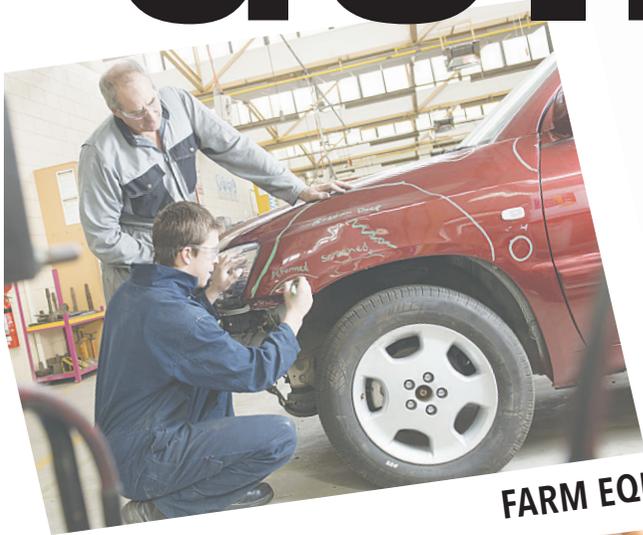
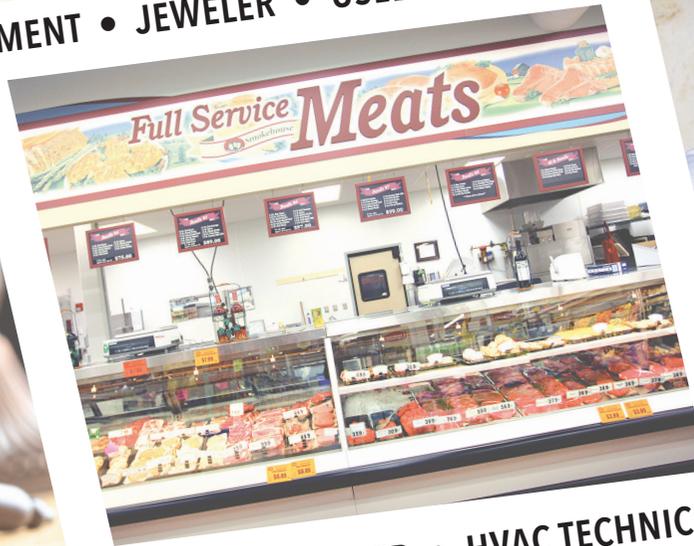


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How to...

A great deli can transform a simple sandwich into a delightful culinary experience. They do this through a smorgasbord of the finest meats, cheeses, breads and condiments.

Fine delis have sprung up almost everywhere. A great, independent deli is something beyond an extraordinary place to shop; it is a treasure. And excellent delis boasting mouth-watering showcases of meats, cheeses and pickles can bring back memories of a simpler time for many.

Try not to settle for a deli that isn't genuine. You'll be making a culinary mistake. An awesome store has these five components.

WIDE VARIETY OF FOOD

Great delis offer a variety of breads, meats, cheeses and vegetables. They usually even have them on display. The staff might encourage you to try a different combination each time you visit.

Popular meats can include bologna, ham, turkey and salami. You might find American, Swiss and cheddar

cheese. But the best delis will offer other options such as pastramis, liverwurst, hot corned beef and knishes.

Delis also cater to local markets. Each region has its own specialty.

Many delis offer fresh soups (in the Fall). Delectable desserts are available to go along with their tasty sandwiches.

FRESHNESS

All food should be fresh. That attention to freshness is still found in great delis today.

All items should be made daily.

PRICES

A quality deli has distinctive food. You will be paying for high-quality meat, fresh vegetables and home-baked breads. But that doesn't mean you have to spend a lot of dough.

Look for daily specials. Establishments usually have a daily or weekly special. They might even offer a discount if you order during a certain time. Many delis offer specials for eating in the middle of the afternoon

Choose a deli

when business is typically slower.

Also, delis might offer coupons in local newspapers or on websites. It is a great way to get new customers to try their business.

CUSTOMER SERVICE

The employees at a quality deli appreciate your business. As soon as you enter, they should welcome you. They will fix your food promptly according to your order.

The counter staff and cooks should be very clean.

CLEANLINESS

The establishment itself should be very clean, from the ceiling to the floor. Deli owners take great pride in their businesses. Look at the cleanliness of the utensils and tables. Quality delis prevent cross-contamination.

You will likely find a great deli that offers quality products in your neighborhood. With fresh ingredients, home-baked bread and outstanding customer service, you can enjoy a fantastic sandwich at a reasonable price.



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How to... Choose a final resting place

Confronting one's own mortality can be a sobering thought. But like other end-of-life planning, selecting a final resting place can bring you peace of mind. Choosing a spot, whether it's part of traditional family plot in a cemetery, a special spot that brings you joy, or more permanent place like a mausoleum, finding a final resting place should be given serious, thoughtful consideration.

Your final resting place is also designed to keep your memory alive, so planning your own funeral and choosing a resting place with the your finances and wishes in mind is one of the most compassionate and selfless acts you can make and can preserve your legacy for years to come.

So whether you're pre-planning for yourself or helping a family member with choices, end-of-life decisions will

have a lasting impact.

Here are some things to consider when choosing a final resting place.

CEMETERY

Choosing a resting place is similar to buying real estate. Location will play a large part in choosing a cemetery plot or mausoleum.

Your final resting place should have special meaning for you and your loved ones. Ideally, it should be neat, clean and have long-term arrangements for taking care of the grounds. A convenient location is preferable, so loved ones can pay their respects easily and conveniently.

Much of this decision will be based on personal preference. It might be a small, quiet country location or a plot in the middle of a bustling city. There are plenty of options available, depending

on your wishes.

The property manager should have a stellar reputation and a lengthy track record of being professional. It is important that they make you feel comfortable and at peace with your decisions.

Look for a cemetery that will be run in perpetuity. It should have stable management now and detailed plans for ongoing maintenance through decades to come. Do not be afraid to ask questions about the company's history and plans for the future.

HEADSTONES

Deciding on the right headstone is another way to leave a legacy.

The monument or headstone can say a lot about the deceased's life. You can choose a simple, straightforward stone or an elaborate stone with a custom design. You can also leave a message

for descendants. This headstone will be around for a very long time, and it can inform people about your life.

So you might want something more unique. Monuments can also reflect the personality and interests of the person they are honoring.

Many companies offer a variety of designs and layouts for people who want a special headstone. They have symbols and messages that can honor religious beliefs, clubs, honors or careers. These elements will add personality to your headstone.

These companies are happy to cater to your request. They might also make recommendations.

A final resting place will honor a legacy for many years to come. The decisions you make will leave a meaningful impression, so take the time to choose wisely.

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While all cemeteries are for a single purpose, the burial of the deceased, they are not all alike. Before deciding where you or your loved ones choose their final resting place, take some time to ask the following questions.

Does the cemetery have a perpetual care fund?

Is there enough money in the fund to ensure that the income from the trust can or will maintain the cemetery into the future. While many cemeteries may have a "cemetery fund" there may not be enough to ensure care that lasts forever.

Is the money kept in a savings account or in an irrevocable trust?

When money is kept in a savings account, it may lose value over time due to inflation. When the money is in an irrevocable trust, a third-party trustee oversees the investment and management of the funds. Ask if you can see the trust statements to verify the amount in the trust and who serves as the trustee.

