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As Economy Disintegrates...Green and Frugal Tips for AVERAGE Folks

Each month includes these sections: Money making opportunities, money saving ideas, items that pay for themselves, home improvement tips, best bargain products, personal and financial goals, and a repeating checklist of money-saving things to do.

HARRISON, AR, October 12, 2008 **/24-7PressRelease/** -- While billionaires are baying for their bailouts, the average person got left behind, again. Facing spiraling fuel and food prices, threats of foreclosure, and uncertain job prospects, middle-class and working people feel trapped—and left out.

But there's hope: Each month, The Money Saving Calendar from Adams LLC offers...

- Green energy tips to lower not only your carbon footprint, but also your energy bills (examples: in the winter, leave the oven door open after you've been baking...use insulating ceramic paint—developed by NSA—to lower your energy cost every time you paint a room...install energy-saving film to reduce heat loss from leaky windows and doors)
- Money-saving tips in food, appliances, using outside contractors, and more (examples: when your plumber needs to dig a hole, get the location and dimensions and hire someone cheaper... buy food items at the dollar store)
- Businesses you can start on a shoestring: zero to \$2000 typical startup cost (from caring for elders to stenciling address numbers on mailboxes to installing Christmas lights)
- Home improvement tips to increase the value of your home—and your quality of life—while spending little or nothing (examples: put a radiant heat barrier in your attic to slash air conditioning costs...buy new faces for your kitchen cabinets instead of replacing the entire cabinet system, and install them yourself to save thousands of dollars)
- Checklists of money-saving activities you can do every month
- Even a place to write personal and financial goals each month

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"A wall calendar is something people look at every single day, and the message is reinforced every time," says Adams LLC President Dale Adams. "For a lot of people, it presents information in a way that's much easier to absorb than from a book. The calendar makes it easy to actually take action to improve your life and your wallet."

One thing you won't find inside The Money Saving Calendar: pictures. As frugal as his customers, Adams sees no reason to spend extra printing costs for pretty pictures, and this way he can not only provide more useful information, but also keep the price down to just \$7 plus \$3 US shipping. For the same reason, the calendar is only available directly from the company: visit www.adamsllc.org, or call 870-391-2231.

Journalists: Adams is an author and inventor, and is available for interviews.

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