

BUDGET STRETCHING IDEAS

Web Sites Offer Creative Ways To Save

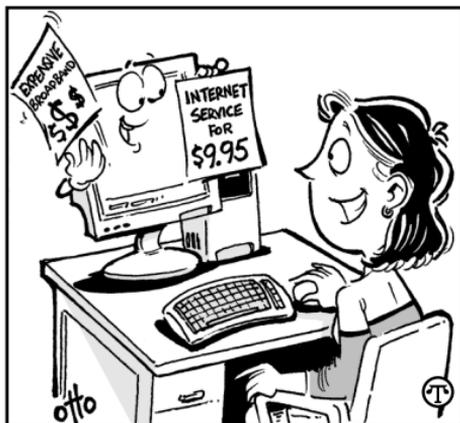
(NAPSA)—Millions of Americans are feeling the pinch of a tight economy—and are pinching back by finding creative and no-nonsense ways to get more for their money. Here are some examples:

- **Laundry loads.** About 80 to 85 percent of the energy used for washing clothes is for heating the water. To reduce the amount of energy used for laundry, use less water and use cooler water. Switching your temperature setting from hot to warm can cut a load's energy use in half.

- **Don't overspend on the Internet.** Review your Internet service and make sure you're getting the best value for your money. If you mostly go online to check e-mail and surf the Net, switching to a dial-up ISP like NetZero that costs as low as \$9.95 a month will do the job while saving you hundreds of dollars a year versus broadband.

- **Host with the most.** If you've ever considered putting up a Web site—for your home-based business, to pay tribute to your favorite band, to organize an event, etc.—you need more than just great content. To get your site up on the Web so the world can see it, you need Web hosting. While hosting services can be pricey, there are some, such as Fresservers.com, that offer a variety of packages—including one that's free.

- **Shop with a list.** Your shopping list is a road map to what you need. By sticking to it



A variety of Web sites are available to help consumers save money on everything from groceries to Internet service.

and avoiding impulse purchases, you'll save money.

- **The power of coupons.** Clipping coupons from your local newspaper, women's magazines and general-interest magazines can trim your grocery expenses. Take advantage of in-store coupon displays and even the machines that hand them out. In addition, Web sites such as FreeInternet.com link users up with coupons as well as free offers, product samples, free shipping and "buy one, get one free" deals.

- **Get your just rewards.** Programs such as MyPoints reward consumers for brand loyalty. You earn points when you shop, book travel, play online games, take surveys, search the Web and do other easy, everyday things. You can then redeem your points for gift cards, online certificates, gas cards, travel, dining and more—all from your favorite brands.