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For Teachers Only

On a Personal Note

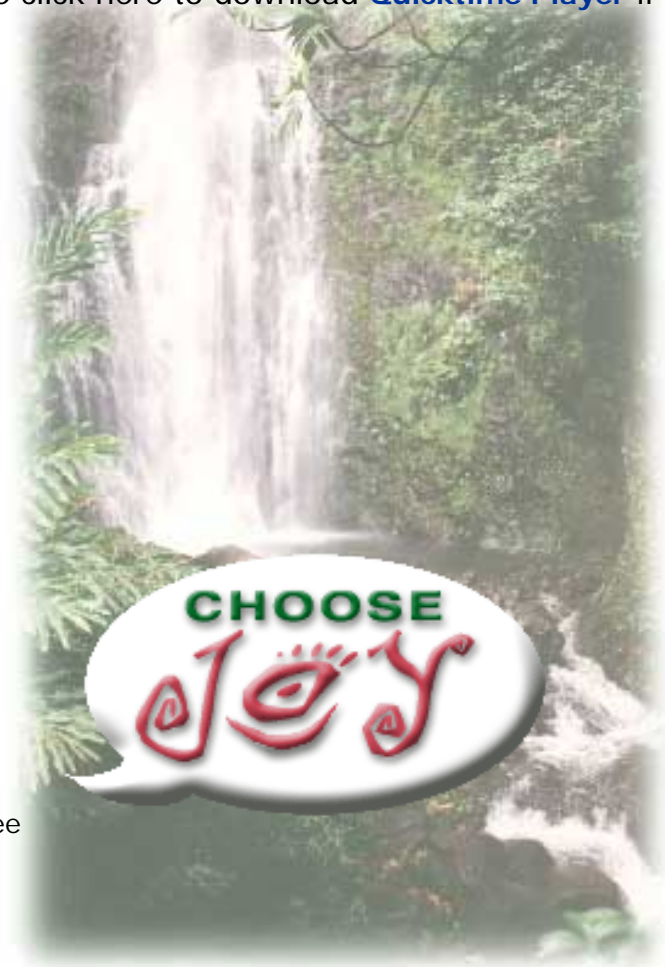
GIVING
to yourself and others

Spa.Calm

The best cure for worry, depression, melancholy, & brooding is to go deliberately forth and try to lift with one's sympathy the gloom of someone else.

-Arnold Bennett, playwright

- [Take the STRESS Out of Parenting and Discipline](#) at Home Discipline Help! Step-by-Step How-to Guide for Dealing with over 117 Problems
- [Love and Logic - Stress Free Parenting](#) (Order the free catalog.)
- [Teens and Stress](#)
- [Kids and Stress](#)
- [Healthy Families: KidsHealth.org](#)
- [The American Institute of Stress](#)
- [How Stressed Are You?](#)
- [154 Item Stress Assessment Test](#)
- [America's 100 Funniest Movies](#)
- [Keep an Online Journal at Oprah.com](#)
- [Use "The Rejuvenator" Tool](#)
- [Get Organized at School](#)
- [Clean, Stress-Relieving Laughs](#)
- [Personality and IQ Tests](#)
- [Get Away From It All-Travel](#)



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TimeSavors

Guard well your spare moments. They are like uncut diamonds.

-Ralph Waldo Emerson



- [eHow](#): How To Do Just About Everything
- [OnlineTools by Better Homes and Gardens](#): Virtual Design-a-Closet, Arrange-a-Room, Color a Room, Color Your House
- [Gift-Giving Ideas: Tons of them organized into FUN categories](#)
- [Quick Meals for Tired Teachers](#)
- [Meal Suggestions for What's in Your Fridge](#)
- [Send an e-Greeting](#)
- [FamilyFun.com's Birthday Party Planner](#)
- [Measure for Measure](#)
Conversion Calculators for practically every situation, from converting metric measurements and measuring stress or sleep deprivation to calculating the # of wallpaper rolls you should buy.
- [Printable Checklists, by printablechecklists.com!](#)
- [Picky Eaters at MomAdvice.com](#)
- [Free, Beautiful eGreeting Cards, by Hallmark](#)
- [Dillon School District Two](#) (Clip Art, Sounds, Forms, Templates, Games, Puzzles, Worksheets)
- [Life Organizers](#) (Time, Home, Office, Family, Finances, Clutter, Moving, Wellness)

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Your Health

"Live each day to the fullest. Get the most from each hour, day and age of your life. Then you can look forward with confidence, and back without regrets. Be yourself-but be your best self. Dare to be different and to follow your own star." -S.H. Payer

