### Easy Holiday Gifts For The Whole Family

**Holiday Hints**

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(NAPS—More Americans are avoiding the mall this time of year and shopping online. According to a survey by shop.org in 2007, Cyber Monday online shopping was up three times that of the year before. Following are some great sites for finding holiday gifts.

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<tr>
<th>Name</th>
<th>Category</th>
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<tr>
<td>The Rouser</td>
<td>Alarm Clock</td>
<td>A dog-shaped alarm clock that will wake sleepyheads with a bark.</td>
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A handwoven, eco-friendly, fair-trade scarf from Georgia, not only uses the finest organic materials but also supports craftswomen around the world. Available at www.wearagianna.com.

Personalize a share of Idaho’s famous black truffles, with a framed stock certificate. Available at www.toyurus.com.

For younger kids, the new Alphabet Rocker's CD is a set of groovy R&B tunes built around cute children's songs with parents and kids rocking. Available at www.alphabetrockers.com.

Complimentary samples of Dessert Truffles will be given away around the country for two hours in November.

(NAPS)—When life gets hectic, it’s oftentimes hard to find some time for a quick break in your day. Whether it’s to pick up a cup of coffee from a coffee shop or enjoy a 10 minute massage, it’s important to remember to take some time for yourself. Doing so can help you reduce stress, if you have an unexpected day in your wallet.

On Thursday, November 20th, Godiva will help you take a break from your daily routine and satisfy your sweet tooth with no cost. In honor of Truffle Month, the Chocolatier is hosting “Truffle Break” from 1:00 p.m. to 3:00 p.m. Chocolate lovers can go into any boutique nationwide for complimentary samples.

Godiva will be sampling its newest truffle line, European Dessert Truffles. The exclusive collection, available for a limited time only, allows you to select your favorite dessert from the best of European pastry and confectionery.

Godiva’s chef chocolatiers have masteredly reinterpreted six desserts as decadent truffles—Lemon Chiffon Cake, Caramelized Apple Tart, Grand Marnier Biscuit, Chocolate Soufflé, Bananas Foster and Black Forest Torte. For the first time, these desserts are brought together in one unique experience.

Visit www.godiva.com for a list of Godiva boutiques nationwide.

**Did You Know?**

(NAPS)—The organizations behind the Let’s Talk Pain Coalition have created a new interactive Web site, www.letstalkpain.org, to provide visitors with comprehensive information and tools to help enhance the dialogue between those affected by pain and healthcare professionals.

To learn more about the Military Order of the Purple Heart and its programs, visit the Web site at www.purpleheart.org.

Edmunds.com offers a list of the Top 10 Ways To Waste Gas. The Web site also provides a number of tips on car buying, as well as tips to help save on insurance, cut fuel use and more.

(NAPS)—Improving the world’s ecology and your own economy might be easier than many people realize. Right now, the Environmental Protection Agency reports the average U.S. household generates more than 40,000 pounds of greenhouse gas emissions a year.

And, while homeowners overwhelmingly agree it’s important to reduce their effect on the environment, a recent study by Ipsos Reid found nearly three-quarters of homeowners would only spend more money to make their homes environmentally friendly if they could make it back in savings.

Fortunately, saving money and reducing greenhouse gases can go hand in hand.

Here’s How

Here are five steps from InsulationSmart.com that families can take to go green while spending less on energy bills.

1. Replace 12 75-watt incandescent bulbs with 20-watt compact fluorescent bulbs to reduce annual greenhouse gas emissions by as much as 9,000 pounds and use up to 75 percent less electricity.

2. During the winter, turn down the furnace thermostat 10° to 15° F for eight hours. This will reduce annual greenhouse gas emissions by 240 pounds and use up to 15 percent of your heating costs.

3. Replace an old air conditioner, furnace or boiler with an Energy Star model to reduce annual greenhouse gas emissions by as much as 3,000 pounds and save up to 15 percent in energy costs.

4. Replace a refrigerator that’s more than seven years old with an Energy Star model to reduce annual greenhouse gas emissions by as much as 500 pounds and save up to 30 percent in energy costs.

5. Install an insulation/air barrier system such as the kind created by Icynene. It will help reduce a home’s annual greenhouse gas emissions by as much as 4,000 pounds, if you heat by natural gas and up to 7,000 pounds if you heat with electricity, and save up to 50 percent in energy costs (based on an average monthly natural gas or electrical bill of $110).

Learn More

You can find more money-, energy- and environment-saving ideas at www.InsulationSmart.com.