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**100% Effective Natural Hormone Treatment**  
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**Sweet Memories**

**By Stephanie Foster**

These days all you hear about is how to eat healthier, lose weight and get fit. It's all for the good, but sometimes it's fun to go back to when you were a kid.

Remember all the games you used to play? Board games like Scrabble, Monopoly and Life. Tag, hide n' seek.

Running around, riding bikes, skating, rolling down grassy hills.

Ok, I'm getting a little idealized here. So let's have a little fun. Let's remember the candy!

What were your favorites? Licorice? Chocolate? Laffy Taffy?

I remember the delight of the days when I was first old enough to go to the store to buy candy on my own. No parents to tell me I couldn't have it. Lemonheads were always one of my favorites.

My sisters and I no doubt spent way too much of our allowances on candy, but it was sooo much fun! We'd hide it so that our mother wouldn't find it, but throw the wrappers straight into the trash after eating the candy. My mother laughed about that to me once a couple years ago, but I still think the logic works. The candy had been eaten after all; she couldn't undo that, so what did it matter if she knew then?

Halloween was, of course, the best. As we got older we got to be the kids that went around the neighborhood later than just about anyone else, so the people who didn't want to have leftover candy would just dump their excess on us. No worries back then about poison.

Hiding our Halloween candy was pretty much a competitive art form. We were always trying to find the best places to hide each individual piece. Of course, that meant that every here and there we'd find a piece that had clearly been hidden for a year or more... yuck! But it meant that Halloween candy lasted quite a bit longer than it would have otherwise.

## Sweet Memories

Despite my best resolutions these days, I still love candy. Chocolate is my main weakness now, but I know how to be pretty good about it, buying the small bars so that I get the taste without having a whole regular sized bar. But then come those days when I have to get into my old favorites. I love how Lemonheads feel on a sore throat.

Yes, it does pay to eat healthy. But everything in moderation, and that includes moderation. Sometimes you just have to enjoy a few old memories. Share them with your kids or keep them to yourself, but just enjoy.

Stephanie Foster is the owner of

<http://www.hardtfindtreats.com/>

and really remembers a lot of the

candies featured on her website. Surely you remember

<http://www.hardtfindtreats.com/goodies/candy/laffy-taffy-36ct/>

## **The Sentimental Meaning Of Flowers**

**By Gina Stathopoulos**

For me certain types of flowers bring back a flood of memories. I remember in my early teens visiting my best friend who had moved to the country. We would spend hours in the field next to her property, talking and picking the petals of daisies in a game played by many, he-loves-me, he-loves-me-not.

This memory can rushing back two days ago when I was waiting in line at the supermarket and happened to glance at the bouquets for sale. Amongst the mixed bouquets, there were daisies. This flower has special meaning in my heart. I associate it with my best friend who I lost to a car accident when we were both 17.

Flowers definitely bring an emotional response and we remember our happy and sad times through them.

The first time I inhaled the sweet fragrance of a carnation I was enthralled. It happened when my father, took us to Greece to visit his parents. As a 7 year old, this strange land captivated me. I vividly remember my first response when we made our way up the hill where my grandparents' house was, to find myself staring up at the hanging grapes from the porch roof and the carnations which were planted along the edge of the porch.

Blood red, I can still recall their sweet aroma. They were the pride and joy of my grandmother who nurtured them and allowed me to help care for them. I had been instantly impressed by this glorious flower, not having seen it before.

## Sweet Memories

If you are a woman, most of your flower memories may be romantic ones. Can you recall the first time you received flowers? Or the time when you were impressed the most with your date's thoughtfulness?

The first time I received flowers was at the early stages of the internet. I loved meeting and chatting with people from around the world and one such person was Rowan from London. We hit it off right away and till this day have remained good friends.

I was at work when a courier came in with a gigantic bouquet of flowers. When the receptionist came into my office to usher me to the reception not for a minute did I think they were for me. But they were. The gesture was so unexpected, so thoughtful, it will remain in my heart forever.

What are your flower memories?

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