

The How to Guide



A Resource to Buying Goods, Services, and Making Stuff

An advertising supplement of

 **Pacific Sun**
MARIN'S BEST EVERY WEEK



How To Choose A Carpet Cleaner



Find a company with good references. Ask friends and coworkers or use a referral system, such as the Pacific Sun's 'Best of Marin', the Better Business Bureau, Diamond Certified, ValueStar, or your local Chamber of Commerce.

Don't choose based on the lowest price. A fly-by-night company could actually do more harm than good. Some companies offer a low price to sign you up, but when they arrive there are hidden charges. This is called "bait and switch". It may end up costing more than a high quality company. Ask questions. You can choose from steam or dry chemical cleaning methods. Check with the carpet manufacturer for any special care and recommendations. Most recommend steam cleaning. Technicians need to be experienced. State that you want to schedule their most experienced cleaner.

Speak to the company's representative. Ask for their opinion of what the cost might be, based on a good description of your carpeting. Mention any problems that may need special attention such as oil stains, pet odors, etc. It's good to know ahead of time, at least a rough idea of what it might cost. Keep in mind, when you hire a carpet cleaning service, you're letting strangers into your home. If you don't have confidence from good recommendations, you will need to take precautions to remove valuables. Better safe than sorry. Maintaining carpets can help prolong the life of your carpet. A professional deep cleaning can often restore a stained carpet. Using this advice can help you choose the right carpet cleaner. It can really make a difference.

—Elliot Atlas *

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How To Make Cosmetic Improvements without Surgery



It seems that everywhere you look many people, especially celebrities, are having some sort of cosmetic procedure to look more attractive in today's demanding world. Cosmetic surgery seems to be the rage, but if you are still unsure about going "under the knife", read on to find more ways to improve your appearance without surgical procedures. Today is a new era in cosmetic improvements where non-surgical procedures can give you that coveted youthful look.

We've all heard the warnings about sun exposure and all of us are guilty of ignoring

First, whatever treatment you choose to do, the easiest way to keep your youthful appearance is to use a good quality sunscreen.

these warnings at some point during our pursuit of tanner skin. Not only will sunscreen help keep your skin looking smooth and young, it will also help protect you from the harmful rays that can lead to skin cancer. When using a sunscreen, make sure to choose one that has a broad spectrum SPF of 30 or more to protect you from harmful UVB rays which cause sunburns, and UVA rays which cause wrinkles.

Injectable treatments are a great starting point in your search for "the fountain of youth". These injections are great for erasing age wrinkles, plumping up lips, or smoothing skin around your eyes. Popular injection treatments include Botox which relaxes the injected muscle, reducing movement and creating a smoother appearance on the forehead, crow's feet and between the eyebrows. Fillers like Restylane®, Perlane® and Juvederm™ reduce laugh/frown lines and can also plump up lips or fill in the hollows under the eyes.

However, if needles scare you, there are other options to keep your skin looking young and fresh. Fraxel® Laser Resurfacing is a popular treatment receiving a lot of press lately for smoothing wrinkles and acne scars. The Titan™ is excellent for tightening lax skin. Intense Pulsed Light (IPL) treatments target pigment from sun damage.

Wrinkles are not the only concern of cosmetic improvement seekers. Many people find themselves with hair in unsightly areas, acne scars, age spots, sun damage and redness. Various laser treatments can help patients rid themselves of these problems in safe, harmless treatments that give lasting results. For example, with laser hair removal, women can have their underarm, facial, leg, or bikini hair permanently reduced making life much easier without the constant fuss of shaving or waxing. Men can also have unwanted hair removed to give them the desired clean and smooth look.

Next time you are looking in the mirror and find yourself pushing excess skin to see the younger you, look into some of the

non-surgical procedures that are safe and don't have the downtime of "going under the knife." With the abundance of new technologies on the market today, it is now much easier and affordable to look and feel younger.

The Laser Center of Marin is a full service laser skin care clinic located in the Corte Madera Town Center Professional Building. Specializing in light-based treatments for skin laxity, hair removal and skin rejuvenation, Dr. Susan Martling and her staff offer a comfortable setting with state-of-the-art technology for clinical skin care. Services include Fraxel® Laser Resurfacing, Titan™ skin tightening, BOTOX®, Dermal Wrinkle Fillers (Restylane, Perlane and Juvederm), IPL Photo-Facials, Laser Hair Removal, Acne Photo-Therapy, Microdermabrasion and a full range of medical-grade Chemical Peels. In their 5th year of operation, The Laser Center is locally owned and operated and emphasizes a total approach to clinical skin care. Hours of operation are 8:30am-6:30pm Monday-Friday and 9:00am-5:00pm on Saturdays. For more information, call 945-9314 or visit them at www.MarinLaser.com. *

Results You Can See and Feel! Fraxel Laser Resurfacing—

The Laser Center of Marin is proud to offer the latest aesthetic solution to turn back the clock on aging and sun-damaged skin that provides the benefits of traditional skin resurfacing techniques without significant downtime and risks. The Fraxel[®] Laser Treatment resurfaces photodamaged skin, acne scars, treats periobital (around the eyes) wrinkles and improves the pigmented lesions such as melasma, age spots and sun spots on the face, neck, chest and hands.

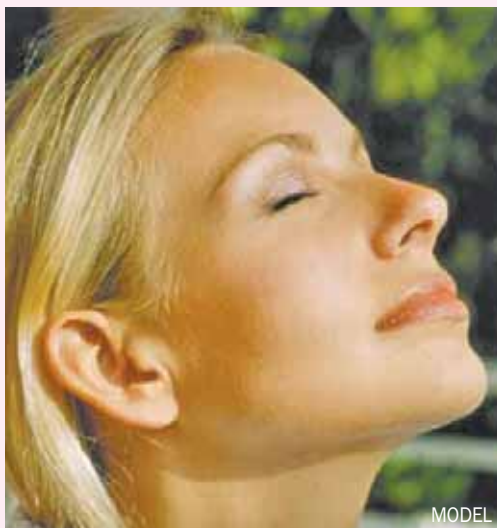
Call to schedule a complimentary consultation

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Take a Breather



With summer upon us, you may be wondering how you will manage all those functions with family and friends while caring for an aged parent or relative. “Respite” as defined in the dictionary is “temporary relief”. In the world of caregiving, Respite can mean security and peace of mind for a short period while you refresh and renew. For some it can be an opportunity to turn attention to overlooked home projects that were impossible while consumed as caregiver.

The task of caring for a senior with physical or cognitive frailties can be overwhelming to say the least. Occasionally it is important to have your day be your own, take a break, become refreshed and ready to resume the responsibilities of caring for an elder. Caregivers often overlook their own health needs and end up in crisis, which could have been avoided. Understanding the importance of taking a break from time to time can help you avoid meltdown.

Assisted Living communities who provide respite services usually offer a full range of care including medication management and hands-on assistance with bathing, dressing and personal care. Based on what your elders’ needs are, be sure to ask about staffing, just to be assured there is nothing that they would not be prepared to handle. Respite can also be the opportunity to try community living on for size. A breather for you could turn into an unexpected discovery for the senior who in the past had shown resistance to living anywhere but with family.

Once exposed to a full compliment of staff dotting over them, reminiscing of summer vacations past with their peers, and encountering fun distractions during the day, they realize that senior housing has changed, and for the

better. These days, seniors can enjoy the best of both, support and a sense of independence.

Something to note is that assisted living communities are regulated by the state and there will be paperwork to complete even for temporary stays. If you are planning a vacation, be sure to understand the admittance process and allow plenty of time for the community to satisfy their regulations. It is also a good idea to allow mom or dad a day or two at the community while you are still accessible. This way, you can spend a bit of time helping them get settled, and if they have forgotten anything, you will be on hand to pick it up.

