

# Webring Tutorial

## Setting up your Webring account and installing your first Webring banner on your website

This is a step by step guide to helping you to get started in Webring.

Before you begin this tutorial please make sure that you know how to “copy and paste” text from one page to another. If you do not know how to do this, please go to:

[www.webmasternow.com/copyandpaste.html](http://www.webmasternow.com/copyandpaste.html)

This is a simple one page site that allows you to actually copy and paste a line of text. Practise it several times until you feel comfortable. Please take the time now to learn how to do this...to be active and successful on the internet is to be actively “cutting and pasting”. It is as basic as *boiling water* is to a cook.

Ok, let’s all get started with setting up your Webring account and then installing your first Webring banner on your ASH website.

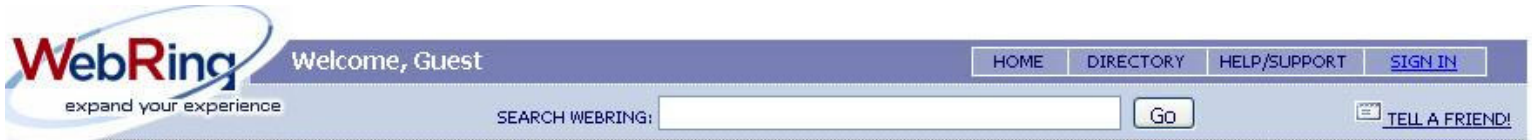
This Tutorial may have several pages...do not let this discourage you; it is mostly pictures so that you can see step by step what you are doing. If you get lost or need to go back to a previous page for reference, just use the arrows at the bottom of the page or even the scroll bar that is on the right side of the page.

First go to [www.webring.com](http://www.webring.com) to get to the Webring “home page” or this is sometimes simple stated “HOME”. A home page is another way of saying it is the main page of the website. From the home page of a website you can usually find links and information to navigate yourself through the rest of the site.

Once you are on the home page then follow along with the tutorial.

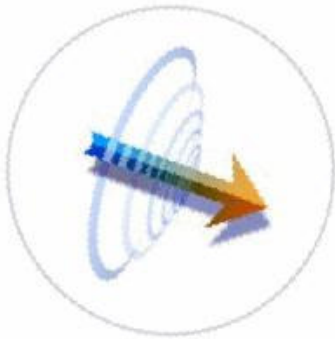
In the Steps to follow you will see a series of pictures taken from Webrings (these are called “*screen shots*”). Look closely on each screen shot and you will see a white arrow pointed to an area on the page. Follow the instructions given below each screen shot and by the time you reach the last step you will have your site successfully linked to Webring and ready to join more rings! This entire tutorial should take you 30 minutes to 1 hour at most. OK...Time to get started.

# Step 1

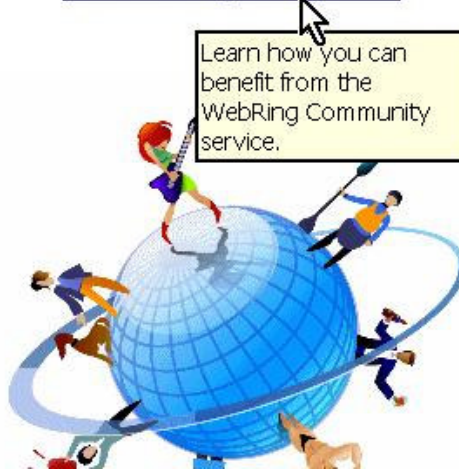


**WebRing** is more than a search engine. Join a WebRing Community to drive highly interested people to your web site and easily communicate with them.

## What is WebRing?



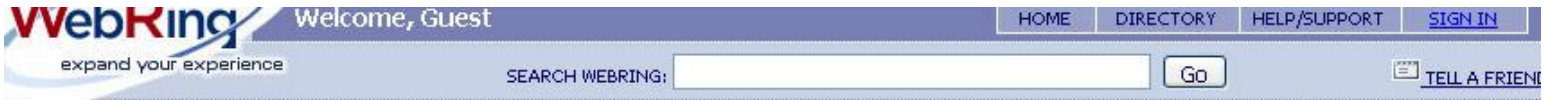
## How can I participate?



[Search our Community](#)

**This is the Home page of WEBRING. If you “mouse over” (meaning move or roll your mouse over) the three main links on this page you will get a small window as seen above that will give you a brief description of what you will find when you click on that link. Click on the Link “How can I participate” and you will be taken to the next page which is shown in the Step 2.**

## Step2

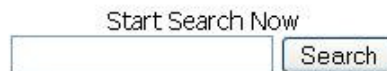


### How can I participate?

WebRing serves two types of web users - Those seeking information and those seeking to join a WebRing Community.

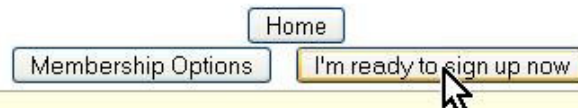
For those seeking information on great travel discounts or a responsible dog breeder, for example, using the WebRing Network of communities is easy:

1. Search WebRing Communities from the search box located near the top of every page or from the WebRing Directory.
2. Visit the WebRing Community hub page that interests you most, and click on the title of one of the community's websites.
3. Click the "Next" or "Prev" button found on the site's NavBar when you're ready to see another site with similar content.
4. Surf from site to site using the NavBar until you return to the site you started out at, or until you've found all the information you need.



You do not need to join WebRing in order to visit WebRing Communities. Likewise, you do not need to join WebRing to participate in WebRing Community Forums, unless the Community Manager has specified otherwise.

For those seeking to join one, or several, of the WebRing Communities, we offer the following [membership options](#).

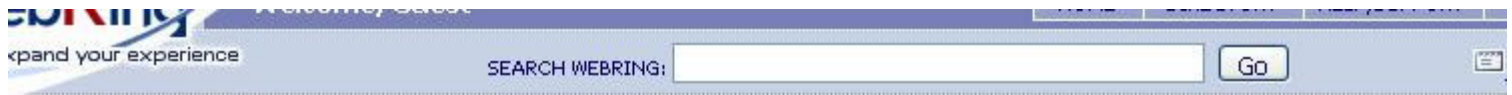


**Please read over this page briefly to get an idea of what Webring is about. There are many people who will visit Webring communities without ever joining Webring...these may be your future visitors from Webring to your website. People are looking for “like-minded” people who are willing to share information about topics that they are interested in. They may be looking for “cancer” or “clogged arteries” as well as “fly fishing” and “needle point”. The search boxes on this page (the one on the top and the one towards the bottom) actually both do the same thing. They both search for communities or “rings” within the Webring site. In fact, just about any search box within Webring will search through to a community or ring. When you get ready to search out rings, that you want to list your website with, you will be using these search boxes to search out pertinent rings that are on topic for your site.**

**Please go to the bottom of the page and click on the link where there arrow is pointing to that says “[I’m read to sign up now](#)” and you will be taken to the next page which you will see in**

**Step 3**

## Step 3



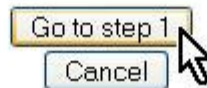
### Getting Started

You are about to begin our fast and easy sign-up process, your first step in joining the WebRing community.