Does the cemetery of your choice allow prepayment of costs so that you may freeze the prices at the current price or do you have to pay whatever is the price at the time is needed? Are there no cost family protection benefits for minor children and grandchildren?

Is the cemetery licensed by the Commonwealth? A licensed cemetery gives the family peace of mind knowing that there is oversight well into the future and the cemetery is in compliance with state law. Ask to see the cemetery license.

To schedule an appointment or more information, call 392-3008 • www.trinitymgva.com

How to... Choose the best cuts of meat

Gourmands will tell you there is no replacing fine cuts when it comes to the mouth-watering flavor of most meat. It can be something that is hard to find and not likely something you'll be able to just snatch off the cold-food aisle at a local grocery store.

Many factors go into the best cuts of meat — age, fat, marbling, coloring and type of cut all play a role. Unless you frequent a local butcher shop, the cuts of meat at most grocers tend to be simple — hamburger, steaks and ribs, for example — but don't offer much information beyond basic labels. And because many people are seeking value-priced meat, the quality and taste can't match those of the truly superior cuts.

Fortunately, many grocers today offer

butcher cuts, and most cities have several specialty butcher shops specializing in quality meats. You can even order many of the finer cuts online and have them shipped overnight.

No matter where you shop, you can increase your chances of finding the best cuts of meat by following the tips that can help you through the process.

CHOOSE THE RIGHT CUT OF MEAT

Consider how you are cooking the meat and what you want your result to be. Traditional barbecue uses cheap, tough cuts and cooks them slowly until they become soft and tender. On the other hand, a barbecue brisket is chewy and tough because it is cooked quickly over a full blast of heat. But that same meat can become delicious and smooth if you smoke it slowly over

low heat for hours.

Other cuts of meat will become tough and flavorless if you grill them too slowly. For example, Porterhouse or T-bone are best cooked over high, direct heat for a short time.

CONSIDER DENSITY AND FAT CONTENT

Density can be hard to ascertain, so usually the cut indicates the density or toughness. Meats culled from different areas of an animal tend to be more or less tender.

Marbling — small streaks of fat running through the cut — can sometimes tell you about the fat content. Many people think marbling gives meat its best flavor.

However, the quality of the marbling is important. Big veins of fat don't cook very easily, so thick and consistent cuts

of marbled meat would need to be slow cooked to release the flavor. Small, thin ribbons of fat are usually excellent for a traditional steak cooked over high heat.

EXAMINE THE COLOR OF THE MEAT

Meat browns quickly when exposed to air. If you find bright-red meat without additives used to preserve that vivid color, then it is an ultra-fresh cut.

Novice cooks might start with a cheaper cut of meat, such as sirloin steak for grilling. Once you have practiced your grilling skills, work your way up to expensive meats such as New York strips, T-bones, filet mignon and Porterhouse.

Ultimately, it is the quality of your cooking skills coupled with your selection of meat that will make a great meal.



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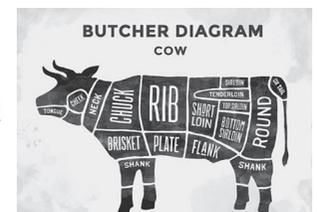
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How to... Choose a used car dealer

With new cars constantly climbing in price, many people look to used cars for reliable transportation. Often, this means visiting a used car dealership. It's important to find a good used car dealer — one who is honest and is nothing like the stereotype many have of used car dealers.

A good used car dealer can help you make the same decisions about a pre-owned car as they would with a new vehicle. The best are familiar with the history of the vehicles they sell and will warn you upfront about the trouble spots that come with all used vehicles.

When choosing a used car on your own, there's no room for mistakes. You're left to your own judgment to assess the long-term viability of a vehicle. You get what you pay for, with no guarantees.

With dealers, you may have the opportunity to know more about a car and its history, a chance to test drive it for a day or longer. Dealers may also offer limited warranties or deals on service.

While it can be true that some used car dealers are less than scrupulous, finding a reputable dealer can be a valuable key to finding a great car at a great price.

If you're in the market for a used car, you only need to know what you want to buy!

Here are a few tips.

CHOOSE YOUR VEHICLE

Knowing what you want will help you save time and effort. You may not know the exact make and model, but at least have an idea of the automobile type. Are you searching for a sports car, SUV, pickup truck or van? Focusing on the

type of car will help you avoid wasting time visiting dealerships that don't sell the type of used car you need.

SEARCH GUIDES

Figuring out your budget is essential. How much do you want to spend?

Also, search the Internet and car websites to get a firm idea of asking prices for your type of car.

TALK TO FRIENDS AND FAMILY

Friends and family members who enjoy cars as a hobby will have information for you about reliable dealers. If they have recently purchased a used car, they will have experience with who treated them right — as well as who didn't. Word of mouth is one of the best indicators of a reliable business.

When you find a business that gets more than one positive review, make

sure to check them out.

MAKE APPOINTMENTS

Call and make appointments with salespeople. Ask them about financing and extended warranties. Both may figure prominently in your decision-making process.

VISIT DEALERSHIPS

See the dealership in person to look for cars that match your type. Going there will help you feel confident about doing business with them.

When you look at cars, ask about maintenance and previous owner reports.

Finding the right used car dealer is almost as important as buying the best used vehicle. After all, you want to make sure you are doing business with reputable people who will stand behind their sales.

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How to... Choose tractors and farm equipment

Purchasing heavy-duty farm equipment is heavy-duty decision. Tractors and other machinery are among the most expensive purchases farmers and ranchers make, so you want to make sure you're getting the highest quality bang for your buck.

You want to get a good deal, but remember that cheaper isn't always better. After all, you're making an investment in a valuable asset you'll be using around the farm for decades to come.

Here are a few keys to consider.

DURABILITY

Tractors are engineered to do a very specific task, and their longevity and durability usually — but not always — will vary with the cost.

That's why it's important to find the

right tractor to fit the job you're doing.

The brand's reputation should factor into your decision. Look for online reviews and talk to farmers you respect about the brands they use.

Also, visiting a retail location and talking to knowledgeable salespeople will also help you narrow down your choices.

Keep in mind that while there are plenty of low-end, affordable tractors out there, few have a reputation for durability over the long haul.

FEATURES

Tractors and farm equipment come in a wide range of capabilities and price points, from affordable models designed for home use to multimillion-dollar, state-of-the-art automated machines. In between those extremes, you'll find a

vast mixture of features and capability.

You can select the right model by asking yourself how you'll use the equipment. The size of your farm is important, of course. Bigger farms need larger, more capable equipment to operate at the highest level of efficiency.

Remember, too, that when you buy a tractor, you're committing yourself to a whole line of equipment. Most of today's tractors are designed as flexible platforms that can be used for all kinds of jobs, so check on the accessories and tools that are available with each model.

WARRANTY

Every manufacturer of farm equipment says they're built to last, but how many of them back up their claims with a solid warranty? The warranty term and coverage can be one of the most

critical considerations you weigh as a buyer.

Not only will a great warranty help you if your equipment has a malfunction down the road. It's also a sign of how much faith the manufacturer has in their products. Strong warranty coverage usually corresponds with products that are designed with toughness and durability in mind.

DEALER

Finally, finding a good farm equipment dealer is an essential part of the shopping process.

Look for an experienced retailer with a long track record of happy customers. The best ones will have lots of positive references in the local farming community, so just ask around for which farm stores people in your area trust.