Whether you are a devoted son or daughter and just need a well-deserved vacation or, you are looking at options as a permanent new home, Respite may be your answer.

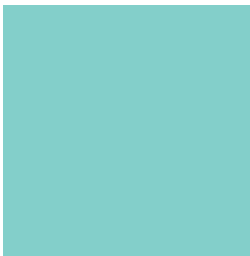
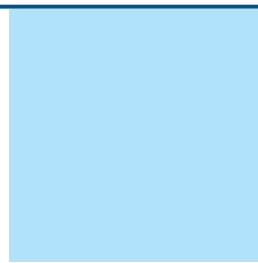
—Jacque Garcia *



Respite services:

Assisted Living communities who provide respite services usually offer a full range of care including medication management and hands-on assistance with bathing, dressing and personal care.





Short-Term Stay Program

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If you're a full-time caregiver, you know it requires time and dedication.

One of the best ways for caregivers to obtain a needed rest is arranging a short-term stay for their family member in a safe and nurturing environment. These stays can range from a number of days to a number of weeks.

Short-term stays let caregivers take care of their own needs while avoiding stress, fatigue, and burnout. At the same time, it provides your family member with lively social interaction, scheduled outings, entertainment, and great meals.

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How to Choose An Auto Repair Shop



Easy Automotive, an AAA approved auto repair shop, is a place that completely lives up to its name. Sun readers have been praising the auto repair shop for 33 years because Easy's employees make their experience so incredibly easy. Easy Auto staffers provide solid work, offer honest auto insights and maintain an easygoing outlook. .

We can keep your Japanese car, Jeep and hot little hybrid running tip-top. While our ASE certified car gurus work their magic on your vehicle, you can count on being kept comfortable in our shop's pleasant waiting room or catch the courtesy shuttle to almost anywhere in Marin.

We can keep your Japanese car, Jeep and hot little hybrid running tip-top.

Easy's owners Debbie and Mark Linder have a few tips on "How to choose an Auto Repair Facility":

- Ask around, which shops are being recommended? How long have they been in business?
- Check and make sure that the business is licensed, as well as ASE (National Institute for Automotive Service Excellence) certified; and/or AAA certified.
- Confirm that the shop has the latest diagnostic equipment related to your issue, prior to making an appointment.

- Find out what warranties are offered, for repairs rendered including labor.
- When going for a second opinion, listen to what they have to say - don't offer the price and diagnosis of the first repair facility.
- Look for a clean, well lit and organized garage. A place that cares about their appearance, is more likely to care about your car.
- Never sign a blank authorization form. Always get a work order with an estimate.
- No matter where you take your vehicle, be sure that you have confidence in the service they provide to keep your travels trouble free and EASYgoing. — *Debbie and Mark Linder **



An important tip:

Check and make sure that the business is licensed, as well as ASE (National Institute for Automotive Service Excellence) certified; and/or AAA certified.



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6 GAS SAVING TIPS FROM EASY AUTO

- 1 Stay within the speed limit.** Gas mileage decreases rapidly at speeds above 60 mph.
- 2 Avoid unnecessary idling.** It wastes fuel, costs you money and pollutes the air. Turn off the engine if you anticipate a wait.
- 3 Stop and start gently.** You can improve in-town gas mileage by up to 5% by driving gently.
- 4 Inflate your tires.** Keeping your tires properly inflated and aligned can increase gas mileage up to 3%.
- 5 Keep you engine tuned.** Tuning your engine can increase gas mileage by an average of 4%.
- 6 Change your oil.** Clean oil reduces wear caused by friction between moving parts and removes harmful substances from the engine. Motor oil that says "Energy Conserving" on the performance symbol of the American Petroleum Institute contains friction-reducing additives that can improve fuel economy.

How to Get Great Hair



Six Steps to Get What You Want at the Salon: Great Hair!

1. Research Ask people with great hair where they go—look online for reviews on yelp.

2. Go to a professional who receives ongoing education (at least 4 times a year!) If you want to have great style, support a salon that builds education into the culture. In doing so, you are supporting an industry that you rely upon to make you look and feel contemporary.

3. Go for a consultation Get ideas of what the stylists think would look great. Bring pictures—hairdressers are artists. Visuals help communicate what you like and what you don't like.

4. Pricing Great hair requires a budget. If you decide to go for it, be sure you know what it's going to run for maintenance. Think about how much you spend on a handbag or sunglasses and then think about how much you will be seen with your new hair color or cut.

5. Products Be sure your stylist explains the products used on your hair and why they were chosen. Ask what the must-haves are, take them, and use them every day!

6. Pre-book Make sure to find out when your stylist needs to see you for a follow-up appointment. The last thing you want to deal with is an overgrown do and obvious roots.

—NH2 Salon *

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How to Create a Financial Plan That Works No Matter What



It is possible to create a financial plan that works in the short and long term. It should be developed by a knowledgeable and experienced financial consultant. A workable plan should include all of the following elements:


- A comprehensive approach which includes every aspect of your financial life, including all insurance, savings and growth tools.
- Adequate protections against potential losses:
 - Disability
 - Death
 - Lawsuits
 - Long term care

- A strategic allocation model to diversify your assets across asset classes including savings accounts, bonds, stocks, mutual funds, real estate investments
- Factors in inflation, planned obsolescence, technological change, lost opportunity costs and propensity to consume
- Analyses your future financial position projecting possible future tax rate increases
- Establishes 12 different income sources at retirement
- Easy to understand, cutting edge software and materials

If your current financial plan does not incorporate all of these elements, contact us for a free initial consultation.

—Alexandra Cock *







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How To Make Your Home More Energy Efficient



If you open your utility bill with a sense of dread, maybe it's time to find ways to make your home more energy efficient. Remind your family to turn off the lights, close doors and shut down electronic equipment when not in use. When it's time to replace your appliances look for Energy Star rated models that reduce energy consumption. Using energy-efficient appliances helps protect the environment and reduces your energy consumption costs. Make sure you use energy-saving settings on washing machines, dryers, refrigerators and dishwashers. Aside from practicing energy efficiency in the home, the very best way avoid any sense of utility bill dread is to install a solar energy system. **SolarCraft** offers full-service design, installation & maintenance of solar energy systems that can virtually eliminate your electric bill while providing a hedge against future electricity price increases.

Solar Energy is clean, green and renewable which helps reduce dependence on foreign oil and conserves valuable natural resources. You can save money and save the planet at the same time! To conserve energy further, try to wash only full loads of laundry and wash and rinse clothes in cold or warm water. Dry loads of clothes consecutively. Drying new loads while the dryer is still warm helps save energy. Always clean out the dryer filter between loads to maintain good airflow, boost drying efficiency and reduce fire risk.

By opening windows and using portable or ceiling fans instead of an air conditioner, you can stay cool and save energy. Attic fans are investments that can be well worth the money in long-term energy savings. An attic fan pulls air through open windows and exhausts it through the roof, which lowers the inside temperature and reduces energy use by as much as a third compared to an air conditioner. Also, by installing a roof mounted solar electric system the panels provide shade, extending the life of your roof and reducing A/C costs. If you own a swimming pool and heat it with natural gas, investing in a **SolarCraft** Solar Pool Heating System can reduce your gas

bill dramatically and greatly increase the use of your swimming pool. With a solar pool heating system, your pool's temperature during mid-April into October stays 10 to 12 degrees higher than that of an unheated pool and can pay for itself in two to three years.

One of the best ways to make your home more energy efficient is to upgrade your heating system. Gas furnaces without electronic ignition and old coal burners that were switched to oil or gas are prime candidates for replacement. Cleaning and replacing your furnace filters will keep your furnace operating at maximum efficiency. Improving your home's insulation is one of the smartest ways to reduce energy usage. If you have less than 12 inches of insulation in your attic area, it's a good idea to add more. Check the weather-stripping between doors and door frames. Sealing air leaks can reduce lost energy by 10 percent or more.

