



# MOORE FROM THE HILL

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## FREE RADON TEST KITS

Radon is a naturally occurring radioactive gas produced during the normal decay of uranium found in the earth's crust. The Environmental Protection Agency estimates that over 70% of Tennessee's population lives in moderate to high risk radon areas. Radon is the second leading cause of lung cancer, resulting in more than 21,000 deaths each year. Millions of homes have elevated radon levels, but radon can be detected with a simple test. If radon is detected in your home, it can be corrected through established venting techniques.

If you would like information about receiving a free radon test kit, please contact the Department of Environment & Conservation's Nashville Field Office at 687-7000.

## STRETCHING OUR DOLLARS

Many people have lost their jobs during the recession we are experiencing. Even those who have not lost jobs are worried because the cost of just about everything is rising and it is difficult to make ends meet. Some of us have lived through a depression while some of us have never known what it is to want for anything; but we are all in the same boat and feeling the pinch right now. I offer a few ideas below for cutting corners to help us survive these difficult days.

Groceries: Make a menu for the coming week or month, make your grocery list and stick to it. If you are really trying to cut your food budget, decide if items are "need" items or "want" items and only buy what you need. Store brands are usually cheaper and coupons can greatly reduce your grocery bill. If your grocery store sends out a "sale" paper each week, give it a quick look over to see if any items you use regularly are on sale and buy several at the sale price. Cooking is generally cheaper than eating out, so try to budget your time so that you have the time to cook several nights a week. It's not as much fun as eating out, but it can be much less expensive.

Gasoline: Try to consolidate trips. If you work, run your errands going to or from work rather than going all the way home and getting back out. Make a list of places you need to go and try to run all errands one day a week rather than running back and forth several days a week. The faster you accelerate and the faster you drive the more gasoline you use. Try to maintain an even, slower speed when driving. When possible, carpool to work or use public transportation where available.

Heat/Air: Cutting your thermostat up and down uses more energy. Try to maintain one constant temperature. Of course, the lowest comfortable setting for your family is best in winter and the highest comfortable setting for your family is best in summer.

Insurance: Review all your insurances that you pay for directly out of your pocket and shop around for a better quote.

Prescriptions: If you have difficulty paying for prescriptions you take regularly, some manufacturers of medicines offer assistance based on income. You can go on line and find the manufacturer's website and it should have a "click" for assistance if they offer it. Another source is [www.needymeds.org](http://www.needymeds.org).

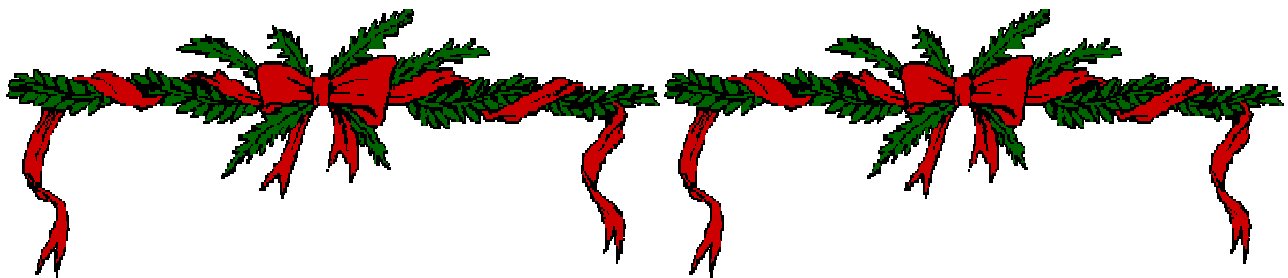
We can shop discount stores, use generic brands, turn off lights and appliances we are not using, drop subscriptions and memberships we don't need (versus want), bring lunch to work rather than eating out every day, use tap water rather than bottled water, and make many other common sense changes that will help keep our costs down. All these suggestions seem like "no brainers" but sometimes we just don't stop long enough to examine where we can cut expense. Each family should examine it's individual situation.

America has survived difficult times before and I am certain we will do it again. We will see this storm through, and hopefully learn from it and be stronger for it in the end.

#### COMING UP IN JANUARY

The General Assembly goes back into session January 12, 2010. One of the first items we will take up will be workers compensation insurance requirements. As we begin to get bills into committees and begin seeing some progress, I will give you weekly updates. As always, please call me if I may assist you in any matter at all.

Moore From the Hill is for informational purposes only.



WISHING YOU A MERRY CHRISTMAS  
AND A WONDERFUL NEW YEAR

Gary & Gloria Moore