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How to... Choose a document shredding service

In a world where identity theft is on the rise, document security is paramount. While most documents are electronic, addressing the security of physical paperwork is equally crucial.

If you own or manage a business, the accumulation of financial and personal documents requires a secure and thorough disposal plan. Confidentiality is particularly vital for businesses in competitive industries. A reliable shredding service can play a crucial role in safeguarding your business documents from potential threats and fraudsters.

Here's how to choose the right document shredding service:

ASSESS YOUR NEEDS

Start by assessing your document shredding needs. Determine the volume of documents you need to shred regularly. Consider the types of documents, their

sensitivity, and the compliance requirements relevant to your industry.

Avoid the temptation to handle sensitive documents by tossing them in a public trash receptacle or using a compact shredder. These methods are neither reliable nor secure. Compact shredders can break easily and may be inconvenient to manage.

CONSIDER INDUSTRY SPECIFICS

Certain industries, such as medical professionals, attorneys, and banks, handle highly confidential information. Data leaks can lead to legal liabilities. To mitigate these risks, choose a shredding service that specializes in your industry, understanding the specific requirements and compliance standards.

TRUST AND SECURITY

Trust is paramount when selecting a

document shredding company, as they will be handling your confidential papers. Seek recommendations from other local businesses to ensure the service's reliability. A positive referral from a fellow business owner is a strong indicator of a trustworthy shredding company.

Look for a company with a long track record, as experience often correlates with better service. Inquire about their method of document destruction and whether they use mobile shredders for added security. Off-site services should provide references to reassure you of their high-security standards.

ENVIRONMENTALLY RESPONSIBLE

Consider the environmental impact of shredding. If your company values sustainability, opt for a document shredding service that recycles shredded materials. This choice aligns with eco-friendly prac-

tices while ensuring document security.

CERTIFICATION AND PROFESSIONALISM

Choose a company that is certified through the National Association of Information Destruction (NAID). Certification indicates adherence to industry standards and professionalism in handling sensitive information. Certified services take extra precautions to prevent your documents from falling into the wrong hands.

Inquire about liability insurance to ensure your business is protected during the transportation of your records and documents. Compare written quotes from several companies to understand the costs and services offered. While budget considerations are important, prioritize confidentiality and security over the lowest price. The reputation of your company and the protection of sensitive information are paramount.



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How to...

Choose a jeweler

Professional jewelers know just how to help you express that special message with the perfect gift. With their experience, they can help you pick jewelry that is high quality, unique and has the potential to be a family keepsake passed down through the generations.

Reliable jewelers will have a reputation for knowledge, training and ethics to help you make an informed decision. They'll provide you with a variety of options at different price points and give you confidence with their honest, straightforward service.

Look for a family owned jewelry store that's been in business a long time. This shows that throughout the years, they have upheld the tradition of quality merchandise and professional, friendly service.

HOW TO PICK THE BEST JEWELER

Finding someone with excellent skills is the first thing to consider. Quality jewelers offer reasonable pricing and fantastic customer service. Do not make the mistake of basing your decision on cost alone.

They may also offer other products from off-site man-

ufacturers. In general, they are an excellent resource.

Jewelers and watch repair technicians have undergone extensive training and should have certifications to prove it.

They also attend periodic classes to keep current on regulations within the industry. Many jewelers travel to professional shows featuring the latest trends. They maintain their knowledge and understanding of the precious metal and gemstone markets.

Some jewelers have unique styles, specialize in a particular stone or are known for their custom work.

Technical expertise isn't the only aspect to consider. Customers who receive superior service are likely to return for future purchases. You'll want to work with someone who sees more than dollar signs behind each customer.

GUARANTEES ARE ESSENTIAL

It is a fundamental factor in establishing a long-term relationship with the public and a track record of satisfied customers.

Top professionals offer free repair and unlimited

service for the life of the jewelry.

People often regard their jewelry as a kind of financial or sentimental investment for family members. A professional understands the emotional bonds symbolized by a piece of jewelry and treats it accordingly. Many jewelers are sensitive to the needs of each customer.

Doing business with a jeweler you know and trust will make a big difference when it is time to make a significant investment in a ring, necklace or watch.

If you have been doing business with the same shop for a long time, you should expect a high level of service. The item should be guaranteed every time.

Anyone can sell jewelry. Malls across America are filled with jewelry stores. But dedicated professional jewelers don't just sell precious metals or gemstones. They bring a keen eye for the beauty and stunning quality of each piece.

It is true that price is important, but it shouldn't be your top consideration. You will get better value for your money when you do business with a jeweler you can trust.



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How to... Choose an auto repair shop

Everyone seems to know someone who's good at auto repair. A relative, friend or neighbor who has experience fixing cars. For most simple fixes, that might work. But often the complexity of modern vehicles surpasses even the knowledge of the best backyard mechanics. That's when owners begin the search for an auto repair shop.

Some new car owners may naturally gravitate toward their dealers to follow scheduled maintenance to keep their vehicle in top shape. Older cars will likely need more attention. That's why it pays to develop a relationship with a qualified, reliable and professional auto repair shop.

Developing a relationship with an knowledgeable mechanic or auto repair shop early on in your vehicle's life can prove invaluable. Talented, honest me-

chanics can extend the life of your car and help you avoid costly repairs. And if the unexpected occurs — an accident or a major malfunction — that relationship can be the difference between hundreds and thousands of dollars.

Even if your car is new, at some point it will need tires, oil changes or even a new engine. If you have a relationship with a good auto repair shop, you won't sweat it when these things come up.

If you haven't had a regular mechanic in recent years, now is the time to find one.

Here are a few points to consider:

- Less than 40% of new customers in auto shops are walk-ins. That means word of mouth is still king in the industry. Find a shop that gets rave reviews from family and friends, and you'll be in good hands.
- The Better Business Bureau can

inform you about the repair shop's performance and reliability.

- If you travel often, consider a shop that offers a national warranty. For instance, a warranty of 12,000 miles or 12 months is handy for issues that keep cropping up, particularly in older cars.

- Ask about the shop's range of services. They will need the latest technology to diagnose problems with newer cars. For example, can your prospective shop handle brake systems, electrical components and warranty repairs? Does the shop provide a loaner, rental car or shuttle service while your car is being repaired?

- Look around the shop. Is the equipment in good condition? Is it clean, well-lit and organized? These factors all contribute to a level of professionalism.

- Look for brand names and proper certification. Does the auto repair shop

use brand-name parts? These parts are engineered to meet the manufacturer's specifications and will likely come with a warranty. Shops may use remade or generic brands which your insurance policy may not cover, so be sure to check.

- Are the auto technicians certified by a specific car manufacturer, the National Institute for Automotive Services or Automotive Science Excellence? Is the shop approved by the American Automobile Association? If so, this indicates a customer approval rating of 90% or higher and the ability to adequately perform the services advertised.

- Compare the services and fees of each shop in the area to find out the average price ranges.

Don't pick a shop based on cost; poor repair work will mean higher costs in the long run.

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How to...

Choose an estate planner

Many people wrongly believe that estate planning is for the wealthy with a large number of assets. Everyone should have a will, but most will benefit from an estate plan, the best way to ensure your wishes are fulfilled after your death — or even prior to your death if you don't want to handle your affairs or are unable to manage them.

With an estate plan you can dictate how you want your property and other assets handled to help your family avoid legal difficulties, inconvenience, unnecessary taxation and family arguments. An estate planning professional can have a lasting impact on your legacy.