Heating water is the third largest energy expense in most households and accounts for 15 percent of your utility bill. By installing a **SolarCraft** Solar Hot Water System you can reduce your hot water bill by over 50% and add value to your home. Solar Hot Water Systems extend the life of your hot water tank by dramatically reducing scaling.

Low-flow showerheads and water-saving toilets are quick ways to make your bathroom more energy efficient. There are many other simple things your family can do to save energy. Take a look around your home to find where energy is being wasted and take some common sense steps to reduce such waste. Consider utilizing clean, renewable energy by investing in a **SolarCraft** Solar Electric, Solar Pool Heating or Solar Hot Water system for your home. Eventually, that utility bill will become a much lesser cause of dread.

—Shirley Good *



Did you know:

That lighting is responsible for about 10 percent of your electric bill? Energy efficient fluorescent light bulbs use 72 percent less energy than standard 60-watt incandescent bulbs.

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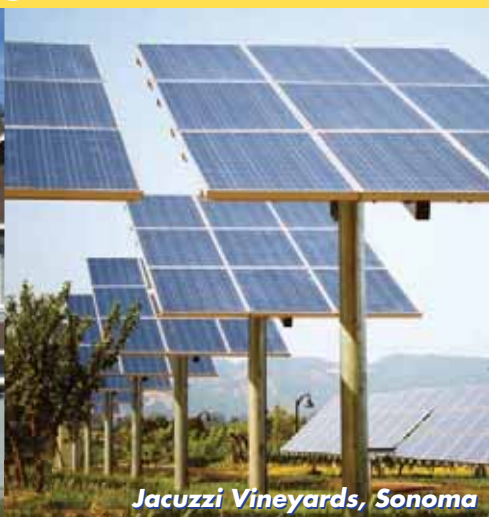
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How To Maintain Your Roof



It's easy to ignore your roof, but it's not wise to do so. After all, your roof is one of your most important assets. It protects you and your family year around. A smart homeowner is mindful of this and takes steps to maintain his or her roof before problems develop. Regularly scheduled roof maintenance is essential. Maintenance will help to prolong the life of your roof. But all roofs need repairs from time to time. Now, what are the steps that can be taken to maintain your roof?

- The first step is to physically inspect your roof at least twice a year. Sweep away or wash away any debris and thoroughly clean all the gutters out. Flush out downspouts to ensure there are no obstructions. Falling leaves and limbs left unattended can cause the roof surface to deteriorate over time. Also, look for any damage caused by squirrels or other animals. Keep overhang branches trimmed several feet above the roof surface. Branches in contact with the roof can literally rub a hole in the roof with help from the wind.
- The second step in regular maintenance is to search for leaks. Water stains or molds that appear on ceilings, interior walls, siding and fascia are indications that there is a leak from the roof or in the plumbing. It is important to have this repaired quickly. Water leaks can travel down rafters, beams, decking and siding and cause a great deal of damage.

And, finally, we have instructions for those with wooden shingle or shake roofs.

- Keep the roof free of debris. This may involve more than just sweeping away pine

needles, leaves and branches. It may also involve trimming overhanging branches and removing excessive moss and lichen buildup.

- While moss and lichen may impart a certain charm to roofs, these moisture-trapping organisms will rot the shingles and shorten the life of a wood roof. Large buildups should be swept off with a stiff broom.
- Perform periodic inspections. Periodic inspections of the roof may reveal loose or damaged shingles that can be selectively replaced before significant moisture damage occurs. Keeping the wooden shingles in good condition and repairing the roof, flashing and guttering, as needed, can add years of life to the roof.

We realize all homeowners are not comfortable or lack equipment (i.e. ladders) to inspect their own roof. Please do not attempt if your roof is high, steep or older. Older roofs have a tendency to have a more slippery surface. Also tile roofs are not conducive to foot traffic. If any of these conditions exist or when repairs are needed, the best way to handle it is to call a professional roofer or roofing company and get the job done right. Spending a little more in the short term to ensure that high quality repairs are completed may prevent you from paying to have the roof replaced before its time. It will also give you peace of mind.

When it's time, call the knowledgeable and friendly staff at **DeMello Roofing**. We make recommendations and treat your roof as if it was our roof. *

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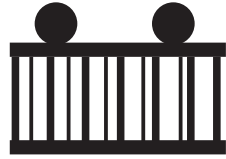
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How To Buy a Hot Tub



With Gas prices on a steep rise and the cost of travel at an all-time high, many consumers are reconsidering their plans abroad, and are often than not staying home. Many people in Marin County stop by our store just for that reason. They want an outlet for relaxation, which can provide an extraordinary health benefit to them and their loved ones, in the privacy of their own home. Spas are also known to bring families and friends together for an evening of peaceful soaking and great conversation. That is why “Portable Spas” have become such a great item for any homeowner to have. As one of our customers has stated a short time ago; “I can put the money in the stock market and have a sleepless night, or invest in a Spa and have a full night’s restful sleep.” Because the thought of choosing the right Spa for your home might be a little intimidating, we have compiled some helpful tips and questions you want to consider when shopping any Spa brand:

1. Learn about the Spa’s specific features, ease to use and maintenance.

a. When the Spa is not in use does the water always remain hot and clean? Most consumers will want a spa that has continuous filtration, which operates silently. Hot Spring Spas even offers a 100% no-bypass filtration, meaning that every drop of water will be filtered through before being heated and then released back into the spa.

b. Look for spas that don’t require programming, and have an automatic filtration/heating cycle. Most consumers prefer their Spas to be easy to understand and control, versus Spa functions and buttons that are hard to understand.

2. Learn about construction and energy efficiency of the Spa.

a. Know your energy costs when looking at a particular Spa. Ask if any energy cost data is available in writing. A reputable Spa manufacturer will have independent study findings to show you. Remember that a lot of places will estimate lower costs to earn your business, do not be fooled. Our showrooms offer an energy meter that can be installed to monitor the energy consumption of your Spa, that’s how confident we are about our product.

b. Is the warranty readily available? Beware

of the dealer that doesn’t easily provide you with warranty information. Read the warranty carefully, for many manufacturers offer a “prorated” warranty, meaning that some Spa components are made by other part manufacturers and hold their own warranties.

3. Obtain information on the manufacturer and dealer to ensure you will receive quality service both during and after your Spa purchase.

a. Ask about how long the manufacturer has been in business. Where is the manufacturer located? Has the manufacturer received any industry awards? For example Hot Spring Spas has been around for over 30 years in Vista, California. They are ISO and “Title 20” certified (Title 20 is an energy regulation that is enforced by the “California Energy Commission,) and have won the “Consumer Best Buy” award all 6 times Spas have been rated.

b. The most important thing is finding as much as you can about your dealer. Ask your dealer how long they’ve been in business? How long have they been at the current location? Is this a single or a multi location dealer? Where is their service department located, and other than Spa repair do they offer a cleaning and maintenance service?

Our San Rafael Showroom has been with us for 33 years, with other locations in Dublin and San Mateo. We boast a full Spa warehouse and parts store from our Richmond location. We provide a full Spa repair service on Hot Spring Spas, as well as water maintenance and filter cleaning. We proudly claim thousands of satisfied customers all over the San Francisco Bay Area. Lastly we cannot stress enough the importance of feeling comfortable in a Spa you are considering buying. Try the Spa out, bring your swim suits and enjoy. A good showroom will have a variety of models filled with water so that you can best decide which Spa fits your needs best. Many of our customers have brought their families along to test the waters before making their decision. And when the Hot Tub is sitting in your backyard, enjoy it as much as you can. It’s the best investment you have ever made.

