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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!

Matters of Hearts

By Arleen M. Kaptur

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As soon as February rolls around, everyone is thinking "hearts." Hearts are the universal symbol for love, affection, and caring.

There are heart-shaped candy boxes, cookies, flower arrangements, gift boxes, and charms. Children send Valentine's Day cards to classmates and friends, and adults show their feelings with notes, gifts, and special events.

Mealtime can also be an opportunity to use hearts in our table decor.

Heart-shaped ice cubes add just that touch of romance to wine and champagne. Use enough cassis for color to insure firm cubes.

Using your favorite heart-shaped cookie cutters, place "hearts" of cheese, such as mozzarella, cheddar, or pepperjack on appetizer platters, or to accent a meat dish, vegetables, or whatever you choose.

For a Valentine dipping bowl, cut a heart shape around a squash stem and remove the contents. Fill with your favorite dip and surround with your choice of dippers.

Heart-shaped cutters can be used to make sandwiches, cookies, bread slices, and cucumber slices.

Heart-shaped pancakes, and heart-shaped cut outs on the crust of your favorite fruit pies add delight when that special day rolls around.

If you don't have heart-shaped pans, fill paper or foil lined muffin cups half full of batter. Tuck a 1/2" foil ball or marble between the liner and the cup to form a heart shape. Bake your cupcakes as usual.

When mealtime rolls around set your table with red, pink, and white table covers and napkins. Tie red/white or red/pink yarn around silverware held in colorful napkins. Place a candy kiss or heart-saying candy on each plate or pass a bowl around and let everyone pick a candy note. In paper-bag lunches, slip in a message, or a special treat. Visit a special person and make them feel loved and cared for.

However you celebrate Valentine's Day, don't let the feeling pass with the day. Carry a pocket-full of "hearts" and share them with everyone.

ENJOY!

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Arleen has written numerous books, articles, cookbooks, and her newsletters:
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How To Get Started on Writing Killer Articles

By V. Berba Velasco Jr., Ph.D.

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I once wrote an article in which I offered the following tip on how to speak eloquently in public: Talk about something that you're passionate about. When we speak about matters that are dear to our hearts, we often find wellsprings of eloquence from which we can draw.

I offer similar advice to anyone who wants to learn how to write with flair and style. Start by writing about something that you feel deeply and passionately about. The same hearty emotions that lend eloquence to an orator can also provide a jumpstart to an aspiring writer. What's more, we are likely to be well-informed about matters that we hold dear, and we are likely to have spent many hours pondering their significance in our minds.

Of course, this is no magic bullet. An aspiring writer still needs to master the mechanics of proper composition, as well as develop his own style. Still, these skills can only come about through practice—and if you're going to practice, it helps to start with topics that we can launch into with great passion and aplomb.

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