Estate planning isn't just about protecting heirlooms and it's more than just creating a will; it also provides security for your family. Consider these tips for

creating a sound, logical estate plan.

SEEK LEGAL COUNSEL

While some people use online forms to draft a simple will, most people will benefit from consulting with an estate planning attorney. This experienced professional can create legal documents with your specific circumstances in mind.

It's true everyone should have a will, regardless of age. But that is only the first step in developing a solid estate plan. You should also create a living will, power of attorney and possibly a trust.

Consult an attorney who has experience in developing estate plans for those whose situations are similar to yours. Do not try to do it alone.

LIFE INSURANCE POLICIES

Life insurance policies provide for

loved ones in the event of your death.

There are a wide range of options, and only a few will make sense for your situation. A professional can guide you through the possibilities and help you make appropriate choices.

Term life insurance policies are generally less expensive than other types of coverage. But whole life policies, annuities and other insurance products may be more appropriate for your circumstances.

Understand what you might be buying. In some cases, a policy may benefit the salesperson more than it does the customer.

FUNERAL EXPENSES

Funerals are very expensive, sometimes costing tens of thousands of dollars. You don't want to leave your

family with large bills. That's why you should plan ahead to cover the cost of your own funeral.

Pre-paid funeral plans are a popular option, or you can simply buy a burial plot in advance so that one major task will be handled before your death.

It may be uncomfortable and even frightening to consider, but it is something that must be addressed as part of a solid estate plan. Visit funeral homes in your area to discuss prepayment options.

A good estate planner can help you navigate complicated family dynamics and concerns that may accompany this process. The right estate plan and experienced professionals can make your legacy a blessing that your heirs will treasure for the rest of their lives.

It is better to plan ahead than to be a burden on loved ones.



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How to...

Choose a roofer

When the time comes to replace your roof, ensuring the task is done meticulously and built to last is of utmost importance. This isn't the moment to cut corners with a fly-by-night contractor, hoping to save a few dollars in the short term. Instead, you'll want to find a reliable roofer who can deliver top-quality work that will stand the test of time.

Your initial step in your search for a dependable roofer should involve seeking recommendations from your family, friends, and neighbors. Personal referrals are often golden, as they come from people you trust who have had direct experiences with roofing contractors.

The internet can also be a valuable resource for finding roofing contractors in your local area. Various websites provide lists of professionals, complete with reviews of their work. While doing your research, be sure to focus on both the quality of work and the cleanup process. A reputable roofer won't leave shingle scraps and nails scattered across your proper-

ty after completing the job. Avoid hiring professionals who neglect to clean up thoroughly.

Select a roofer with a longstanding presence in your community. Some contractors travel extensively, particularly following natural disasters or severe storms, where they capitalize on insurance claims. Engaging such contractors can be risky, as they may not be readily available if issues arise post-installation. Opting for local contractors is particularly prudent if you reside in an area prone to high winds or hurricanes, as it's reassuring to know you have a trusted local contact for potential repair work.

Once you've gathered contact information for several roofing contractors, take the initiative to call them. During these conversations, inquire about the company's background and their years in the industry. A reliable roofer should provide a guarantee ranging from five to 12 years. Contractors with less than five years of experience may pose challenges when evaluating the quality of their work.

Continue to ask probing questions about timelines

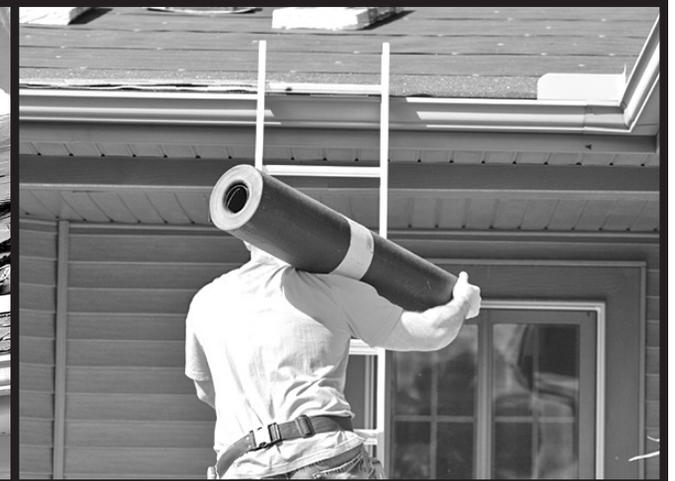
and estimates. Always obtain a written estimate before authorizing any work. By actively engaging with the contractor, you'll communicate your hands-on approach to the project.

Seek information on their preferred roofing materials, how they handle damaged decking, and their expected start date. Additionally, inquire about their warranty and request it in writing. Every professional working on your property should be licensed and bonded. When it comes to roofing contractors, insurance is of paramount importance. They must have adequate coverage to handle potential property damages and injuries that may occur during the job.

Before any work commences, insist on receiving a written contract from the roofer. Take the time to carefully review it, as it will outline the materials to be used, the scope of work, and the final cost.

Following these guidelines will empower you to identify the finest roofing contractor in your community, ensuring that your roofing project is executed with precision and reliability.

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How to... Choose a nursing home facility

As seniors age or face disabilities, nursing homes continue to play a vital role in providing essential medical care and a comfortable living environment. These facilities ensure that individuals in need receive quality care while maintaining a high level of comfort and security.

While making the decision to place a loved one in a nursing home is never easy, certain considerations can make this choice more manageable.

IDENTIFY YOUR PRIORITIES

When evaluating nursing home options, consider your priorities and specific requirements. Reflect on the following factors:

- **Nursing Care:** Assess the level of medical attention and nursing care your loved one needs.

- **Meals:** Examine the quality of meals and dietary accommodations offered to residents. Nutritious and appetizing food is crucial for overall well-being.

- **Therapy Services:** If physical therapy is necessary, inquire about the availability of rehabilitation services within the facility.

- **Religious Affiliation:** For those with strong religious connections, look for facilities that accommodate spiritual needs.

- **Hospice Care:** If end-of-life care may be required, investigate whether the nursing home offers hospice services.

- **Special Care Units:** For dementia patients, seek facilities with specialized units and trained staff to address their unique needs.

- **Location:** Consider the proximity of the facility to family and friends, allowing for easy visitation.

TOUR THE FACILITY

Take the time to visit potential nursing homes in person. During your visit, pay attention to the atmosphere, resident morale and overall environment. Look for the following indicators:

- **Atmosphere:** The facility should radiate warmth, safety, and a welcoming environment. Natural light, cheerful colors, vibrant wall art and positive staff and resident interactions are all positive signs.

- **Cleanliness:** Assess the cleanliness of the facility. The air should be fresh, devoid of unpleasant odors like urine or stale food. Residents should appear clean, well-groomed, and appropriately dressed.

- **Staffing:** Ensure that there are enough nurses and attendants on duty to provide quality care and attention to residents.

- **Residents' Appearance:** Observe the appearance and well-being of current residents. Are they clean, freshly bathed, and dressed appropriately?

- **Social Activities:** Inquire about socialization opportunities for residents, such as group activities, music, crafts or outdoor spaces for enjoying fresh air and sunshine.

- **Consultation:** Request a consultation with a staff member to ask questions and discuss specific needs for the prospective resident.