—John Kasten *

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- Care of family pets
- Everyone has a list of emergency phone numbers with them at all times
- Supplies are all in one place, portable and easily accessed
- Everybody knows the plan and practices it on a regular basis *



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How to Deal With Hair Loss



Our hair is a vital part of who we are. It acts as an expression of our personal style, as well as a sign of youth and good health. That's why hair loss can diminish self-confidence. Many people are undergoing hair loss or thinning due to the natural aging process. Others have experienced complete hair loss from chemotherapy or other medical conditions. Confidence can be restored through various treatments and services, including laser hair rejuvenation, hair and scalp supplements, wigs and hairpieces, and eyebrow stenciling.

Although new to the United States, laser therapy has been used in Europe for over 30 years as an effective hair loss treatment in both men and women. Also known as phototherapy, it utilizes a cold laser that provides nourishment in the form of light energy. Laser hair rejuvenation

can make hair look healthier and fuller, reducing the appearance of thinning hair. Products such as scalp treatments, topical hair growth stimulants, chemical-free shampoo and conditioners, and nutritional supplements can be used to complement laser treatment or used alone.

Many premium styles of wigs and hairpieces are available today, including small hairpieces for women desiring to add volume to thinning hair. The objective is to match one's bone structure, coloring and lifestyle. Wig styling and professional care ensure a natural look and maintain the investment.

Whatever one's needs and hair renewal goals, there's a solution available today that restores feelings of confidence and good looks. *



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How to Shop For A Refrigerator



Not only is it one of the more expensive appliances, it also consumes approximately 20 percent of the electricity your family uses each month. Fortunately all the new refrigerators are a lot more energy efficient than your old one. Before you shop at **Martin & Harris** for a refrigerator it's important to analyze your family's food storage needs. Some families need lots of freezer space for frozen foods and microwaveable convenience foods, while others need the flexibility of adjustable refrigerator shelves to accommodate a variety of fresh foods, drinks, and leftovers.

“You might think that a little extra space wouldn't hurt, but if you select a refrigerator that is too big and don't keep it filled, it will cost more to operate and you'll end up wasting energy. And if you buy a refrigerator that is too small, you will have to constantly be rearranging things to make everything fit.”

We recommend that you allow 10 cubic feet of fresh food storage for two people and add an extra cubic foot for each additional person. You might think that a little extra space wouldn't hurt, but if you select a refrigerator that is too big and don't keep it filled, it will cost more to operate and you'll end up wasting energy. And if you buy a refrigerator that is too small, you will have to constantly be rearranging things to make everything fit.

The amount of space you have available in your kitchen is equally important. Measure the width and depth of the refrigerator with the doors open and make sure you have enough room for the unit to fit. (Some models take up less space with the doors open.) It is important to also measure the doorways to the kitchen to make sure the refrigerator you select can be delivered. Refrigerators are available in bottom-mount, top-mount, side-by-side, and compact models. Bottom-mount models have the refrigerator compartment on top and the freezer below, while top-mount models are designed with the freezer on top and refrigerator below. Side-by-sides are designed with the refrigerator

and freezer adjacent to each other. Most models also offer reversible doors allowing for left or right-handed access. Compact models range in size from small cubes perfect for a dorm room to scaled down refrigerators designed to fit under a kitchen counter or in an efficiency kitchen. Modern features to look for include spill proof shelves and temperature controlled compartments. Some models have storage bins and vegetable crispers with separate controls to keep foods at their optimum freshness. If maximizing freezer space is important to you but you still want the convenience of an icemaker,

look for a model with an icemaker in the door. Ice and water dispensers in the door are one of the most sought after features in modern refrigerators but they do cost more. Some models also feature a choice of cubed or crushed ice and water

filtration. When calculating the cost, remember that you will probably operate the refrigerator for 10 years or more, so a \$25 - \$50 difference in price between models to get an additional convenience feature is probably worth the cost difference over the lifetime of the appliance. Refrigerators come in a choice of colors and finishes to coordinate with your kitchen decor. Along with white, black and stainless steel finishes, you can choose wood paneled versions to complement your cabinetry.

Check the refrigerator's Energy Guide label to determine how much energy is needed to operate the model you are considering. Compare the energy use of similar models. The most energy-efficient refrigerators are usually in the 16-20 cubic foot size. Refrigerators with top-mount freezers use 10-25 percent less energy than side-by-side models. If you are on a limited budget, you can reduce the purchase price from \$100-\$200 by choosing a model without an icemaker or water dispenser. Automatic icemakers and through-the door dispensers also increase energy use by 15-20 percent. —*Audrey Johnson* ✧



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How To Save Energy at Home



If you're a homeowner or even a renter you know that opening the electric and gas bill can be one of the more unpleasant moments of the month. Fortunately, there are a few things you can do to keep your hard earned money where you want it instead of giving it to the utility companies. Dominion, one of the nation's largest energy producers, published a breakdown of how the energy use for a typical US home is allocated. The study showed that 44 percent went to heating and cooling. Clearly, if you're going to make a real dent in your household energy costs you are going to want to start with heating and cooling.

Imagine a warm and cozy home without having to put on a sweater, turn down the heat, while at the same time reducing your energy bill. This can simply be accomplished by "zone heating", defined as heating the area of your home that you are living in, rather than heating the entire house. Zone heating not only allows you to take off your sweaters and coats inside the house, but reduces your winter energy bill if it's done properly. For example, at the current cost of natural gas, you can heat a large area of your home for a mere \$.40 to \$.75 per hour by installing a 24,000 BTU to 40,000 BTU gas insert, gas fireplace or freestanding gas stove. This is compared to heating your entire home (while you're watching television in one or two rooms of your house) at the cost of about \$1.50 or more per hour for a 90,000 BTU furnace. The savings over time can be tremendous.

Zone heating can be accomplished in several ways, the easiest of which (and by far the most popular in our region according to **Hearth and Home of Marin** in San Rafael), is to install a gas insert into your existing open wood burning fireplace. If you do not have an existing fireplace, you can build in a direct vent gas fireplace, or install a freestanding stove. Not only do these gas appliances heat your rooms with far less gas than a central heating system, but they also look nice and certainly add re-sale value to your home. Another excellent means by which to heat your home is with wood. Despite rumors that you may have heard or read, you can still burn wood in Marin County, as long as you install an EPA Phase II compliant

wood burning appliance. These appliances are much more efficient and environmentally friendly than they used to be. **Hearth & Home of Marin** carries the brand QuadraFire, which is one of the leading manufacturers of clean burning appliances, some of which emit as little as 1.26 grams per hour (compared to 40-60 grams per hour on an older, non-compliant appliance). Quadrafire manufactures wood inserts, fireplaces, or freestanding stoves that will heat up to 3,500 square feet.

Another excellent source of alternative heating is a pellet insert or pellet freestanding stove. These appliances are efficient clean burning heaters, and are quite popular in areas where natural gas is not available. Pellet appliances are fully automatic, can run on a thermostat, and heat very large areas of living space. The staff at **Hearth & Home of Marin** are friendly and knowledgeable and would be happy to assist you with your project. Their beautifully decorated showroom is conveniently located at 3rd and Lincoln in downtown San Rafael, with free customer parking, and displays a wide array of products from which to choose, contemporary, traditional, or somewhere in between, and something for just about every budget.

Hearth & Home offers full in-house installation of all products sold, including running any gas lines or electrical associated with the project, simplifying the process even more. Moreover, the owner of **Hearth & Home of Marin** is a heating and air conditioning contractor who is present and active on every installation project, ensuring the highest quality of workmanship and care in your home.

Visit **Hearth & Home of Marin's** showroom today to get a jump start on your energy savings project before the Fall and Winter rush. Starting your project in the Summer months can save you hundreds of dollars and can be completed promptly, as opposed to waiting months for completion in the height of the season when you need it the most.

