with drinks of your choice.

## **Casa del Mar Playa del Carmen**

Looking for an intimate, romantic getaway? Then Casa del Mar Playa del Carmen is for you. The hotel is a bed and breakfast style with only 18 rooms so you can expect quiet, comfort and personal attention. Enjoy ambient music on the beautiful sundeck with a panoramic view of 5<sup>th</sup> Avenue and take a swim in the central pool. Want to take a moonlit walk on the beach? World-famous Mamitas is just 3 blocks away.

## **Aldea Thai Luxury Condo Hotel**

Discerning couples looking for luxury need look no further than Aldea Thai Luxury Condo Hotel. Just steps away from world-famous Mamitas Beach, Aldea has everything newlyweds need and more. Whether you choose a junior, luxury, master or penthouse suite, you'll prepare meals in a modern kitchenette, relax on a spacious private terrace and cuddle up in bed to watch a plasma TV with over 70 channels. No need to worry about valuables here. Entrust your belongings to our safety deposit box and step out with confidence.

## **Hotel La Tortuga**

Newlyweds seeking tranquilly will find it at Hotel La Tortuga. Each of its versatile 51 rooms has its own personality and charm. Choose from a small room or a private suite. The friendly staff offers free breakfast from El Bistro each morning and 2 for 1 drink specials each night. Play pool, lounge in scattered hammocks, relax in the hot tub or visit the spa.

Adventurous couples will enjoy the swim-up rooms where they can take a refreshing plunge into the pool straight off the balcony! Choose a superior junior suite and get your own private Jacuzzi and pool!

## **Hotel LunaSol**

Honeymooners seeking intimacy and privacy in a quiet setting will choose Hotel LunaSol. This small, family-owned hotel has just 16 rooms and is a 5-minute walk from the beach and an 8-minute walk from bustling 5<sup>th</sup> avenue. Stroll through picturesque gardens, get cozy in the Jacuzzi or enjoy a cooling dip in the pool. Rooms are air-conditioned, bathrooms are private and safe boxes are available to store valuables.

## **Hacienda Tres Rios Resort**

Earth-friendly couples will love the Hacienda Tres Rios Resort where the motto is, "Endless Luxury in Harmony with Nature". This luxurious, eco-friendly Cancun hotel is just 10km from Playa Del Carmen and has its own pristine nature park. Honeymooners choose the "Totally in Love" honeymoon package and receive breakfast in bed prepared by their Executive Chef. Take a dip in the in-room Jacuzzi filled with flower petals and aromatherapy oils and dine on a sumptuous Luna Maya dinner under the stars.

## **Getting Around**

One of the great things about Playa is its ease of getting around.

Taxis cost only \$5.00 to get to nearby Playacar and \$1.50 anywhere else.

You may also rent a car with National or Hertz or rent with a local agency at a discounted rate.

For the sporty couple, bike rental shops on the North end of infamous 5<sup>th</sup> Avenue offer another fun way to get around.

Playa is a pedestrian-friendly town so newlyweds on foot can walk just about anywhere. You can't get lost either! The layout of downtown Playa is a rectangular grid so finding your way around is easy.

Want to check out the ecological park or aquarium? The bus will take you there for just \$4 American. The best part? You can get to nearby Cancun for the exact same friendly rate!

An alternative to taking the bus is the 'colectivo' van, which picks up and drops off all along highway 307 for \$3.

## **What to See and Do in Playa**

A honeymoon visit in Playa del Carmen will never be boring. There is so much to see and do, you'll want to book an extra week just to take it all in!

Let's look at just a few:

### *Xcaret*

Visit Xcaret ecological park and be transported to another place and time. Couples needn't be professional divers to explore Xcaret's mysterious underground rivers. You'll just need a life vest and a sense of adventure. Only 5 feet deep, these pristine rivers offer a place to stop and relax under the sun's warm rays.