SEEK INPUT FROM OTHERS

Engage in conversations with relatives of current nursing home residents. Ask them for honest opinions about the facility, staff, and quality of care. Their insights can help alleviate your concerns and provide valuable guidance in making your decision.



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How to... Choose an internet service provider

Reliable internet service is no longer optional. With more people working from home and more communication services funneled through a home's internet, choosing an internet service provider is a task that can affect your quality of life.

Mergers have reduced the competition in this field, but many communities still offer independent providers and tech giants such as Google even offer enhanced fiber connections in some cities. Limited choice doesn't mean you can't get the level of service you want at a price you can afford. All providers offer tiers of service, from top-shelf gigabit connections to budget options.

Whether you are moving into a new home or dissatisfied with your current service, keep in mind these factors

when choosing an internet service provider.

TYPE OF CONNECTION

Types of connections play an important role in selecting an internet service provider.

Broadband connections are the most popular types of connectivity. It allows you to receive high-speed service by using a modem, mobile phone or a coaxial cable.

Satellite and fiber optic connections are making headway in some cities.

DSL is another kind of connection that uses a landline phone.

PURPOSE OF CONNECTION

Make a list of what you need to accomplish on the internet.

If you want to stream movies, study online or telecommute, you will need

the fastest connection possible.

However, if you simply want access to email or basic websites, you might be able to settle for a slower, cheaper service.

Determining the purpose of your connection will prevent you from being disappointed in the service or your bill.

SPECIALS

Many internet providers offer specials or bundles to new customers. They may give you free service for the first few months, free equipment or upgrades. Bundles package internet with phone and cable TV services.

Look closely at providers in your area to find a package that suits you. If you have cable or satellite TV, you might be able to get a special discount if you purchase your internet service

from the same company.

Also consider your cell phone provider. Sometimes, your mobile phone company might have a package deal for residential internet service.

It is all about figuring out what's best for you.

CUSTOMER SERVICE

Read reviews of each company. Find out how long each company keeps their customers on hold.

Also, look at how many outages they have. Does the company fix problems on a timely basis? How do they handle defective equipment?

Studying each company will ensure that you will have no surprises after signing a contract.

Once you have conducted the proper research, you will have a better idea of which company will meet your needs.

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How to...

Choose a home

Selecting a new home can be an exhilarating and challenging experience, often filled with a mix of excitement and uncertainty. Exploring potential houses and envisioning the life you could create in them is undoubtedly enjoyable. However, it's essential to remember that choosing a home is a significant decision and a substantial investment, involving numerous critical factors.

Considerations encompass aspects such as price, location, size, type, financing, inspections, taxes, permits and necessary repairs. Your home symbolizes more than just a place to reside; it's where you'll raise a family, entertain friends and spend the majority of your leisure time. As such, finding a home in the right location, reflecting your style and accommodating your evolving needs is crucial.

To embark on your journey to homeownership, here are some fundamental tips to guide you:

BUDGET WISELY

Most financial experts recommend getting pre-approved for a mortgage to determine your affordable

price range. While these calculations don't account for personal preferences, be sure to communicate any desired amenities to your lender for consideration. Avoid overspending, especially on your first home, as your mortgage payment won't be your sole expense. Allocate funds for potential upgrades, maintenance and furnishing your new home. Sticking to your budget ensures you focus on homes within your financial reach.

LOCATION MATTERS

Real estate experts emphasize the significance of location in your home-buying decision. When you purchase a house, you're also investing in a community where you should feel comfortable. Start by thoroughly researching the neighborhood and community. Consider factors like proximity to shops, workplaces, parks and schools. Some prefer convenient locations, while others seek privacy in remote settings. Desirable neighborhoods often come at a higher price, so align your preferences with your budget. Evaluate your values; for families, school

districts might be a priority, while shorter commutes may be crucial for others. Neighborhood aesthetics, maintenance and community charm can influence your decision, so choose a locale that resonates with your lifestyle.

AMENITIES THAT SUIT YOU

Surrounding yourself with the right amenities inside and outside your home contributes to your comfort and happiness. New homes often feature open floor plans, modern kitchens, flexible multipurpose rooms and walk-in closets. Consider customizing your home to align with your preferences. Outside, assess in-ground utilities, lighting, landscaping and communal facilities such as playgrounds, pools or clubhouses. Be mindful of ongoing fees like homeowner's association dues or maintenance costs for community areas.

Choosing the perfect home involves a blend of practicality, financial prudence and personal preferences. By carefully considering these factors, you can embark on a successful journey toward finding the ideal home that aligns with your needs and aspirations.

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How to...

Market your business

According to Forbes magazine, more than 50 percent of the working population works for a small business. The Small Business Association reports there are almost 28 million small businesses in the United States. Many small businesses are home-based and hundreds get started each month.

Despite their prevalence, only a handful of small businesses survive more than 10 years. Small-business owners must learn how to properly market their businesses and garner a larger audience to stay afloat. While there's no set amount a business should devote to advertising and marketing, such expenses should be included in an organization's operational budget.

Small-business owners just getting started may want to consider the following tips as they attempt to market

their businesses and expand their customer base.

- Create a marketing budget. Marketing your business should be right up there with keeping the lights on. For the best results determine who your ideal customer is then develop a plan to reach them. Typically a multi media mix is best. Local newspapers, television and radio stations often offer small business discounts.

- Create an online presence. A survey from online marketing firm Yodle found that only about half of small businesses have websites. Customers routinely go online to learn more about businesses and make purchases. Customers will visit websites to find directions to brick-and-mortar stores, find store hours and/or learn about the products or services offered by a particular firm. Small-business owners should establish

an online presence and ensure the site is routinely updated and modernized.

- Sponsor local events. For a relatively small investment, small businesses can get their names out to the public by sponsoring community events. When approached by schools and other organizations, lend your help. Donate a basket of goods or a certificate for services for gift auctions. Work with organizations to donate a portion of sales to a charity or school through a specialized fundraiser. Contact a sports league to see if your company name can be printed on uniforms or used on banners around the field. Not only will this get your name out, but it also will establish a positive image of your company.

- Establish yourself as an 'expert.' Be accessible to journalists and media outlets who may need quotes or insight

when writing articles. Local papers and circulars can get your name out to the community and bring in new customers. Being quoted in print helps establish a reputation as being an authority in your field.

- Don't ignore social media. According to Adroit Digital, 75 percent of Americans who use the internet admit that product information found on social media influences their shopping behavior and enhances brand loyalty. Social media accounts are generally free to set up and require minimal effort to maintain. Social media can help establish and maintain a brand and help you share messages and other content.

Small-business owners can enhance their marketing efforts by taking some relatively easy steps to widen their reach and get their names out to the public.

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How to...

Choose a builder

When you are building a home, you want the very best professionals working on the job. Finding an experienced pro can make the difference between you having the house of your dreams in a timely and cost-effective manner or experiencing a nightmare of cost-overruns and shoddy workmanship.

This is why doing your homework is important when choosing a reputable builder.

DETERMINE THE BUDGET

Your budget will determine the size of your project. Don't make the mistake of overspending on construction. Plan for additional costs that may come up after the initial bid on the project. You may need to spend money on extra permits or materials could go up in price. This has been especially true in the years following the pandemic when the supply chain has been disrupted and inflation has affected many projects.

After you determine a budget, visualize the finished project. This mental image will help you communicate with the builder you choose and find one that is best for your project.