—Dave Hoffman *

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How to Buy Furniture



When it's time to shop for furniture many people easily become confused or frustrated. Before you even set foot in a furniture store, analyze your current living situation and make a list of the pieces you intend to keep and those that you need to replace. Refine the list further by prioritizing what you need most. For example, if your sofa has seen better days, don't get sidetracked into buying a new dining table. It's a good idea to browse through furniture magazines

Truckloads of new items arriving daily.

and decorating books first to get a feel for the styles you like. Visit a few furniture stores and department stores with room settings to gather ideas and further refine the type of look you want. Keep your lifestyle in mind when you are choosing colors and styles. You may love the look of a modern white sectional but how difficult will it be to maintain if you have three children under six and two mischievous pets?

If space is at a premium, consider buying versatile pieces such as sleeper sofas, daybeds with trundles, and coffee tables with storage drawers. Many contemporary ottomans are designed to do triple duty as footstools, extra seating and storage areas. Multifunctional dining tables can also be very practical. Some tables that seat four comfortably on a daily basis can be expanded to seat more people on special occasions by inserting an extra leaf or pulling out hidden panels. Try to buy the best quality you can afford when shopping for a major piece that you will be using for a long time like a sofa. Take advantage of furniture sales to get great markdowns on pieces that you love, but keep in mind that manufacturers discontinue lines, so if you're hoping to buy a matching loveseat or easy chair a few months later it may not be available. Ask why a particular piece has been marked down. You should be able to get a lower price if it is a floor sample or if it has a slight irregularity like a scratch or stain.

Don't assume that you have to buy matching furniture pieces. Mixing and matching styles

can bring warmth and a sense of individuality to a room. For example an Art Deco floorlamp could look great with a contemporary sofa and a French country style writing desk. The key to achieving a harmonious look is choosing compatible furniture finishes, textures, and colors. Think about using furniture in different ways. For example, a living room end table could also be a bedroom night table. Or a sofa table might work just as well in a home office.

Choose patterns and colors for upholstered furniture carefully. Neutrals generally are easier to

decorate around. For example a light tan sofa can be brightened up with lots of colorful and inexpensive pillows. If you are trying to match other things in your home, bring along fabric swatches, carpet and wallpaper samples to avoid color mistakes. Set a price range that you can afford and look for styles within your budget. Don't allow aggressive salespeople to pressure you into spending more than you can afford, and don't assume that you have to spend a lot to achieve a pleasing interior.

Look for signs that furniture is well made. Signs of quality construction include sturdy frames with no creaks and wobbles, cushions that fit snugly, corners well braced and padded, and seat backs that have no wrinkles or uncomfortable bumps. Look for cushions that are comfortable but durable, fabric patterns that match at the seams, and moving parts that work smoothly. (If you are buying a sleeper sofa, test to make sure the mechanism works properly and that it feels comfortable in both positions.) You change your outfit everyday, and now it's that easy to change the look of your home.

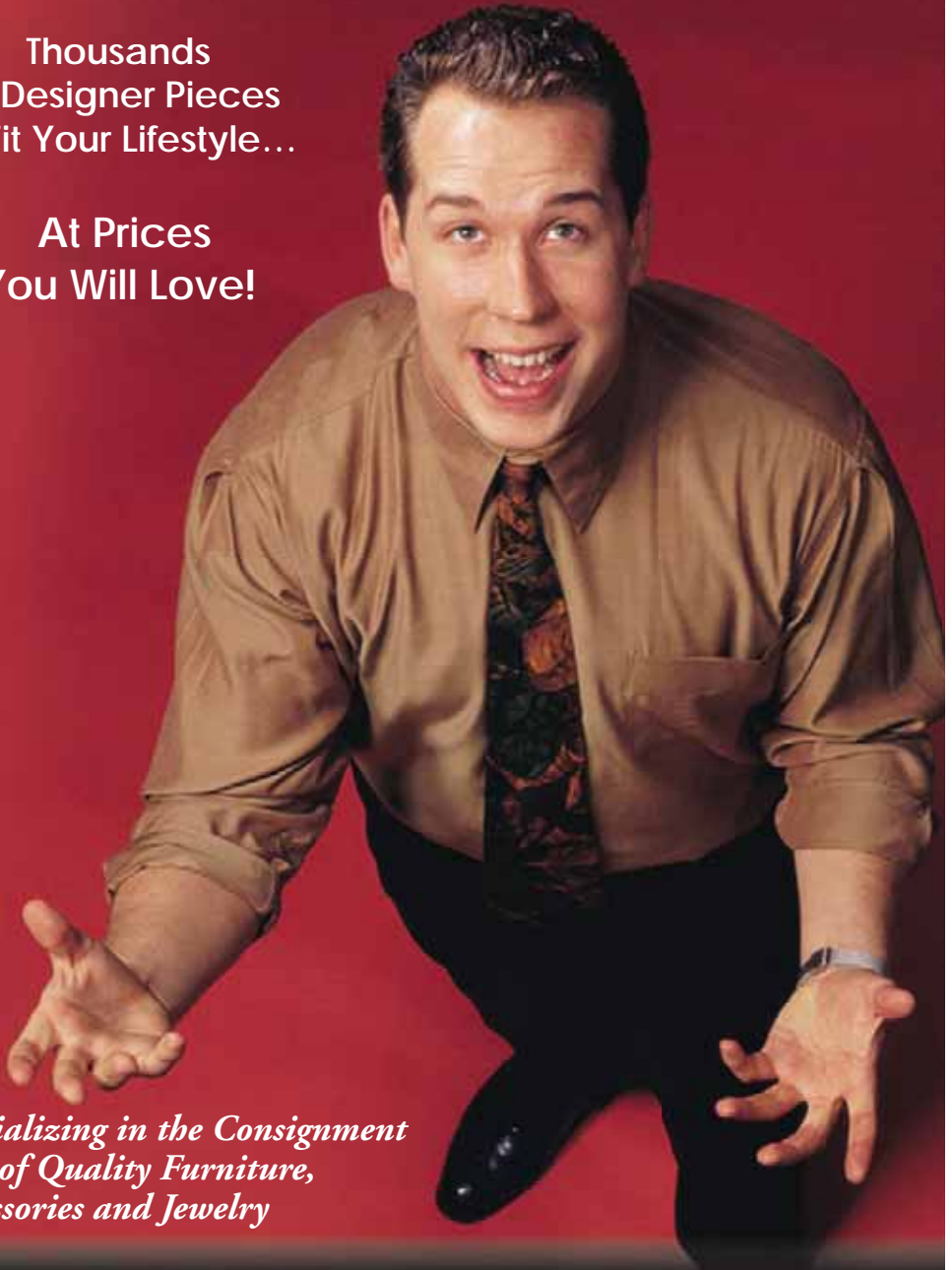
There's no need to get rid of all your furniture, keep your house fresh and updated with adding just a few name brand designer pieces. Always keep your home lively and exciting without spending a fortune. Today's homes are an eclectic mix. We offer a "take home and try it on for size" program. If you don't like how it looks bring it back. We also can take the pieces you no longer want and consign them for you.

—Amanda Knoles *

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How To Buy a Digital Camera



So you have finally decided to bite the bullet and buy yourself a digital camera! With so many choices out there, and so much new technology, it can seem daunting to find the one that best suits you. It is actually a very simple process; you just have to ask yourself several questions about how you will use the camera, and what features you really want.

First of all, don't be intimidated by the fact that it is digital, not film. Essentially, if you have had a film camera in the past you will find that it really isn't that different using a digital one! The main difference is that it has playback controls like a tape recorder (play, forward, reverse, etc.) so you can immediately see what you have taken. This is a huge advantage, as you know immediately whether you got that important shot (or not!). This also results in a much shorter learning curve, as you can instantly see your mistakes. In the old days you had to take your film in to a lab and wait hours or even days to see your images.

