

FRITH APPLIANCE REPAIR

NEWSLETTER

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BURIED IN PLASTIC BAGS???

The folks at *Real Simple* magazine offer uses for the seemingly never-ending supply that multiply in your kitchen cupboard.

READ MORE ON PAGE 3!

HOME SAFETY Q and A



CARBON MONOXIDE (CO)

Q. What is carbon monoxide?

A. Carbon Monoxide (CO) is a toxic gas that you can't see, smell or taste. At low levels of exposure it may cause tiredness. At higher levels, people can experience nausea, dizziness and headaches. CO can be fatal at high levels.

Q. Where does CO come from?

A. Common sources of carbon monoxide include leaky venting from furnaces, water heaters or chimneys; gas stoves are a leading cause as are poorly vented fireplaces and kerosene/gas space heaters.

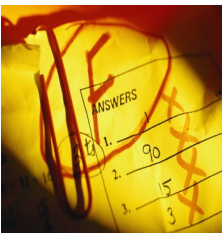
Q. What can a homeowner do?

A. You can reduce your risk of CO exposure with proper appliance and home maintenance:

- Hire a professional technician (that would be us) to inspect/service your gas appliances annually including gas ovens, furnaces and water heaters.
- Never use your gas oven for heating.
- Have your chimney/fireplace cleaned annually.
- Be sure that doors on wood stoves close tightly.
- Buy battery-operated CO detectors and place them in your bedroom areas. Then, change the batteries each year on a given date – the date of the daylight savings time change is a good reminder and change the smoke detector battery at the same time.

What Grade Would You Get In...

Personal Finance 101?



A recent national survey test involving almost 6,000 high school seniors reported a score of 52% - clearly a failing score.

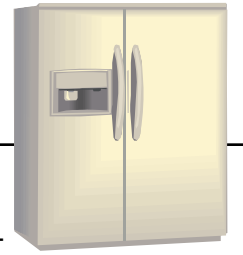
The test was about financial basics and that certainly indicates a scary trend. Here's a test quiz to determine your financial knowledge:

1. True or False? The best way to repair poor credit is to hire someone to do it.
2. True or False? You must be able to put down 20% to buy a home.
3. Which of the following investments is *not* protected against loss by the federal government?
 - a. a U.S. treasury bond
 - b. a Certificate of Deposit
 - c. a State-issued bond
 - d. a U.S. savings bond

ANSWERS ON PAGE 4



Save Money! Don't let food go to waste in your refrigerator



Are you tired of throwing food away before you have a chance to try it?

There is new technology from the refrigerator manufacturers that can reduce food waste. Beyond that, there are some simple rules to help you reduce the amount of food you throw away each week.

NEW TECHNOLOGY

You will start seeing new refrigerators with air-purification systems that reduce ethylene gases that cause premature ripening and spoilage. Some of this technology will reduce bacteria to preserve food longer. Yet other manufacturers are controlling moisture and temperatures inside refrigerators to help keep food longer.

Some manufacturers have controls that return the interior to the desired temperature faster than a regular refrigerator. Other manufacturers have two evaporators to maintain different levels of humidity in the freezer and fresh-food sections so that food doesn't dry out.

SIMPLE FOOD STORAGE AND PURCHASE RULES

Even with new technology, we as consumers waste a LOT of food. Studies suggest that U.S. households waste about 14% of food purchases or about \$600 per year. Yikes. That is some real money. Poor food storage is part of the problem. Better food management is the solution.

Here's some simple rules to help you keep from throwing food away:

1. Don't buy anything bruised or with physical damage. How fast produce goes bad is a function of the product quality of fruits and vegetables when we buy them.
2. Rotate the food inside your refrigerator often. Items that are more perishable or show signs of decay and need to be eaten first need to be in the front.
3. Food waste tends to rise with food prices. That's because consumers switch to less familiar, cheaper foods and then don't end up eating it because it conflicts with the everyday, typical pattern of behavior. Maybe a less-priced vegetable is purchased that doesn't taste "normal" or the consumer doesn't know how to prepare.
4. Fruits and vegetables need to be stored separately in the refrigerator. Ethylene released by certain fruits can accelerate the ripening of vegetables.
5. Bananas and tomatoes are best kept at room temperatures.
6. Don't forget about things inside the produce bins. Toss out bad food immediately. Otherwise you run the risk of bacteria and mold that can contaminate other foods.
7. Buy only the amount of produce that you can reasonably use in one week. And then plan your menu around those items and EAT THEM UP!

FOOD SPOILAGE GUIDE

- CARROTS AND CELERY: no longer fresh if you can tie a double knot with them.
- ICE CREAM: if you can't tell the difference between your ice cubes and the ice cream, throw *both* of them out!
- LETTUCE: is spoiled if it's the same color as your refrigerator and stuck to the bottom of the crisper drawer.
- TOMATOES: If they can be dribbled like a basketball or hard as a brick – throw them out!



Reuse those Plastic Bags as...



Knee Pads—Need to kneel in your garden to pull weeds, or on the street to change a tire, but don't want to preserve the memory eternally on your pant legs? Tie one bag around each knee, covering the entire area that will be exposed to dirt and grime.

