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Riverfront Collision Center Budget Friendly Summer Vacation Ideas

Hi, I'm Denny Gardner. With school coming to a close, your family could use some time to be together, relax, and have fun. Planning a summer vacation can be stressful and expensive. Why not rediscover all of the great attractions that you can visit with getaways in your own region for a fraction of the price. There are many wonderful parks that have countless activities to enjoy. Whether you want to be active and go for a hike, or just relax and take in the scenery, this article will focus on great budget friendly vacations that can be spent outdoors with you and your family.

Looking for a budget friendly vacation? Here are some ideas for a perfect getaway that won't empty your wallet.

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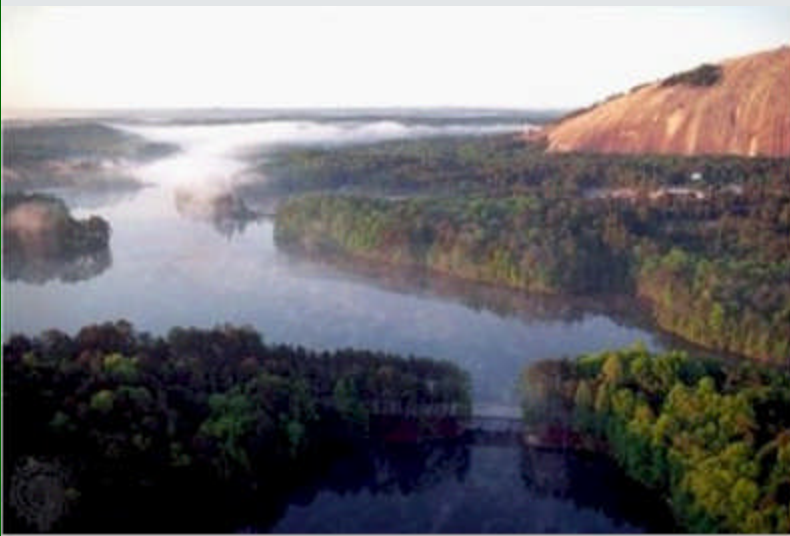
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**Sincerely,
Denny Gardner
Riverfront Collision Center**

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Budget Friendly Summer Vacation Ideas



[Stone Mountain Park](#)

16 miles east of Atlanta you will find [Stone Mountain Park](#). In the center of the park is the world's largest exposed mass of granite, where you will find a sculpture (on a flat surface) of Robert E. Lee, Stonewall Jackson and Jefferson Davis all leaders of the Confederacy during the Civil War. You will also find the

Stone Mountain Museum featuring artifacts spanning 12,000 years from ancient civilizations to present day. There are lots of one of a kind activities at Stone Mountain Park including: the Scenic train ride with a 1940's train with open air cars, the 5 mile scenic trip will allow you to enjoy the beautiful views of Stone Mountain and the surrounding areas, the top attraction is the summit sky ride, the sky hike and ride.