The sign up process has four simple steps:

1. **Create your user ID** - We'll ask you for some basic information to give you a unique ID you can use to manage your membership. If you already have a WebRing user ID, [click here](#).
2. **Verify email address** - We periodically need to communicate with you, so a valid email address is essential. Note: Most WebRing correspondence can be handled directly on the WebRing site using our communication tools if you wish. Your external email address will only be used for crucial correspondence.
3. **Choose a membership plan**. We have two as you have probably seen. We'll explain them both again at this step.
4. **Give us your web site information**. We'll ask for the URL of your site, along with a title and a brief description of the site's content. Once you give us your URL we'll issue you your unique navigation code, to be placed on your web site. Once you've done this you can:

**Find a WebRing Community that interests you** using the WebRing Directory or Search Box. If it looks like a good match for your site, click the "Join This Ring" link found in the ring Community's title bar. A form page will open that will ask for your URL, title and description. Once filled out, hit the "Submit" button at the page bottom and we'll issue your unique navigation code to be placed on your web site.



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**This page is a brief overview of what we will be doing to set up an account in order to join Webring. Joining Webring is free ( at least at the time of the preparation of this tutorial) but you do need to have a website and also a valid email address. For the purpose of this tutorial we will be using your personal ASH website. The address of your personal ASH website is:**

**[www.ashnow.com/your ash member ID#](http://www.ashnow.com/your_ash_member_ID#)**

**or i.e.;**

**[www.ashnow.com/973326](http://www.ashnow.com/973326)**

**Please click on the link where the arrow is pointing that says “Go to step 1”**

# Step 4

**WebRing Sign up**

Welcome, Guest

HOME DIRECTORY HELP/SUPPORT SIGN IN

SEARCH WEBRING:  Go

TELL A FRIEND

**WebRing Sign up**

[What is WebRing?](#)

ep 1: Create user ID and Password  
ep 2: Verify email address  
ep 3: Choose membership  
ep 4: Enter web site information

**Sign Up**

**Step 1: Create your user ID and password**

**\* Required field**

\*User ID:

\*Password:

\*Retype password:

\*Email address:

\*Retype email address:

\*Date of birth:  ,

\*Security question:

\*Answer:

Gender:

Membership Type:

You may use letters, digits or underscores (32 characters maximum)

Choose something that will be easy for you to remember but hard for someone else to guess (password is case sensitive)

You will need to verify this email address in step 2, so make sure it's valid. We never SPAM our members and only send important, useful emails. We do not share this information with any third parties. View our [Privacy Policy](#)

(day/month/year) Our secure system automatically blocks members who are not 18 years of age or older from viewing rings with adult content.

If your forget your user ID or password, we will use this question to verify your identity.

Tell us why you're creating this account.

By submitting your registration information, you indicate that you agree to the [Terms of Service](#) and have read and understand the [Privacy Policy](#). Your submission of this form will constitute your consent to the collection and use of this information by WebRing and its affiliates.

WHAT'S NEW WHAT'S COOL PROMOTION FORUMS CONTACT US

This page is the first step to creating your account. Here you are creating your USER ID and a password/pass code to your account. Follow the tips and instructions on the right side of the page while filling out this form. Remember to record your USER ID and Password in the small wire notebook that Vickie recommends you keeping next to your computer. (Refer to [www.fundyourcause.com/ashhelp.html](http://www.fundyourcause.com/ashhelp.html)) The USER ID and Password is what you will type in everytime you log in to your Webring account so try to make it an easy one to remember and type. You can change the password later if you like, but the USER ID will always stay the same. NOTICE: This form asks for your birth date. What Webring really wants to know is if you are at least 18 years of age. I personally never use my real birth DATE for privacy reasons on any form on the internet unless it is of a legal or financial nature but this is strictly your choice.

For member ship choice, choose "OTHER".

After you have filled out each line on the form click on the link that says "Next" on the bottom of the page.

## Step 5

The screenshot shows the WebRing website interface. At the top left is the WebRing logo with the tagline "expand your experience". To the right, it says "Welcome, roadrunner". A navigation bar contains links for HOME, DIRECTORY, HELP/SUPPORT, MY ACCOUNT, and SIGN OUT. Below this is a search bar with the text "SEARCH WEBRING:" and a "Go" button. On the right, there is a "TELL A FRIEND" icon. The main content area is titled "WebRing Signup" and "Signing Up". It lists the steps: 1: Create user ID and Password, 2: Verify email address (highlighted in bold), 3: Choose membership, and 4: Enter web site information. The text explains that the user has just received an email and should click a link to verify their address. Below the text are "Next" and "Cancel" buttons, with a mouse cursor pointing to the "Next" button. At the bottom, there is a navigation bar with links for WHAT'S NEW, WHAT'S COOL, PROMOTION, FORUMS, and CONTACT US.

Copyright © 2001-2006 WebRing, Inc. All rights reserved. [Terms of Service](#) - [Help](#)  
Notice: We collect personal information on this site.  
To learn more about how we use your information, see our [Privacy Policy](#)

**It is necessary to verify your email address with Webring before continuing. To do this, open another browser window and go to your email account now and look for the email that was just sent to your email account from Webring. Inside of that email, follow the instructions and click on the link to verify your email address.**

**\*\*\*NOTICE---** To open a new or additional browser window simply go to the top of the window that you are now viewing the Internet through and click on "FILE" at the top left corner of the page. Click on the word "new" and then to the right click on the word "window" and an entire new Browser window will open up. Here you can go to your email account, follow the instructions above, and then close out of it when you are done.

