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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!

Get Ready Fast For Fall Leaf Viewing Trips

By Joyce Jackson

Whether its a driving tour, a cruise or a bus, leaf viewing is a great way to spend a fall vacation. It's

also big tour business and there are many options. As you dream of that hot apple cider on a crisp afternoon do a quick check list before you leave home so you're ready for any type of weather. If you're prepared then all you need to do is focus on having a fun and relaxing time.

Start preparing by taking out your favorite sweater. Think "chilly." Pack one that you can use outdoors as well as under a rain jacket or sitting inside by a warm fire. It's also time to get back into socks after a summer in sandals. A few pair of them should be on your list. Pack four pair and add a fifth one that is woolen or made for winter.

Layering clothes is paramount for fall trips outdoors. The sudden sunny burst in the afternoon versus breath chilling mornings can surprise anyone. A nice light weight fleece top with a wind proof jacket works well. Pack both.

While we think of blue cloudless skies on an autumn afternoon the chance of rain is pretty high so pack a rain suit. A jacket with a hood and pants are best. When outside all day in the wet and damp its important to keep dry all over for comfort and a complete rainsuit is the answer. Today's styles and fabrics come in all colors and patterns so you can be stylish as well as comfortable.

Make sure to add a small folding umbrella to your bag as well. Raincoats are fine but unless its full length with a zip in liner, rainy weather can start to feel downright uncomfortable by mid afternoon. Its miserable by evening unless you are warm from head to toe. An umbrella can help.

Pack a warm hat and gloves. Comfortable shoes are also a must and if they also happen to be waterproof its a big plus at this time of year.

Your camera gear needs to be in good working order so check it at home before you leave. Take extra batteries and memory cards. Film can be bought along the road if you want to travel light. Double check you camera bag and make sure its moisture proof. If at all possible avoid taking a brand new camera since anything untried can miss these great photos you'll want to show off once you get back

home.

However you are traveling you'll be on the move a lot, always more than you think, since you have to be outdoors to see foliage. Being mobile in your traveling will allow you greater freedom and flexibility. Pack light and put all your items into a single, carryable, soft side bag. Take a day pack for those daily viewing excursions and make sure you put a bottle of drinking water inside. Take prescriptions in original bottles and always pack more than you will need. Binoculars are not required but can be a great joy if you happen to catch birds migrating or wildlife grazing before the first snowfall.

As long as you have the right gear you can travel anywhere anytime of the year. See you on the road!

Joyce Jackson writes extensively on travel preparation for the new and inexperienced travel based on

her 30 years of traveling. Her knowledge and invaluable resources fill her comprehensive website with information, resources links and advice.

<http://travel-packing-tips.com>

12 Worst Trees to Plant in Your Lawn

By Thomas Leo Ogren

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12 Worst Trees to Plant in Your Lawn

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1. Fruitless mulberry trees: roots break lawnmowers and these trees really pump out the allergenic pollen. Shade is also too deep for lawns.
2. Sweetgum trees: big roots that poke out of the lawn.
3. Pine trees: root problems and pollen too.
4. Sycamore trees: usually grow way too large for most yards and they produce fuzz that makes people itch.
5. Cedar trees: a female cedar is a nice, pollen-free tree, but grows way too large for most houses and yards.
6. Magnolia trees: these have shallow roots and if you ever have to rototill your yard, if you have a magnolia tree in the lawn, you'll be sorry. Shade is too dense too for most lawns.
7. Lombardy poplars: these common trees grow fast and die young, leaving you with a huge mess. They also are male and produce lots of pollen.
8. Olive trees: unless it is a Swan Hill or some other non-flowering olive, this one will cause all kinds of allergies. The olives are a big mess too.
9. Walnut trees: nothing grows well under them and they produce lots of pollen and also smelly walnut fruit husks that draw flies.
10. Brazilian Pepper trees: roots are a problem for mowing, the shade is too deep for lawns, and they

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cause skin rashes and other allergies.

11. Seedless or fruitless Chinese Pistache trees: big producers of the most allergenic pollen. Slow to leaf out in spring.

12. Catalpa trees: slow to leaf out in spring and fast to lose their leaves in the fall. No real fall color at all and they are known to shed considerable amounts of allergenic pollen each spring.

Thomas Ogren is the author of Allergy-Free Gardening, Ten Speed Press. Tom does consulting work on for the USDA, county asthma coalitions, and the American Lung Associations. He has appeared on CBS, HGTV and The Discovery Channel. His book, Safe Sex in the Garden, was published 2003. In 2004 Time Warner Books published his latest: What the Experts May NOT Tell You About: Growing the Perfect Lawn. His website: www.allergyfree-gardening.com



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