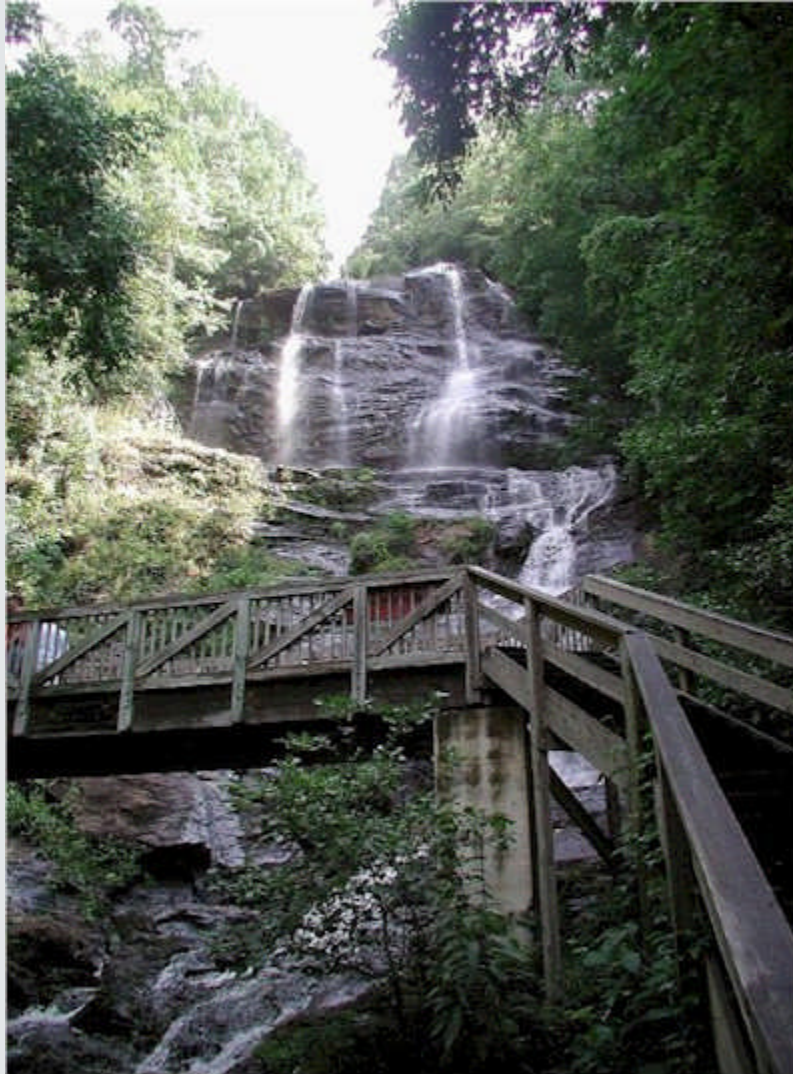
[Providence Canyon State Park](#)



For nature seekers, one very beautiful place will attract your attention, [Providence Canyon State Park](#), which is hailed as "Georgia's little Grand Canyon." The canyon at places is over 150 feet deep and has similar, spectacular strata layers. With over 1,108 acres to explore,

there will be unending awe when you visit.

[Amicalola Falls State Park](#)



One of Georgia's most popular state parks is [Amicalola Falls State Park](#). Amicalola, is a Cherokee Indian word meaning "tumbling falls" an appropriate name for the 729 ft. waterfall you will find here, the tallest cascading waterfall east of the Mississippi River. You will also find a beautiful lodge and hiking trails making this a great Georgia vacations destination.

[Okefenokee Swamp National Wildlife Refuge](#)

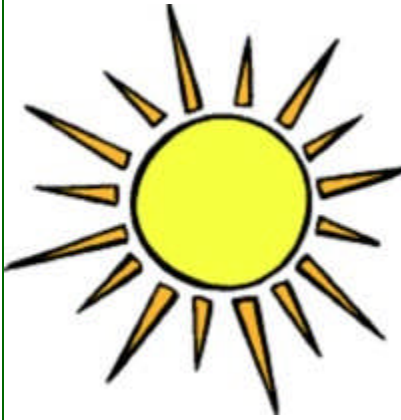


[Okefenokee Swamp National Wildlife Refuge](#) is the second largest freshwater swamp in the United States. Visitors paddle through the swamp in canoes or ride in tour boats. There is also a watchtower and boardwalk. People look for Alligators which can grow up to 15 feet long. Other animals found here include deer, bears, frogs, snakes and lots of birds.

Have you thought about visiting South Carolina? The [National Parks of South Carolina](#) preserve national forests, battlefields, military sites, historic patriot trails and one of the last old-growth bottomland hardwood forests in the United States.

[National and State Forests](#) protect natural scenic wonders and wildlife habitats in swamplands, mountain and coastal forests throughout the state. Bird-watching, nature study, photography, fishing, scenic outdoor attractions and whitewater rafting are just a few of the many outdoor adventures visitors enjoy in South Carolina's forest preserves.