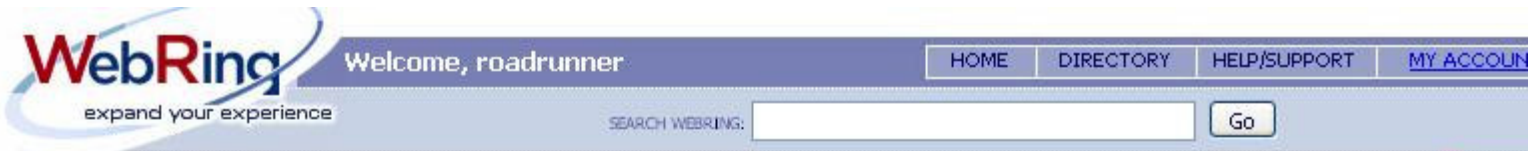
**Below is the thank you message that you will receive after clicking on the link within your email.**

The screenshot shows the WebRing website interface after successful verification. The top navigation bar is the same as in Step 5. The main content area displays a green message: "Thank you! You have successfully verified your email address for for the WebRing User ID: roadrunner." Below the message is a navigation bar with links for WHAT'S NEW, WHAT'S COOL, PROMOTION, FORUMS, and CONTACT US. At the bottom, there is a navigation bar with links for HOME, DIRECTORY, HELP/SUPPORT, MY ACCOUNT, and SIGN OUT. A mouse cursor is pointing to the "MY ACCOUNT" link, which is highlighted with a yellow box and contains the text "Manage your account." Below this, there is a "Go" button and a "END!" link. At the bottom, there is a copyright notice and a privacy policy link.

## Step 6

**Now, click on the link at the bottom of the page that says "Next" (as seen in step 5 at the top of this page) and you will be taken to the page in step 6.**

## Step 6

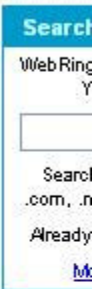


WebRing has a new Membership Program. We ask all members to choose a membership level between now and January 15, 2007.

We're offering members special incentives to do so before the deadline. Find out more [here](#).

Choose your Membership Level [here](#).

**Member fees will NOT be assessed prior to 12/15/2006.**



Manage: [Account Settings](#) Profile: [View](#) WR

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<p><b>Membership Status</b></p> <p>Membership: <b>WebRing 1.0</b> Account Balance: 0.00 and credit. Click <a href="#">here</a></p> <p>earn money! Get a <a href="#">premium</a> membership</p> <p><b>Affiliate Program</b></p> <p>Learn more about making money with WebRing's Affiliate Program <a href="#">here</a>. It started today!</p> <p><a href="#">Delete This User ID</a></p> <p>This will remove all trace of your ID immediately. Be Carefull!</p>	<p><b>WebRing ring/forum memberships</b></p> <p>Welcome to the WebRing community. Now that you have a WebRing User ID you can submit your web site to the Ring Community.</p> <p><b>Adding your web site to a Ring Community</b></p> <p>You can get started now by:</p> <ul style="list-style-type: none"><li>• Giving us your web site information so you can get the WebRing navigation code to place on your <a href="#">enter web site information</a> to do this.</li><li>• <a href="#">Browse</a> or search our directory of communities to find one for you.</li></ul>
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**Click on the words “enter your web site information” to move to the next step.**

# Step 7

**WebRing** expand your experience  
Welcome, roadrunner

HOME DIRECTORY HELP/SUPPORT MY ACCOUNT SIGN OUT

SEARCH WEBRING:  Go

TELL A FRIEND!

Give us your web site information

Enter the web site address, title and description of your web site and click **Add**.

**Web Site Address** (URL): This is where the navigation code will go, and should contain the content you wish to share with your Ring Community.

**Web Site Title:** (50 characters or less) This is what will attract visitors to your site.

**Web Site Description:** (400 characters or less)



**Here you will fill out the information about your website.**

**The first line asks for your website address --- make sure you put it in the following format, meaning with the**

**” <http://> “ placed before the web address like this...**

**<http://www.ashnow.com/123456>**

**( or whatever your ASH member ID# is )**

**The second line of the form asks for the title of the web page. This will be a title that will attract the attention of people looking through various communities on the web. This can always be changed later but whatever you choose now will be displayed until you go back in to change it later. ( Try not to use all capital letters or exclamation marks...these often make the reader feel as though the writer is screaming at them)**

**The third line of the form asks for a description of your site. Again, this is a message that will encourage someone looking through Webrings to visit your site. This can also be changed later.**

**You have a limit of 400 characters or less. Please use your own words and do not copy the description in the sample...you want your description to be unique.**

**When you are finished click on the link that says “Add” at the bottom of the page to move to the next step.**

## Step 8

**WebRing** expand your experience

Welcome, roadrunner

HOME DIRECTORY HELP/SUPPORT MY ACCOUNT SIGN OUT

SEARCH WEBRING:  Go

TELL A FRIEND!

Your Web Site information has been saved.

Open a new browser window and install the following navigation code, as HTML, on your web site.

Once the code is installed correctly on your site you should see a default NavBar. At this point you are ready to join one or more Ring Communities.

```
<script language=javascript type="text/javascript"
src="http://ss.webring.com/navbar?f=j;y=roadrunner;u=defurll1">
</script>
<noscript><center><table bgcolor=gray cellspacing=0 border=2><tr>
<td><table cellpadding=2 cellspacing=0 border=0><tr><td align=center>
<font face=arial size=-1>This site is a member of WebRing.
<b>To browse visit <a href="http://ss.webring.com/navbar?f=1;y=roadrunner;u=defurll1">
Here</a>.</font></td></tr></table></td></tr></table>
</center></noscript>
```

Next, you can [browse](#) or search our directory of communities to find one for you.

Start Search Now

**Remember at the beginning of this tutorial where I said to make sure that you are familiar with how to “copy and paste?”...well here is where you will start to use this technique!**

**In the box, Webring has created what is called a script ( or code, or html code ) based on the information that you filled out in the previous step. This SCRIPT or CODE is unique only to your website and needs to be installed on your website in order to display the Webring banner which will actually act as a link to visitors from either webring or from other sources to link back to Webring. This is a form of Internet advertising, so to speak.**

**So, now highlight or copy the text within using your mouse and then by right clicking with your mouse and choosing the word “copy”**

**Now, open up another new browser window, like we did in STEP 5**

**\*\*\*NOTICE Refresher course--- To open a new or additional browser window simply go to the top of the window that you are now viewing the Internet through and click on “FILE” at the top left corner of the page.**

**Click on the word “NEW” and then to the right, click on the word “window” and an entire new Browser window will open up.**

**Once this new browser window is opened, go to your personal ASH website and sign in to your members back office. Once you are inside of your ASH Back office click on the tab (or word or link) that says **MARKETING** and then you will be at the page that is displayed in Step # 9.**

## Step 9

The screenshot shows a website navigation bar with the following elements:

- Navigation menu: [home](#), [account](#), [genealogy](#), [knowledge](#), [marketing](#)
- Date and time: 12/29/2006 2:45:26 P
- Secondary navigation: [ad resources](#), [pweb page data](#), [pweb page traffic](#), [pweb profile](#), [pweb prospects](#), [pweb traffic](#), [pweb url](#), [ranks](#), [training](#)

The **marketing** link is highlighted in blue, and a mouse cursor is pointing at it.

