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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!**

**Cool Weather Sandwiches**

**By Arleen M. Kaptur**

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Fall lunch menus herald a heartier fare, especially with the "lunch bag" lunches returning in full force. Here are a few suggestions for some great "wiches" that might make "brown bagging" a pleasure and lunch a meal in itself.

**Royal Ham Sandwiches:**

1 submarine roll, 3-4 thin slices fully cooked ham (deli), 4 slices mozzarella cheese, 1 tomato, thinly sliced, 4 sprigs fresh parsley, chopped finely, 4 fresh basil leaves, chopped, 1 tbs. Italian or Caesar salad dressing

Split roll enough to open, but not cut through. Layer ingredients. Wrap in plastic wrap. When lunch time comes, unwrap sandwich and place on paper plate. Microwave until cheese is melted and entire sandwich is warm. Fold top of roll over and enjoy.

Include a bag of your favorite chips, a fruit salad, and a brownie.

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**Bistro Steak Sandwich:**

1/2 lb. fresh mushrooms, sliced thinly

2 onions, sliced thinly

1 green pepper, sliced

2 tbs. butter

1 lb. thinly sliced cooked roast beef

6 hard-rolls, split

6 slices (8 ozs.) mozzarella cheese

4 beef bouillon cubes

2 cups water

In a pan, saute mushrooms, onions, and green pepper in butter until tender. Divide beef among rolls. Top with vegetables and cheese; replace roll tops. Wrap in plastic wrap. In small pan, heat bouillon and water until cubes are dissolved. Place in small luncheon plastic container. In microwave, heat until cheese melts and sandwich is hot. Heat "dip" in microwave and use as a great dipping sauce for your beef sandwich.

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## Cool Weather Sandwiches

### Deli Reuben Sandwich:

4 slices rye bread

1 tbs. Thousand Island Dressing

8 slices corned beef (deli)

2 tbs. spicy brown mustard

1 cup sauerkraut, drained, rinsed, and drained again

4 slices (1 oz. each) Swiss Cheese

Spread bread with mustard. Top with corned beef, sauerkraut, dressing, and cheese. Wrap in plastic wrap securely.

Microwave until sandwich is warm and cheese has melted.

A dill pickle makes this sandwich a delight.

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### A Grand Fish Sandwich:

1 serving (6 ozs.) of flaked crab meat, drained

1 cup shredded Mozzarella cheese (4 ozs.)

4 tbs. chopped green onions

2 tbs. mayonnaise

1 tsp. Worcestershire sauce

2 hard rolls or deli rolls

Combine crabmeat, cheese, green onions, mayonnaise, and Worcestershire sauce in bowl and blend well. Season with pepper to taste.

Place in plastic carry container. Wrap deli rolls in plastic wrap.

At lunch time mound on the fish mixture onto the split deli rolls. Microwave until warm and cheese in mixture has melted.

Pack a small green salad and your favorite cookie.

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### "Cold" Sandwiches:

Place 3–4 slices of bologna, or salami on dark rye or whole–wheat bread, with 1 tsp. prepared horseradish or 2 tsp. mayonnaise. Include a dill pickle.

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### Chicken Salad:

Mix 1/4 cup chopped cooked chicken with 1 tbs. finely chopped celery, 1/2 hard–cooked egg, chopped, 2 tbs. mayonnaise, salt, and freshly ground pepper. Spread the mixture between two slices fresh white bread. Include separately crisp lettuce leaves or watercress.

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Oh, the wonder of Autumn, especially with mealtime ideas and recipes. Summer's lighter ideas are set aside until next year and appetites are returning!

ENJOY!

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## **Let's Play Outside - 4 Fun Outdoor Activities For Families**

**By Susanne Myers**

With the weather finally starting to cool down, now is a great time to go outside and play with your kids. Not only is the sunshine and fresh air good for everyone in the family, but playing outside is also a great way to get some exercise. Here are some ideas for you and your kids.

### **Ride Bikes**

When was the last time you took a bike ride through the neighborhood? Riding bikes is a great way to spend some quality time with your kids outside after work. Dust off your old bike, put helmets on everyone and go out for a bike ride. You can also go on a longer ride on the weekends. Check with your local bike shop or the city's parks and recreation department about trails that are family friendly. Pack a few sandwiches and fill up those water bottles and you are ready for a ride and a picnic.

### **Go On A Nature Walk**

A nature walk is a fun way to spend some time with your child outside. It is also a perfect opportunity to teach him about nature, lifecycles, the climate and more. If you have binoculars, take them with you for a close up view of any wildlife you may come across. Even a squirrel becomes an interesting viewing object with binoculars. Take some small plastic or paper baggies with you to collect leaves, rocks or pinecones. When you get back home you and your child can make a leaf collage or use all objects to recreate a forest scene in an old shoebox.

### **Dig Out The Roller-skates**

Do you remember how much fun you had roller-skating when you were a kid? Dig out the roller skates or roller blades and get out there. You can find a smooth sidewalk to ride, or consider visiting a skating rink with the whole family. Roller-skating is another great way for the entire family to spend some time outside together. You can push very young children around in a stroller or have your preschooler ride a tricycle while the rest of the family skates.

### **Explore A New Park Or Playground**

Grab a map or make a call to your local park and recreation office and find a new park or playground you can all explore together. Spend an hour or two at the playground, go for a walk on the trails in of a new park, or pack a few sandwiches for an easy picnic in the park. You never know what you may have been missing until you start exploring all the different parks and playgrounds in your area.

For more potty training tips a free e-course on potty training and a free potty training chart visit



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