Summer Safety Tips



Although you should make every effort to keep your kids safe year-round, it is especially important in the summer when most kids are out of school.

Hot temperatures and more time spent outdoors, perhaps unsupervised, can put kids' health and safety at risk.

The most obvious hidden dangers in the summer simply have to do with the heat and can include:

- heat stress and heat stroke, which can be prevented. Keep kids well-hydrated, take frequent breaks when playing outside, and watch for symptoms such as thirst, cramps, fatigue, dizziness, nausea, vomiting, headaches, and fever. Never leave a child or let her play in a hot car.
- getting burned on metal slides or other hot playground equipment.
- sunblock--although parents should be aware of the risks of not applying sunscreen or sunblock on their children, sunburns are still common (especially if lotions are not used properly.)



Many families try to escape the summer heat in a pool or nearby lake. To keep your kids safe around the water be sure to:

- Childproof your pool by enclosing it in a fence with a self-closing and self-latching gate.
- supervise your kids around the pool, even if they know how to swim.
- have children who don't know how to swim wear a life vest instead of "floaties" when they are in the pool.
- always have your child wear a life vest when on a lake or river, even if they know how to swim.
- take your child to swimming lessons once he or she is four to five years old, the age when most kids can learn to swim.

Other Summer Safety Tips

In addition to using sunscreen, supervising kids around water, and protecting your kids from the heat, you can keep your kids safe this summer by:

- keeping younger kids away from lawn mowers. Despite the need for a summer job or simply wanting to help, remember that the American Academy of Pediatrics advises that children younger than 16 years old should not be allowed to use ride-on mowers; children younger than 12 should not use walk-behind mowers.
- Using insect repellents when necessary.
- doing a daily tick check if your kids have been playing outdoors, especially in or near wooded areas.
- outfitting your kids with appropriate protective gear, such as a helmet and pads, when they ride a bicycle, skateboard, or while riding a scooter.
- not letting your kids play with fireworks and instead visiting a public fireworks display this fourth of July.
- not eating food that has been left out for more than an hour at barbecues and family picnics, which can cause food poisoning.
- teaching your kids to recognize and avoid poisoning

And of course, keep your home well-childproofed. This also applies to wherever you are staying when you are on vacation, whether it is a hotel or relative's home.

Although not a safety danger, it's important to remember that time off from school also means that your child may have more opportunity to become inactive and eat more junk food, leading to his becoming overweight. Encourage your child to be active and eat a healthy diet all summer long.

Avoiding Poison Ivy



Review some pictures of poison ivy so that they really know what to look for. Since poison oak and poison oak can trigger the same rash, knowing how to recognize and avoid these plants is important too. If you find it, either take steps to get rid of it or teach your kids to avoid those areas.

Treating Poison Ivy Exposures

If you are exposed, according to the FDA, you should quickly (within 10 minutes):

- first, cleanse exposed areas with rubbing alcohol.
- next, wash the exposed areas with water only (no soap yet, since soap can move the urushiol, which is the oil from the poison ivy that triggers the rash, around your body and actually make the reaction worse).
- now, take a shower with soap and warm water.
- lastly, put gloves on and wipe everything you had with you, including shoes, tools, and your clothes, with rubbing alcohol and water.

Unfortunately, if you wait more than 10 minutes, the urushiol will likely stay on your skin and trigger the poison ivy rash. You may not be able to stop it on your skin, but you might still scrub your nails and wipe off your shoes, etc., so that you don't spread the urushiol to new areas.

Commercial products, like **Zanfel**, **Ivy Cleanse Towelettes**, and **Tecnu Extreme Poison Ivy Scrub**, are also available over-the-counter, if you don't want to use rubbing alcohol.

Remember that poison ivy isn't contagious though, so touching the rash won't actually spread it.

Since your kids get poison ivy a lot, having a 'poison ivy action kit' ready, with rubbing alcohol, a large bottle of water, and some soap, might be a good idea. Since rubbing alcohol can be poisonous, children should be supervised with it though and it is not something you should send off into the woods with them.

