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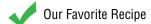
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#### Inside *this* Issue











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## So You Think Buying a New **Stove is Easy?!**

### Okay, it's not really THAT difficult... once you understand all the options.

Remember the good old days? Your stove gave you all the good years it had, and then you went out and bought a new one. Most probably white, even though color variations have been around since at least the 1970's. Besides that, there weren't a ton of other variables.

Needless to say, all that's changed, and most certainly for the better. Here's a quick look at some of the alternatives now available to you for your next stove.

#### **Cooking Fuel Type** Considerations

First thing to consider is what type of range you're looking for, an electric or, if gas is readily available in your home or area, you may want to consider a gas or dual fuel model. A dual fuel range will usually have a gas cooktop with an electric oven.

#### Cooking Oven Preferences

A conventional single oven is the most economical, while other options include double ovens, convection or trivection cooking. Convection uses air circulation to cook/bake quickly and evenly. Trivection cooking combines microwave, conventional and convection for quicker cooking...a great feature, but be prepared to pay more for this oven.



#### Green & Healthy Living Tips

**Downsize protein.** Too much protein in your diet can lead to weight gain, reduced liver and brain function, high cholesterol, and other health problems. Substitute some protein for more fruits, vegetables and other sources of vitamins and minerals.



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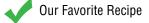


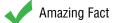
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#### **Range Cooktop Preferences**

Coil cooktops are still the most economical and easy to replace when an element burns out. Most coil cooktops can now lift to make it easy to clean underneath, with a seamless top without a crevice to catch dirt or cause paint to chip.

Smooth glass or ceramic cooktops are very stylish and have become much more affordable, but they do take special cleansers and care to maintain their good looks.

#### **Smooth Cooktop Burner Considerations**

The most economical is a smooth top with the standard 4 burners. However, expandable burners which can adapt to a larger size pot, or those that can expand to incorporate a front burner are very convenient for grills or odd shaped pans and are well worth the extra cost.

A simmer or warming burner is also a handy feature, as are additional burners or grill add-on's. Induction (turbo) cooking is available on some models, however you may need to replace your cookware for magnetic pots for this type of cooktop.

Lots of possibilities, and we've barely even scratched the surface. Still, if you're thinking about buying a new stove and switching from electric to gas, you can now save \$35 on a gas hookup for your kitchen. Gas is the choice of great cooks and chefs everywhere, plus you'll save money every month on your utility bills.

Bon appetit!





## Amazing Fact

When you yawn and stretch at the same time, you are "pandiculating."

YOUR.

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## Inside *this* Issue



Green Living Tip

Our Favorite Recipe

Amazing Fact

'You Gotta Laugh"



### **Light Lemon Pesto Pasta**



"Light, yet full of flavor, this pesto is perfect when tossed with hot spaghetti for a quick dinner."

Click here to view and print this recipe

## Yon Gotta Langh

"You know there is a problem with the education system when you realize that out of the 3 R's only one begins with an R." Dennis Miller





#### **Gas Hook-up**

Save \$

...on a new gas hook-up for your kitchen. This offer is valid through September 30, 2014 and may not be combined with other discounts. Does not apply to previous service.

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### **Special Bonus Offer**

...on any other service our company offers. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. This offer is valid through September 30, 2014 and may not be combined with any other offer or minimum service fee.

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