Don't want to get wet? Experience a romantic raft ride down Paradise River. Take in a little ancient history and culture by visiting the Mayan Archeological sites and surround yourself with beauty and innocence by walking hand-in-hand in the dreamlike butterfly pavilion.

Wine enthusiasts will enjoy a visit to the vino de Mexico wine cellar before taking a lazy stroll through the orchid greenhouse.

Get even closer to nature by taking a tour through the Tropical Jungle Trail and visiting Jaguar Island.

Before you leave, don't forget to pick up a souvenir at the House of Whispers.

### *Xel-Ha – Natural Aquarium*

A visit to Xel-Ha is bound to bring you two closer to each other. Take the time to explore Chacah's fabled garden, relax on Hammock Island and enjoy a day at the spa where rowboats whisk you off to secluded platforms for aromatherapy massages and relaxation.

Swim with dolphins, cliff-dive and explore the crystalline waters of the Mayan cave and finish your day by taking a romantic stroll through the Path of Consciousness.

Bring sturdy shoes and a dry change of clothes, buffet restaurant and free drinks are part of the entrance fee as well as snorkel equipment and rafts.

#### *Aviario Xaman-Ha – Aviary*

Visit this beautiful aviary and explore different species of birds, butterflies, iguanas, turtles and small mammals.

#### *Aventuras Mayas*

The thrill-seeking couple will enjoy zip lining, rappelling, snorkeling and exploring the ancient archeological site of Tulum.

### **Shopping**

Honeymooners looking to shop will enjoy Quinta Avenida, famous 5<sup>th</sup> Avenue. This pedestrian-only area boasts beautiful cobblestone walkways, shops, boutiques, bars and restaurants. Pick up unique Mexican handicrafts, dine at an outdoor bistro, smoke your first Cuban cigar or club and bar hop all night long.

In Playa, Quinta Avenida is the place to be!

There are also two large shopping centers on the outskirts of town – Centro Maya and Plaza Las Americas. Both have large supermarkets and multiplex cinemas.

For traditionalists, there's also a Wal-Mart and a Sam's Club.

### **Sinkholes for Swimming**

You've never experienced water clarity until you've visited one of Playa's beautiful freshwater sinkholes. Swim, snorkel, dive and explore breath-taking cavernous waterways for a unique and unforgettable adventure.

### **Beaches**

The word 'playa' means beach and there are plenty of magnificent sandy beaches to go around. Imagine renting a private bed or lounge and enjoying cocktails by sunset while ambient music plays in the distance.

Picture you and your new spouse dining at the trendiest restaurant and dancing the night away with nothing but the sand under your bare feet.

## **Nightlife**

Looking for more nightlife? Playa's got it! Though most shops and restaurants close at 10pm, that's when the clubs open up and some of the best are located right on the beach.

Marvel at the spectacular nightly fire show at the Blue Parrot or sip cocktails under the stars on one of Deseo's rooftop beds. If you're feeling a bit hungry, the Dirty Martini Lounge serves pizza with drinks and offers an intimate, relaxing atmosphere.

Couples who really like to party will want to check out Playacrawl. They offer pub/bar tours for couples or groups who want to crawl a few pubs and party scenes for an all-you-can-drink wild night.

## **Restaurants**

There are over 75 restaurants in Playa so couples are bound to find something to fit their taste.

Some of the highlights:

### **Ah Cacao Chocolate Café**

This chocolate-themed coffee shop is a chocolate-lovers paradise that's famous for its brownies.

### **El Asador de Manolo**

Meat-lovers, come hungry. The best steaks in Playa are served by this friendly crew in a relaxed atmosphere.

### **Ileana's Il Pescadore**

Italian food enthusiasts will enjoy the home-made pasta and calamari at this family-owned restaurant.