Hand Protectors—Use bags as gloves to handle what's messy (say, chicken carcasses) or just plain gross (like the little "presents" the dog leaves in the front yard), then turn them inside out to trap the offending matter inside for easy disposal.

Paint Preservers—You're painting the kitchen when an emergency (kid's sick at school; Brad Pitt is Ellen's special guest) calls you off the job. To keep brushes and rollers from drying out, place them in bags and tie them or wrap them with rubber bands to keep air out. They will stay moist and protected for a day or so.

Makeshift Rain Hats—A 30 percent chance of rain...*hmm*. Do you tote around an umbrella (maybe for nothing) or head out sans protection (and risk getting drenched)? Third option: Tuck a plastic bag into your pocket or purse. Then, if you're caught in a downpour, you can use it as a makeshift rain hat to protect your do. Don't worry...you'll look great!

Easy Kitchen Clean-Up Tools—For no-fuss cleanup, instead of peeling fruits and vegetables over a cutting board or into the sink, do it over a plastic bag. When you're done, flip the peelings into the garbage and rinse the bag to reuse another day, or simply toss the whole shebang into the trash.

Wrapping Paper—No time to make an emergency pre-party run for wrapping paper? Riffle through your bags to find the prettiest and most colorful — or just ones without writing. Triple-bag the gift, then tie all three sets of handles into a knot. Cut the tops of the loops and fan the pieces out to make a plume.

Wet Umbrella Holders—To avoid dripping water all over your (or anyone else's) house on a rainy day, pop your wet umbrella into a bag as you walk into the house. You can even tie the handles snugly and throw it back into your purse — unless, of course, your bumbershoot is of Mary Poppins proportions but your car-petbag isn't.

Shoe Protectors—It will never be a fashion trend, but tying bags over your shoes can keep you from tracking mud into the house when you come in, or protect slippers from dirt, snow, or rain when you run out to fetch

the paper from the front lawn. (Be careful when walking on smooth surfaces, as the plastic won't give you any traction.)

Cookbook Protectors—To keep the cookbook clean while attempting that "easy to follow" seven-layer-cake recipe, wrap a bag around everything but the page you're using. Although it won't keep you from (inevitably) spattering the list of ingredients with vanilla extract, the rest of the book, at least, will remain pristine.

Planter fillers—Crumple bags to fill the bottom of a large pot that's too deep for your plant (but be sure not to cover the drainage hole, if it has one). You can cut down on the amount of potting soil needed, and since plastic packs less heft than dirt, you'll be able to move a big planter around with a bit less grunting.

Still have more than you know what to do with? Here are some more ideas.

- Keep bags in the glove compartment to use as trash bags on road trips — or, if you have kids, trips just down the road.
- Donate them to food pantries, libraries, day-care centers, or hospitals.
- Use them to stuff pet beds or throw pillows that have thick fabric covers.
- When packing a suitcase, use them to keep shoes from soiling clothes and dirty things from clean ones.
- To protect small outdoor plants from frost at night, cover them with bags and tie the handles tightly around the pots. Be sure to take the bags off in the morning.
- Cover your car's side mirrors and windshield wipers if you park outside in winter and you won't have to scrape ice off in the a.m.
- Use them to dust off out-of-season shoes and out-of-favor stuffed animals stored in the closet.

REDUCE. REUSE. RECYCLE.

Computer Corner

Got problems with your PC or laptop, but you're not a certified 'computer geek'?

You still may be able to solve the problem yourself and save some bucks.

Software problems:
Try getting help online:

Hardware issues:

Call the manufacturer to get advice or to see if what you need is covered under any warranty.

Cut through the 'phone tree' and quickly access a LIVE representative by getting instructions on <gethuman.com> for hundreds of companies worldwide.



Do You Pass Personal Finance 101?



1. FALSE. The only way to establish good credit or improve a credit score is to establish a long-term history of wise credit usage and *paying bills on time!* Sounds simple, but lots of us don't do it.

2. FALSE. While 20% down-payments are common, many loan programs allow much smaller or even no down-payments. Consult some reputable financial institutions in your locale and/or explore the options with a realtor who's been in business awhile.

3. C. Bonds issued by states can be a good investment, but are not insured by the federal government.

IT'S TABOO!

What's the # 1 taboo topic among Americans?

It's CREDIT-CARD DEBT. 82% of U.S. adults are reluctant to talk about it!

Interesting, since Americans' total credit card debt has reached \$951.7 billion. (Source: US Federal Reserve April 2008)



FRONT LOAD WASHER ODOR PROBLEMS

To combat odor causing residue in high efficiency washing machines, Whirlpool has developed a cleaner called Affresh. Many owners of HE washers attempt to clean mold and mildew stains with everything from bleach to vinegar with limited results.

Due to their design, mold and mildew have a greater potential for build-up in HE machines. Affresh tablets help remove and prevent the problem in all brands. Their oxygenated bubbling action penetrates and dissolves unseen residue, providing a more effective cleaning option than bleach alone.

To assure optimum performance, appliance manufacturers recommend a regular maintenance and cleaning routine. Visit www.affresh.com to learn more about the product and to familiarize yourself with its advantages.