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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A Night of Friendly Fright**

**By Arleen M. Kaptur**

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Halloween – an opportunity for family and friends to get together and have some fun –  
There are some inexpensive but fun ways to enjoy the spookiest night of the year, no matter the age.  
Whether young or old, have fun, make memories, and enjoy food and friendship.  
Little ones can have some very pleasant surprises without being scared, and older guests, friends, and family can separate the fantasy from the real and enjoy themselves too.  
The real "treat" is being together and sharing –  
design and make your own costumes one evening just before Halloween –  
make a whole town of "pumpkin" people from "small" citizens right up to the "grand" marshall – the big pumpkin that needs three "citizens" to move it from place to place –  
roast and eat pumpkin seeds, make taffy apples, colored popcorn, pumpkin pie, cinnamon doughnuts, apple cider, s'mores around a bonfire –  
in essence – all the bounty of flavors and colors that Autumn brings –  
have a party – play/laugh, make believe and stick your hands into unseen bowls of – I can't tell or I'll spoil the fun – but you'll find out when you turn on the lights –  
decorate with cobwebs, colored lights, briming cauldrons of dry ice, and flying bats overhead.

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**How about a Trick or Treat Supper**

just before venturing out to see if yo can outsmart all those creatures that go bump in the night:  
Menu: Crown Roast of Franks(enstein), Boston Baked Beans, Witch's Brew, Hoot Owl Cookies.  
Appetizer: A big bowl of tomato soup with eyeballs (tiny onions) and spooky salad –

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**Spooky Salad –**

1 large orange, peeled, 6 pineapple slices, lettuce, raisins, 3/4 cup mayo–  
Cut orange crosswise into 6 slices. Place each slice on a pineapple slice. Place on crisp lettuce. Make eyes, nose and mouth on each orange slice using raisins.  
Serve with mayo thinned w/pineapple juice.

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**Crown Roast of Franks –**

4 cups saltine cracker crumbs, 1/2 cup melted butter, 1 can sauerkraut, drained, 1–1/2 cups diced

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apples, 2 tsp. caraway seed, 1–1/2 lbs. frankfurters

Mix together cracker crumbs, butter, sauerkraut, apples and caraway. Shape into a mound on a baking sheet. Stand frankfurters around the stuffing, joining with cocktail picks near the top. Bake at 375 for 40 mins.

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Witches' Brew:

1/4 cup cocoa powder, 1/3 cup sugar, 1/2 tsp. cinnamon, 1/4 tsp. nutmeg, 1/2 tsp. salt, 3–1/2 cups milk, 1 tsp. vanilla, dash cloves, cinnamon sticks, and whipped topping

Combine cocoa, sugar, cinnamon, nutmeg, and salt in pan; gradually add 1/2 cup boiling water. Heat to boil over medium heat, stirring and cook 2 mins. Add milk; heat but do not boil.

Remove from heat; add vanilla and cloves. Beat w/rotary beater until foamy. Serve hot, garnished with a dollop of whipped topping and a cinnamon stick.

Halloween can be fun without a lot of expense – and enjoyed by Trick or Treaters of all ages –

Halloween –

ENJOY!

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Arleen Kaptur has written numerous articles and books on rustic/simpleliving and wildnerness/animals/natureFor a free newsletter: <http://www.arleenssite.com>

## **Conquer Your Fear! Learn To Be Confident In Public Speech**

**By James Masterson**

In public speaking, fear maybe viewed as negative leading to ineffective communication. This is the tendency if you predict bad situations. Fear can be easily seen through physical manifestations: hands cold and clammy, rumbling speech, slouching and unwanted movements.

In public speaking, fear comes from the "fear of the unknown." Most people are afraid of not being liked, offending someone, forgetting everything, of stumbling and falling or ruining the effort.

But fear can be seen in a positive aspect as well. According to Kenneth McFarland, "it is not necessary to banish fear in order to gain confidence. A wholesome fear of failure is one of the best guarantees of success."

Fear can be a motivating force for the public speaker that adds strength, energy and conviction to otherwise lifeless ideas. Your courage is the ability to see fear in a realistic perspective. The way to curb your fear is to prepare thoroughly. But fear cannot be eliminated fully. It is meant to be conquered.

In any public speaking experience, stage fright and anxiety are hindrances to building your self–confidence. Stage fright is an emotional state that affects people the minute they stand before an audience. Having positive thoughts greatly help in managing stage fright. Believing that you are going to succeed, that you are effective as a speaker and that your audience will trust you and gain respect

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for you are sure winners to combat fear. Furthermore, being aware that nobody is perfect and everybody is prone to mistakes are effective thoughts to calm you down. Best of all, think that the audience is your friend.

If you need to know more on how to build your self-confidence, here are some practical tips:

1. Share your personal experience to begin your talk. Why? Because no one knows better than you do.
2. The most effective way out, if fear attacks you, is to do it. Conquer your fear. Do not hesitate just because you think that someone can do better than you do.
3. Accept that you know. Be confident to share about it.
4. As a public speaker, you ought to assume the delivery man role and that you carry an important message that you need to get across.
5. Apologizing in public speaking is a sin. Do not apologize for your material or even your lack of experience.
6. Be yourself and be confident. Do not imitate government officials in the way they speak. Speak in your own "official capacity".
7. Prepare for the occasion by dressing appropriately and then forget how you look.

Confidence is a key element in achieving success. But remember, be on guard against overconfidence.

James Masterson is Stand out, Be Recognized and Be Remembered keynote speaker. [Click Here To read his latest advice.](#)



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