

VOLUME 20, NUMBER 10

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FREE

BATON ROUGE

Parents®

A Z I N E

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IS YOUR CHILD
AN INFORMANT?

Taming the Tattletale

CHILDHOOD SEXUAL ABUSE

WHY STANGER
DANGER ISN'T
ENOUGH

25

ways to
love the
EARTH
at home

2010 DAY CAMP DIRECTORY

ranges need, and they don't heat up your kitchen. Slow cookers can cook a whole meal and cost you only about \$0.17 worth of electricity.

12. Don't peek. Opening the oven door to check cooking progress can lower the oven temperature by as much as 25 degrees and increase the temperature in your kitchen. Use the oven light instead to check progress.

13. Regularly defrost manual-defrost refrigerators and freezers.

BATHROOM

14. Cool it down. Lower your water heater (energy hog number three) base temperature to 120 degrees Fahrenheit. Your shower will still be steamy and you'll save by heating less water.

15. Stand up and save. Baths generally use more energy than showers because you use less water in the shower, which means you heat less water.

16. A bright idea. You need a clear mirror view in the bathroom, but every bulb that lights your way costs money. You won't notice the visual difference by replacing 100-watt bulbs with 60-watt bulbs, but you'll see it in energy savings.

17. An even brighter idea. Compact fluorescent light (CFL) bulbs use up to 75 percent less energy and last about 10 times longer than an incandescent bulb.

LAUNDRY ROOM

18. Lose a quart. Drain a quart of water from your water heater tank every three months to remove sediment that slows down heat transfer and lowers the efficiency of your heater. Follow your owner's manual to accomplish this task because the type of tank determines the procedure.

19. Dry spell. The dryer is an appliance (energy hog number two), so keep it in top working order by regularly cleaning the lint screen and be-

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PORTABLE SOLAR CHARGERS

New pocket-sized gadgets use sunlight to conveniently and efficiently power devices such as cell phones, GPS systems, laptops and music players. Equipped with solar cells, the JuiceBar Solar Charger starts charging some devices immediately upon light contact.

For more information, visit www.CableOrganizer.com



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