



# Habitat Happenings

NW Metro Atlanta Habitat for Humanity

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## Save Money on Heating Costs

As with everything else, there are a few things that you can do to save yourself money on heating costs (and they don't include giving in to hypothermia).

**Bundle Up.** Perhaps the most obvious tip is simply to wear a couple more layers around the house. Have blankets on every couch and chair in your house and put throw rugs or carpets on all of the tile floors. This way you can keep the house a couple degrees cooler, without really noticing it at all.

**Check your windows.** Without thinking about it, you are probably letting a good amount of hot air out of your house through gaps near windows and doors. There are window kits that you can buy to close any gaps.

**Only heat the parts of your home that you are using.** Keep your thermostat at a reasonable temperature (low- to mid-sixties) and keep space heaters in the rooms that you hang out in. So if you have central heating (or forced air), keep that cooler than you think you need and keep a space heater in the living room. For the most

part, when you are in bed or in the kitchen you will not need additional heat, because you will be bundled up or cooking (which also heats up the house).

**Maintain heating systems.** According to the U.S. Department of Energy, we should be getting our heating systems checked to make sure there are no blockages and find out if there is any inefficiency in your heating system. For the most part, if you look up your specific heating system, you can find out what type of maintenance may be necessary.

Finally, don't forget about your **furnace filters**; they should can be replaced monthly but make sure they are changed at least four to eight times per year to keep air flowing correctly and keep the air going through your house clean.

You can always contact the construction department at Habitat with any specific questions on your heating system.

Article used from the internet link at:

<http://www.thinkglink.com/blog/2010/12/02/save-money-on-heating-costs>



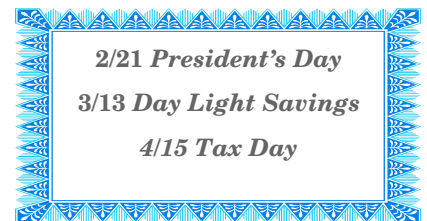
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## We Want Your Recipes

The staff at NWMAH loves to cook and loves to eat. We are always sharing our favorite recipes with each other and we thought what a great idea it would be to include our families. We will begin featuring a recipe in our quarterly newsletter and we would love to get your favorite recipes as well. NWMAH is blessed to have families

from all over the country and all over world; we know that we could have a wide variety of recipes. If we get a great response, we could possibly publish a family cook book. If you would like to share a recipe, email or send it in with your name to Joyia Hull at the Habitat Office, [jhull@nwmetroatlantahabitat.org](mailto:jhull@nwmetroatlantahabitat.org).



**We need your email address! Send yours to: [jhull@nwmetroatlantahabitat.org](mailto:jhull@nwmetroatlantahabitat.org)**

## Home Tip—Check Your Hoses

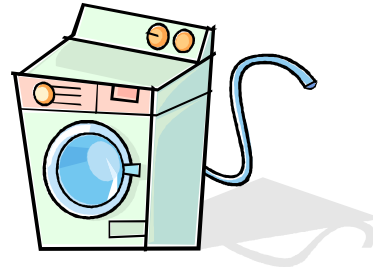
A washing machine hose that bursts can discharge hundreds of gallons of water in less than an hour and causes a flood of problems. Yet, routine inspection of washing machine hoses is often neglected by the majority of homeowners.

Water supply hoses for your clothes washer have a limited service life. In fact, the lifespan of some water hoses is surprisingly short. Many experts recommend replacing these hoses every few years.

Check your hoses periodically for signs of wear and when replacing the hoses, buy hoses that are reinforced with an

external, stainless steel braid. While no hose is fail-proof, these hoses have a lower fail rate and cost just a few dollars more than plain rubber hoses or reinforced rubber hoses with a braided rayon or polyester mesh.

Turning off the water supply to the washing machine completely is a good idea whenever the home will be vacant for more than a day.



*If you have a washer make it a habit to periodically check your hoses.*

You may also want to consider housing the washing machine in a metal pan equipped with a hose that leads to a floor drain.

