The Laundry Low-Down: A Closer Look At Common Laundry Myths

(NAPSA)—Just about everyone does it—yet few enjoy it. About once a week, you gather your family’s hampers and begin the never-ending chore of laundry. In fact, the average household washes more than 6,000 articles of clothing each year, as reported by the Soap and Detergent Association (SDA). As often as people do laundry, there are still some common laundry myths that you need to know the truth behind.

Myth 1: The bigger the bottle, the better.
Many laundry detergent brands are introducing concentrated formulas—detergents that get the job done using a fraction of the detergent that regular-sized products require. These small, yet powerful formulas perform just as well as their larger counterparts but are more environmentally friendly. Packaged in smaller bottles, they use less plastic and require less water in the manufacturing process. Plus, the smaller bottle is easier to carry, use and store.

Myth 2: Natural and “green” cleaning products aren’t all they’re cracked up to be.
Natural and “green” cleaning products tend to get a bad reputation for being pricey, less effective and lacking in fragrance. Purex® Natural Elements® (www.purexnatural.com), a new detergent made with 100 percent naturally derived cleaning ingredients, is priced the same as other Purex detergents and has the same touch-on-stains cleaning power. It also has a natural fragrance extract for a pleasantly fresh laundry experience.

Myth 3: The more detergent you use, the cleaner the clothes will be.
It’s important to use the suggested amount of detergent—whether powder or liquid—as using too much or too little is not optimal. To tell if you’re using too much laundry detergent, check the lint trap in the dryer—if there is a lot of lint with each load, chances are you are using more than necessary.

Myth 4: Cool water is better for cleaning clothing.
Although cool-water washing does save energy, detergents are typically more effective in warm-to-hot water. However, lightly soiled clothes can be cleaned in cool or warm water. Just remember to use the recommended amount of detergent.

Myth 5: All detergents are created equal.
The age-old question has always been: Powder or liquid? Although both detergents are effective, liquid detergent is convenient for pretreating stains prior to washing and is especially effective on food, grease and oil stains.

With the 6,000 articles of clothing you may wash this year, laundry is more important than you may think, and it’s good to have a better understanding of how to make the most out of your cleaning experience.

(NAPSA)—Hass avocados are a great addition to tailgating favorites such as sandwiches, burgers, wraps, hot dogs and salads—as well as serving as the essential ingredient in guacamole and other dips. For recipes featuring Hass avocados and tailgating tips, visit www.avocadocentral.com.

Food Ideas

Sun Shower 100% Pure Pressed Nectarine Juice comes in 12 oz and 28 oz containers and in three flavors: Nectarine, Nectarine Berry and Nectarine Mango. For more information, visit www.nhjjuiceworks.com.

New Wanchai Ferry Chinese dinner kits are the easiest and most inexpen- sive home cooks to freshly prepare restaurant favorites in 30 minutes. For fun, custom meal ideas and dinner kit coupons, visit www.WanchaiFerry.com.

LouAna peanut oil’s high smoke point lets you fry at higher temperatures for flaky, light and beautiful food that’s never greasy or crumbly. Visit www.louana.com for information on preparation, frying and safety.

Mobile phones Designed To Enhance Student Safety

There’s a new GPS-based mobile phone application that transforms cell phones into personal safety devices.

(NAPSA)—Increasingly, safety ("go home if you’re too old to drive") when it comes to ranking the fac- tors that guide a student’s college selection.

With so many 500,000 crimes reported each year to their campuses, it’s no wonder students and parents alike are concerned about the issue.

University administrators are equally concerned, with many turn- ing toward innovative technologies to enhance campus safety.

For example, there’s a new GPS-based mobile phone applica- tion called Rave Guardian that enables students to share their location with campus police when they feel unsafe.

It does this by providing the option to students to be monitored by campus police on- or off-cam- pus for an amount of time that they designate, using the same GPS technologies as the nation’s E911 service.

If the time expires before the student times out, or if an alert and pertinent information—including student photo and videos—are sent to campus police indicating there’s a potential problem.

Rave Guardian, a one-of-its-kind mobile phone application, is the major sponsor of the Clay Award from Security on Campus and is just one of the many mobile phone applica- tions designed to help keep students connected and safe.

The majority of mobile phone applica- tions available today, including Rave’s, are designed to help parents quickly locate their child in an emergency. In the case of campus security, messages could range from a notice about severe weather to a warning about a bomb threat.

Rave’s mobile technology is also being used at colleges to build cam- pus communities. Students using phones with the applications have the ability to monitor campus transportation using GPS; partici- pate in community polls; create and join social groups; get class and assign- ment updates from course systems; and check-in and vote real-time at campus events.

To learn more, visit the Web site at rawei-reless.com.

** Did You Know? **

(Mobile Device Management) The American Veterinary Medical Association and Fort Dodge Animal Health are spon- sorers of the National Pet Wellness Campaign to encourage pet owners to discuss potential pet health risks with their veterinarians. Information is available at www.NPWM.com.

Take part in consumer sur-veys can help consumers save money. When consumers fill out surveys they often receive benefits, such as reduced-price offers and one or two samples from manufacturers. To learn more, visit the Web site at www.shoppers-voice.com.

Computers are no longer a luxury for college students. The majority of schools highly recom- mend purchasing a notebook or desktop with a dual-core proces- sor, large hard drive and discrete graphics card. Always confirm with your school and academic department for more specific guidelines before purchasing and installing new software and hardware.

An auto claims option from The Progressive Group of Insur- ance Companies takes 15 minutes to complete. With the concierge- level of claims service, customers simply drop off a damaged vehicle at a participating facility. A claims representative handles the process from that point on. Visit www.progressive.com.

According to a recent Aflac study, approximately 70 percent of working students report having few or no problems about lost wages from missing work if they become ill or injured. Many find supplemental insurance to be an effective com- plement to major medical. To learn more, visit www.aflac.com.

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