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## Back to Basics

Episode FLBTB-303

### Skydiving, Pet Exercise, Men's Cooking Club (303)

Some mothers pack her lunch for their children, but this mom packs her kids' parachutes. Meet a family that stays grounded by soaring to new heights together.

Then, if the relationship with your pet is limited to saying "go lie down," then it's time for you and Fido to team up with a fitness routine. You'll find that six legs are better than two when you give your workout a fun and furry twist on Pet Exercise.

Finally, meet a bunch of real men who hang out around the chopping block and whip up everything from rockin' risotto to awesome osso bucco. They're part of a club that tastes great and is very filling. Not much chance for leftovers here!

#### Sky Diving

- Skydivers jump with a reserve parachute that has an automatic opening device.
- Drop zone is slang for skydiving center.
- Beginners do tandem jumps — they're harnessed to an instructor.
- Choose skydiving drop zones designated by USPA, United States Parachute Association.
- To find out more about skydiving, log on to FineLiving.com, keyword: skydiving.

#### Resources

Dropzone.com  
[www.dropzone.com](http://www.dropzone.com)

#### AIR TIMES:

- October 06, 2003  
8:00 AM EST
- October 10, 2003  
8:00 AM EST



Skydivers over drop zone in Sebastian, FL



Pamela Reid and her dogs Ejit and Bent



Men's Cooking Club Members enjoying dinner at Lola Restaurant in Cleveland, OH

- You Are Here
- Your Private Island

Learn about skydiving, browse a list of items for sale in the auction room, and get new and updates from sky diving competitions.

U.S. Parachute Association

[www.uspa.org](http://www.uspa.org)

Directory of recognized operators, safety standards, details of government relations and a list of membership services.

1-800-SKY-RIDE

[www.1800skyride.com](http://www.1800skyride.com)

Give the exciting gift of a 1-800-skyride skydiving gift certificate. Lists hundreds of locations near you.

#### Getting Started

1. A tandem jump can be done without any prior training
2. Static line jumping helps beginners avoid tangled parachute lines.
3. Make sure you're fit to fly. Check with your physician before jumping.

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#### Pet Exercise

- Consult your veterinarian before deciding what type of exercise is right for your dog.
- Collapsible dog bowls cost between \$15 and \$20.
- Reflective collars cost between \$20 and \$30.
- To find out more about exercising with your pet, log on to FineLiving.com, keyword: pet exercise.

#### Resources

PetPlace.com

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

Information on how to care for and love any of your pets. Includes information on dogs, cats, fish, reptiles, horses, birds, and other small mammals.

Dog-Play

[www.dog-play.com](http://www.dog-play.com)

Find lists upon lists of neat things to do with your furry friends. Includes helpful information on how to choose the perfect puppy for you, how to make breeding decisions, and other sad, mad and glad articles all about dogs.

Digital Dog

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

Provides the public with honest observations about the temperaments of every possible breed of dog, as well as, possible physical or behavioral flaws found in every dog breed. The goal of the website is to provide a healthy relationship between owners and their pouch.

Exercise @ About.com

[www.exercise.about.com](http://www.exercise.about.com)

Anyone can fit exercise in their busy schedule! Find an exercise plan for you!

#### Getting Started

1. There is tons of gear available, from collapsible bowls to reflective collars.
  2. Your fitness plan will depend on your dog's breed and personality.
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### Take 20

- Take 20 minutes to organize a small space.
  - Feng Shui prescribes ridding your house of clutter.
  - Most donations are tax deductible.
  - Consignment stores pay for old furniture and clothing.
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### Men's Cooking

- For the freshest ingredients, try shopping at your local farmers' market instead of the supermarket.
- Rotating who hosts the party and who plans the menu is a good way of spicing things up.
- Putanesca Sauce is a spicy tomato sauce made with olives, capers and garlic.
- Setting up a cooking night at home costs \$15 to \$30 per person depending on what you're cooking.
- Having a theme is a good way to get members excited and make sure the dishes compliment each other.
- The cost of cooking in a restaurant or at home with a chef starts at about \$100 per person, depending on ingredients.
- Start simple, choose recipes that contain your favorite ingredients, but are also easy to prepare.
- For more information, go to FineLiving.com: keyword, mens cooking club.

### Resources

#### [Real Men Do It in the Kitchen](#)

by Becky McCammon

A simple to read cookbook with a wide variety of recipes catered to men.

#### 3Men With Nothing Better To Do

[www.3men.com](http://www.3men.com)

Meet three men that love to cook. Their website aims to provide people with information on a variety of cooking related subjects that include pig roasts, fish smoking, barbecue, sausage and Jerky. Also learn about competition cooking and how to putt together an awesome cooking party.

#### Men's Cooking.com™

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

With these easy to follow recipes you'll be able to make meals the whole family will enjoy. Learn tools of the trade, unique gift giving ideas, how to save money and more.

#### cookingathome.com

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

An all in one website and domain resource.

### Getting Started

1. Plan your menu in advance and assign specific tasks to each member.
2. Choose a menu with simple and minimal ingredients.
3. Choose your cooking club location based on convenience, space and functional equipment.

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