GET BIDS

It's a good idea to get pricing from at least five builders before you begin your project. Check the internet, local newspaper ads and ask for recommendations from people in your social network to get the names of builders in the area.

Solicit five bids for your project. Once you have received them, throw out the highest bid. The top bid is probably more than you should pay. The lowest bidder might have inaccurately assessed the job or reveals that the builder is simply too inexperienced, so be sure to research them carefully.

INTERVIEW THE BUILDERS

Talk to each potential builder about your vision and ask them to produce a

detailed bid. Ask the builder for former customers who can provide references. You may also want to view the work of the builder at those locations and see if you can get any feedback from their clients.

CHECK REFERENCES

When speaking with previous clients, ask whether the construction stayed on schedule. Were there any delays other than the weather? Did the builder keep costs within budget? Also, inquire about the behavior of the crew. Did they leave a mess after the project was completed?

Check on any follow-up service. Were there any repairs or minor touch-ups required? You should receive satisfactory answers to all these questions.

GET A CONTRACT

Once you have selected the builder, ask for a contract with the bid in writing. Read this document thoroughly so you understand what is included, and what is not.

Building contracts should include a time frame for when work will be completed. Be sure you and the builder agree on what will happen if the timeframe is not met.

You should also both agree on the terms of completion. Don't pay the final amount of the bill until all work is finished.

This written document should also stipulate who will be working on your property. A builder may sometimes need to subcontract other companies for portions of a job. You should know the other companies and what tasks they will be doing.

Payment due dates will be listed on the contract. It is typical to pay for the materials before the project begins. The materials should be on site before you make payment. Request a receipt.

The contract should also specify when the builder will be at the site. Most builders hire project managers for major jobs.

Choosing the right builder will make all the difference in the world.

How to...

Choose a generator

No matter where you live, occasional power failures are a part of life. For those residing in areas prone to storms, power failures can be more frequent and disruptive. That's why investing in a reliable generator can provide you with the peace of mind that you'll have instant access to power when these outages occur. Even if you don't frequently experience power failures, generators can prove invaluable for running tools and appliances without the need for electrical outlets.

Generators come in a wide range of sizes and power outputs. While you can gather information about their capabilities online, when it's time to purchase a generator, a visit to your local home improvement or hardware store can offer valuable advice on the best brands to suit your specific needs.

AUTOMATIC STANDBY VS. PORTABLE GENERATORS

Automatic standby generators are always ready to respond to power failures, even when you're not at home. These generators automatically power themselves on and off in response to disruptions in the electrical supply. Installed outside your home, they function similarly to central heating and air units and are typically powered by liquid propane or natural gas. They supply electricity directly to your home's circuit breaker.

One notable advantage of automatic standby generators is their quiet and seamless operation, ensuring they won't be a source of annoyance or distraction for you or your neighbors.

In contrast, portable generators are designed to stay outside your home. These mobile units are fueled by gasoline and require manual operation. Using

extension cords, you can conveniently connect various devices and appliances directly to the generator. Portable generators are usually more budget-friendly compared to their automatic counterparts.

While portable generators may have a lower price tag, there are several compelling reasons to consider investing in an automatic standby generator. These units run on cost-effective natural gas and liquid propane, reducing operational expenses. Moreover, automatic standby generators are endorsed by organizations like the Red Cross due to their cleaner and more eco-friendly operation, whereas portable generators produce harmful byproducts that can harm the environment.

Automatic standby generators also help keep your property organized and free from clutter, as they connect

directly to your home's infrastructure, eliminating the need for numerous wires and extension cords. Additionally, they automatically turn off once power is restored, sparing you the effort of manually shutting them down.

MAXIMIZING YOUR GENERATOR'S UTILITY

To ensure your generator can power all the essential items in your home, carefully evaluate its capacity. Understanding running and surge wattage is crucial. These ratings indicate how much power your appliances require and the maximum electricity they can handle.

Before purchasing a generator, check your appliances for the correct wattage information on their safety tags. The generator's running and surge wattage should exceed the requirements of your most power-hungry appliances.

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How to...

Choose a contractor

When it comes to construction projects, the key to success often lies in hiring a professional contractor who ensures that everything runs smoothly, costs are managed effectively, and all necessary permits are secured.

Whether you're planning a substantial home improvement project, an addition or a complete renovation, selecting the right professional contractor is essential.

Here are some vital considerations to help you choose the ideal contractor:

START YOUR SEARCH EARLY

Procrastination often leads to hasty decisions, potentially resulting in subpar contractors being chosen simply because they were available at the last minute. To avoid this scenario, plan ahead and conduct your research before you need their services. While this might not always be

feasible for emergencies, it's a wise approach for planned projects.

KNOW WHO WILL BE DOING THE WORK

In projects where craftsmanship is highly visible, such as intricate tile installations or finish carpentry, the expertise of specific individuals or crews may be paramount to you. It's essential to clarify who will be performing the work on your property upfront. In the construction industry, it's common for companies to subcontract various aspects of a project, which can be advantageous when subcontractors excel in their respective areas. However, if you prefer a particular person or team, ensure that it's explicitly outlined in the contract to avoid surprises once work commences.

VERIFY LICENSES AND PERMITS

Ensure that the contractor you choose

possesses the appropriate licenses and secures any required permits for the job. Professions such as plumbing and electrical work typically require state licenses, and hiring unlicensed individuals can lead to unsafe and code-violating practices. Reputable contractors will guide you through the permit process and handle any associated fees or taxes.

CHECK INSURANCE COVERAGE

Your homeowner's insurance policy usually doesn't cover injuries or accidents resulting from work performed on your property. Therefore, confirm that the contractor carries their own insurance coverage. Failure to do so could leave you personally liable for any on-site injuries, exposing you to significant financial risk.

SEEK REFERENCES

A critical aspect of selecting a contrac-

tor is reviewing their references. Excellent contractors typically have a stellar reputation and numerous satisfied clients. They should be willing to provide a list of references you can contact and possibly even visit to assess the quality of their work.

When evaluating references, consider questions such as:

- Did they complete the project within the agreed-upon timeframe and budget?
- Were they consistently professional?
- Did they maintain a tidy work site and clean up after themselves?
- What is the overall quality of their work?
- Would you recommend them for future projects?

By conducting thorough research, you'll be well-prepared to choose the right contractor for your project, ensuring it proceeds smoothly and successfully.

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How to...

Choose a venue

The location for your big event is an important choice. The right venue will meet all your needs, based on the requirements you set forth — budget, space, service and amenities.

Location is an oft overlooked key to hosting a perfect event. After all, packing too many people into your home for an event you failed to plan properly can be a real bummer for everyone.

Here are some things to think about if you're considering finding an event venue.

LESS STRESS

Event planning is stressful. You will need a venue that lowers your anxiety level before and during the event.

This is especially true of weddings. Whether you or a friend is getting married, you will need an experienced venue staff. The employees should treat you and your guests with respect and grace.

Venues can be very helpful with event planning. Top-quality venues regularly do business with many

vendors. They can give you advice on finding other vendors in your area. They might be able to assist you in the planning phase, which can help you relax as you plan for the big day.

CALL THE SHOTS

On the other hand, you should control the entire process. Be sure the details are meeting your expectations.

When you feel a venue is pressuring you or even making decisions without your consent, end the relationship. You need people who will work with you, not people who only consider what is easiest for them.

The theme, style and decor of the event should be your choice. Leave the smaller details the venue's staff and management. Doing so will free you to focus on important aspects of the occasion.