### **Cockteleria Veracruz**

Seafood aficionados will enjoy a friendly, inexpensive seafood restaurant that specializes in seafood cocktails

### **Yogo Chango Yogurt Bar**

Here you'll enjoy yogurt smoothies, frozen yogurt, milkshakes, espressos and frappuccinos. Need to update your Facebook page? Internet is free and laptops are provided!

### **Street Food**

If you want real, authentic Mexican cuisine, take it to the streets. Street vendors offer a wide variety of seafood tacos, carnitas, pollo, chorizo and stuffed poblano tacos. Arrive mid-morning before lunch to get the freshest food.

### **Las Helodias**

Couples who want to experience something fun and unique should visit Las Helodias for funky-tasting beer concoctions ranging from spicy salsa to chopped mango beer.

Whether you've just gotten married or are enjoying your second honeymoon, a visit to Playa del Carmen offers a fun, romantic time you'll never forget!

## **The Easy Way to Earn Money Online Writing a Blog**

*Get Started Writing a Blog, Learn What SEO is and How to Earn BIG!*

If you're looking for a [genuine work-from-home online job](#), there are plenty of ways to find legitimate work and earn real money. You just have to know where to look. One of the easiest ways to earn money online is by writing a blog. This guide will take you step-by-step through the process of turning your passion for writing into a money-making career!

### **What Are You Passionate About?**

The first step to earn money writing a blog is to discover what you're truly passionate about and build your blog around it. When you write about what you love, it shows! Take out a piece of paper and a pen right now and write a list of ten things you absolutely love. Don't censor yourself. Just write.

Okay, so what did you come up with? Is stamp collecting your thing? Do you consume everything horror from movies to books to comics? Are you an avid shutterbug or natural health advocate? Great! Now, you've got a place to start.

Now, cross out half of the items you think you can live without. You're down to five. Take those five and order them according to importance.

The number one or two topic on your list will most likely be the topic you choose to write about. Or, you may choose to combine a couple to make your blog more versatile. Once you've got your topic (or topics) picked out, you're ready for the next step.

### **Choosing a Domain Name for Your Blog**

Choosing a name for your blog is very important. Though easy, the name "Joe's Blog" won't attract many visitors. Be creative. What's your blog about? What are you offering? Think carefully about that before choosing a name. It will be the first thing people see when they come to your site.

Surf around and look at blogs whose topics are similar to yours. You'll get a better understanding of what readers are looking for and what types of names draw them in.

## **Finding Your Platform**

Your platform is the place online where your blog will be stored. Though there are plenty of free blogging websites out there, if you want to make money writing a blog, you will have to pay to host your blog. Free websites do not allow you to do any advertising and if you try, you'll be banned.

The good news? Hosting a blog is not expensive. Hosting a WordPress Blog on GoDaddy, for example, costs only 4-7 dollars per month.

## **Writing Content That Converts**

In the blogging world, content is king. You don't have to be the next Stephen King or Stephanie Meyer but you do have to understand how to write compelling copy and draw reader interest in order to earn money writing a blog.

Think of a time you've just been surfing the Internet and been sucked into an article, blog, or website that had you signing up or whipping out your credit card faster than you knew what you were doing. Wouldn't you love to have that kind of response from your own readers?

You can!

You just need to know a little bit about two basic elements: Search engine optimization and what makes the reader 'tick'.

## **What is Search Engine Optimization?**

Search engine optimization or SEO is a natural, organic way to [increase traffic to your blog](#) through the use of relevant keywords strategically placed throughout your content.

Don't worry, this isn't as complicated as it sounds. You use keywords everyday each time you type something into a search engine. It's what helps you find the website, blog, article or product you're looking for.

## **The Key to Keywords**

What you need to do is figure out what your readers are looking for and pepper your content with those keywords. For example, let's say you have a blog about cooking and you've written a recipe for homemade chicken noodle soup. Your keyword is: "recipe for homemade chicken noodle soup". Let's say your soup is low sodium. Your keyword would be: "recipe for homemade, low-sodium chicken noodle soup".

