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Menopause, Andropause And Other Hormone Imbalances
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Fading Winter Winds

By Arleen M. Kaptur

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If you look on any calendar you will see that the month of February is fading fast and soon the March winds will blow. The seasons change as well they should. All of Nature will begin to wake up and start a new life. If we, as human beings, think a bit like Nature, then we are in for a big surprise.

You don't have to be a "Nature" person to appreciate what change can do by letting your heart open up to the natural callings in your life is well worth the trip.

With Spring approaching thoughts are of growing – growing as in gardens, growing as in acquiring new skills or crafts, and yes, growing as in making major life changes. If there is something you always wanted to learn – Spring is the perfect time. Even if you wanted to try your hand at growing the perfect tomato or the biggest pumpkin this side of Mars, do yourself a favor and go for it. There are friendships to be made, trips to be taken, and new interests to pursue, either by yourself or with family and friends. Spring is a great time to begin planning family get-togethers or social events – need a fence painted or some clean-up around your house – well, make them into fun events and serve some light refreshments and have a great time.

Ah, what if a snow shower or bad weather should rear its ugly head once again – enjoy it – for you know that winter will leave and Spring is right there ready, willing, and able to take over and move on – as you should.

Take a class, make some home decorations, and finish all those projects you fell in love with but then tossed aside. Start planning Christmas gifts and by starting now, you will eliminate a lot of stress when the Season of Holidays rolls around again.

In essence, what all the above words are trying to say is enjoy life – enjoy Spring and don't look back. Spring has a beauty all its own and the rebirth of new life extends to each and every one of us as well. So get those seeds started, buy some gardening gloves, and start marking that calendar with all the changes that you would like to make.

Fading Winter Winds

A breath of fresh air and warm breezes awaits whatever plans you make and remember the most important part of planning – have fun and be flexible – its okay to change your mind and add and subtract on your to-do list.

ENJOY!

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Arleen Kaptur has written books and articles on Simple Living Please visit here website:

<http://www.arleenssite.com> Thank You.

Riding Skills: Effects Of Strong Crosswinds On Choppers

By Ron Gallagher

During fall riding, we have to deal with strong and gusty winds. I suppose you could set a limit and say "I won't ride if the winds gust above 30 MPH... but what fun would that be? On a day like today (50 degrees and sunny) can you imagine not riding because of the wind?"

(Note: I do have my limits for things like temperatures and I suppose if the winds were above 40 MPH I would probably not ride. Just use your common sense and set your "personal limits" based on your bike limits and rider skill level).

Aircraft pilots often refer to the season change from fall to winter as the "bumpy flight time" because Mother Nature has to use lots of wind to "push summer way" (likewise during the spring to summer change). Whatever the reason... the reality is strong and gusty winds on the ground (for us bikers) as well as in the air during this time of year and we have to know how to ride with these winds.

For most motorcycles, gusty winds are just an annoyance requiring some mild adjustments while riding. On a chopper, a gusty wind will feel like someone is standing beside the bike and is taking their best foot and pressing hard (in a sideways) direction right on the forward control peg (left or right depending on the direction of the wind). I am not sure if this is due to flex in the long forks, the rake, or both but it can make for a strange feeling like the front tire is going to slip out from under you.

So, I have found the best technique for dealing with strong and gusty winds is to ride in the center section of my lane (if the pavement and traffic conditions allow it) and maintain a strong grip on the handlebars while being relaxed enough to adjust as needed during and after the gusts. Like most conditions that deal with handling... slowing down can be a good option too... especially while in heavy traffic during these conditions.

Ride steady!

Ron Gallagher operates his web-based development business

<http://www.ROAT.com>

and writes a blog

<http://www.HowToRideChoppers.com>

. Writing articles about riding and choppers has allowed my blog

to become a FAQ on tips, tricks, and ideas on how to make owning and riding a chopper more fun!



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