- [WebMD Symptom Checker](#)
- [Health Tools](#)
- [Search for Calories and Nutrients in Fast Foods](#)
- [The Living to 100 Life Expectancy Calculator](#)©
- [Calorie Control](#)
- [Health, A to Z](#)
- [Cyber-Dieting](#)
- [WRAL.com - Health & Lifestyle](#)
- [Quit Smoking](#)
- [Men's Health](#)
- [Moms and Kids Health Site](#)
- [Health For Kids](#)
- [Teen Health](#)
- [Weight Watchers](#)
- [Weight Loss - Calories Count](#)
- [Weight Loss - eDiets](#)
- [Personalized Weight Management](#)
- [Fitness Classes](#)
- [Strength Training with Ace Fitness](#) (illustrated workouts)
- [Mayo Clinic Fitness](#)
- [Family Fitness](#)

Looking Your Best

It is the loving, not the loved, woman who feels lovable.

-Jessamyn West, poet & novelist

- [Fashion Mall](#)
- [Makeover Studio, by Clairol](#) (Try on different hairstyles!)
- [WRAL.com - Lifestyles](#)
- [Oprah.com, Mind and Body](#)
- [Black Cosmetics.com](#)
- [My Virtual Model](#)
- [Hollywood Hair Makeover, by InStyle](#) (A Virtual Model Experience)

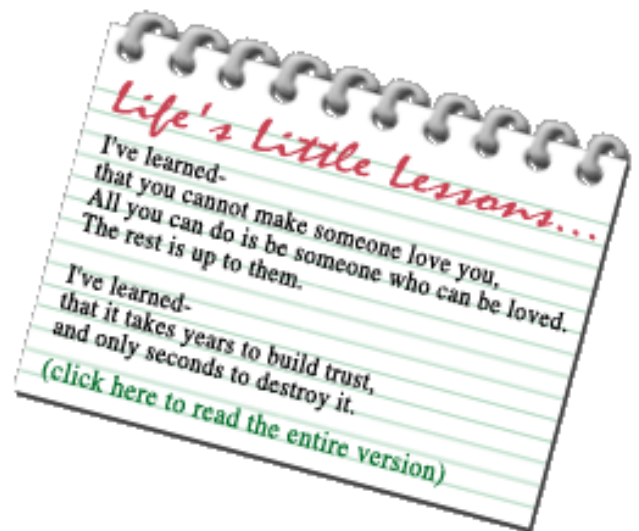
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Home & Family

Apology is an act of giving that can be as powerful and transforming as forgiveness.

-Robert Karen, PH.D, *The Forgiving Self*

- [OnlineTools by Better Homes and Gardens:](#)
Virtual Design-a-Closet, Arrange-a-Room, Color a Room, Color Your House
- [Decorating Ideas for the Home](#)
- [Gateway to Home Building and Remodeling Magazines](#)
- [How To Do Just About Anything at eHow](#)
- [Parent Center](#)
- [Just for Dads-Fatherhood](#)
- [Baby Names](#)
- [All in the Family](#)
- [Family Reunion Planning Place](#)
- [Wedding Planner](#)
- [WRAL.com - House and Home](#)
- [Create Your Own Family Web Site](#)
- [Family.com's Birthday Party Planner](#)
- [Immunization Schedule Checklist](#)
- [Protect Yourself and Your PC](#)



Food & Recipes

I define comfort as self-acceptance. When we finally learn that self-care begins and ends with ourselves, we no longer demand sustenance and happiness from others.

-Jennnifer Louden, author

- [Quick Meals for Tired Teachers](#)
- [Secret Recipes from Famous Places](#)
- [Cooking Light](#)
- [Epicurious](#)
- [The Gourmet Spot](#)
- [Food Network](#)
- [WRAL 5 on Your Side - Restaurant Ratings](#)

Shop-a-holics

I like my money right where I can see it: hanging in my closet. -Carrie (from Sex and the City)

- [Shopping Culture: the largest malls & outlets in America](#)
- [How to Say No to Impulse Buys](#)
- [About to Make a BIG Purchase?](#)
 1. Go to or subscribe to [Consumer Reports](#) and find the highest quality brand/product.
 2. Go to [Google's Product Search](#) and find the best price for it.
- [Best Online Shopping Search Engines:](#)
 - [MySimon.com](#), the winner of "Forbes Favorite" and "Best Internet Shopping Service" Eppy awards, is a prime Net shopping engine.
 - [Yahoo Shopping](#). Yahoo's shopping page is simply laid out and easy to use. A nice feature is the "Top Searches" on the top of the page.
 - [Amazon.com](#). With millions of offerings to choose from, Amazon has evolved from a small bookstore to a mammoth Internet presence.
 - [Overstock.com](#). Ever wondered what stores do with the stuff they over-order? Well, check Overstock.com and find out.
 - [Shopping.com](#). Shopping.com is the merged result of Epinions.com and Dealtime.com. They do a good job of making their site simple and easy to use.
 - [Pricerunner.com](#). Pricerunner is Europe's leading comparison shopping site. You can search by product or by product number/model name.