Search engines like specific. Programs called 'spiders' "crawl" the content of your blog and match your content with the information people are searching for and direct them to the website that seems most relevant to their search.

In order to get the most out of search engine optimization, include keywords in the following locations:

- In the Page Title
- In the Page URL
- In the First Couple of Sentences of the Content
- Between 4-6 Times Throughout the Content

## **Tugging at Heartstrings**

In order to successfully earn money writing a blog, you can't just appeal to search engines, you have to appeal to your readers. Here are some tips to tug at their heartstrings and get them to loosen their purse or wallet strings:

- **Open With a Question** – Asking questions engages the reader and makes them feel more involved. It also gets them thinking and keeps them interested.
- **Share a Relevant Quote or Anecdote** – This gives your content a personal feel and a sense of familiarity that puts the reader at ease.
- **Spark Imagination** – Use words such as “picture this” or “remember when” to get your audience thinking in pictures. It sustains interest and if they can *picture themselves* doing what you’re asking, you’ve got a prospective buyer!
- **Say Something Shocking** – You don’t have to be Howard Stern or Charlie Sheen to get attention but sometimes, you have to push the envelope a little. Even if it’s not your own rant, cite a shocking statistic or quote a provocative headline that motivates response. Shocking sells. If something on your blog creates a powerful enough emotion, it will “go viral” with people sharing and tweeting your web URL over the web. Free publicity is good!

## **Making Money**

Now that you know how to draw visitors and keep them interested, you have to know what to sell to make money. Now, if you already have a product or service in mind to sell, you’re all set. If not, you’ll be [earning money from your blog](#) through something called affiliate marketing.

Being an affiliate marketer means you will promote other people’s products on your blog. When a visitor clicks on that advertisement or link and buys from that seller, you will get a cut of the profit, called a commission.

Here are a few websites to look into:

*Google AdSense*

AdSense is an application run by Google that allows you to place Google's ads on your blog that will earn a commission through pay-per-click advertising. It's easy to set up and tailor the ads to meet your specific audience and can be added to any part of your blog.

### *Commission Junction*

Commission Junction is an online advertising company that allows you to choose from thousands of popular online retail outlets to display and advertise on your blog for a commission. Simply sign up, fill out some tax information and search for advertisements relevant to your blog traffic and pepper them throughout your blog posts and on your sidebars.

### *ClickBank*

ClickBank is the leading retailer of digital information and products. When you sign up, you will be able to browse a wide variety of digital information and products that are relevant to your audience and display them on your site for a commission.

### *E-Junkie*

E-Junkie is another digital information retailer similar to ClickBank. The payout is more one on one, with the commission coming directly from the seller instead of the retailer. Unlike ClickBank, commission payout is faster because there is no waiting period for a certain amount of products to sell.

Remember, don't go overboard with ads. A few on the sidebar and a few ones relevant to the content in your blog is fine. You don't want so many ads your blog freezes mid-load or gets in the way of your actual content. Keep less-than-appealing websites you've visited in mind when designing your blog and placing ads.

If a disembodied voice coming from an advertisement embedded somewhere in the page you can't find to turn off makes you run for the hills, it will probably do the same to your visitors. Be objective. Don't ever fall so in love with your own creation that you forget the end user. They are your source of income, after all. You need them.

This overview of the easy way to [earn money online writing a blog](#) should help you get started. The best advice is to do as much research as you can. Sign up for newsletters on blogging, view SEO tutorials on You Tube, pick up a book on affiliate marketing. If you're really serious about earning the bulk of your income through writing a blog, it's important to combine the right tools and information with your natural enthusiasm.

Good luck and happy blogging!

## **Hampton Arts Archival Framing**

Hampton Photo Arts provides archival framing. Archival framing, sometimes called 'museum' framing, is ideal for those photos & prints you wish to keep as collectibles or heirlooms.