SERVICES

Every venue is different when it comes to services. Some places offer hardly any services, while others help you set up and clean up. Placing tables and

chairs is time-consuming. Taking down decorations and equipment afterward can put a sour ending on a fabulous day.

Read your contract carefully. Unless you are on a very tight budget, look for a full-service venue that will set up and tear down as part of their pricing package.

TECHNICAL NEEDS

Your event might require special technical needs.

For example, sound and lighting is vital for a musical event. The venue should have the right electrical and audio connections, as well as places to route and hide cables safely.

Weddings can also be a technical challenge. The band or DJ will need to have clear sound and a dance floor. Wedding photographers might have preferences about where backdrops and special lighting will be placed.

The best venues can help you have a successful, stress-free event. Finding the right place to experience your special occasion will be memorable for you and your guests.

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How to... Choose a real estate attorney

The complexities of the law can be challenging to those outside the legal profession. An attorney on one's side can help individuals ensure their assets and livelihoods are protected, and even help people avoid costly mistakes.

Investing in real estate is a wise but often expensive endeavor. According to the National Association of Realtors, the median home price of existing (not new) homes was \$410,200 in June 2023.

With so much money riding on real estate transactions, having a professional real estate attorney in one's

corner is wise. Recognition of what these professionals can do underscores how valuable they can be.

ROLES OF A REAL ESTATE ATTORNEY

The main job of a real estate attorney is to ensure the legal transfer of property from a seller to a buyer. Real estate attorneys will prepare and review documents, ensure that a home title is clear, and facilitate the transfer of funds between parties, according to the online financial resource NerdWallet. Real estate attorneys will identify any unpaid loans, liens, litigation or other claims against the

property, uncover deed restrictions and covenants, and any breaks in the chain of title.

In addition to these services, attorneys guide their clients through searches for obligations like taxes, utility charges and homeowners association fees, according to Bankrate. Real estate attorneys also will prepare settlement statements showing the charges to all parties and how the funds will be allocated, including commissions, attorney's fees, underwriting fee, title search fee, taxes, and more.

A real estate attorney can work for those looking to

buy or sell a private home, an investment property, a commercial business, or even guide grief-stricken relatives through the process of selling a deceased loved one's home to settle estate obligations.

WHO DO REAL ESTATE ATTORNEYS WORK FOR?

If the real estate attorney is representing a client's interests only, that lawyer will be an advocate to the client and work in his or her best interests. Various attorneys tend to be involved in real estate transactions. One will represent the buyer and another the seller. A lawyer may represent the mortgage lender if financing

is involved. Another could potentially represent the title company.

COST OF REAL ESTATE REPRESENTATION

Certain real estate attorneys will charge a flat fee that encompasses a specific series of jobs, including the preparation of closing documents. Others may charge an hourly rate, particularly if the issue is more complex and involves litigation.

When individuals are selling or investing in property, real estate attorneys can ensure the process goes smoothly and protect their clients if complications arise.



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How to... Choose an HVAC company

Maintaining a trusted relationship with an HVAC company can offer you peace of mind when your heating or air conditioning systems encounter issues. The best HVAC contractors are not only helpful and reliable but also capable of saving you money and sparing you from unnecessary stress.

SEEK RECOMMENDATIONS

Word of mouth is a powerful tool in finding reputable professionals in your area. Start by asking friends, family, and neighbors for recommendations. Their firsthand experiences can provide valuable insights into local HVAC companies that excel in service and reliability.

Create a list of potential HVAC candidates and conduct thorough research

on their reputations. Contact the Better Business Bureau, your state's board of contractors, or the local builders' association to verify their credentials.

INVESTIGATE QUALIFICATIONS

Narrow down your list and reach out to the remaining HVAC companies. During your conversations, inquire about pricing, guarantees, and warranties. Ask about the estimated timeline for completing a job and the specific brands they use for equipment.

If you're purchasing new HVAC equipment, clarify whether routine maintenance and repairs are included in the installation cost. Additionally, find out if the company offers around-the-clock emergency services.

High-quality HVAC companies are fully licensed, bonded, and insured. This insurance coverage is crucial, as

it protects you in the event of worker injuries or property damage during the job. Without proper insurance, you could be held liable for damages, potentially resulting in increased insurance premiums.

INSTALLATION PREPARATION

Before any HVAC installation begins, confirm that all necessary building permits are secured. Most reputable companies handle the permit filing process on your behalf with local building codes offices. However, it's wise not to make assumptions. Verify with the permitting office to avoid potential fines and delays.

Before installing a new HVAC system in any building, insist on a load calculation. Quality HVAC companies perform comprehensive calculations rather than making rough estimates. Buildings

can change over time due to factors like foundation shifts, affecting equipment efficiency. Ensure that the HVAC company doesn't rely on the old unit's size to determine the new one. If your old unit was inadequate, you'll need a different-sized system. Consult with your HVAC installer to determine the appropriate size and model.

SCHEDULE REGULAR CHECKUPS

Once you've chosen an HVAC contractor, ask them to perform annual checkups to ensure your system runs at peak efficiency. Regular maintenance can extend the life of your HVAC equipment, save on energy costs, and help you avoid costly breakdowns.

By following these steps, you can select a reliable HVAC company that will provide you with comfort and support for years to come.



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How to... Choose an auto body shop

You own a car. You are, more than likely and unfortunately, going to need the services of a professional auto body shop at some point.

From dents and scrapes to fender-benders and more intense damage resulting from an accident, repairing your vehicle requires the services of expert professionals from an experienced, reputable auto body shop.

Not surprisingly, shops specializing in this service can vary in quality, reliability and cost. It's not unusual for auto body repair estimates to differ by hundreds if not thousands of dollars. To get the best work at the fairest price requires an investment in time and asking the right questions.

Choosing the right body shop depends on many factors, such as the extent of damage, whether the costs are

born by yourself or insurance, the experience of the shop with your make and model of vehicle and the shop's history and reputation, among others.

Paramount to your search is finding an auto body shop that's honest, trustworthy and dependable. That choice will ensure that your vehicle is repaired quickly, affordably and correctly.

The shop you choose should be able to complete all manner of work, from a minor touch-up to a full-body repair.

Your friends, family and colleagues might have recommendations.

Have a list of companies, research each shop on the Internet and read customer reviews.

Testimonials, negative and positive, should be considered. But keep in mind that no business has a 100 percent satisfaction rate. Someone will always be displeased. Also, more people are likely

to leave a negative rather than a positive comment.

A good source for finding an auto body shop is your local newspaper. Local businesses advertise and many times you can find special deals to help save you money.

Once you have created a list of shops, contact them on the phone and ask pertinent questions. How long have they been in business? What are their specialties? How soon can you bring your vehicle in for an inspection?

Ask to set up an appointment for a free inspection. Then further investigate the business. Look around their lobby. Is it clean? Do they have their license and any awards or certificates posted? Do they care enough about their customers to offer reading material, coffee or water?

Consider prices. Are they comparable

to other body shops? While you want to find a great deal, cheaper is not always better. Understand that you will often get what you pay for when it comes to auto body work.

Low prices may be tempting, but they typically mean sub-par work, used parts and paint that is incorrectly applied.

Feel free to ask the manager or owner for references before they work on your car.

You can also check their previous work. When you see a car with paint drips, panels that are misaligned or paints that don't match, look elsewhere. You will not save money if you need to have the improper work redone.

