

## Writing Samples by Linda J. Engelman

Clips from articles that appeared in *Internet Shopper*, *Internet World*, the *San Jose Mercury News*, and *Online Access*

### GETTING PUMPED UP

If your idea of bodybuilding is the workout your arms get from scooting your mouse around the mousepad (scoot, 2, 3...click...3, 4...) you can skip over this item. On the other hand, if you're into some serious toning, power lifting, or sports conditioning, check out the Weights mailing list. This popular list is the place to discuss nutritional aids and supplements, steroid use, special weight lifting considerations for children or the elderly, pros and cons of serious bodybuilding, and other similar topics. You'd be hard-pressed (pardon the pun) to find a better forum for discussing your weight lifting program. To subscribe, send your name and e-mail address in the body of a message to [weights-request@fa.disney.com](mailto:weights-request@fa.disney.com).

### Mail A Meal

Send someone you love a virtual picnic! Mail A Meal lets you ship off everything from soup to nuts – and yes, even dessert – to anyone with an Internet e-mail address. It's free of charge and free of calories too. Choose from menu items such as lobster, caviar, shrimp quiche, spaghetti and meatballs, or luscious desserts like white chocolate mousse. View your selection on screen, then provide an e-mail address for shipping. Within just a few moments, your recipient will be notified of the surprise package and told how to retrieve it on the Web. Bon appetit!

### Net News

Bruce (Boulder, Colorado) was planning to replace his kitchen floor. He wasn't sure whether ceramic tiles or slate ones would be a better choice, so he posted his question to **alt.home.repair**. Bruce immediately received answers from people around the U.S. They advised him on which would be easier to install, which would be cheaper, and which would be easier to clean in the long run. John wanted to know how to remove old rubber flowers (those things that keep you from slipping) from the bottom of a tub. He was helped by several alt.home.repair readers who suggested that he carefully remove most of the rubber with a single-edge razor blade, then get the rest of it up with paint thinner. And a woman named Kimberly is hoping that the folks in alt.home.repair are going to help her figure out how to get a water stain off her maple dresser (it seems the neighbor's cat had a little accident with a bowl of water). This group is a real find for homeowners, with answers for everything from icemaker problems to clogged drains.

### T.V. Taboo

Can your kids imagine a world without television? Show them the way, oh parental one, with "365 TV-Free Activities You Can Do With Your Child." Television-free entertainment has never been so easy—check it out! Did you know that with an old milk container, pipe cleaners, and a chopstick, you and your little one can create a homemade bird feeder? With little more than paper, crayons, and tape, your kids can play post office. And with a cardboard box and some markers, your child can have his own boxcar, complete with license plate. There's an activity for every day of the year!