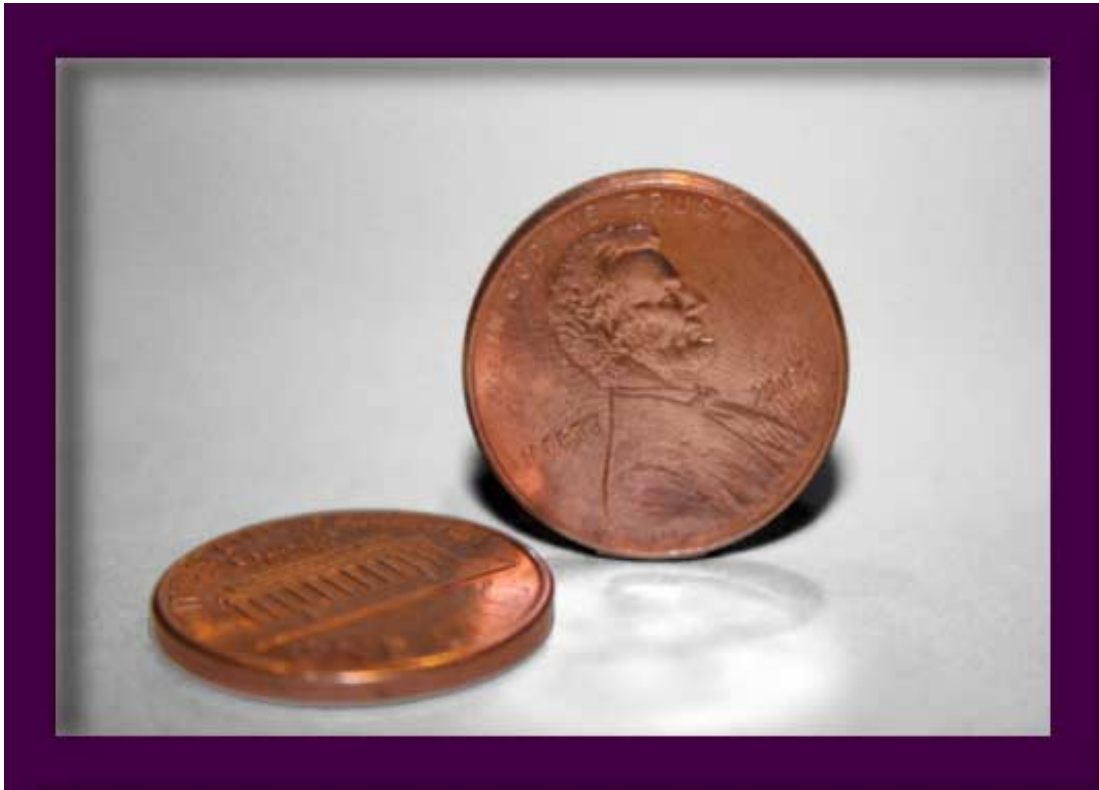


Felicia's 2 Cents



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A few words of inspiration and humor

by Felicia A. Williams



Published 2007

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INTRODUCTION

More often than not, we go through our day not registering many of our daily life's experiences. In our fast-paced society, so many of life's nuances go unnoticed. We drive to work not remembering anything special about our commute. We go to the drive thru, purchase our burgers and eat the entire meal barely tasting it. We are so preoccupied that we only notice the bag of chips when we absent mindedly put our hand in the bag for another mouthful to find the bag is empty.

My 2 Cents is all about slowing down and observing life's foibles. We can learn and also learn to find joy in life's littlest annoyances. My 2 Cents is all about relaxing just enough to be present in our lives to learn from and enjoy our daily journey.

This ebook contains a small sampling of opinions/experiences that have been taken from my Tidbits and Stuff website. The website itself has several sections, of which My 2 Cents is only one. The site is a compilation of a little bit of this and a little bit of that. It's a family website that caters to writers, moms, dads, children, cooks and even pets.