The shop should inspect your vehicle for repairs that are not readily visible. Often, there are hidden damages that cannot be detected until repair work begins on the vehicle.



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How to...

Choose the best pediatrician for your child

From the time they are born until they become young adults, growing children have particular health needs tended to by medical specialists known as pediatricians. If you haven't developed a relationship with a long-term pediatrician, your doctor may refer you and there are likely dozens to choose from in any given town or city.

But primarily, you'll want to find an experienced pediatrician who communicates well with you and your child, who understands your child's specific problems and how best to treat them.

Fortunately, pediatricians are trained not only in medical treatment for children but how to make them most comfortable during their visits. Welcoming, child-friendly waiting and exam rooms, along with a caring, easy-going manner work wonders on youngsters.

If you're looking for a pediatrician for your child, here's how to get started.

RECOMMENDATIONS

Family, friends and acquaintances will likely have recommendations about good pediatricians in your area. Parents will be happy to share about their experiences at the pediatrician's office.

You can also check with your family doctor or ob-gyn who delivered your baby. They will have informed recommendations to help you select the best doctor.

Don't just collect one or two names. Ideally, you should have a list of at least three professionals. It will help you compare and made the right selection.

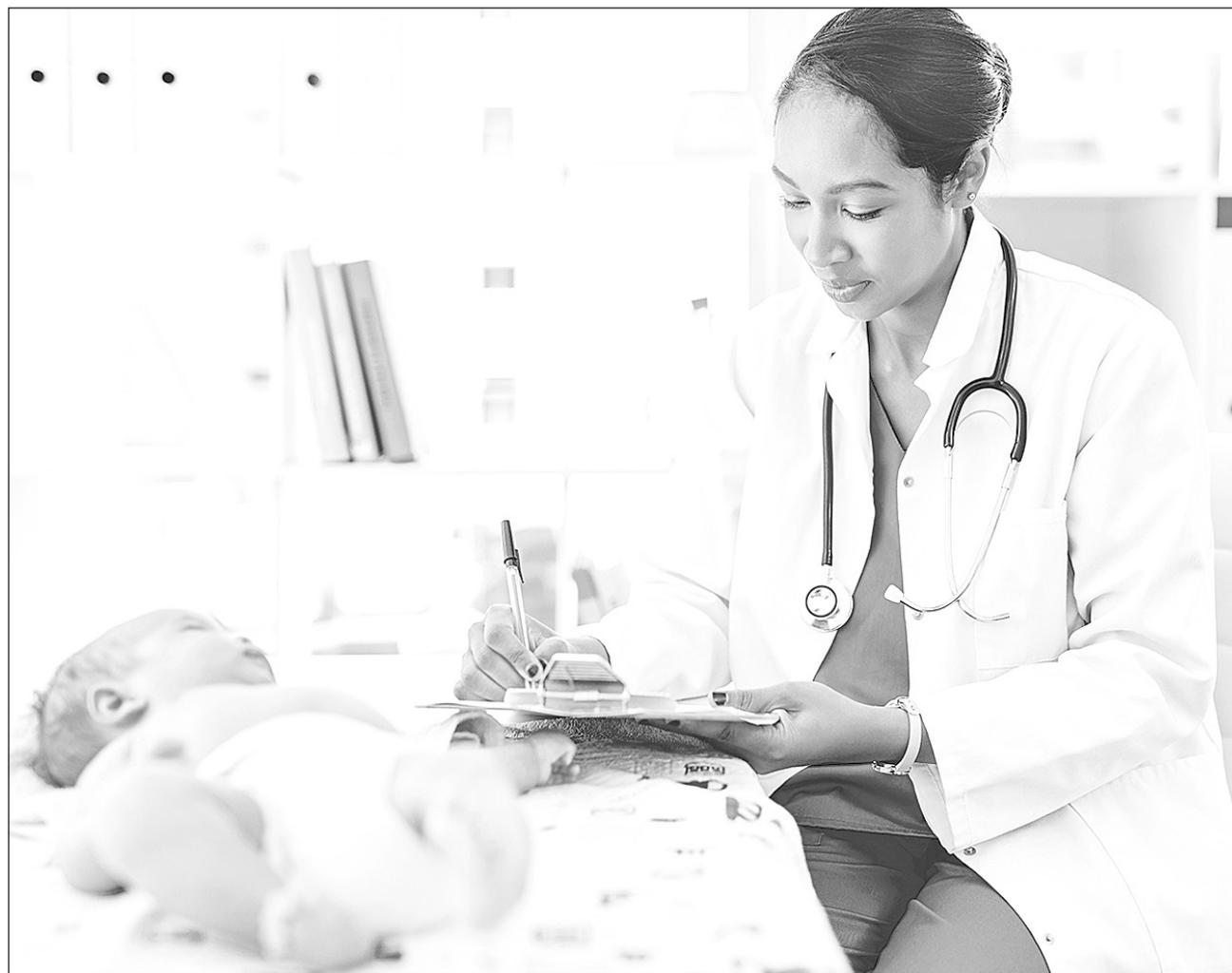
INSURANCE

Next, look at your insurance policy. Find out if any of the people on the list are part of your network plan. Remember that children visit the doctor more frequently than adults because they catch a lot of viruses while building up their immune systems. Doctors not covered by your insurance should be crossed off your list. You might also reconsider your insurance policy, if possible.

NARROWING THE LIST

It is time to arrange a meeting with each physician so you can find out who will work best with your child.

Look at their office locations. They should be in a convenient location, not far from your home. You will probably visit this doctor quite often, so convenience is a big factor.



When you meet with the doctor, focus on his or her philosophy. Some physicians prefer to run lots of tests. Others have a more relaxed and homespun approach.

Parents who follow a wellness philosophy might have to look harder to find a doctor who is open-minded about alternative medicine. Be sure to find out if your doctor is receptive to this idea.

THE VISIT

If you haven't chosen a pediatrician before giving birth, bring your child along for this meeting. It will help you gauge their interaction.

The doctor should make your child feel at ease. He should be patient, tolerant and friendly.

You must feel comfortable with this medical professional as well. He should take the time to answer your

questions thoughtfully.

Inquire about their emergency policy. Does the office accept walk-ins? If your child gets sick in the middle of the night, can you call the pediatrician or nurse? Find out about office hours and when you need to visit the hospital instead.

Is the office decorated with children in mind? Is it a safe, inviting atmosphere? Does the practice use modern equipment? Are exam rooms clean?

Many pediatricians now offer separate waiting rooms for children who are not sick. These "well child" waiting areas help stop the spread of viruses. If your child is there for a checkup, it is a bad idea to have him sit next to another child who has the flu.

With this strategy, you should have an easier time selecting a pediatrician. Choosing well now will save you time and trouble in the future.



Centra Southside Pediatrics offers endocrinology services

Centra Southside Pediatrics offers endocrinology services as part of its medical care for children under the age of 18.

Luis Siliezar, MD, pediatric endocrinologist, completed medical school at the University of El Salvador and residency training in pediatrics in Nassau University Medical Center, after which he served a fellowship in pediatric endocrinology. Dr. Siliezar performed his pediatric endocrinology training at NYU Winthrop Hospital.

Centra Southside Pediatrics is open Monday – Friday from 8 am to 5 pm.

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- Congenital or acquired gonadal dysfunction
- Obesity
- Disorders of calcium metabolism, including vitamin D deficiency, low or high calcium level



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