The marketing section content is as follows:

### Marketing

**It's all about "Saving Lives"**

**If you have just joined Advanced Scientific Health ~ Welcome**  
This section is designed and maintained to assist you in promoting ASH Membership and Products which ~ "Save Lives".

You should have great satisfaction knowing that you are not only giving the gift of better health and a longer life to newly sponsored ASH Members but, you are also giving them a real opportunity for financial well being. ASH offers a significant **compensation plan** available to all members. This is not a "Get rich quick" scheme, but

Now click on the link that says "**pweb page data**" ...just below where it says "account" and see the page under step 10.

## Step 10

### Personal Website Control

Entering data in the boxes below will add the entered data to the bottom of the corresponding webpage in your personal website.

Remember you must click the update changes button to make the changes effective.

Revised Date: 11/8/2006

Pweb:

Pweb\_Landing:

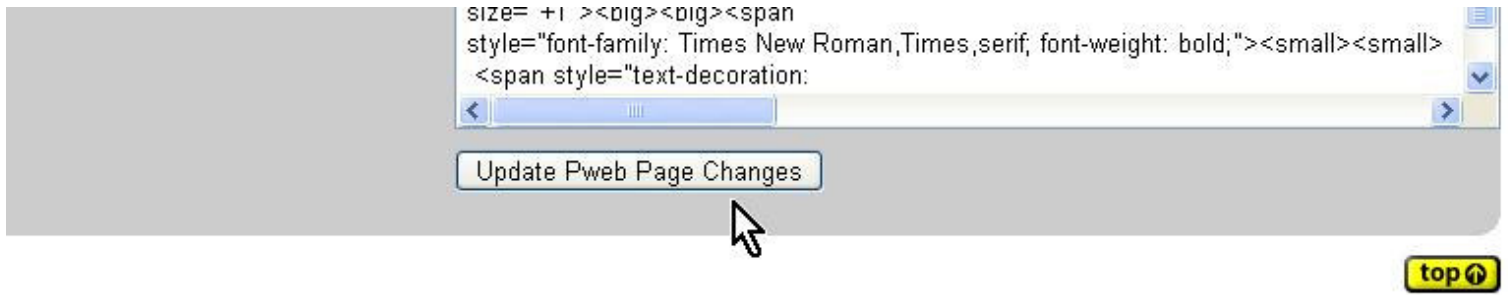
Pweb\_Landing2:

Here you will paste (or insert or install) your Script from Webring. Do this by placing your cursor in the first box that says Pweb. \* Now right click your mouse and choose “paste” in the window that comes up. Your SCRIPT will paste itself within the box.

\*Repeat this process for the boxes that says Pweb\_Landing and Pweb\_Landing2 so that the SCRIPT is in each box.

*FYI—Once you have copied something in the copy and paste process, you may paste it as many times as you like... it will not disappear until the next time you “copy” something.*

## Step11



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Have a question? [contact us](#)

For product and shipping issues [ashnow@bellsouth.net](mailto:ashnow@bellsouth.net) 770-952-7991

For all others [support@ashnow.com](mailto:support@ashnow.com) 801-274-3767 Phone Support: Monday - Friday 10AM - 4PM MST

**Now go to the bottom of the page and click on “Update Pweb Page Changes”**

## Step 12



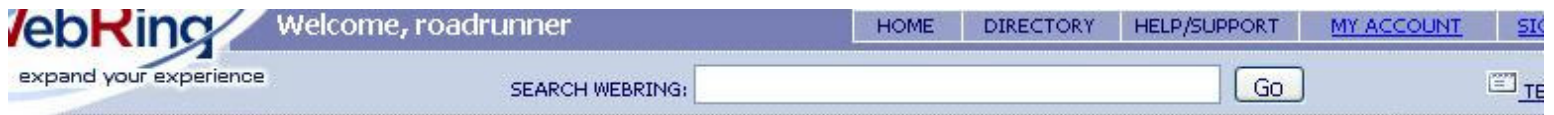
**Now, open up another new browser window, like we did in STEP 5 again**

**\*\*\*NOTICE Refresher course--- To open a new or additional browser window simply go to the top of the window that you are now viewing the Internet through and click on "FILE" at the top left corner of the page. Click on the word "NEW" and then to the right, click on the word "window" and an entire new Browser window will open up.**

**When your new Browser window is opened, then go to your ASH website and scroll down to the bottom of the page and you should see a banner that looks like the one above. This is a temporary banner but this is a good marker to let you know that you have done everything right so far. If you see this banner congratulations!**

***(If not, the go back a few steps and read over what you may have missed and try again.)***

## Step 13



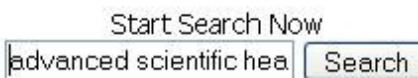
### Your Web Site information has been saved.

Open a new browser window and install the following navigation code, as HTML, on your web site.

Once the code is installed correctly on your site you should see a default NavBar. At this point you are ready to join one or more Ring Communities.

```
<script language=javascript type="text/javascript"
src="http://ss.webring.com/navbar?f=j;y=roadrunner;u=defur11">
</script>
<noscript><center><table bgcolor=gray cellpadding=0 cellspacing=0 border=2><tr>
<td><table cellpadding=2 cellspacing=0 border=0><tr><td align=center>
<font face=arial size=-1>This site is a member of WebRing.
<br>To browse visit <a href="http://ss.webring.com/navbar?f=1;y=roadrunner;u=defur11">
Here</a>.</font></td></tr></table></td></tr></table></center></noscript>
```

Next, you can [browse](#) or search our directory of communities to find one for you.



