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by
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Grocery Shopping & Your Fridge: Which Comes First?



According to Whirlpool Corporation research, 27% of consumers clean out the refrigerator before going grocery shopping. Other consumers *make* room for items they've just purchased at the grocery store after lugging them in from the car. To make room...

...62% of consumers will reorganize the refrigerator

...39% will throw things out

...27% will make room by shoving everything in and not worrying about organization

Men ages 45-54 get just a beverage out of the fridge more than half of the time compared to other men surveyed.

BY THE NUMBERS...

11

According to the 2000 U.S. Census, that is the number of people per square mile in Juneau, Alaska. Juneau is the least densely populated city (with a population of over 10,000) in the United States. Coming in second, with 48 people per square mile is Butte-Silver Bow, Montana. Third, is Boulder City, Nevada with 74 people per square mile.

A Helpful Appliance Hint

GRIMY DRIP PANS?



Do the drip pans (the burner bowls) on your electric range look stained and discolored? Have they lost their shine?

Listed below are some causes for this and also some advice on how to correct the situation:

CAUSES:

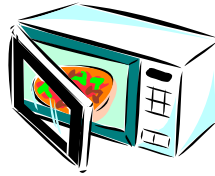
- excessive use of high heat over a long period of time
- food spills that are not removed promptly
- cookware that is too large...cookware should not extend more than a half-inch beyond the coil element
- improper cookware (uneven bottoms or too large or small) can cause excess heat causing discoloration

CORRECTIONS:

- don't use the high heat setting for prolonged periods
- use properly-sized pans and pots
- wash drip pans frequently in warm, soapy water
- use flat bottom pans...test for convex or concave bottoms with a straight ruler

All About ...

YOUR MICROWAVE OVEN



The microwave oven was recently rated the #1 technology for making people's lives better—ahead of the answering machine and the ATM. Invented in 1945 by Percy Spencer, a microwave oven can be found in 90% of homes. Since the first consumer model was sold in 1967, the microwave oven has sparked a revolution in American lifestyle. Soak up the following tips and information to get the most from your 'nuker'.

- Remember that microwave food continues to cook **AFTER** the oven stops. This will happen until the water molecules stop their action. Let a dish sit for a few minutes after the microwave oven stops. Since microwaves penetrate no deeper than 1½ inches into an item, the remainder of what you are cooking is heated by the heat conducted into the middle of the food. That is why stirring and turning is important in order to balance the heat throughout the food.
- While you can defrost in a jiffy with a microwave oven, the food can also overcook quickly as well. Use the lower settings to defrost and be a little patient. Be sure to immediately cook whatever you just thawed to prevent bacteria growth.
- Don't always use the highest power level - usually 10 – when using your microwave. Use power level settings 1-4 when performing defrosts and softening items like butter or margarine or cream cheese. Use middle numbers 5-8 for reheating. High power is fine for quick cooking like heating water or cooking bacon or fish.
- Using microwave-safe containers is extremely important. Some experts warn against ever using plastic containers because of possible leaching of nasty chemicals into the food. To be absolutely certain about food safety, just don't use plastic. If you choose to heat in plastics, choose those labeled microwave-safe. If you decide to avoid plastics altogether, you may safely use glass and ceramic dishes, paper plates, towels and napkins and wax paper or parchment paper.
- Although some careful use would not be a problem, generally **AVOID** aluminum foil, brown paper bags, and all foam-insulated cups, plates, bowls and trays. Don't cook in leftover containers from yogurt, soft margarine, cottage cheese, etc.
- To avoid any issues with breakage of the interior glass bottom of the microwave oven, always cook on top of an inverted glass pie plate. If the inside of your microwave gets to looking dirty with splatters and such, heat a bowl of water and some lemon juice for five minutes on **HIGH** power. Then, leave the oven door shut for five more minutes, and wipe down the interior with a solution of one cup water and one tablespoon of baking soda.

LAUNDRY TIPS



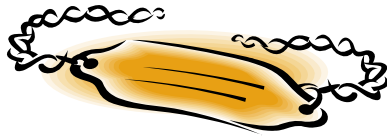
...from the Whirlpool Institute of Fabric Science

- As your laundry accumulates, pre-sort it into designated baskets for lights, darks and whites. While sorting, don't forget to close zippers, clasp hooks and check pockets to prevent snags and avoid washing tissues, money, lipstick, etc.
- Streamline the laundry process by incorporating storage solutions and flat working surfaces into your laundry room. This will keep laundry where it belongs and eliminate the need to treat, sort and fold in other rooms of the house.
- Wash small loads as needed between laundry days. Today's high efficiency washing machines use substantially less water and energy than a conventional top-loading washer. Which means you can do small loads when you have time, rather than waiting for the basket to fill up.
- Don't overload the washer or dryer. Clothes come out cleaner and less wrinkled when given room to move freely.