If you're an aspiring writer and would like to contribute to the site, or to this free ebook, please contact me (tidbitsandstuff@gmail.com). If you would like to access this ebook directly from the site, go to: www.tidbitsandstuff.com/my2cents.pdf.

This is the first of its kind and I'm keeping it short and to the point. The purpose of this ebook is to serve as a commercial; it's just a snippet of information. Let's face it, we all have too much to read already, why spend time reading more than you have to (or more than you want to).

I truly hope this ebook brightens your day to the point where you would like to share this with others. If it's not your cup of tea, just click your delete button.

Enjoy,

Felicia Williams

Felicia A. Williams



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IS IT HOT IN HERE OR IS IT JUST ME?

by [Felicia A. Williams](#)

Come along on this journey for a moment. Imagine this:



You're sitting in a business lunch meeting with a bunch of young chippies (definition of young chippie - anyone younger than you by more than 10 years). You keep yourself in shape and no one really knows how old you are. You're feeling real good about yourself. Your weight is down, you workout, yeah...lookin' good. Things are going fine and then all of a sudden, you notice your forearm is sticking to the napkin. Whew, did someone turn up

the heat?

You look up and scan the room, everyone else is buttoning up their sweaters and jackets complaining that the air conditioner is up too high. You, on the other hand, open the button to your business jacket only to display wet spots around the neck of your silk blouse.

Yikes! It is just you. You're having a hot flash! Oh no, please Lord, not now! You search in your jacket pocket for a tissue to inconspicuously dab at the beads of sweat that are forming on your brow. Uh oh, now you feel your legs sticking to the chair. Quick, you've got to excuse yourself and go to the ladies room.

Oh no, your skirt is stuck to the back of your legs. Hmm, how do you save face, do you back out of the room? Wait, an idea...you accidentally spill a glass of cold water all over your expensive skirt. Yeah, that's the ticket. Here it goes...oops. "Oh, please excuse me."



You scurry to the ladies room. You look in the mirror and are alarmed to see your face flushed, mascara running down your cheek and wet hair stuck to outline of your face. You know for a fact that the chippies are chuckling. Everyone at the table knew you had a hot flash and are sitting their guessing your age.

Okay, I was a little dramatic. Now back to reality.

I was shocked earlier in the week to start having the undesirable and somewhat embarrassing hot flashes. It surprised me because I try to take good care of myself. I knew that for a period of a few weeks, my diet had deteriorated. One excuse after another... a little white flour here, some sugar there, not drinking enough water for a few days and finally totally abandoning my juicing ritual. For me, this was the perfect recipe for bringing on hot flashes.



It took me a little while to equate the flashes to my taking a taxi cab down the wrong nutritional road. After three or four days of sweating through everything I owned, I said "No more". I stopped with the white flour, cut back on sugar, started drinking

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water and most of all, got back to juicing my veggies. (When I don't have time to juice, I drink [Green Vibrance](#)).

Once back on the right nutritional track, the flashes lessened. Within three or four days, they were reduced to an unpleasant memory

It is my belief that hot flashes are a function of what we eat. Do I have scientific proof? No, but I know what worked for me. If you are suffering from hot flashes, try cleaning up your diet. It just might save you from pouring cold water on your expensive skirt.

That's my two cents and I'm sticking with it.



EPHESIANS 4:29

by [Felicia A. Williams](#)

Are you familiar with the saying, "When you know better, you do better"? Well, for all of you who are not prepared to do better, click away now. I'm going to share something with you that you might not want to have to answer for later; so rather than read this article and not do better, leave now. For those of you with nowhere to go, [Visit Hudson Valley](#).

