

Gail & Ingrid's

TIPS FOR JANUARY!



## Have you noticed that your car gets lower gas mileage

during the winter months? There's more friction from sloppy roads, fluids don't work as well in cold temps, there's low tire pressure, and we often idle the engine to keep warm...they all add up. But there are ways to avoid the cold weather drop. Wet roads and underinflated tires increase resistance and make your car work harder. Tires lose one pound of pressure for every 10 degree loss in temperature so keep them properly inflated. Even in winter its better for your engine to warm up while driving, not sitting in the driveway. Also, it's tempting to keep the heater running while waiting for your latte but idling for more than 10 seconds wastes more fuel than re-starting.

## People often forget to lock upstairs windows



and burglars know it. Make sure all your windows are locked when you're not home. And, keep your ladders in a locked garage or shed so a burglar can't use them to access upstairs windows.



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## Don't skimp on paint

*Lower grades of paint do not cover as well as premium paints. The better grades of paint hide the previous color with as little as one coat. Lower grade paints are likely to need more coats. That makes them a poor value even if they cost less to buy.*



## Renew your passport if you're going to be travelling in the next few months ...don't wait

until its due to expire. Many countries will deny entry if your passport is due to expire in the next six to nine months. Check the policies of the countries you intend to visit. Protect your valuables by bringing along as few as possible and keeping them out of sight.



## If you switch from incandescent light bulb

(you know, the ones we grew up with) to CFL light bulbs (the new swiggly ones) you'll save \$100 or more in electrical costs over the life of each bulb.



## Staring at cell phones or computers

can make dry eyes feel even worse. The Mayo Clinic recommends using the 20/20/20 rule. For every 20 minutes you're on the computer, look away at an object at least 20 feet away for 20 seconds or more.



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