Digital cameras are also MUCH more cost effective than film cameras. Imagine never having to pay for film again—or processing if you wish to print your own photos! Digital cameras use a memory card or chip that can be erased and reused virtually thousands of times. Plus, with the huge percentage of people owning computers and having internet access you can send photos to almost everyone easily and for free. So back to those questions. Do you want to buy a simple point and shoot camera or a more sophisticated full-size camera with interchangeable lenses?

If your goal is to take great snapshots and you don't care about the process, or having manual control, the point-and-shoot pocket-sized cameras are a great way to go. All exposure functions, flash and focus are automatically set for you. More advanced pocket models now have vibration reduction built in; this reduces blurry pictures caused by camera shake. Even seasoned professional photographers often carry these for family photos and quick grab shots. So with all this great automatic stuff, why buy a full sized SLR (single lens reflex)? The key words are versatility, speed and control. Most have interchangeable lenses that allow you to

take things to the extreme. Super telephotos for wildlife photography, ultra-wide lenses for dramatic landscapes, macro lenses for closeup shots to name a few. SLR's also have manual controls not found on most point-and-shoots. By setting shutter speeds and lens aperture you can change the way an image looks; depth of focus and motion blur are decided by the photographer, not the camera. You can also choose to purposely lighten or darken the scene to suit your mood. They also usually shoot faster; some will shoot over ten shots per second!

Every year cameras are introduced with more pixels. Pixels determine the ultimate resolution of the photo. The more megapixels, the clearer and sharper the photo (ostensibly) and the more you can manipulate the digital image, whether that means blowing up or coming in close on an object. The basic rule of thumb is that the more pixels a camera has, the more expensive it is. So how many do you really need? At Seawood Photo we no longer sell any camera with less than 5 million pixels. You can easily produce a stunning 8x10 print with these cameras.

The best way to choose your camera is to march in to a camera store and actually hold it. It should feel comfortable and have easy access to the controls. Is it easy to look through? Are the buttons labeled clearly? Does it have adequate zoom for the things I shoot?

A final note about camera shopping: buy it from a good camera store. We love the internet as much as the next guy, but there is no substitute for having a knowledgeable salesperson who is also a photographer. Pricing is usually competitive with the net these days, and buying from your local store will insure that there will be camera stores around in the future when you have questions about your gear. Don't buy off-brands or gray market. If you see something advertised for an amazing price, there is usually something wrong. It may be reconditioned goods, parts and accessories may have been stripped, and it may not have a U.S.A. warranty (most major manufacturers will not even work on these cameras).

—Graham Law *

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The plain truth: when diamonds are clean, they sparkle. When they're not, they don't. They lose some of the wonderful qualities that make them the first choice for a symbol of your love and commitment.

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—David Clarkson *

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-David Clarkson



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our tanning specialists. If you prefer, you may choose to wear a bathing suit or disposable underwear, that we provide. After 6-8 hours you begin to see a healthy, natural looking tan.

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How To Choose Paint Colors



If you've seen any home makeovers in magazines or on TV you know that paint colors can dramatically transform a room. Painting is one of the least expensive ways to redecorate a room but many people feel intimidated when choosing colors. In the past most people stayed with safe interior shades such as beige, off white, light blue and light green. Today the range of colors and paints makes it easier to become more adventurous.

Before you choose a paint color, think about how the room is used and how you respond to different colors emotionally. Look at home decorating magazines and clip out color schemes and rooms that appeal to you. Keep in mind that paint can enhance a room's features or it can be used to hide flaws. Yellow, orange and red are classified as warm colors while

blues, greens and purples are labeled cool. You may want to choose cool colors to create a relaxing ambience in a bedroom. A warm yellow adds warmth to a chilly den or dining room. Decorators often use light colors such as cream and white to make smaller rooms appear larger. Dark colors such as navy or red can evoke a cozier mood in a very large room.

Don't forget to take your floor covering into consideration when choosing paint colors. A very dark wood floor or a dark colored carpet will have an effect on how wall colors look. Upholstery texture and patterns may also influence your choice of paint colors. Decide if you want the room to have a warm, casual ambience or a more formal feeling.

—Jeanne Thompson *



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How to Choose a Real Estate Agent



In any professional business, a consumer will make a choice based on their needs and the expectancy of service, integrity and experience which equals value. It is no different in Real Estate. It is just as important to carefully choose a buyer's agent as it is a seller's agent. In either case, the best way to make a good choice is to interview agents as you would for a job opening.

Here are a few pointers:

- Experience and knowledge is important. If you want to work with a new agent, make sure that person has a good support system.
- Look beyond just experience to make sure your agent possesses good negotiating skills, can creatively solve problems and challenges along the way, and will be able to carry the transaction to a close & favorable outcome.
- Check references and track record. This is especially important when listing your property.
- Make sure the agent is familiar with the values in given areas or neighborhoods.
- Ask yourself how comfortable you feel communicating with your agent. A good agent will stay in touch and always make time to listen to your concerns and needs.
- Make sure you receive a written marketing plan. In this difficult market, you need an agent who will give full service in every way.
- Last and foremost, there's no substitute for honesty and integrity. If the agent has these qualities he/she will always put your needs first. *

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How To Plan Your Kitchen Project.



So you want a new kitchen. Where to start? No matter what your background, there is much to consider.

We advise our clients to begin by combing through the magazines and catalogs and pulling out the things that appeal to them. It doesn't have to be exactly what you want, just a concept or color scheme, or an idea that you would like to incorporate into the project. Your friends and neighbors will likely be very happy to lend opinions and this is great in the beginning stages. As your vision begins to firm up you will want to find a

Kitchens have become very sophisticated in the past few years with higher and higher expectations from both homeowners and building officials alike.

professional who is experienced in kitchen design, someone to help you put together all of the details and specifications needed to complete your project. Having an experienced kitchen specialist working with you can help avoid costly mistakes and increase the likelihood of a successful project.

Before going too far down the road ask yourself "what is it I want from this investment?" It may seem simple on the surface, but you need to be clear about this. Are you a gourmet chef who needs an expensive six burner high output range, or will a basic model do? Do you entertain, and if so, is the kitchen where you want to be? Is the family expanding and growing (big fridge), or will they be leaving for college soon (wine fridge)! The design and appliances need to fit your lifestyle. A good design professional will ask these questions and more before coming up with the design that best fits your needs.

Make a realistic budget and share it with your designer and contractor. This is very important but something many people are reluctant to do. Without an understanding of what you are willing to spend a designer can not advise you as to where your budget is headed. The typical result is weeks or months of work designing your dream kitchen only to have all the quotes come in too high. Then it's back to the drawing board.

Select a contractor carefully. This does not mean take the lowest bid possible. Choose a person whom you will trust with the destruction and resurrection of a critical space in your life. Make sure you can work well with them, expecting that not only will they execute the work, but keep you informed of progress, changes, problems and opportunities in a timely way. Keep in mind that this is construction and as such is somewhat unpredictable. An experienced and well organized contractor will come up with creative solutions to unforeseen problems that may arise during your project. If you chose to be your own "General"

then remember that the individual subcontractors and labor you hire are only responsible for their scope of work. It is the

General Contractor's responsibility to make sure the different trades, materials and details are married together to create the final result. He or she conducts the entire orchestra and needs at least a basic knowledge of all the different trades to successfully navigate from overture to final bow.

Insist on a schedule. Schedules are a great way to monitor progress on the job and can help get things back on track if delays occur. If you don't have some sort of guide to understand where the project is going it is difficult to evaluate whether proper progress is being made.

Your remodel is a journey as much as it is a destination. It starts with an idea, and ends with a meal. You should enjoy the part in between as much as every cup of tea you make in your new kitchen from this point forward.