Keystone Properties  
Home Tip of the  
Month-Dec. 2010

## Wanted: Great Homeowners

Would you like your family, friends and co-workers to have the same opportunity for a home that you have had? If so, then refer them to us. All they need to do is visit the NWMAH website at:

[www.nwmetroatlantahabitat.org](http://www.nwmetroatlantahabitat.org)

Select the “Home Ownership” tab, then select “Interested in Purchasing a Home” tab, read over the guidelines and if they feel they are qualified, complete the “Interest Form”. We will add them to our invitation list and they will receive a letter or an email inviting them to our next applicant orientation meeting. We hold a meeting every two months so if they sign up they will hear from us quickly. We are currently seeking homeowners for Cobb County, however if you know someone not in our immediate area, there are Habitat affiliates all over

Georgia as well as across the country. Homeownership could be just around the corner, for someone that you know.



## Bad Habits and What they Cost

### Drinking Soft Drinks

A bottle of Pepsi is usually about \$1.50 at a gas station. If you purchase one per day, that means you've spent \$547.50 a year (before tax). If you have three a day, you can say goodbye to \$1,642.50.

### Reading Gossip Magazines

Life & Style, \$3; Us Weekly \$4; OK!, \$3.50; Star, \$4; In Touch, \$3; People \$4. Have to have all of them? That's \$21.50 a week. If you buy two, that's about \$7 per week. And if you subscribe, you'll pay anywhere from \$60-

\$78 a year. You'll also spend even more for People, which costs about \$116 for an annual subscription.

### Buying Coffee

If your [coffee](#) didn't wake you up this morning, this number will: \$1,442. That's the cost (\$3.95) of a mid-sized cappuccino at one Starbucks per day for a year.

### Playing the Lottery

It's fun. It gives you a little [hope](#). And it costs \$365 annually if you play one set of numbers.

### Smoking Cigarettes

Americans are consistently unhappy with prices at the pump, but what's even more expensive than gas? Cigarettes. Consumers spend anywhere from \$5-\$10 on a single pack of smokes.

So if you smoke two packs a day for a year, you'll burn up to a \$7,300 hole in your wallet. With that kind of money, you could fund a vacation for two to Tahiti.

# Georgia's Move Over Law

Georgia's new Move-Over Law says drivers must move-over for emergency vehicles stopped on the side of the highway. The law is meant to keep officers AND traffic violators safe from crashes with passing cars.

The Move-Over Law was passed in the aftermath of growing numbers of police, emergency technicians and DOT workers being killed during routine traffic stops, crash responses and highway construction projects around the nation. Right now, more than thirty states have Move-Over Laws on the books, with fines that range as high as a thousand dollars or more in some jurisdictions. **The Move-Over fine in Georgia is an "attention-getting" five-hundred-dollars, (\$500).**

However, failure to obey the Move-Over Law can lead to consequences far more serious than fines. According to FBI statistics, traffic crashes claim the lives of more police personnel than any other cause of death in the line of duty, including shootings. The FBI says last year, forty-nine officers died in crashes across the country. Thirteen of those law enforcement officers were struck and killed by passing vehicles while they worked outside their patrol cars.

"Georgia's Move-Over Law was meant to reduce the number of injuries and fatalities to police officers, paramedics, firefighters, tow truck operators and highway



maintenance workers," said Director Bob Dallas of the Governor's Office of Highway Safety. Reports show emergency vehicles of all types have been struck while parked beside Georgia highways, even while their emergency lights were flashing.

The Georgia Move-Over Law requires drivers to move-over one lane when possible if an emergency vehicle with flashing lights is parked on the shoulder of the highway. And if traffic is too heavy to move-over safely, the law requires drivers to slow down below the posted speed limit instead AND to be prepared to stop.

## **REMINDER**

Mortgage payments are due on the 1st day of each month.

Payments received after the 10th of the month will be subject to a \$20.00 late fee.