Now that I've emptied the room, here's my two cents for the day:



A Sunday or two ago, the Pastor at the church I've been attending challenged us to apply Ephesians 4:29 for one day. For those of you that are not familiar with Ephesians 4:29, it's a book, chapter and verse from the New Testament of the Bible. It goes like this "Let no corrupt words proceed from your mouth, but what is good for necessary edification, that it may impart grace to the hearers." (NKJ - which means New King James translation of the Bible)

In other words, if you don't have anything nice to say about someone ("...no corrupt words proceed from your mouth..."), be quiet. Additionally, not only should you be quiet if you have nothing nice to say, don't be a brown noser and go about unnecessarily flattering people ("...what is good and **necessary** for edification..."). To top it off, the necessary uplifting words that fall from your mouth will make the person listening feel good ("...impart grace to the hearers.").

I took the challenge of applying Ephesians 4:29 to my life for one day. Hmm, I don't think the Pastor meant for me to rather forcibly yell "Ephesians 4:29!" every time I wanted to say something rude or bad about someone, but it did happen a few times until I got the hang of it. You see it went like this:

My teen-aged son advised me that he didn't want to take a more challenging English class in school next year. Bottom line, his thought process was the class would cause him to put in more effort than he wanted to put in. Additionally it would interfere with his social life.

My initial response ... nope, I didn't respond as I normally would. First, in a tone rather too loud for the existing conversation, I belted out **EPHESIANS 4:29!** Ah... that being said, I repeated it again a little lower and a little softer. I said it yet again, but this time my voice was at an appropriate level for the current conversation. Needless to say, I had my son's full attention.

He watched me as I morphed into an understanding mother who, having had been a teenager once (a long, long time ago), understood his plight. I was calm and edifying and I imparted my wisdom. His responses were surprisingly well thought out and articulate. We continued with this banter for about an hour



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and a half (I don't think I've got the Ephesians thing down efficiently, because the conversation should have been done and over in 15 seconds).



Here is where we left it for the time being: Because he's taking many other honors classes, he is under the belief that this very challenging college-level class would put him over the top. It would prevent him from being able to play football, retain his high 90's average and have a small social life.

As of this writing the issue is not resolved, but the lines of communication are open. If it wasn't for Ephesians 4:29, our conversation could have ended within minutes of starting and the both of us would have ended up storming off. I'd say this outcome is a definite

an improvement.

Having been so worn from our marathon conversation, later in the day my daughter inadvertently caught me in the throws of making snide comments. She walked up to me, cleared her throat, quietly said "Ephesians 4:29" and left the room. Talk about stopping me in my tracks!

I'm a work in progress and have decided to "Do better, because I know better". Now that you've read this, you know better, so do better. Ephesians 4:29!

That's my two cents and I'm sticking with it!



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HOW HIGH IS YOUR BAR?

by [Felicia A. Williams](#)

Given the opportunity to do something how do you approach it?

My son came home from school complaining about a 'stupid rule' his school recently established. After hearing the rule, I agreed that for a child like my son, the rule was stupid. However, I explained to him that the rule was enacted because they had to create a bar. A bar is a minimum standard of acceptance. This bar (which is set very low), is a bar that a lot of the students will use as their maximum code of behavior.



Think of an elementary school child told to read 15 minutes a day. The ones that need it the most will start getting antsy ten minutes into their reading session. By the time they reach fourteen and a half minutes, they're already beginning to close the book. To get them to read for fifteen minutes, the bar has to be set higher.

Or, you tell your child to take out the trash. "But it's not full is the response" No, but the rotten milk container in the trash makes it stink." Because his bar is set to react only when the trash is full, a rancid smell is not included in his trash bar so the stinky trash will sit.

See where I'm going?

There are bars set in society in an attempt to set a minimum standard of living. These bars, are not necessarily set very high. How do *you* set and react to the bars in your everyday life?

I was recently commissioned to write short articles for a client. I was given a few hundred titles to write. Not knowing how many I could get done in a week, I allowed myself the luxury of 1 a day 5 days a week. It was agreed I could submit 5 articles weekly. Good. Bar is set.



