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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 SALUTE TO THE 4TH

By Arleen M. Kaptur

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Fourth of July celebrations – bands playing, flags waving, firework displays and a lot of parades and fun!

There are games, and outdoor sports, military displays, music, pageants and contests.

Family picnics and barbecues are the choice of the day. Homes and backyards are decorated with flags, streamers, and all sorts of fun items that are red/white/blue.

However you decide to celebrate – have fun with family and friends. Enjoy the great outdoors and let Mother Nature help in your entertaining plans.

Here are some ideas for Fourth of July entertaining:

Firecracker Punch –

2–1/2 cups cranberry juice cocktail, icy cold

1 6–oz. can frozen lemonade concentrate that is thawed but not diluted

1/2 cup sweet vermouth, chilled

3/4 cup ice water

Combine all ingredients. Serve with red or blue straws and lemon slices.

FRUITY FAVORITE COOKIES

Need a fast dessert – but one that will impress your guests – try this –

Using sugar cookies, cut them in half. Using vanilla frosting divide the frosting into two bowls. Color one with red food coloring for a "pretty watermelon pink/red" and the other with green food coloring.

Cut each cookie in half and frost with the pink frosting. Pipe the green food coloring around the edges for the "rind". Then using chocolate chips, give your watermelon cookies some "seeds".

Place on a pretty plate and dazzle your guests! Your watermelon cookies will be the hit of the barbecue!

Or try cutting your favorite cookie dough with star-shaped cutters. Then sprinkle the cookies with colored sugars – some red, some blue, and some white. Place in a basket with a colorful napkin and your "stars" will shine!

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Use fresh fruit to bring out the colors of the fourth. –

On a large platter, lined with lettuce leaves, place a bowl of creamy fruit dip in the center – 1 pkg. (8 ozs.) cream cheese, softened, 1 jar (7 ozs.) marshmallow cream, 1 tbs. milk

In a bowl, combine all the ingredients until smooth.

Around the bowl of dip, place strawberries, uncut, washed, with stems intact for easier handling, and tiny skewers with tiny white marshmallows and juicy blueberries. All the colors and delights of the day!

Paper plates, napkins, cups, and plastic utensils can vary – some red, some white, and some blue. Tie a basket with a colorful ribbon and place your utensils or napkins inside.

Colorful straw hats, make-believe firecrackers made from construction paper and gold trim will give your table all the beauty of the Holiday!

Having children at your doing? Make a treat they can't resist – Serve home-made popsicles that are layered with three flavors of kool-aid. Strawberry or raspberry for the bottom, icy white lemonade or other flavor for the middle, and cool, blue raspberry for the top. Place a tiny piece of red licorice string in the "stick" layer before freezing. There is your "wick" for your firecracker pops.

GRAND FINALE DESSERT

Using a frozen pound cake, cut into ten slices. Place on bottom of a clear glass baking pan. Place a combination of cut-up strawberries, and blueberries on top of the cake slices. Frost the entire cake with Cool Whip or any dairy topping. In the upper left-hand corner, place whole blueberries for the states on our flag. Then line strawberries that have been cut in half lengthwise for the "stripes". Refrigerate until serving time. Cut along the cake slices and each guest will have a beautiful, colorful treat.

Menu Ideas –

Grilled chicken legs, corn on the cob, macaroni salad, and grand finale dessert

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Barbecued spareribs, Tomato/lettuce/cucumber salad, creamy cole slaw, corn on the cob, peas and onions, ice cream sundaes with blueberries, strawberries and raspberries

**

Barbecued chicken, buttermilk biscuits, coleslaw, watermelon slices

**

Lemonade, grilled steak, grilled potato wedges, tossed salad, and dessert

**

Burgers and franks on buns, baked beans, corn on the cob, red/white/blue fruit plate with dip, and watermelon cookies

However you celebrate, have a great time and
ENJOY!

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Arleen Kaptur has written numerous articles, how-to books, cookbooks, and the novel: **SEARCHING FOR AUSTIN JAMES** Websites: <http://www.arleenssite.com> <http://www.Arleens-RusticLiving.com> <http://www.webspawner.com/users/rusticliving> <http://topica.com/lists/simpleliving>

Remember The Heroes II

By John Colanzi

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As the 4th of July approaches, I'm sitting here thinking how lucky I am.

I can sit at my keyboard and say whatever's on my mind.

I can spend the 4th with my family without fear of some tyrant or dictator.

Why can I do this?

Because there are young men and women around the globe making sure we'll be able to celebrate another 4th of July this year and years to come.

They receive little in pay and recognition. Sometimes they're forced to endure situations that would be considered cruel and unusual punishment under any other circumstances.

They're spending this holiday away from their families so you and I don't have to.

We honor them now, but what happens 5 or 10 years down the line. Will we still remember their courage and sacrifice.

Will we honor our debt to them when this crisis is over and they come home and have to resume a "normal life."

I truly hope so.

The terrorists are just the latest enemy who've foolishly assumed we're weak and pampered.

I think Charlie Daniels says in best in his song " In America."

"We may fight among ourselves, but outsiders better leave us alone."

A SALUTE TO THE 4TH

Take time to Remember the Heroes who have us walking

proud.

God Bless,

John Colanzi

John publishes the "Street Smart Marketing" newsletter. Subscribe now and receive access to our Free Internet Marketing Library: <http://johncolanzi.com/freeware.html> If you want to cash in on the information gold mine and make 100% profits visit: <http://johncolanzi.com>

Squeeze Machine



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