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**Menopause, Andropause And Other Hormone Imbalances**  
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**From Mower To Thrower**

**By News Canada**

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**by: News Canada**

(NC)—The days are getting shorter. The nights cooler. And finally, your grass has stopped growing. Looks like it's time to store your lawn tractor or mower for the winter. And get that trusty snow thrower ready for use.

The key thing to know about outdoor power equipment is that their number one enemy is dirt. And their number two enemy is condensation. So start off by cleaning that lawn tractor or mower. Remove any surface grunge with a hose, then get underneath and scrape out any matted grass or cuttings with a paint scraper and screwdriver. Then clean the exterior with soapy water or a quality cleaner like Castrol Super clean. Now you are ready to replace or clean the air filter and grease any cables or fittings that need attention. Next, either fill it right up, or drain it completely of gas, depending on the manufacturer's instructions. Finally, and most important, change the engine oil, always using a quality product from a well known company like Castrol.

Remove the wheels and store your tractor off the ground on blocks if possible, preventing any air filled tires from going square. Finishing off, protect the tractor or mower with a covering that breathes. Something like a painter's drop sheet or heavy burlap is good. This allows any condensation to evaporate naturally, minimizing the possibility of rust. And always try to store your equipment in a clean and dry place.

As far as getting that blower or thrower ready for use, the same basic rules apply. Give it a good cleaning. Check for debris stuck in the blades. Lubricate any cables and fittings. Then replace the air filter and be sure to change the oil. And it's also a good idea to use new gas or gas/oil mixture. Outside of a new spark plug, you should now be ready for winter.

A wealth of interesting and valuable information on motor oils and lubricants can be found at

[www.castrolcanada.com](http://www.castrolcanada.com)

or other well known petroleum web sites.

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## **The Grass Is Greener With The Right Lawnmower**

**By Martha Mountjoy**

Choosing a lawnmower is different than other things that be purchased for the home or the yard. They can be used in many different types of conditions. A lawnmower has to be catered to the type of grass that you will be cutting. You probably wouldn't want a riding mower for your small backyard and you, more than likely, wouldn't use a compact push mower to mow the back acres of your ranch.

The most important aspect of choosing the right lawnmower is finding out what type of cutting you will be doing. The types of grass can be different as well but knowing the size of the lawn is key. Smaller lawns generally use smaller mowers but make sure when choosing a mower that the turn radius is sharp enough. Do you have a fence, a tree box, bushes, where you will need a mower that can cut sharp angles? Know the dimensions and obstacles in your lawn and which mower can move around them.

## From Mower To Thrower

Depending on the size of your lawn you can get a push mower and a riding mower. If you have a very big lawn then a riding mower may be a good option as sometimes push mowers can be bad on the back if they are used for long stretches of time. But if you really want the exercise there are push mowers which are better on the back than others, so make sure you check out the different models.

One thing to know before purchasing a mower is if you want to bag the grass as it is cut or afterwards. If you have a smaller lawn than a bagged mower is a good option as it bags up all the grass as it is cut. On larger lawns the bags can become full quicker and slow the mower down.

So know the size of your lawn and pick the lawnmower that will suit it, and you, best. You can also ask a professional at a lawnmower retailer as they should ask you what kind of lawn you have before buying the lawnmower.

lawnmowers-choice.com gives advice on

<http://www.lawnmowers-choice.com>

,

<http://www.lawnmowers-choice.com/mowerarts/index.html>

and

<http://www.lawnmowers-choice.com/electric.lawnmowers/index.html>

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