**Hopefully you did not close out of your Webring page where you copied your script from, if you did not , your page should look like this and what you should do next is simple type in the words “ advanced scientific health “ in the search box at the bottom of the page and click on the word search or hit your enter key. (If you did accidentally close this page before, it is not problem, just sign back into Webring and at any search box you can type in “ advanced scientific health “ and click on the word search or hit your enter key )**

**After you do this you will be at the page displayed in step 14**

## Step 14

www.4t1omax.com      www.dattoli.com      www.laprp.com

**WebRing - The best place on the web...**

Search query: **advanced scientific health**

advanced scientific health    Search    WebRing ▾


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Showing 1 - 20 of 93 | [Next 20 >](#)

Matching categories:

- [Home](#) > [Health & Wellness](#) > [Support](#) > [Illnesses](#)
- [Home](#) > [Health & Wellness](#) > [Alternative Medicine](#)
- [Home](#) > [Health & Wellness](#) > [Alternative Medicine](#) > [Homeopathy](#)

100 [Advanced Scientific Health Webring](#) - 29 site(s)

All **Advanced Scientific Health** Member/Researchers are eligible to join this Webring community. ASH Members building an Army of LifeSavers and are providing information from the **Scientific Health** Community. We are NOT d do not diagnose prescribe or recommend treatment for disease. **Advanced Scientific Health** is a Research Assoc which allows each member/researcher an option to take responsibility for their own **health**. ASH Members are here Successful Solutions for you and your loved ones. 

80 [FREE Advanced Health Plan](#) - 124 site(s)

Please...Bookmark this page! Be SURE to Review some of the 80 pages within this ring. The **HEALTH PLAN** is free developed by SURVIVORS . Sharing the indisputable **scientific** facts does save lives. I am grateful and here today someone shared it with me. If you ve seen the movie . Pay It Forward you will know what to do. We CAN make the better place. Stop the Suffering....Families DESERVE this information NOW. No Obligation-Just Education! SHARE Doctor if you have one.

**Do you see the First listing called Advanced Scientific Health Webring? This is the webring that you now want to join. Click on the link that says “[Advanced Scientific Health Webring](#)” and you will be at the page for the next step.**

## Step15

**WebRing** expand your experience


Welcome, roadrunner

HOME DIRECTORY HELP/SUPPORT MY ACCOUNT

SEARCH WEBRING:

This Ring All Rings

**“Seven Surgeries Through The Years Before I Finally Asked ‘What Do You Guys Use Personally? I Know You Don’t Put Yourselves Through This Misery. What Do You Do?’ The Answers I Got Will Make Your Life Richer!”**



**CLICK HERE FOR PREVIEW TODAY!**

Home > Health & Wellness > Support > Illnesses

**Advanced Scientific Health Webring**  
Manager: [thebulletin](#)

SEARCH  in This Ring All rings

**ASH**  
Advanced Scientific Health

All Advanced Scientific Health Member/Researchers are part of the WebRing community. ASH Members are building an Advanced Scientific Health community providing information from the Scientific Health Community. We are NOT doctors, so do not diagnose, prescribe or recommend treatment for disease. Advanced Scientific Health is a Research Association which allows each member/researcher an option to take responsibility for their own health. ASH Members are here to offer Successful Solutions for you and your loved ones.

**Join This Ring**

Get started now! Sign up with WebRing.

Sites Ring Info Forum

Ads by Google

**Asthma Man**  
Learn about Asthma Management Information.  
Find Tools & Resources

**Study Altern**  
Convenient Health Programs. Quality Affordable. Free  
[www.GCNM.com](#)

**What are your**  
Symptoms, treatment, prognosis Prognosis BPH, infectious diseases  
[www.flash-med.com](#)

**Public health**  
Get Access to Health Programs on WebMD - Request Information  
[www.medscape.com](#)

**The CYPHER**  
A Remarkable Coronary Care Program  
[www.cypherusa.com](#)

**Disease Res**

**Do you see the arrow pointing to the words Join This Ring? Click on that link to go to the next step**

## Step 16

The screenshot shows the WebRing website interface. At the top left is the WebRing logo with the tagline "expand your experience". To the right of the logo is the text "Welcome, roadrunner". Further right are navigation links: HOME, DIRECTORY, HELP/SUPPORT, MY ACCOUNT, and SIGN OUT. Below these is a search bar labeled "SEARCH WEBRING:" with a "Go" button and a "TELL A FRIEND!" link. A green banner below the search bar reads "Advanced Scientific Health Webring" with links for "View Ring Sites" and "Visit Forum". Below the banner is a breadcrumb trail: "me > Health & Wellness > Support > Illnesses". A horizontal menu contains buttons for "WHAT'S NEW", "WHAT'S COOL", "PROMOTION", "FORUMS", and "CONTACT US". The "Get Started" button is highlighted with a yellow box and a mouse cursor. Below the menu is a copyright notice: "Copyright © 2001-2006 WebRing, Inc. All rights reserved. Terms of Service - Help. Notice: We collect personal information on this site. To learn more about how we use your information, see our Privacy Policy. WebRing server hosting provided by SimpleNet."

Click on the link that says..." Get Started"

## Step 17

The screenshot shows the WebRing website interface for joining a ring. The top navigation and search bar are identical to Step 16. A green banner reads "Advanced Scientific Health Webring". Below the banner is a yellow sidebar with "Instructions" and a list of steps: "Step 1: Fill out ring application", "Step 2: Verify and submit application", and "Step 3: Add navigation code to your site". The main content area is titled "You are joining the Advanced Scientific Health Webring ring!". It contains a paragraph explaining the process of submitting an application and receiving a navigation code. Below this is the "Step 1: ring application - Select URL" section, which includes a form with a dropdown menu showing "http://www.ashnow.com/973326" and a "Next" button. A mouse cursor is pointing at the "Next" button. Below the form is a horizontal menu with buttons for "WHAT'S NEW", "WHAT'S COOL", "PROMOTION", "FORUMS", and "CONTACT US". The "PROMOTION" button is highlighted with a yellow box and a mouse cursor. Below the menu is the same copyright notice as in Step 16.

Your ASH site will be already pre-filled in.

(FYI--- if you have multiple site or page listings then you could click on the little blue arrow in the box and you could select which page or site you are wanting to use)

Click on the link that says "Next" to go to the next step

## Step 18

### Advanced Scientific Health Webring

#### Join this Ring Community

#### Instructions

[What joining a ring means](#)

#### Step 1: Fill out ring application

Step 2: Verify and submit application

Step 3: Add navigation code to your site

#### Step 1: Ring Application

Enter the web site address, title and description of the site you would like to add to this ring and click **Next**. You should click on the **Help** link above to review what joining a ring involves. Not sure about "navigation code"? Click [here](#) for more information.

