

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Safe Tailgating.**

**By Andrew Kress**

**Safe Tailgating. by Andrew Kress**

Safe Tailgating.

There is a reason that at dinner time Dad was allowed to barbecue the meat, but mom did everything else: Safety.

Tailgating, in the end is like day camping, and the biggest risk isn't burnt fingers, but bacteria. Slaws or cream based dishes can get warm, and Hot dished can get cold. Either situation can leave you watching the game on a TV in the local emergency room.

Here are a few tips to keep you safer when you tailgate.

- Keep foods hot (above 140°F) and cold (below 40°F), the only things that should be at room temperature are non perishables like Chips or Pretzels, and even those should be sealed.
- No Marinades. The are bacteria petri dishes. Be a man, bring a SEALED bottle of barbecue sauce.
- Raw meat? Actually kind of dangerous. A good idea is to use separate coolers when you pack raw meat and ready-to-eat foods. Raw meat packages should placed in plastic ziplock bags for added safety.
- Don't put ANYTHING on a plate where raw meat has been placed. Seems inconvenient, I know, but then so is a bout of Diarheeah when you're 467 steps from the nearest bathroom.
- Paper towels and napkins. LOTS.
- Refrigerate. Food left outside for more than an hour should be thrown away. In doubt? Toss it out!

---

ASafe Tailgating.

There is a reason that at dinner time Dad was allowed to barbecue the meat, but mom did everything else: Safety.

Tailgating, in the end is like day camping, and the biggest risk isn't burnt fingers, but bacteria. Slaws or cream based dishes can get warm, and Hot dished can get cold. Either situation can leave you watching the game on a TV in the local emergency room.

Here are a few tips to keep you safer when you tailgate.

- Keep foods hot (above 140°F) and cold (below 40°F), the only things that should be at room temperature are non perishables like Chips or Pretzels, and even those should be sealed.
- No Marinades. The are bacteria petri dishes. Be a man, bring a SEALED bottle of barbecue sauce.

## Safe Tailgating.

- Raw meat? Actually kind of dangerous. A good idea is to use separate coolers when you pack raw meat and ready-to-eat foods. Raw meat packages should be placed in plastic ziplock bags for added safety.
- Don't put ANYTHING on a plate where raw meat has been placed. Seems inconvenient, I know, but then so is a bout of Diarheeah when you're 467 steps from the nearest bathroom.
- Paper towels and napkins. LOTS.
- Refrigerate. Food left outside for more than an hour should be thrown away. In doubt? Toss it out!

Andrew Kress is an event planner for Island Events Inc., Specializing in Event Ticketing and Event Planning for corporations, companies and private groups. For more ideas or help in obtaining event

ticketing, go to [www.islandevents.cc](http://www.islandevents.cc)

### **Intelligent Tailgating (or how to pick up girls in an abandoned parking lot)**

**By Andrew Kress**

#### **Intelligent Tailgating (or how to pick up girls in an abandoned parking lot) by Andrew Kress**

Intelligent Tailgating (or how to pick up girls in an abandoned parking lot)

1) Check the Weather Report: Tailgating is an outdoor sport, and you need to pack and plan food accordingly. Don't barbecue in heat, don't do sandwiches in the cold.

2) Keep it simple! The less time you spend cooking, the more time you spend partying! One great time saver—pre-grill hot dogs, mets, or bratwurst, and put them in a thermos of boiling water. They stay hot for hours, and with a bun and a bottle of mustard and relish are as good as anything you will find in the stadium.

3) Music Makes it a party—But not too loud! Use the car Stereo to play tapes of games or music. But remember, you want people to be able to talk and socialize, so keep the volume under control.

3) Shade/Shelter—Whether it's Sunny or Rainy, Providing cover is a good idea. A Simple way to do this is to open the trunk, stick a beach umbrella into the ground about three feet from the rear bumper and drape a clean plastic tarp from the trunk lid and over the umbrella.

4) Hold the Milk! Don't serve anything creamy or milk based at the tailgate. Potato Salads and Slaws May be easy, but they also can spoil and make people sick.

5) Seating, Seating, Seating. Those cute girls that are looking at the party from across the lot? They might come over if there was somewhere to SIT! Whether the seating is blankets or folding chairs, bring extra!

6) Not Just Chips!— Chips are great, tasty, yummy. But chips are a SIDE dish. At the least plan to do

## Safe Tailgating.

hot dogs or sandwiches with the chips

7)Beyond Beer. Most people wouldn't consider it a tailgate without a cold beer or two, but be responsible and considerate, offer tasty nonalcoholic choices other than cola. Sodas in flavors like Strawberry or Kiwi add a festive air to the proceedings.

8)Clean Up: The one thing everyone forgets, and regrets the forgetting: Garbage bags! Bring the whole box, makes for easy clean up, and throw in a couple of rolls of paper towels.

9)Partys need Party Favors! Stop at the party store for cheap, fun decorations and novelties!

---

Andrew Kress is an event planner for Island Events Inc.,  
Specializing in Event Ticketing and Event Planning  
for coroprations, companies and private groups. For more  
ideas or help in obtaining event ticketing, go to

[www.islandevents.cc](http://www.islandevents.cc)

---

Andrew Kress is an event planner for Island Events Inc., Specializing in Event Ticketing and Event  
Planningfor coroprations, companies and private groups. For moreideas or help in obtaining event  
ticketing, go to[www.islandevents.cc](http://www.islandevents.cc)

Safe Tailgating.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**