### **What's The Difference Between Archival Framing & Ordinary Framing?**

Unlike ordinary photo framing, archival framing is designed to last a lifetime. The secret to keeping your photos and prints looking brand new for decades is in our 100% rag, acid-free mats and backing. Here at Hampton Photo Arts, we use Peterboro Conservation mats, which meet or exceed The Library of Congress and Fine Art Trade Guild standards for chemical composition. Wood frames can cause chemical damage so for archival framing, Hampton Photo Arts offers a wide variety of custom metal frames to suit your individual needs.

### **What Other Benefits Does Archival Framing Offer?**

In order to prevent your photos and prints from mold, mildew and fading, it is important to cover them with conservation quality glass or acrylic. Hampton Photo Arts offers both options and there are pros & cons to each. Conservation glass is less expensive and scratch resistant but it is heavy and susceptible to breakage. Conservation acrylic is more expensive but very lightweight and durable. When considering your options, Hampton Photo Arts recommends you keep the following points in mind:

- Where will the artwork be displayed?
- Will the artwork need to be moved often?
  - Will the artwork need to be shipped?
- Is the artwork to be displayed large or small?
  - Is the artwork replaceable?
  - Who will be cleaning the artwork?

Whichever Hampton Photo Arts glazing you choose, when your prints are framed and mounted, you will be able to proudly display them in any room and or office without fear of fading or damage.

### **What Items Benefit Most From Archival Framing?**

Archival framing is designed to preserve antique maps & documents, vintage concert posters, heirloom photos and unique artwork that



cannot be easily replaced. Whether you have a piece you want to display over your mantelpiece for a lifetime or a nostalgic one-of-a-kind concert poster you'd like to grow in value, Hampton Photo Arts can assist you in making your best archival framing choice.

## How Do I Care For My Framed Archival Print?

It is important to display or store your archival print in a temperature-stable environment around 70 degrees Fahrenheit with no more than 50% humidity. Hampton Photo Arts recommends you not display your archival artwork on a damp or recently plastered wall or over a working fireplace. Though the UV glass or acrylic you choose will prevent fading, it is best not to display your artwork in place that receives an excessive amount of sunlight. When cleaning your archival print, remove the artwork from the wall whenever possible. To clean the glass or acrylic glazing, spray a non-abrasive cleaner onto a soft, lint-free cloth rather than on the glazing itself. It is also best to clean the glazing in a horizontal position to keep any moisture from seeping into the print. **Note:** Never use glass cleaner on acrylic. Hampton Photo Arts also recommends you have your frames evaluated every five to seven years to ensure continuing protection of your valuable collectibles.

Hampton Photo Arts ensures quality & expertise in our work and we guarantee the very best for any of your framing needs.

## **The Smile**

Nicole flew down the long hallway, high heels clicking against linoleum.

"Wait!" She called, waving her free hand. "Wait! Hold the elevator!"

Too late. The doors slid shut.

*Damn!*

Stopping to catch her breath, she glanced around. The staircase to her right was out. She'd never make it to the 35<sup>th</sup> floor on time *or alive* for her interview.

Had she parked in front, she'd have had four elevators to choose from instead of one but her GPS had stopped being helpful once she'd arrived in the Rhode Island-sized parking lot. After circling twice, she'd parked in the first open space she saw.

She prayed for a sign and looked up. There it was.

*Service Elevator.*

Smiling, she dashed toward it and pressed the button. The doors opened. She stepped in and hit number 35.

As the elevator ascended, Nicole closed her eyes and took a deep breath. The thirty-three year old was not usually nervous before an interview. Her confidence and impressive resume won her positions

quickly. But the economy was different now. Jobs were scarce. She'd been laid off for six months and her husband Lance's hours at the construction company had been cut to less than part time. They'd exhausted their savings and with two children under five to support, she needed this job.

A glance at her watch told her she'd arrive with five minutes to spare. She ran her fingers through her short dark hair and watched the numbers go up.