#### Enter Your site Address (URL)

Note: If accepted, you must place the Ring's NavBar on this web site.

#### Title Your site (50 characters or less)

#### Describe Your site (400 characters or less)

Confirm: WebRing ID - roadrunner

WHAT'S NEW

WHAT'S COOL

PROMOTION

FORUMS

CONTACT US

**Because you filled out the information for your site title and a description of your site in a previous step, then it will automatically be displayed on this page. How Easy!!!**

**Note: If for some reason you want to change any of the wording for any of these form fields, you may do so now, or even at a later time...these can always be updated at anytime.**

**Now click Next to go to the page displayed in the next step**

# Step 19

## Advanced Scientific Health Webring

### Join this Ring Community

#### Instructions

[What joining a ring means](#)

Step 1: Fill out ring application

#### Step 2: Verify and submit application

Step 3: Add navigation code to your site

#### Step 2: Verify and submit application

Verify the information below and click **Submit** to send your application.

**Site Address (URL):**

<http://www.ashnow.com/973326>

**Site Title:**

Nobel Prize Winning Research

**Description:**

Research derived from Nobel Prize winning scientists is made accessible to an association of Independent Researchers to examine and apply based on information that was used in research studies. Read through highlights of this research and accept this groups invitation to listen in on one of their informational conference calls.

Please review the [Terms of Service](#) before completing this process.

Please only click the submit button once. It may take a moment to examine your site and process your application.

WHAT'S NEW

WHAT'S COOL

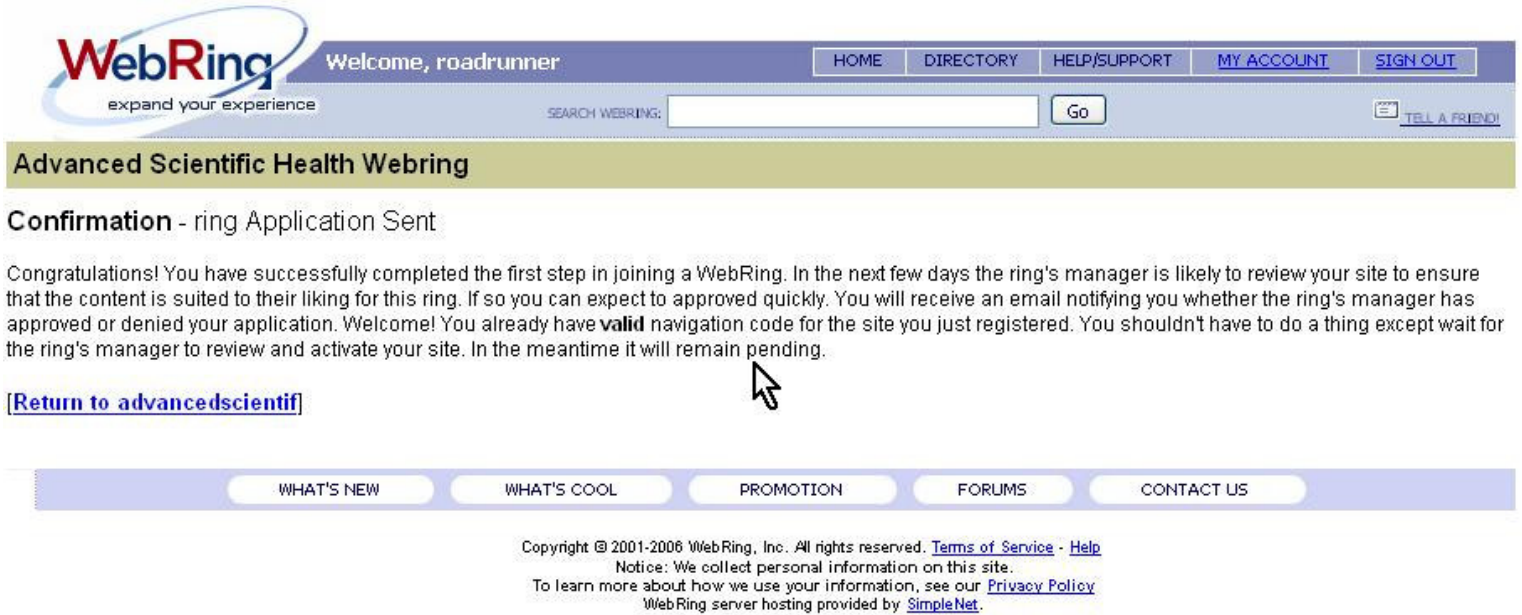
PROMOTION

FORUMS

CONTACT US

**Here, in the yellow box at the right side of the page you can review you information that will be displayed in the RING for your website...click the link that says "Submit" and you will be taken to the next page for Step 20.**

## Step 20



The screenshot shows the WebRing website interface. At the top left is the WebRing logo with the tagline "expand your experience". To the right of the logo is a navigation bar with links for HOME, DIRECTORY, HELP/SUPPORT, MY ACCOUNT, and SIGN OUT. Below the navigation bar is a search box labeled "SEARCH WEBRING:" with a "Go" button and a "TELL A FRIEND!" link. A green banner below the search bar reads "Advanced Scientific Health Webring". The main content area displays a "Confirmation - ring Application Sent" message. The message text reads: "Congratulations! You have successfully completed the first step in joining a WebRing. In the next few days the ring's manager is likely to review your site to ensure that the content is suited to their liking for this ring. If so you can expect to approved quickly. You will receive an email notifying you whether the ring's manager has approved or denied your application. Welcome! You already have **valid** navigation code for the site you just registered. You shouldn't have to do a thing except wait for the ring's manager to review and activate your site. In the meantime it will remain pending." Below the message is a link: "[Return to advancedscintif]". At the bottom of the page is a navigation bar with links for WHAT'S NEW, WHAT'S COOL, PROMOTION, FORUMS, and CONTACT US. Below the navigation bar is a copyright notice: "Copyright © 2001-2006 WebRing, Inc. All rights reserved. [Terms of Service](#) - [Help](#). Notice: We collect personal information on this site. To learn more about how we use your information, see our [Privacy Policy](#). WebRing server hosting provided by [SimpleNet](#)."

