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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!

Bringing Springtime to Your Table

By Arleen M. Kaptur

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About mid-February, everyone starts thinking about Spring – warm breezes, flowers beginning to blossom and scents of nature coming to life. Surprise your table with this "springtime" basket when your salad course comes to your mealtime:

Fit two lettuce cups together. Fill with tossed salad and use split green pepper rings for the handles. Top with dressing and some crumbled cheese. Trim with some "marigolds" (just notch thin slices of carrots) and you have a really wonderful "salad basket."

Sunshine Fruit:

Slice top from a large orange. With paring knife, remove orange sections and any white membranes. Combine orange sections with banana slices, strawberry halves, blueberries, raspberries, or whatever you like. Refill orange shell and sprinkle some chilled ginger ale over fruit. Trim with mint sprigs and thoughts of springtime will grace your table.

Springtime Dessert:

1 pkg. (8 ozs.) cream cheese, softened, 3/4 cup confectioners' sugar, 1/2 tsp. vanilla extract, 1 cup whipped cream, 2 quarts fresh strawberries, blueberries, or raspberries, 1 carton (8 ozs.) frozen whipped topping, thawed

In a bowl, beat the cream cheese, sugar, and vanilla until fluffy. Gradually add the cream; beating until thick.

Spoon mixture into 10 mounds on a waxed paper-lined baking pan. Using the back of a spoon, shape into 3" cups. Freeze overnight.

To serve: fill each cup with fruit and garnish with whipped topping and chocolate curls.

Aw, the beauty of the season.

Each Season brings with it a very special appeal

ENJOY!

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Arleen has written numerous novels, articles, and cookbooks, Her newsletters:
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Winter Dog Agility Training

By Brad Carlson

Yes, its cold outside, but don't stop your dog's agility training. Depending on where you live, there might be snow on the ground from November through March, but thats no reason to give up your agility training. Bring your training indoors, right at your own home.

Get creative with your training locations. Do you have a hallway, basement, or garage? Then you have a place to train! Before it snows and your equipment is frozen to the ground, store some in your garage, shed, basement, or put a tarp over it. Bring in one piece of equipment at a time, and begin your indoor training.

We do a lot of indoor training with a Pause Table. In fact, we keep one in our living room for both obedience training and agility training all the time. The Pause Table is a great obstacle for developing your obedience behaviors and teaching agility directional commands

Don't forget to work on your contacts. It's easy by having a Contact Trainer indoors. A 3-Piece Contact Trainer offers you versatility; you have an A-frame side, the Pause Table, and a Dog-walk plank. Practicing your two feet on and two feet off is convenient and quick when you have indoor contacts, only a few minutes a day to steady your dog's behavior.

Indoor jumping must be approached carefully. If you don't have indoor matting, don't jump. You don't want your dog jumping on concrete or wood floors. But you can use the uprights or posts to practice your handling. Use your Sit-stay or Down-stay and practice your lines or dogs path with no jump bars.

Weaves can be practice indoors. Are you training with a weave-chute or straight line weaves? Five minutes a day of weave training through out the winter will have your dog weaving smoothly by springtime. You can practice weave entries and weave sends or weave recalls.

There is also a variety of mini agility equipment that can be purchased, and don't require the same space as standard equipment. There are mini-teeters, mini-dog walks, and mini-A-frames. These are great obstacles for puppy training or indoor winter training.

So, during the cold winter months, don't give up on your agility training. Whether you are starting a young pup, working a novice dog, or an experienced titled dog there is always something that you can do indoors with your agility training.

Brad Carlson is a dog trainer at Agility by Carlson. For more training details, visit our website at



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