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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!**

**Once Golden, Again Golden Poland**

**By Frank Johnson**

>From a global and historic perspective it seems as though Poland had reached its golden era

around the 16th century during the wealthy and powerful Jagiellonian Dynasty and that it has been largely downhill ever since. The Polish have taken a tremendous beating during the second 500 years of their existence but have had remarkable and admirable success pulling their vast and stunningly beautiful land back together to make up today's modern Third Republic. Travel to Poland to experience fast-pasted cosmopolitan centers like Krakow, rewind in time in the horse-and-carriage countryside or lose yourself completely in one of the forested national parks.

**Poland, Pillage and Plunder**

Whether Poland has been synonymous with bridge or battlefield to its surrounding neighbors, the results have not been pleasant. As early as the 13th century, Polish states were ravaged by Mongolian raiders due to the lack of natural boundaries and its strategic position between east and west, which would again become a curse during the World Wars and the Cold War. There were few cities that emerged from WWII unscathed, but the baffling restorative reconstruction has left even the locals duped by the perfectly replicated Baroque and Gothic architecture. Thriving cities like Krakow and Warsaw are hubs of both traditional and modern Poland, showcasing contemporary art, classic jazz and an unfettered youthful spirit. Auschwitz Nazi Concentration Camp and Holocaust Museum is located just outside Krakow, which became the epicenter for the Nazi battle against Europe's Jews. Also in this area is a World Heritage Site known as Southern Little Poland where an enchanting collection of medieval wooden churches still stand among the Carpathian Mountains.

**Hillside, Countryside, Seaside**

Poland has a unique draw due to its positioning on the Baltic Sea and its shared borders with Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, and Russia. Poland today is finally the more tranquil, dynamic and cheaper cousin of its neighbors. Visit the Great Mazury Lake District in the northeast where nearly 15% of the area is covered by pristine lakes and canals, dotted with picturesque villages. This is a haven for cycling, canoeing and hiking. Don't miss the 13th century Malbork Castle, the headquarters for the Order of the Teutonic Knights, which holds the title as the

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largest medieval castle in Europe. Then, as you find your way to some of the Baltic seaside resorts, stop along the coast in Gdansk, the historic medieval Hanseatic trading city that was perfectly restored in the 20th century. While you make your way east to visit Bialowieski National Park in order to see Europe's last surviving native Bison, stop in the 14th century town of Torun to pay homage to Nicolaus Copernicus' place of birth. For skiing and hiking, the Sudeten Mountain Range winds through part of southern Poland, including the popular escapes in the Tetra Mountains.

Although the ravages of the 20th century are behind Poland, they are certainly not out of mind. The Polish have a blossoming culture that emerged vehemently from the violence and repression of the Cold War. The reactive and eager populace finally has found a place to shine artistically, politically (as part of NATO and the EU) and domestically with open arms to those curious about the Polish way of life. Travel to Poland and discover a proud and established nation that is equally as excited to finally welcome you!

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## **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 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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