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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!

GOLDEN TREASURES

By Arleen M. Kaptur

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Certain foods evoke pleasant, comforting memories. Ah, the joy of watching golden yellow pats of rich, dairy butter melted and oozing down corn on the cob. Each ear totally drenched with this liquid treasure, and the taste – well, let's face it, fresh ears of corn were made by God so that we can enjoy the sensual pleasure of sight, smell and taste. Even butter melting in a perfectly baked potato, or an impressive stack of homemade pancakes is a delight. Now these are memories made in heaven and true "comfort" food. Even butter melted on a mound of mashed potatoes can take your breath away. Pure butter is a taste sensation all its own and richly deserves the oohs and aahs it invokes.

Flavored butter is coming into a tradition all its own. It adds dimension, change of pace, and additional interest and pleasure to any meal setting. Try some of these on anything that craves butter to make it perfect – from toast to that grilled ear of golden kernels.

Garlic/parsley butter:

Beat 1/2 cup firm butter in an electric mixer until it is the consistency of whipped cream.

Add 2 tbs. coffee cream, about 1/4 tsp. garlic powder, 1/4 tsp. salt, and 1/4 cup finely chopped fresh parsley.

Not only do you get the taste, but the color – gentle and enticing!

Zesty butter:

Beat 1/2 cup firm butter in an electric mixer for about 3 mins. or until it has the consistency of whipped cream. Slowly add 2 tbs. cold, coffee cream, 3 tbs. prepared horseradish, and 1/2 tsp. salt, Beat until well-blended.

A bit of bite but a delight!

Keep in your Freezer butters:

Make these jewels when you have some spare time, scoop them with a small-size scoop, roll them gently, place on waxed paper, and freeze. Once frozen, they can be removed and stacked in plastic containers. Remove them about 20 mins. before serving. You will always have some "taste sensations" stashed away to surprise and delight unexpected guests.

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Use 1/4 lb. butter, blended in a electric mixing bowl until smooth. Just add:
2 tbs. minced chives and 2 tbs. minced parsley or
1/4 cup finely chopped salad shrimp and 1 tbs. lemon juice or
3–4 tbs. or your favorite finely chopped herbs.

Great on vegetables or noodles.

Especially for sweet corn lovers:

In small bowl, with wooden spoon beat 1/2 cup softened butter, 2 tbs. salt, 1 tsp. chili powder, and 1/4 tsp. pepper until well blended.

or

substitute 2 tsp. chopped chives for the chili powder

or

substitute 1 tsp. finely chopped dillweed for the chopped chives or chili powder.

Variety is the spice of life!

Muffin oast/bagel butters:

1/2 lb. unsalted butter (2 sticks) at room temperature, 1/2 cup ripe, fresh strawberries or raspberries

In an electric mixer, blend butter and berries until very smooth. Adjust the coloring with a few drops of food coloring for added appeal. Place in a pretty small glass bowl and refrigerate to harden. Serve as a special breakfast treat.

Pancake Delight –

4 tbs. (1/2 stick) unsalted butter at room temperature

1/4 cup real maple syrup (not imitation)

In an electric mixer, combine the butter and syrup until thoroughly blended. Refrigerate until serving time.

See the surprise on everyone's face when they have the 2 "pancake" flavors together.

Experiment and try different herbs and spices. Flavored butter is great on popcorn, too for snack time.

However you use flavored butters,

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/rusticliviig/http://topica.com/lists/simpleliving>

California Gets Back On Track At The Expense Of Minnesota

By Sebastien Veilleux

The California Golden Bears had something to prove on Saturday. They were at home against the Minnesota Golden Gophers. Last week California was embarrassed and many started wondering why

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they were in the top 25 at all. They were dropped down to #22 in recent AP Top 25 poll—from 9. Questions on their character and ability were flying around this past week.

The first quarter of the game gave the California fans a little scare. Minnesota came out, went 71 yards down the field and scored a TD on a one yard run from Alex Daniels. Right away the Golden Bears of California were down 7–0. You could almost hear fans say, "here we go again." A few minutes later though the California Golden Bears put together an impressive 67 yard drive. They finished it off with a 24 yard TD pass from Nathan Longshore to Robert Jordan.

The second quarter was a good one for the Golden Bears. Their offense came alive. They scored three touchdowns. One of their drives was 96 yards long. Minnesota managed to score 10 points as well, but the game was fading from their grips. California led Minnesota 28–17 at the half. The California Golden Bears added a couple more TDs in the second half and put Minnesota away. Their 42–17 win over the Golden Gophers will help them build some confidence.

The California Golden Bears offense had a whopping 531 total yards. They had 300 yards in the air and 231 yards on the ground. Golden Bears QB Nathan Longshore was 22 of 31 for 300 yards. He threw four TDs and had a 9.7 passing average per attempt. His favorite TD target of the day was DeSean Jackson. Jackson had 114 yards over 7 catches and 3 TDs. Lavelle Hawkings had 9 catches for 125 yards. He had no TD catches. The other TD catch went to Robert Jordan.

On the ground, Marshawn Lynch was the workhorse. He carried the ball 27 times for 139 yards and two TDs. His longest run went for 15 yards and he had a 5.1 average per attempt. Minnesota QB Bryan Cupito was 21 of 33 for 243 yards, but he threw two critical interceptions and didn't throw a TD. California gets back on track with the 42–17 win and is now 1–1 on the season. The Golden Gophers are also 1–1.



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