— Greg Nelson, Principal,
Lamperti Contracting & Design *



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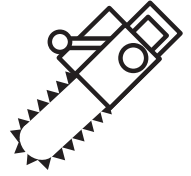
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How to Buy a Chainsaw



Chainsaws are high performance, precision wood cutting machines. When you consider the power output of these machines, and the volume of timber they can cut, no other type of saw comes close to the performance of a chainsaw. Other power tools can be 'just sharp' - 'a little bit under powered' - 'if you force them they're up to the job'. There's no compromise with chainsaws. The motor must be running at full power and speed. The saw chain must be pin sharp and filed at the correct angles at all times. A chain is either 'right or rubbish'. There is no in-between. From the smallest 10" electric to the largest 48" 120cc gasoline-powered chainsaw, from large pitch chipper to small pitch micro bit chain, all chains work the same way.

When a chain is working well, the saw will cut easily, requiring very little force from you. The saw must always produce large chips of wood

(never saw dust). The time to file the chain is when you need to push the chain to make it cut. To keep the chain at its peak, you must keep filing.

People always ask how long a chain will last between sharpening. Somewhere between 30 seconds and 3 months! If you are cutting very near the ground, or rolled muddy logs, 30 seconds. If you are cutting clean planed soft wood, about 3 months.

When shopping for a chainsaw, (or any other gas powered lawn & garden equipment), make sure you consider a power equipment dealer for correct advice. **Buck's Saw Service** is Marin's oldest dealer, offering complete sales & service for all your lawn & garden equipment requirements. **Buck's Saw Service** offers factory sales & service for Honda, Echo, Stihl, & Husqvarva-also a large selection of garden hand tools & safety equipment. *

SUMMER SALE!

<div style="text-align: center; border-bottom: 1px dashed black; padding-bottom: 5px;">CS-341</div> <ul style="list-style-type: none"> • 33.4 cc high performance, 2-stroke engine • Standard 14" bar and chain with tip guard included • Optional 12" & 16" bars and chains available • Side access chain tensioner • Automatic adjustable oiler • Slope Advance Ignition System (SAIS2) automatically senses engine speed and advances ignition timing for optimum performance • Lanyard ring <div style="text-align: center; border-top: 1px dashed black; padding-top: 5px;">\$299⁹⁹</div>	<div style="text-align: center; border-bottom: 1px dashed black; padding-bottom: 5px;">PB-413</div> <ul style="list-style-type: none"> • 44 cc Power Boost Tornado™ engine • East-To-Reach, tube-mounted (shown) or hip mounted with cruise control • 64 fl. oz. see-through fuel tank provides for excellent run times • Pleated, automotive-type commercial air filter <div style="text-align: center; border-top: 1px dashed black; padding-top: 5px;">\$319⁹⁹</div>	<div style="text-align: center; border-bottom: 1px dashed black; padding-bottom: 5px;">SRM-210</div> <ul style="list-style-type: none"> • 21.2 cc Power Boost Vortex™ engine • 30% reduction in starting effort • Commercial-grade felt air filtration • Die-cast fan cover with heavy-duty vibration reduction system • Edging-style front handle provides comfort and control • 15.2 fl. oz. see-through fuel tank <div style="text-align: center; border-top: 1px dashed black; padding-top: 5px;">\$229⁹⁹</div>
<div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;"> <div style="text-align: center;"> <p>www.buckssawservice.net 707 Grant Avenue • Novato Toll Free 888-810-0711 Open Mon-Fri 8-5, Saturday 9-3</p> </div> <div style="text-align: right;"> </div> </div>		

How to Select a Building Contractor



Located in Mill Valley, California with 50 plus employees, **Caletti Jungsten Construction (www.calettijungsten.com)** is a well-respected and admired leader of custom home building since 1987. The vision espoused and promoted by Caletti Jungsten is to be the company trusted by every homeowner to build their homes and the most desired by every designer, architect, subcontractor, and supplier to partner with and refer to others. **Caletti Jungsten Construction** is proud to be one of only a few Certified Green Builders in Marin County.

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- sustainable construction using green building techniques and materials
- provides pre-construction services working with the owner & architect to ensure success from the start.
- comprehensive, competitive bid estimates
- effective communication with subcontractors
- progress scheduling and their proprietary "Milestone Tracking System"
- tight cost control
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- frequent jobsite meetings with owner
- highly skilled team of dedicated craftsmen
- meticulous attention to detail
- an emphasis on excellence

For **Caletti Jungsten**, "good enough isn't" and this continues to be the mission and driving force of the company. *



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How, And Why, To Choose a Chiropractor



Why? You may think that you go to the chiropractor for a bad back. Not quite. If that's all your chiropractor has addressed, well, there is so much more. Chiropractic is not some extra therapy or alternative or complementary medicine thing for bad backs and necks. It is different. You will need "different" if you want change.

So, what is Chiropractic? It is the detection of Vertebral Subluxation Complex (an interference to the functioning of the master system, the nervous system, through injuries to the spine, old or new, painful or not at all), and its correction by means of the chiropractic adjustment.

A real chiropractor does not diagnose or treat. He/she seeks to remove cause, Vertebral Subluxation Complex (VSC), allowing the body to heal itself, and to function at a higher level... physically, mentally, socially... better able to express its genetic potential.

Chiropractors deal with your nervous system... your health... your life. This responsibility should be taken seriously.

HOW TO CHOOSE? You've been to chiropractors who might as well be practicing on a blanket at the beach. All kinds of "New Age" and/or physical therapy extras that diminish, rather than add to, what you are supposed to be getting. No real exam? No X-rays? No neurological scans? No plan of care? No re-examinations? (This is why people say "I tried Chiropractic, but it didn't work.") No educating you as to what health really is, what Chiropractic really is, and the Tragedy of Vertebral Subluxation Complex? If you just go to a chiropractor "when you need it" (when you are in pain), you are missing out on so much! Besides, Advil is cheaper. (No, this is not a recommendation for Advil.) Time to upgrade. Time to see a chiropractor who is serious and scientific, and who is dedicated to your health.

You seek quality in other areas of your life... your home, your car, your vacations, your

electronics, the education of your children. How about your health? You can cover up symptoms, and just control constant sick states (chronic disease), while accepting the common excuses from The Doctor. You can just hope that "nothing will show up" on your next physical. Or... you can choose to take a stand, to take an active role in your current and future health, for you and your family. Choose wisely. Choose serious, quality, real Chiropractic. Yes, it is TIME TO UPGRADE from what you thought was health care, that is really disease care, to, finally, real health care!

One more thing. If your chiropractor doesn't take care of kids, something is wrong. (Read this part, even if you don't have kids.) You might be thinking "little kids don't have backaches." Right, generally not. However, for most of us, the most violent episode ever to happen to our spines is modern medical childbirth... getting born. Kids fall... how many times?

Sports injuries, skateboards, bicycles, stress, each time very likely creating Vertebral Subluxation Complex. When kids get adjusted, they hardly get sick, and, when they get sick, it's over in a flash. They generally behave better, and do better in school. Most importantly, they are better able to develop according to their genetic potential.

If you've never heard about this (taking care of kids) from your chiropractor, find one that you will hear it from. Even if you don't have young kids, this is a good question to pose to any chiropractor. If your chiropractor isn't welcoming in kids, find one who does. And, every chiropractic office should have information available about the dangers of vaccines. All of this is critical in selecting your chiropractor.

Want more info on "How to choose?" Go to www.chiroduarte.com. Click on "Ethics, Quality and Chiropractic," "Time to Upgrade," "What Our Practice Members Say" and "How to Get Started."*

“This Doctor’s Confession”

Dear neighbor,

I was going to med school in 1974. While I was home for the summer, all of a sudden, life turned into a nightmare... Minor pains in my low back became excruciating, then began shooting down both of my legs. I was walking all bent over, in horrible pain, and began losing control of my bladder. I was only twenty-three. The orthopedist wanted to fuse my entire lumbar spine. And then, it got so bad that the pain pills stopped working...

