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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

OUTDOOR FUN –SAFELY

By Arleen M. Kaptur

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There are so many ways to decorate your outdoor living area. Some people have swimming pools, others have hot–tubs. There are gazebos, birdbaths, rock gardens, ponds, flower gardens, etc.

Everything in your outdoor living area should be weather–resistant and simple to maintain. If wind, rain, or the outdoor elements can damage or pit a decorative touch, find something similar to replace it. Also, make sure that all decorative touches are safe. Picnic tables or benches should be sanded so that tiny slivers don't harm or hurt. Webbing on chairs or loungers should be repaired and replaced. Cords should not be raveled and everything should be in easy sight. You would not appreciate tripping over an ornament hidden under brush or tucked around a corner to grab toe or heel. Just a few simple precautions and you have a fun, safe outdoor getaway.

Using oilcloth or heavy plastic sheeting on picnic tables that is easy to clean, and tacked down will keep everything you serve safe and sound. Plastic pitchers, cups, and plates are preferable to glass ones, as those tiny slivers from broken glass are almost impossible to find in grass or sand. A first–aid kit that is readily available and handy is of prime importance. From scratches, scrapes, bug bites, or burns, having a remedy close at hand eases the pain and soothes the fear. Cords stretched across grassy areas are a hazard for anyone running through or walking through as they admire your flowers and garden. Sunscreen and insect repellent are also a must. They should be available to family and friends who visit.

Food should be kept cold if they are cold items and hot if they are intended to be hot. Try not to keep food out longer than one hour or provide ice bowls to place the food in or sterno or hot trays for the hot food. Keep foods covered with plastic lids or foil. Also use serving utensils to prevent everyone from having to use their own eating utensils. Cans of beverages, or juice boxes are much preferred over glass bottles or glass cups. Additional ice for beverages or just to refresh and revive are a very thoughtful accent. Grills or barbecues should be away from anything flammable or that flutters in the wind. Long sleeves for the "griller" should be avoided as well as clothing that could catch on fire. An extinguisher nearby is a must, as well as a pail of water for immediate use, but not on a grease fire. Refuse containers should be provided well away from the main activity so those darn unwanted insect

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guests are kept away. Using plastic garbage bags, collection used plates and cups immediately, and securing the bags with ties will prevent a lot of bits and bumps.

Also, remember wet feet running onto an indoor floor can slip and fall. Keep additional towels at entrances and secure rugs for safety.

A dampened paper towel in a little plastic sandwich bag next to each plate provides a welcome way to clean sticky fingers and faces. This also keeps insect pests from landing on small children and biting. Have all chemicals safety put away so inquisitive children or pets are not injured. A portable phone close by is a blessing if an emergency should occur. Also having the vital phone numbers such as hospital, fire, police, etc. taped or placed on patio or porch may give the extra time needed to avoid a catastrophe. In case of rain or thunderstorm, preplan a place for all to gather and continue having fun. If you have a pool, keep rules simple but mandatory. No rough housing in the water, and small children

should never be left alone. An adult should always be present. Slip resistant access is vital as well as floatation devices if boating or other water activity includes anyone going out into open water. Your thoughtfulness will be very much appreciated and everyone will relax and have fun knowing that all the bases for their personal safety are covered as much as possible.

It doesn't take a lot of time to prepare a safe environment for all your outdoor fun. Just a few things to insure that everyone has a great time and all go home with great memories.

ENJOY!

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Arleen M. Kaptur has written numerous articles, booklets, and the novel: Searching For Austin James
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Outdoor Kitchen Grill

By Daniel Roshard

Have you ever cooked outdoors or better yet, have you ever ate outdoors, I am sure that you did, and if you did you know that cooking outdoors is great fun and that eating outdoors is fun and special and very far from your usual kitchen lunch or dinner, even if its just the family that is eating it is still great fun.

While it is true that not everyone is a fan of outdoor cooking or grilling, the outdoor kitchen grill is one great idea for those who do like it, making the cooking outdoor experience something that is simply a pleasure and fun, something you can show your friends when you are hosting at home and in your garden.

If you love to spend you time in your garden and have a barbecue or grill outdoor often this is something you should be very interested in, an outdoor kitchen grill is something that is going to be a great convenience for you, and for your family. The idea of an outdoor kitchen is that the cooking is

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much more comfortable and allows you much more than the usual backyard cooking, it is also a very useful tool for the times that you are having guests over and want to enjoy your time outdoors.

Some people say that just by getting an outdoor kitchen they start realizing that you can actually host a bunch of people without falling off your feet in the end of the day, just because the outdoor kitchen grill is so comfortable that inviting a small crowd is not a problem, and you wouldn't need to in and out of the house to get things, just get what you need and place it in your outdoor kitchen to use while cooking.

So if you are interested in the outdoor kitchen you should probably start by thinking about all the things and features you want to have in it, what do you cook the most, how often do you cook and grill outside and how many people do you expect to feed on average. Once you got the basic answers try and research a little on the internet, prices, materials and different features, including photos are available for everyone on the internet, then try and visit your local designer shops to see the outdoor kitchens so you will get a better idea of size and using them.

When considering the purchase of the outdoor kitchen grill there are a few very important points to remember, what is the material of which the kitchen is made, is it robust and strong, does it have some kind of protection from being exposed to sun and rain, low and high temperatures, how much working area the outdoor kitchen has, is it comfortable and easy to clean, what about the maintenance, is it difficult or easy to maintain, and what does the warranty say, for how long are you covered and what it give you.

An outdoor kitchen grill is something that can bring you a lot of fun moments and you will never want to cook indoors any more, make sure you are getting what you need and want, that you are covered by the warranty and start cooking, good luck.

Daniel Roshard is an interior designer fascinated by outdoor architecture, he is currently studying public parks and outdoor design. Daniel is writing articles about home improvement and Outdoor kitchen issues at



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