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# Garden Vegetable Soup

Makes 6 – ½ cup servings

½ Cup sliced carrots  
¼ cup diced onions  
2 minced garlic cloves  
3 cups fat-free chicken or vegetable broth  
1 cup diced green cabbage  
1 cup diced zucchini

1 cup chopped spinach  
1 Tbsp tomato paste  
½ tsp dried basil  
¼ tsp dried oregano  
¼ tsp salt



Spray a large saucepan with nonstick cooking spray, heat. Sauté the carrot, onion and garlic over low heat until softened, about 5 minutes. Add broth, cabbage, spinach, tomato paste, basil, oregano, and salt; bring to a boil. Reduce heat; simmer covered, about 15 minutes. Stir in zucchini, and cook 3-4 minutes more. Serve hot.

# Look For Bargains After the Holiday

The best bargains can often be found after Christmas. If you didn't get what you wanted from your holiday wish list, it's likely that you'll find it for less during year-end and clearance sales. Also, many couples have started a tradition to wait until after the holidays to exchange gifts because it's more affordable. There are tons of gifts that are returned post-holiday and a lot of new inventory that needs to be stocked. While many frugal shoppers pick up clearance items such as wrapping paper, cards and bows, there's plenty of additional merchandise that is discounted from the end of December and throughout January. It's the perfect time to spend any gift cards you received, too.

Here are a few items to look for.

## **BAKING AND PANTRY**

**SUPPLIES:** Some ingredients and supplies will be holiday themed but can still be used throughout the year. Stock up on items such as hot cocoa, flavored coffee, cookie sprinkles, candies and chocolates, cup cake liners, silicone pans, cookie cutters, freezer bags, cheese and sausage and mixed nuts sets, etc. Don't overlook sales on staples such as flour and sugar and holiday-themed boxed cake, brownie or bread mixes, too.

**GIFT SETS:** These sets are perfect to stash in your gift closet for special occasions in the upcoming year. They hit rock-bottom prices after Christmas. They're great for post-holiday guests who visit, too. Many of the gift sets contain items such as bath soaps, lotions, perfumes or cosmetics, and at such low prices, you can indulge a little bit and treat yourself.

## **CLOTHING AND ACCESSORIES:**

Look for discounts on winter apparel,

such as hats, mittens, leather gloves, pajamas, slippers, robes, coats, boots, sweaters and jewelry, purses, bags, socks and hair accessories, etc. Department stores often have sales on undergarments, too.

## **CRAFT AND DECORATIONS:**

Look for discounted calendars, candles, lights, craft supplies, holiday-themed sheets, comforters, towels, rugs, etc. Plus, kids are home from school on vacation, so it's not too late to do holiday-themed crafts and activities, such as making ornaments or doing scrapbooking or holiday-themed puzzles.

## **APPLIANCES AND**

**ELECTRONICS:** There will be plenty of low-priced small appliances left, and some are returned and put back on shelves. Major appliances and electronics are often discounted in the New Year to make room for new models. Computers, cameras, cell phones and televisions are lower priced, too.

## **DISHES, COOKWARE AND**

**GLASSWARE:** Many seasonal dishes and glasses aren't available only in red or green. You can find neutral and jewel tones, too. If you want a new cookie jar or serving platter, get it after Christmas. Find deals on cookware and kitchen gadgets, too.

**LINENS:** White sales are in January, so you'll be able to find non-holiday-related merchandise such as sheets, bedding, place mats, pillows, curtains and towels.



*After Christmas is the best time to shop*

**FURNITURE AND FLOORING:** January and before tax time are the golden times to buy furniture (home and office), carpeting and other flooring material. Retailers have a slow period and are updating inventory.

## **BIKES AND TOYS:**

You'll find outdoor bikes and stationary bikes (along with some additional home fitness equipment) on sale in January, and plenty of bargains on toys and books after Christmas.

**MOST ANYTHING:** Lastly, don't forget to check thrift stores. There are a lot of donations made in December and January.

Article By: Sara Noel

*"No one can make you feel inferior without your consent"*  
- Eleanor Roosevelt