### CONGRATULATIONS !!!

**You have successfully submitted your site to your first webring. Vickie Barker, who is the Ringmaster or Manager of this ring will be emailing you within a short time ( Usually less than a couple of days ) to let you know if your site has been accepted or not. I suspect it will be! ☺ She will email you through Webring, so you will have to sign into your account to find your webring mail.**

**Step 14 to Step 21 is the steps you will continue to repeat to join as many webrings as you like.**

**Start by searching in the search box for rings that might apply to your site...such as heart disease, or fibromyalgia, or arthritis, alternative health, etc. Then choose the rings that are of interest to your site and then join those rings. You are allowed to join up to 20 rings a day. ( No need to keep a count, Webring will give you a pop up message when you have reached your limit for the day) Also, sometimes you may want to change the wording in your description to be more suitable to the ring. As an example, if it was an arthritis ring, you may want to mention the word arthritis in your description or title of your site.**

**By the way, not all sites will accept your submission, it is up to the Ringmaster, so don't feel bad if you get rejected, just move on and submit to other sites...there are many, MANY to choose from.**

## Step 21



**Once your site is accepted by the ring, your banner on your ASH website will be displayed and it will look the one above. This is the banner that you always want to be on the top banner in your “stack” of websites that you join. When this banner is on the top of the stack then this will be your default banner. Submit to all the rings you want, but to keep your ASH site looking clean and simple, follow the instructions in the next step to keep this banner at the top of your stack of submitted rings.**

## Step 22

The screenshot shows the WebRing user interface for user 'emjae'. At the top, there is a navigation bar with links for HOME, DIRECTORY, HELP/SUPPORT, MY ACCOUNT, and SIGN OUT. Below this is a search bar and a 'SEARCH WEBRING:' field. A prominent blue banner reads 'Search for a Free Domain' with a 'GO!' button and a link to 'Move it to SimpleNet'. The main content area has a yellow navigation bar with tabs for 'Manage: Rings', 'Memberships', 'URLs', 'Account Settings', and 'Profile: View'. The 'URLs' tab is selected, and a tooltip points to it with the text: 'Manage your registered web sites. Get navigation code.' Below the navigation bar, there is a 'Membership Status' section, an 'Affiliate Program' section, and a 'Reporting' section. The 'Message List' section shows several messages, including 'emjae WebRing affiliate payment made', 'WebRing - Important Announcement', and 'Good News for a Change!!'. A large 'Crea' watermark is visible in the center of the message list.

**First sign into your webring account. Go to Webring.com >>>click the link that says “sign in” on the top right corner of the page and then enter in your USER ID and Password.**

**Now click on the link that says “URLs” and you will view the next page for the next step.**

# Step 23

Manage: [Rings](#) [Memberships](#) [URLs](#) [Account Settings](#) [Profile: View](#) WRMail:  [Settings](#)

Membership Status	Your Web sites in URL Order	showing 1 - 12 of 12
Membership: <b>WebRing 1.0</b> . Account Balance: 0.02 Add credit. Click <a href="#">here</a>	Title ( <a href="#">Click to Surf</a> )	Options
Earn money! Get a <a href="#">premium</a> membership	<a href="http://ashnow.com/973326">http://ashnow.com/973326</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
<b>Affiliate Program</b>	U# <a href="#">defurl</a> <a href="#">edit URL settings</a> SSNB code present - <a href="#">Wizard</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
Learn more about making money with WebRing's Affiliate Program <a href="#">here</a> . Get started today!	<a href="http://evidenceofhealing.blogspot.com">http://evidenceofhealing.blogspot.com</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
<b>Reporting</b>	U# <a href="#">10140193</a> <a href="#">edit URL settings</a> SSNB code present - <a href="#">Wizard</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
Hub ad charges: <a href="#">Detail</a> - <a href="#">Summary</a>	<a href="http://stemcelladvantage.blogspot.com">http://stemcelladvantage.blogspot.com</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
Featured ring charges: <a href="#">Detail</a> - <a href="#">Summary</a>	U# <a href="#">10149449</a> <a href="#">edit URL settings</a> SSNB code present - <a href="#">Wizard</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
Featured site charges: <a href="#">Detail</a> - <a href="#">Summary</a>	<a href="http://stemcelladvantage.stemtechhealth.com/about_rep.asp">http://stemcelladvantage.stemtechhealth.com/about_rep.asp</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
Featured site credits: <a href="#">Detail</a> - <a href="#">Summary</a>	U# <a href="#">10171288</a> <a href="#">edit URL settings</a> SSNB code present - <a href="#">Wizard</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
Affiliate credits: <a href="#">Summary</a>	<a href="http://www.advancedscientifichealth.com/newpweb_join.asp?SID=973326">http://www.advancedscientifichealth.com/newpweb_join.asp?SID=973326</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
<b>Want Site Stats?</b>	U# <a href="#">10177604</a> <a href="#">edit URL settings</a> SSNB code present - <a href="#">Wizard</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
WebRing has partnered with ActiveMeter to offer you a FREE web analytics tool for your web site, or rings	<a href="http://www.advancedscientifichealth.com/newpweb_nsf_bigsecret.asp?SID=973326">http://www.advancedscientifichealth.com/newpweb_nsf_bigsecret.asp?SID=973326</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
	U# <a href="#">10177363</a> <a href="#">edit URL settings</a> SSNB code present - <a href="#">Wizard</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
	<a href="http://www.advancedscientifichealth.com/newpweb_nsf_elemental.asp?SID=973326">http://www.advancedscientifichealth.com/newpweb_nsf_elemental.asp?SID=973326</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>
	U# <a href="#">10177364</a> <a href="#">edit URL settings</a> SSNB code present - <a href="#">Wizard</a>	<a href="#">Stats</a> <a href="#">Get SSNB Code</a> <a href="#">List Sites</a>

**On this page click right above where the arrow is...there is a link that says “ [Get SSNB Code](#) “ this also stands for Navigation Code or SCRIPT or HTML CODE...it is all the same.**

## Step 24



Welcome, emjae

[HOME](#)

[DIRECTORY](#)

[HELP/SUPPORT](#)

[MY ACCOUNT](#)

[SIGN OUT](#)

SEARCH WEBRING:

### Get ring Navigation (SSNB) Code

- ring navigation code must appear on your website to remain active in the ring.
- To change the order in which navbars show on this stack, go [here](#).
- **Special Note:** You only enter the SSNB code **once** per URL/U#, [once](#) once per ring you join. If you don't know what this means then stop and go review your [View Web sites](#) page to get a better understanding. There you will see your site(s) listed by URL/U#.