Then, someone told me about a **different way**, a different kind of doctor. The very next day, I went to see this different kind of doctor, this chiropractor. He did an incredible exam, took X-rays, and explained some things to me that made total sense. He gently “adjusted” my spine, relieving nerve pressure in my low back, my legs and my bladder. I stood up straight and pain-free for the first time in months!

Now, let me tell you about my son, Abraham, the little guy in the photo. He received his Ph.D. in theoretical physics at Penn State last year, and now, at the age of 23, is a post-doc at the University of Chicago.

You must be wondering how did he get so far, so fast? Well, Abraham had been under Wellness Chiropractic care since birth.

For the last 27 years, people from Marin have come to see me with **headaches, “arthritis,” GERD, chronic fatigue, depression, anxiety, insomnia, asthma, ADD, “rotator cuff,” diabetes, urinary problems, bad knees, carpal tunnel, knee pain (even “bone on bone”), fibromyalgia... just to name a few.**

Here’s what some of my practice members have to say:

“My sinuses feel better than they have in 10 years. Constipation is much better.”

— Lorena St. Clair, Mill Valley

“Best sleep in 5 years!”

— Gerry Zalkovsky, Mill Valley

“No (heart) fibrillation for five months! Physically better, and mentally about 96% better.”

— Hermila Gonsalves, San Rafael

“I’ve always had what I believe to be the norm. Since adjustments began, I have so much more. Pretty soon, I won’t have to sleep!”

— Holly Silvera-Newman, San Francisco



So, what am I confessing to? I don’t cure or heal anything, including any of the diseases or conditions mentioned in this article. (*You’ve already been under regular medical care your whole life, and, well, if it was working, you wouldn’t be reading this.*) I perform a gentle, specific, scientific adjustment, relieving nerve pressure, and your body is better able to heal itself. It’s as simple as that.

Peace of Mind: *I wouldn’t expect you to commit time or money until you understand three things: (1) what real, Wellness Chiropractic has to offer, (2) what kind of doctor, what kind of person I am, and (3) what, exactly, will be involved, time and moneywise, in your particular case.* This Special Offer offers you Peace of Mind. When you bring in this article, you’ll receive my entire new patient exam

for **\$47**. (The regular fee is \$370.) That includes an analysis of your spine... spinal X-rays... two kinds of neurological scans... the whole ball of wax. (The X-rays alone could cost you well over \$700 elsewhere.) Please call right away, because this offer expires on **Thursday, August 14th**, and I don’t want you to miss out.

Who am I? I am an activist within the profession. I am a Governor of the World Chiropractic Alliance (WCA), the WCA Chiropractor of the Year” in 2006, and I am on the Board of Directors of the Council on Chiropractic Practice. I have had several articles published. My main chiropractic technique is **Directional Non-Force Technique**, which is gentle, comprehensive and effective.

We are centrally located at 21 Tamal Vista, Suite 170, in Corte Madera, right next to the movie theatre. Yes, we are open late (Monday through Thursday, 10-12:30, 4-7). Please pick up the phone and call me today at 460-6527. Remember, this special offer ends Thursday, August 14th. “I will help you.” — Dr. Don Harte (D.C.).

P.S.: “Hassle-free scheduling”... a special feature for busy people. Ask us about it!

P.P.S.: RECESSION-PROOF YOURSELF! These are stressful, uncertain economic times. Many people like you no longer have health insurance. You *need* the best kind of health care so you’ll be better able to deal with stress, and continue to be productive and happy. Call me! Find out how this works.

How to Improve Your Gas Mileage



Can you remember a time when the cost of gasoline was under a dollar a gallon? Those days seem to be over forever, and with a gallon of gas now increasing each week, the kind of mileage your vehicle gets is a serious financial concern.

There are some things you can do to further maximize your gas mileage:

- 1) Buy a hybrid.** What is a hybrid? A hybrid combines gas and electric power, allowing each to do what they do best performance-wise – an electric motor for torque-y standing starts and acceleration and a gasoline engine for highway driving where they sip rather than guzzle your hard earned gallon of gas. The gasoline engine recharges the batteries – no plug.
- 2) Don't skimp on maintenance.** Follow your maintenance schedule and check your local auto-supply store – there are better performing items like oil and air filters, spark plugs and the like that may just add a few miles to your driving range – though beware of extravagant claims: nothing you pour into your gas tank is going to add ten miles to a gallon of gas.
- 3) Reassess your driving style.** If you look at every stop light as the beginning of a NASCAR race and if you're always a little too close to the guy in front of you, maybe you're not driving with an eye to better gas mileage.
- 4) Walk.** Do you really need to drive everywhere? Increase your walking and decrease your driving whenever you can and your health will benefit as much as your total bill at the gas station. —Curt Donnelley *

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How to Choose a Car for Your Teenager



Getting a car is a rite of passage for teenagers. Before you allow your teen to get behind the wheel, help him or her select a vehicle that provides safe and reliable transportation without breaking your budget. While your first impulse may be to surprise your teen with a new vehicle, those with limited driving experience may be more comfortable starting off with a used car.

Before you begin shopping for a car, check with your auto insurance provider for a summary of rates on vehicles in your preferred price range. Ask if your teen will qualify for discounts on coverage by completing a driver-training course. Keep in mind that statistically the accident rate for teen drivers is higher. Study crash-test ratings from AAA and the National Highway Traffic Safety Administration. Some cars offer greater protection for both driver and passengers. Look for previously owned cars that have been well maintained. If you can find one with low mileage, it's even better. Certified used cars are often more expensive, but the fact that they have been thoroughly inspected, repaired, and come with a warranty can provide you and your teen with peace of mind. If the vehicle you are considering is not certified, have a mechanic inspect it to verify that it is in good shape.

Check the maintenance and crash repair history. Ask a mechanic you trust for information about problem vehicles, recent recalls, and vehicles that are expensive to maintain and repair. Make sure to check the condition of the tires as well as lights, brakes, exhaust, battery, heating, air conditioning, etc. Make sure the car has a useable spare tire and teach your teen how to use tools and change a flat tire.

Buying a later model car can help ensure your teen's safety. Airbags, height-adjustable shoulder belts, antilock brakes, adjustable head restraints, and traction control are safety features that help prevent serious injuries in an accident. Don't choose a vehicle on looks alone. Have your teen test drive the car to gauge how well it handles and if he or she feels comfortable driving it. If a vehicle is difficult to park, or your teen feels uneasy backing it out of the driveway, it

might not be the best choice. Try to steer clear of vehicles that seem top-heavy. Models with a low center of gravity are less likely to roll over. Think about how many passengers your teen's vehicle should carry. While a two-seater is sporty looking, it can be impractical if your teen drives brothers or sisters to school.

Avoid buying large vans or SUVs with multiple seating. Teens are distracted easily enough without adding extra passengers to the vehicle. Avoid buying a high-performance model that may tempt your teen to drive too fast. Most safety experts recommend a mid-size sedan for teen drivers. Discourage your child from installing a sound system that is excessively loud. Remind them that playing music too loud can be a distraction that prevents emergency sirens, train whistles, and warnings from other passengers from being heard.

Consider enrolling your child in an auto club like AAA. If he or she becomes stranded with a flat tire or other car malfunction, emergency road service is available 24 hours a day to provide immediate assistance. Remind your teen that car ownership comes with a set of rules and responsibilities. Make sure they understand that driving privileges can be taken away for speeding, excessive tickets, transporting alcohol and drugs, or driving recklessly. Depending on the age and maturity of your teen, you may need to enforce mileage, destination, curfew, and passenger limits.

A leading consumer magazine named Honda the "Best Automotive Value today in America." At **Marin Honda**, an award-winning dealership, you can expect excellent customer service. See all our new & pre-owned models at www.marinhonda.com.

— Amy Kennedy *

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