

What's UPstairs?

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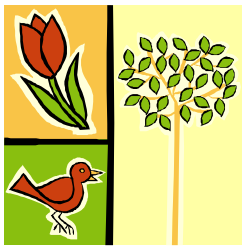
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Save Money While
Saving The Environ-
ment!



Reference at the Framingham Public Library

Nine Ways You Can Save Money at the Library

1. Read "Boston Consumers' Checkbook". This nonprofit magazine is free of advertising and outside influence. Their mission is to help Boston area consumers find high quality reasonably priced services. They evaluate everything from dentists to auto repair shops. While browsing our magazine collection you may even decide to cancel your magazine subscriptions and read our copy. In most cases all but the current edition are available for loan.

2. Forget about renting videos and DVD's at high prices. Consider canceling pay per view or movies on demand from your cable service. The library has a large collection of videos and DVD's. Some are free of charge and rentals are \$1.00 for one week.

3. Grow your own vegetables this summer. You can garden in pots if you don't have a yard. Books on growing vegetables are shelved at call number 635.

4. Consider a "staycation" this summer. The library has 22 museum passes you can borrow. The passes allow either free admission or a reduced rate. Many passes are for outdoor activities including Zoo New England, Massachusetts Audubon Society, and Plimoth Plantation. Our travel & sports sections include books of day trips to dozens of local attractions in and around Boston, Look for books at call number 917.44 or ask at the reference desk.

5. Don't miss the library's monthly calendar of activities in the bulletin. It is available

in the library and online at www.framinghamlibrary.org. Library activities are varied, designed for all ages and interests. They are always free of charge.

6. Do it yourself. Pick a project and learn a new skill. We have books on landscaping, interior decorating, knitting, sewing, crocheting, woodworking, building a bird house, or a deck, painting, making soap and arranging flowers, refinishing furniture, upholstering, fixing cars, electrical wiring, plumbing, tiling. The list goes on and on.

7. After you build that new hammock, swing in it while reading a library book or listening to a CD from the library. Still not relaxed? Borrow a DVD on relaxation or Yoga.



8. Get fit without gym fees. The library has every diet and exercise plan. See the selection at call number 613. The weather will soon be welcoming. Bowditch field has a track and the Framingham High School Wellness Center is open to the public Mon-Thurs, 6-8 p.m.

9. Join the Friends of the Framingham Public Library. This remarkable organization provides much needed support for some of the services mentioned above through monthly book sales. Come to the books sales. The selection is massive, the prices low and the beneficiary (you) most worthy.

Did you know... If NSTAR is your electric company you have the option to purchase clean electricity and reduce your impact on the environment. Customers may choose to buy half or all of their power from wind farms in the Northeast. NSTAR developed this program in response to customer demand to reduce their carbon footprint. Another option for clean energy is using solar power. Check out the Commonwealth Solar program through NSTAR and read their buyer's guide on going solar in Massachusetts. For more information about this "green" program, including tips on saving energy, go to www.nstar.com and click on NSTAR green.

Save Money While Saving The Environment!



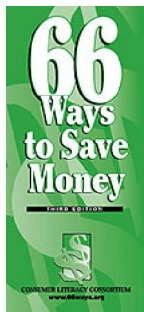
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Follow this link, www.tinyurl.com/5me8gf to **66 Ways to Save Money**. There is sure to be something on this list to save YOU money!



Have you jumped on board the “go green” bandwagon yet? By using (or, in most cases, wasting) less “stuff”, you’ll end up saving money.

1. Skip The Bottled Water

Did you know that many companies simply bottle tap water? It takes about 1.5 million barrels of oil per year to make the plastic bottles and 22 million bottles end up in landfills annually. Get a filter for your water faucet and a re-useable water bottle – save money, drink healthy water, and do your part for the environment.



2. Trick Your Toilet

Instead of buying a new toilet to conserve water, you can just displace the water in the tank of your toilet. Put a brick or a soda bottle filled with water in the tank. It will use less water per flush, and save on your water bill.

3. Low Flow Showers



Low-flow showerheads are fairly inexpensive and reduce the amount of water used. Using less hot water reduces energy consumption.

4. Skip the Heated Dry Cycle

Most dishwashers have a heated dry cycle. This uses more energy. Turn off the dry cycle and let dishes air dry, or wipe with a towel.

5. Power Down

There are a number of appliances and electronics that consume phantom energy even when they're off. You'll recognize them by their flashing lights and glowing clocks. Unplug them when not in use- they're responsible for 10-40% of your electricity usage.

Whenever you're not using the computer for a few hours, let it go to 'sleep' to conserve energy. When done using it for the day, shut it down completely.

6. Cook Effectively

The microwave uses half the electricity of your conventional, electric oven and cooks food in less time, so use it more often to conserve electricity. Use a toaster oven for reheating meals instead of conventional oven. It heats up quicker and uses less energy.

7. Lower Water & Heat Temperature

Next to your home's heating system, the hot water heater uses the most energy in your home. Lower the temperature from 140 degrees to 120 degrees and save about 10% on your energy bill. For every degree over 68, you can expect about a 3% increase in your heating bill. Lower the heat to the lowest possible setting that maintains comfort and wear heavier clothing to keep warm.



8. Drive Better

When driving don't accelerate like a race car driver every time you take off from a red light or stop sign. Keep your tires properly inflated and increase one mile per gallon. Combine your errands so you don't have to drive as often.

9. Rechargeable Batteries

Purchase and use rechargeable batteries instead of replacing dead batteries with new ones. Keep enough on hand to have some already charged and ready to go.

10. Re-use Baggies/Ziplock

Sandwich bags and ziplock type baggies can often be rinsed out and re-used more than once. If sending kids crackers or cookies in a ziplock bag to school, you can send the same or similar snack in the same baggie the following day.