*10. 11. 12.*

She cleared her throat and straightened her bright silk scarf.

*13. 14. 15.*

She rolled her shoulders, moving her head from left to right to loosen the tension.

Her eyes popped wide.

She'd never noticed her companion.

Nicole took in a pale, almost unearthly face peering out from poker straight blonde hair. Two bright, cobalt blue eyes stared out over round, porcelain cheeks. The lips, nearly blue they were so white, stretched out in a wide, maniacal grin.

Swallowing, she took a step back. "Hi..."

No response.

Slightly louder, Nicole continued. "...there. I'm Nicole. What's your name?"

The girl continued to stare unblinking. The smile didn't waver.

Nicole noted a white T-shirt, blue pants and an oversized brown sweater and assessed with relief that the small hands that protruded from the sleeves bore no weapon.

*Okay. Calm down. This is Manhattan. She's probably strung out on drugs or something. Just hit another button and get off.*

"Okay well, I'm just going to take the stairs the rest of the way."

Keeping her eyes on the girl, she reached toward the panel, tense to react to any sudden movement.

Glancing up, she jabbed the button for the 24<sup>th</sup> floor just as number 23 lit up.

A loud buzz ripped from the wall speaker and Nicole screamed, dropping her briefcase to jam her hands over her ears. The small metal chamber lurched and shuddered, sending Nicole toppling backward in her 3-inch heels. Reaching out, she grabbed the rail and slid to the floor as the gears continued to scream, grinding the elevator to a halt. The overhead lights flickered once and went out. The alarm stopped. Nicole's heart pounded in her ringing ears.

"Hello?" Nicole whispered into the vacuum of silence. "A...are you alright over there?"

No response.

As her hand swept along the tile, trying to locate her briefcase and cell phone, her fingers slid on something gelatinous and sticky.

She swallowed the urge to gag. *Spit? Worse?* She didn't want to know.

"Hello?" Nicole called. "Are you okay?"

Silence.

To her right, Nicole felt the handle of her briefcase. The sound of leather against linoleum echoed off the walls as she pulled it toward her.

*Cell phone. Cell phone. Come on.*

Relief flooded through her as her fingers closed around the familiar case of her Blackberry. Ripping it free, she pressed a button and the screen came to life, casting an eerie, blue glow inside the four walls.

When she swept the light to the other side of the elevator, the acid that had been churning in her stomach hardened to stone.

The girl hadn't moved an inch and she was still smiling.

Flattening herself against the wall, she concentrated on forcing her trembling fingers to work.

*Address book. Contacts. Lance. Press button.*

The call connected.

*Please pick up. Please pick up.*

The call disconnected.

“No!”

She pressed ‘call’ again. Again it dialed. Again it disconnected. Her signal strength showed no bars.

Ignoring a sudden wave of dizziness, she swept the light around once more. It glinted off a glass panel containing a red emergency phone. Nicole lunged for it, yanking open the door and pressing the receiver to her ear. “Hello? Can anybody hear me? I’m...” she glanced behind her... “we’re trapped in the service elevator somewhere between the 23<sup>rd</sup> and 24<sup>th</sup> floor. I think the power has gone out. Please help.”

A crackle of static responded to her pleas.

“Hello?”

More static.

Nicole slammed the phone back in its cradle and slunk to the back of the compartment.

The girl's eyes followed.

"Who are you? Why don't you answer me?"

The girl remained silent, not even breath seemed to escape through the glittering smile.

As her hands balled into fists, she felt the urge to break those perfect teeth against her knuckles. She stood and advanced on the girl. "What are you staring at!? What is your problem!?"

Nicole's shrieks bounced off the enclosed space and landed harmless on the other passenger. She didn't even flinch.

Nicole's heart threatened to beat its way out of her chest. "Can't you understand me!?"

The girl cocked her head.

