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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!

WHERE'S THERE'S SMOKE

By Arleen M. Kaptur

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As sure as May comes after April Showers, barbecue grills across the world are heating up and sending out their aromatic smoke signals.

Grilling is a fun family activity except when something turns out to be a "burnt offering to the gods" of ancient times.

There are flavored wood chips and bottled seasonings to take you to far-away places and exotic destinations right there in your own backyard.

You can start with simple ideas like hot dogs, and hamburgers, take the next step to chicken, steaks and ribs. and when you get really good take on kabobs and a whole roasted pig.

Oh, the heavenly aroma and the endless possibilities. You can have your doggies plain, with cheese, wrapped, and even put on a raft and sent to sail onto your dinner table.

Never heard of dogs on a raft, well now –

Slit your favorite type of hot dog lengthwise, but not all the way through. Grill over hot coals. Taking pieces of foil large enough to hold a sandwich, arrange two pieces of bacon on the bottom of your foil. Turn the edges up to catch any drippings so your messages to neighbors far and near wait a while.

Cook the bacon in the foil on the grill. In your slit

hot dog place a strip of pickle (not round), and cheese strips. Place your hot dog on another sheet of foil and grill until cheese melts. Place these dogs on a toasted coney bun but crosswise, not lengthwise. Place the two pieces of bacon across the top of your hot dogs and viola! you have your dogs setting sail on a raft into gourmet heaven.

Serve chilled cantaloupe wedges, fruit punch as a beverage, and your favorite brownies.

Now for the burger lovers – Using a 1/3 cup scoop, divide your ground beef into mounds.

Flatten each mound between pieces of waxed paper, creating a 4" patty. Place half of your patties

WHERE'S THERE'S SMOKE

aside. These are your "toppers". Sprinkle the other burgers with salt and pepper, prepared mustard or ketchup, onion slices, and shredded cheese. Now take your toppers and place them over your burgers. Press together the edges all around to seal in all those

burger fixins inside. Grill over hot coals about 10–15 minutes, flipping very carefully. When done to your liking, place on grilled buns and enjoy.

Maple flavored baked beans, potato salad, and hot fudge sundaes and you have a meal fit for a Backyard Grill Fest.

I'd like to give you more recipes but my neighbors are sending conflicting smoke messages. Got to go – have fun and enjoy!

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Arleen has written numerous articles, e-books, and the novel **SEARCHING FOR AUSTIN JAMES**
Websites: <http://www.rusticliving.info> <http://www.webspawner.com/users/rusticliving/index.html>
<http://topica.com/lists/simpleliving>

Smoking

By Michelle Earl

Smoking by Michelle Earl

SMOKING

Tendrills of smoke circle my head
The smell of it fills me with dread.
Especially when I don't smoke
It's only when other people take a toke.

It burns
It makes my stomach churn
My eyes hurt
And I'm very curt.

I'm curt because I want my health
A killer that can attack in utter stealth
I want to keep my lungs inside of me
Healthy

Why can't they see that the habit's bad
For all of us, and it's so sad.

WHERE'S THERE'S SMOKE

For the children around...the next generation
Breathe it in....It gets maximum penetration

Coughs and athsma, allergies and such
Makes this all too much
For they have a filter in their mouth.as they puff
We don't, and enough is enough.

I live in Edmonton Alberta Canada. Ever since having to stand outside at a Christmas party, I have made a stand against smoking.



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