#### How to Install [\[more help\]](#):

- ♦ **Highlight** the code inside the text area below,
- ♦ **Copy** the code *identically* (use CONTROL-C), and
- ♦ **Paste** (use CONTROL-V) the HTML code below into the web page you registered with this ring.

**Important:** You must copy the code in to your site as HTML, not as text. Be sure the editor you are using is set properly to allow entry of HTML. If you see, for example, the < and > symbols changed to &lt; or &gt;, then your code will NOT work.


```
<script type="text/javascript"
src="http://ss.webring.com/navbar?f=j;y=emjae;u=defurl"></script>
<noscript><center><table bgcolor=gray cellpadding=0 border=2 bordercolor=red>
<tr><td><table cellpadding=2 cellspacing=0 border=0><tr><td align=center>
<font face=arial size=-1>This site is a member of WebRing.
To browse visit <a href="http://ss.webring.com/navbar?f=1;y=emjae;u=defurl">
here</a>.</font></td></tr></table></td></tr></table></center></noscript>
```

This navigation bar will appear on your web site for **this** U#: defurl.

**On this page you can view your SCRIPT or SSNB CODE once again and copy and past it again in case you have lost it from your website for some reason. But scroll down below the box and you will see a copy of the banner that is being displayed on your site. If you have joined many rings, then all the banners of the rings that your have joined this site into will be displayed here.**

**The banner on the top of the stack for your ASH website should be the Advanced Scientific Health Webring. If for some reason in the future it is not being displayed first, then click on the word “[HERE](#)” that the arrow is pointing to and you will be directed to the next page.**

# Step 25

Manage: [Rings](#) [Memberships](#) [URLs](#) [Account Settings](#) [Profile: View](#) WRMail:  [Settings](#)

---

**Membership Status**  
Membership: **WebRing 1.0**.  
Account Balance: 0.02  
Add credit. Click [here](#)

Earn money!  
Get a [premium](#) membership

**Affiliate Program**  
Learn more about making money with WebRing's Affiliate Program [here](#).  
Get started today!

**Reporting**  
Hub ad charges: [Detail](#) - [Summary](#)  
Featured ring charges: [Detail](#) - [Summary](#)  
Featured site credits: [Detail](#) - [Summary](#)  
Affiliate credits: [Summary](#)

**Want Site Stats?**

WebRing has partnered with ActiveMeter to offer you a FREE web analytics tool for your web site, or rings you manage.  
[Register with ActiveMeter](#)

**Want Other Tools For Your Web Site?**  
Guestbooks, calendars, polls, e-cards and more: [click here](#)

**Tired of Spam?**  
Consider this anti-spam email service: [click here](#)

## Manage SSNB Stack Order

• To manually rearrange sites, use the arrows to the right, and click **Apply Changes**.


---

**Current Arrangement**

- 'Authoritative' Alternative Health Products & Info
- 4Life4Me
- Breast Cancer Awareness
- Cancer and Serenity
- Cancer
- Advanced Scientific Health Webring
- CApandaGrl's Webring
- Caregiver
- Christians With Chronic Illness or Pain
- Circle 4 Cancer Parents
- Diabetics Advocacy Webring
- FAMILIES OF CANCER
- Fighting Cancer
- Forever Young Fountain of Youth Cures that work
- FREE Advanced Health Plan
- Health & Wellness
- Healthy prostate living for men
- I am me! So what if I have M.E.???
- Is Your Family's Health Important to YOU?

**On this page simply find the Advanced Scientific Health Webring in the listing and click on it to highlight it. Then click on the arrows on the side of the box to move the site either up or down in the stack listing. In most cases you will be moving it up, so use the up arrow.**

# Step 26

Manage: [Rings](#) [Memberships](#) [URLs](#) [Account Settings](#) [Profile: View](#) WRMail:  [Settings](#)

---

### Membership Status

Membership: **WebRing 1.0**.  
Account Balance: 0.02  
Add credit. Click [here](#)

Earn money!  
Get a [premium](#) membership

### Affiliate Program

Learn more about making money with WebRing's Affiliate Program [here](#).  
Get started today!

### Reporting

Hub ad charges: [Detail - Summary](#)  
Featured ring charges: [Detail - Summary](#)  
Featured site charges: [Detail - Summary](#)  
Featured site credits: [Detail - Summary](#)  
Affiliate credits: [Summary](#)

### Want Site Stats?

WebRing has partnered with ActiveMeter to offer you a FREE web analytics tool for your web site, or rings you manage.  
[Register with ActiveMeter](#)

### Want Other Tools For Your Web Site?

Guestbooks, calendars, polls, e-cards and more: [click here](#)

### Tired of Spam?

Consider this anti-spam email service: <http://spamarrest.com/aff?550504>  
WebRing has no problem interacting with Spam Arrest for WebRing email. If you

## Manage SSNB Stack Order

• To manually rearrange sites, use the arrows to the right, and click **Apply Changes**.

---

### Current Arrangement

- Advanced Scientific Health Webring
- 'Authoritative' Alternative Health Products & Info
- 4Life4Me
- Breast Cancer Awareness
- Cancer and Serenity
- Cancer
- CApandaGrl's Webring
- Caregiver
- Christians With Chronic Illness or Pain
- Circle 4 Cancer Parents
- Diabetics Advocacy Webring
- FAMILIES OF CANCER
- Fighting Cancer
- Forever Young Fountain of Youth Cures that work
- FREE Advanced Health Plan
- Health & Wellness
- Healthy prostate living for men
- I am me! So what if I have M.E.???
- Is Your Family's Health Important to YOU?

Apply ChangesCancel

**Once it is moved all the way to the top of the list, then click on the link at the bottom of the box that says “Apply Changes” And you are done.**

## **Step 27**

**You are all done...job well done! Keep signing up and listing your site in new rings...the more people that view your site, the greater the chance for people to learn about the research at ASH. You have about 40 web pages that can be submitted to the rings so instead of submitting just the main page with the website address as we used in these examples, you can submit using as an example the ASH page that is all about how to make money with ASH ([http://www.advancedscientifichealth.com/newpweb\\_opportunity.asp?SID=973326](http://www.advancedscientifichealth.com/newpweb_opportunity.asp?SID=973326) or whatever your Member ID is ) and submit that to the making money rings that are in Webring. Be creative, remember, there are people searching for ASH, for whatever reason, health or wealth. Good luck to you and have fun with your webring submissions.**