Preventing Poison Ivy

In addition to getting rid of poison ivy when you find it, you can avoid poison ivy by:

- wearing long pants and a shirt with long sleeves, boots and gloves when your kids will be most at risk, especially when playing in wooded areas, around lakes, or going on hikes
- apply **Ivy-Block** to exposed areas

Barbeque Grilled Salmon



Ingredients

- 1 large onion, thinly sliced
- 1 cup dry white wine or vegetable broth
- 1 cup tomato juice
- 1/2 cup ketchup
- 1/4 cup honey
- 1 Tbsp. Worcestershire sauce

- 1/2 tsp. finely chopped garlic
- 1/2 tsp. chili powder
- Salt and pepper to taste
- 4 salmon steaks (about 6 oz. each)
- Vegetable oil

Instructions

1. Combine onion and wine in medium saucepan; bring to a boil over medium-high heat. Add tomato juice, ketchup, honey, Worcestershire sauce, garlic, chili powder and salt and pepper to taste; stir well. Reduce heat to low and simmer 1 hour. Remove from heat and puree in blender or food processor; set aside.

2. Place salmon steaks in lightly oiled baking pan and baste with sauce. Bake in preheated 425-degree oven about 6 minutes; turn and baste. Bake until fish just flakes when tested with fork. (The salmon steaks should cook about 10 minutes per inch of thickness, measured at the thickest part.)
Makes 4 servings.

Ingredients:

- 1/2 Red Pepper
- 1/2 Green Pepper
- 2 Tomatoes
- 2 med Zucchini
- 10 Grape Tomatoes
- 5 baby Portabella Mushrooms
- 1 small shallot
- 2 cloves of Garlic
- 4 oz Penne Pasta (measured dry)
- 2 tbsp Olive oil
- Italian Seasoning
- Thyme
- Salt
- Parmesan Cheese

Cooking Direction: 2 Servings

- Cut Zucchini into small pieces, salt and let it sit while you cut other veggies.
- Chop all veggies.

- Sauté Shallot and garlic in 1 tbsp olive oil, add mushrooms and let it cook until soft
- Roast Zucchini in the oven for 10-15 (make sure it doesn't burn) at 500°.
- Toss the peppers in 1 tbsp of olive oil, Italian Seasoning and Thyme, add the pepper to the zucchini and let it broil at 500° until veggies are soft.
- Cook pasta in boiled water per packaging directions.
- Puree the tomatoes in blender until completely liquefied, and then add to sautéed mushrooms.
- In a bowl mix roasted veggies, mushroom tomato sauce and pasta.
- Serve in a bowl and top with graded Parmesan cheese.

Enjoy :)

Joke

My Dad's Better Than Your Dad

Three boys on the playground were bragging about their dads. One said. "My dad scribbles a few words, calls it a song and they pay him 50 bucks."

"Oh, yah. My dad scribbles a few words, calls it a poem and they pay him 100 bucks."

"That's nothin'," said the third kid. My dad scribbles a few words, calls it a sermon and it takes six people to collect all the money!"

To Be Six Again

You really have to give this guy an A+ for effort.

George was a thoughtful husband. He wanted to give his wife something special for her birthday which was coming up soon. As he sat on the edge of the bed, he watched his wife turning back and forth and looking at herself in the mirror. "Reta," he said, "What would you like for your birthday?"

His wife continued to look at herself and said, "I'd like to be six again."

George knew just what to do. On the big day, he got up early and made his wife a bowl of Fruit Loops. Then he took her to an amusement park where they rode all

the rides. Five hours later, Reta's stomach felt upside down and her head was reeling. Never the less, George took her to McDonald's and bought her a Happy Meal with extra fries and a chocolate shake. Next, it was a movie with popcorn, soda and her favorite candy.

As Reta wobbled into the house that evening and flopped on the bed, George asked her, "Well, Dear, what was it like to be six again?"

Reta looked up at him. Her expression changed. She said, "I meant my dress size!"

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Sincerely,

Denny Gardner
Riverfront Collision Center

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