Tasting the stale air she sucked into her lungs, Nicole forced herself to calm down. Lowering her voice, she measured each word carefully.

"We. Are. Trapped. In. An. Elevator."

The girl's smiled faltered.

A lump formed in Nicole's throat. Her next words came in a whisper.

"Do you understand?"

Her companion lowered her head.



Softening, Nicole placed a hand on the girl's forearm. "We have to get out of here. Please tell me you understand that."

The girl's head jerked upward. "We have to get out of here. Please tell me you understand that."

Nicole screamed, staggering backward. Bone and metal clanged together as her spine struck against the railing.

The voice the girl had spoken in had been Nicole's.

"How....how did you do that?"

"How....how did you do that?" Came the echoed reply.

"That's not funny."

"That's not funny."

"Stop it!"

"Stop it!"

Clamping a now slick and cold hand over her mouth, Nicole turned toward the black wall. Working in silence, she concentrated solely on trying to contact the outside world by text, email and phone call but her cell would not cooperate.

She had the red telephone pressed to her ear once more when her cell phone beeped and buzzed against her hip. A glance at the LCD screen made the blood freeze in her veins.

'Low Battery'

Tears pricked the corners of her eyes. "No. No....no please."

"No. No....no please."

She sobbed as the phone beeped once more before the cell phone died, plunging them into darkness.

"No!!!!" The scream ripped from her throat.

"No!!!!" The girl echoed.

Nicole beat her fists against the metal doors. "Help! Somebody help me! I'm trapped in here with a lunatic! Help me!! Help!!!"

Nicole's every scream echoed back on the voice of her companion.

After a few minutes or perhaps days, her voice went hoarse.

Her body, limp with fear and exhaustion, sagged and slid to the floor.

She clamped her arms around her knees, fighting to keep her bones from shaking out of her skin. Not bothering to push away the strands of sweat-soaked hair from her forehead, she lay down and did something she hadn't since Sunday school twenty years before; she recited The Lord's Prayer.

After the fifth repetition, her companion's perfect echo became a strange kind of comfort.

Taking as deep a breath as she could, she sank gratefully beneath the blanket of warm, damp air. Her muscles relaxed. Her breathing slowed.

As she fell into unconsciousness, the corners of her mouth twitched.

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"Alright, it's back online!" Ted shouted, clapping his co-worker on the shoulder.

Dr. Theodore Robbins raised an eyebrow. "We need to get her out of there immediately."

The elevator dinged as it hit the floor of the basement.

"I'm sure everything is fine, Doc," Ted said. "The power was out less than an hour."

"Why are the doors not opening?" The doctor asked, stepping forward.

"Can you pry them open?"

Ted hit the 'up' button and the doors slid apart with a hiss.

There she was, Doc's million-dollar baby, perfect and intact. She was still standing upright in the position he'd loaded her in; head down with platinum blonde hair falling to either side of expertly sculpted features. Ted knew the jolt of the sudden stop would have had no effect the robot. She was much too heavy.

He smirked. "See? No harm done."

Dr. Robbins went to the life-like girl and grasped both her shoulders in his slender hands. He acted as though this was his child who'd been through a frightening ordeal instead of an expensive prototype being transported down the service elevator to avoid attracting attention. A soft murmur caught Ted's attention. He turned and gasped. "Doctor, there's a girl in here!"

Dr. Robbins turned, eyes narrowing behind his bifocals. "My God. She was trapped in here with Gabby."

"My God, she was trapped in here with Gabby."

Ted's heart leapt. Pulling off his hard hat, he slapped it over his chest and made a sign of the cross.

The doctor seemed unmoved by the robot girl's perfect imitation of his voice. "She's still in 'mimic' mode. I thought I switched that off."

Ted took in the state of the human girl. It wasn't just the glassy eyes or how helpless the grown woman looked curled up like a child that remained with him long after the ambulance came to cart her away.

*It was the smile. He would never forget the smile.*