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Money, Business & Consumer Info

**When you are faced with a decision,
Make that decision as wisely as possible -
Then forget it.**

The moment of absolute certainty never arrives. (-Unknown)

- [Lower Your Bills](#)
- [How to Use Your Money Wisely](#)
- [All Kinds of Personal Financial Information](#)
(mortgage, equity loan, credit card, rates of all kinds, etc.)
- [Mortgage Prepayment Calculator](#)
- [Consumer Reports Online](#)
- [Buying or Selling a Car? Kelly Blue Book](#)
- [Buying and Selling USED Cars](#)
- [Auto Lease or Purchase?](#)
- [How to Buy a Computer](#)
- [So You Wanna Buy a Laptop?](#)
- [Better Business Bureau](#)
- [Business News Sites](#)
- [Insurance Guide](#)
- [Learn to Beat the Stock Market](#)
- [Get Real-Time Stock Quotes](#)
- [For Serious Investors](#)
- [Investment Information](#)
- [Taxes](#)
- [Freebies \(Cosmetics, Magazines, Software, Health Products\)](#)
- [WRAL 5 on Your Side - Restaurant Ratings](#)
- [Find the Cheapest Gas in Town!!](#)
 - [Automotive.com](#)
 - [Gas Price Watch](#)
 - [Gas Buddy](#)

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GREAT ESCAPES
for the body & mind

Travel

The time to relax is when you don't have time for it.

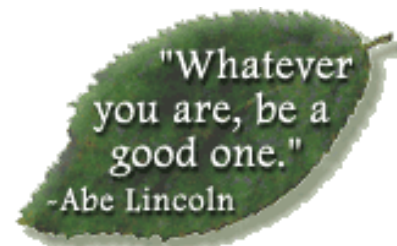
-Sydney J. Harris

- [AAA Carolinas Travel](#)
- [Travelocity Best Fare Finder and More!](#)
- [Expedia](#)
- [Priceline-Name YOUR Own Price for Airline Tickets, Hotels, etc.](#)
- [Lowest Fare](#)
- [Best Places to Live, Work, Play or Retire](#)
- [Find YOur Best Place](#)
- [Do a City Search](#)
- [Do a Park Search](#)
- [Vacationing with Kids](#)
- [Pet-Friendly Destinations](#)
- [Disney Travel](#)
- [Family Travel Deals](#)
- [Bed and Breakfast Locations](#)
- [MapQuest](#)
- [LastMinuteTravel.com](#): Check out the Top 10 Deals, updated weekly

Books

When I only begin to read, I forget I'm on this world. It lifts me on wings with high thoughts.

-Anzia Yezierska, novelist



- [Book Browser \(from Barnes & Noble\)](#)
- [Book Reviews \(New York Times\)](#)
- [Online Bookstores](#)
- [Children's Book Council](#)
- [Save Money on Textbooks](#)

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The Morning Paper

**The past is behind; learn from it. The future is ahead; prepare for it.
The present is here; live it!**

-Thomas S. Monson

- [Personalize Exite to Deliver the News You Want](#)
- [The Total News Package](#)
- [North Carolina \(and Other States\) Newspapers](#)
- [CNN](#)
- [The PaperBoy](#)
- [The New York Times](#)

Sports, Hobbies & Games

Our greatest glory is not in never falling but in rising every time we fall.

-Confucius

- [CNN and Sports Illustrated](#)
- [SIRC - A World of Sport Information](#)
- [All About Sports](#)
- [ESPN](#)
- [CBS Sportsline Golf](#)
- [NC Cultural Resources](#)
- [Ticketmaster](#)
- [Photography for the Novice and Seasoned Shutterbug](#)
- [Green Thumbs](#)
- [SoYouWanna? Learn To Do or Play Anything Here!](#)
- [Learn to Dance with Step Charts at Dance TV](#)

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Movies

All the world's a stage, which character are you?

- [The ALL Movie Guide](#)
- [Movie Reviews](#)
- [The Greatest Films](#)
- [TV Guide Online](#)

Music

**"Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching." (-Unknown)**

- [Download Music with Spinner](#)
- [Learn About and Find New Music at Rhapsody.com](#)
- [Fun with *RealAudio*](#)
- [Surfin' Margaritaville](#)
- [Download Music at MP3.com](#)
- [Free Sheet Music](#)
- [Free Play Music](#)

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