TIP OF THE DAY

After your next new year cleaning, give your bulky bedding a fluff and speed up the drying time, by tossing a couple of tennis balls into the dryer with your favorite bedding!

Medical Alert Bracelets:



Do you have yours?

(excerpts from WSJ article by Laura Landro)

It's a simple step, but one many doctors forget to remind patients to take: Wear a medical-alert bracelet.

A growing number of American adults and children face complex medical conditions like heart disease and diabetes. They may have drug or food allergies, suffer from disorders like autism, or take blood thinner medications that medical staff should know about in an emergency.

New bracelets and other medical-identification systems can fill in first responders on a patient's complete health history. They're a far cry from the simple identification bracelets of the past, which with a few engraved words informed medics that a person was, perhaps, allergic to penicillin. They can steer first responders to a secure website or toll-free phone number, or initiate a text message, to get the medical and prescription history of a patient who may be unconscious or unable to talk about their condition.

Of course, wearing the traditional clunky metal medical-alert bracelets might be a turnoff to some, and too visible a reminder of a disease or condition. That's one reason a number of jewelry companies make bracelets, necklaces and watches that look like real bling — Tiffany & Co. has a gold bracelet for \$2,250, for instance — and some pendants can easily be hidden under clothes.

People who don't want to wear jewelry can carry a specially marked USB flash drive loaded with emergency data that medics can read from any computer in an emergency. Experts say to make sure that your identification system provides a method for responders to quickly access as much information as possible.

“Anyone with a medical condition that would not be

YOU NEED A MEDICAL INFORMATION ALERT PROGRAM IF YOU ..

- have a pacemaker or implanted defibrillator
- are on blood thinners and anticoagulant drugs
- have an endocrine condition (diabetes, adrenal gland, pituitary gland disorders)

obvious to medics or doctors if they were unable to communicate should consider some form of medical-identification program,” says Alfred Sacchetti, a member of the American College of Emergency Physicians who worked with MedicAlert on guidelines for children's emergencies. Engraved on bracelets issued by MedicAlert are a patient's member number and a toll-free number to access a 24/7 hot line for information. The service costs adults \$39.95 for the first year and \$30 annually after that; children's fees are less. MedicAlert has added services like notifying family members in an emergency.

Ramesh Srinivasan, MedicAlert's executive vice president, says the organization has seen a growing number of parents signing up kids with food allergies and autism spectrum disorders. There is also interest in bracelets that say “no known medical conditions” so treatment won't be delayed in an emergency, as well as more demand from younger adults who are active athletes with medical issues, he says. Nearly half the group's 2.3 million U.S. members are over 65.

DID YOU KNOW?

- 1 in 5 children will pay a visit to their local emergency room this year.
- Adverse drug reactions are the 4th largest killer in hospitals.
- Fainting is the most common medical emergency on airplane flights.
- Each year 900 people die from injuries sustained in bicycling accidents.



SPORTS CORNER

Here are some unusual facts about sports that you probably didn't know!



FACT: Sleep apnea affects roughly 4% of the general public, yet 60% of former NFL linemen suffer from the malady!

FACT: According to the U.S. Census Bureau, it takes the average American citizen about four years to earn \$100,000. The following is a list of how long it takes some star athletes to earn the same amount of money—

Alex Rodriguez, baseball player	6 pitches
Ben Roethlisberger, football QB	4 snaps
Tiger Woods, golf	11 holes
LeBron James, basketball	21 minutes
Roger Federer, tennis	28 games
Tony Stewart, auto racing	125 laps
Norm Duke, bowling	2,360 frames

Somehow, this doesn't seem quite fair!!

F.Y.I : USED CAR INFO



Thinking of buying a used motor vehicle?

Here's some good information and website addresses.

For a car history report, go to Carfax.com or AutoCheck.com. You will need the vehicle identification number for the car history. This number can be found on dashboards, door frames and on title documents.

Resale values indicate which models hold their value as they age. Get suggested pricing information at Edmunds.com or KBB.com.



Call us for service on your SubZero or Wolf product 1-888-SUB-WOLF (888-782-9653) or schedule a service call on-line at <http://www.paspros.com/service.html>

For service on all other brands call Appliance Service Station 1-866-797-0670 or schedule a service call on-line at <http://www.assinc.com/request.html>