After a few weeks of becoming well versed on the topic, I realized I could complete 3 times as many articles within the same time frame. Should I keep this low bar as my maximum? Should I raise my bar to commit to 15 articles rather than the original 5? Why push myself? Why reset the bar and expect more of myself.

I decided to reset the bar. Why not develop, expand and challenge myself? It's a win-win situation. My client gets more of what he wants, and I not only rise to the occasion (a small victory for me), but I also earn additional income.

This made me look at other areas of my life. Do I need to adjust a bar here or there? I've found that people with low expectations tend to look at everything as near impossible rather

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than something to grow from and overcome. Raise the bar just once, and you may raise it twice. After raising your bars a few times, it might become a habit. You'll start to look at everything differently,

When you make it a habit to raise your bar, other people tend to look at you as "you're so lucky, look what you've got". It's not luck. It's called raising the bar. Expect more from yourself and you get more.

Celebrate your victories and move on.

That's my 2 cents and I'm sticking to it.



ARE YOU GUILTY OF WEARING TOO MUCH PERFUME?

by [Felicia A. Williams](#)

I appreciate a nice smelling person as much as the next guy does. Let's face it, a nice cologne or perfume can act like an aroma therapy and enhance a person's mood or recall a pleasant experience. Perfume is sensual and thus can create positive human reactions.



I believe the scent should emanate within a small personal space radius which requires rather close contact to enjoy the aroma. In other words, to smell it you've got to get within a person's scent radius (generally extending about 1 foot from the scent wearer). The scent should waft softly and gently behind when you leave a room allowing the people behind to appreciate the sensual experience, but not be overwhelmed by it.



What you don't want is to enter a room and people 20 feet away on the other side of the room begin to suffer watery eyes, headaches and dizziness. When nose hairs begin to singe and those around you are unable to speak, the perfume is too strong. As I mentioned earlier, person's scent should gently waft around them, not aggressively attack everyone it comes into contact with like an offensive tackle for the NY Giants football team.

The worst of the perfume offenders is the very strong, very cheap perfume. Don't get me wrong, I'm not saying that one cannot find a nice scent at the drug store, but if you do, please wear it sparingly.

At what point is a person's right to wear perfume encroaching on everyone else's right to breathe? The aroma-therapeutic effect is no longer one of pleasant memories. One whiff of the olfactory offender induces the desire to dip the perfume wearer in a vat of boiling water and Ivory soap (Ivory because it's unscented).

People, please be aware of your aroma, especially if you work with people in a confined area. If you notice that people appear to be angry with you and you can't figure out why, maybe it's the way you smell.

That's my two cents and I'm sticking with it!



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WHY THIS EBOOK?

This ebook is an experiment. I'm testing the power of the internet along with promoting myself for as little cost as possible. Becoming a successful writer isn't easy, but I believe with a little ingenuity, a lot of prayer and much help from people like you, it can be accomplished.

This little ebook is free to distribute, and the articles are free to publish to your website or use in your newsletter provided the 'About the Author' bio is added to the article.

ABOUT THE AUTHOR: [Felicia A. Williams](#) is a wife and mother of two. She spends her time raising her family and finding low-cost/frugal ways to survive in today's economy. In her spare time she is a freelance writer and webmaster of her family friendly website [Tidbits and Stuff](#). Additionally, she owns and operates the Hudson Valley travel guide site [Visit Hudson Valley.com](#).

Depending on feedback, this may be the first of many, or it may be the first and the last. I'm hoping it's the former.

If you're reading this sentence, chances are you've read at least one of articles in this ebook. I want to thank you for taking the time to read it and I hope it brightened your day.

That's my two cents and I'm sticking with it!

God Bless!



A FINAL LIGHT BULB THOUGHT



*The final resting place for many of my
bright ideas*

Now that I've replaced all of my old light bulbs with new energy efficient ones, besides taking pictures of them, what should I do with them?

Could someone help a sister out with a few ideas?

Please drop me a [line](#) with the words "Light Bulb Idea" in the subject so I'll know it's not spam.

Thanks!