



Save Energy and \$\$\$ Using Only Your Attitude!



Ok, maybe you can not move stuff across rooms with your mind. But, you can save money using only an attitude towards reducing your energy usage! Here are a few costless ways to save money using nothing but a money saving attitude. (Warning, other appendages may be required!)

1. Turn off lights when you aren't using them or as soon as you leave the room. At first you must be mindful to do so, later, it becomes a habit done without thinking. (This is especially helpful to old people!).
2. Think about what you want in the refrigerator before opening the door. Cool air falls to the floor rapidly and the longer you leave a refrigerator open, the more it will need to run to get back to its proper temperature. If you have a lot of space in your refrigerator, store jugs of water or your favorite beverage. Liquid holds temperature much longer and there will be less air to cool once the door is shut.
3. Don't forget to open windows and doors if the temperature outside benefits your indoor comfort. Be sure to adjust or turn off your thermostat when leaving doors and windows open.
4. Use your microwave or cook outside on the grill instead of using your stove/oven. Microwaves use less energy to heat your food and do not heat up your house requiring your air conditioner to kick on more often.
5. Defrost your freezer before ice buildup becomes 1/4 inch thick. As ice builds up, you freezer works harder to keep your food frozen.
6. Wash only full loads in your dishwasher and clothes washer. For your dishwasher, use the shortest cycle that will get your dishes clean. If your dishwasher allows, use the air dry cycle or stop it before the drying cycle and let the dishes air dry.
7. If you have a fireplace, be sure to close the damper when the fireplace is not being used. If you never use the fireplace, also consider capping it off at the top permanently. This will also keep critters like birds, bats, etc., from using it for their temporary shelter and lavatory needs.
8. Set your hot water to 120° F. Most newer dishwashers can accommodate lower temperatures as they have a preheat cycle for the water they use. Check your dishwasher manual if you are not sure.

Do you have other ideas that will save money and energy in your home or office that uses only an energy-saving attitude? If so, please send your ideas to us by clicking [here](#). We would appreciate the opportunity to share your ideas in the next newsletter or the monthly energy tips!



"Smart" Power Strips Save Homeowners \$\$\$



Electric devices and appliances use some electricity when plugged in even when the device is off. These "phantom loads" can draw as much power as several light bulbs left on all day. While some devices should not be completely turned off, like your DVR or cable box, many devices (TV, audio system, speakers, gaming systems, etc.) should be completely unplugged to save energy. Unplugging appliances every day is not practical and "smart power strips" could be the solution to this problem. These power strips can turn off some devices completely with a flick of the switch while allowing you to leave others on. There are some power strips that detect when you turn off the TV and completely shut off the power for the TV plus 2 or 3 other plugged-in devices. Consider shopping for the smart power strip that fits your needs. Used properly, it will save you dollars and will pay for itself in no time.

Saving Energy at Work

Here are a few simple ideas to help all of us be better stewards of the public's money. When upgrading office equipment, certain models of computers, printers, copy machines and other office equipment, can use between 50 and 90 % more energy than energy efficient models. Encourage those purchasing your equipment to assure your replacement equipment bears the Energy Star logo, which ensures that every piece of equipment is made specifically to reduce energy use, and save money.

Here are a few more tidbits worth pursuing: When given the option for getting a new workstation, consider that laptop computers can use less than half the energy of a desktop. Screen savers on computers and idle modes on equipment will still consume energy when not in use. Ask MIS to disable your screen saver if you still have one operating and shut down your computer, printers, and copiers when you leave for the day. Take advantage of natural sunlight where possible. If your office or other rooms in your area are set up to receive an ample amount of sunlight, you may be able to turn off lights completely for part of the work day or use a small desk lamp with a CFL bulb.

Take the stairs instead of the elevator when possible, and, last one out the door? Make sure all the lights are turned off for the night!



Thank you!

Past Energy Management Program newsletters can be found here: http://fnet/EMP_newsletters.aspx

As always, we seek input and feedback regarding energy conservation ideas, projects or news about something you or your department is doing, or want to do. Contact us @ elkinsl@forsyth.cc, raglanre@forsyth.cc, and/or warmuts2@forsyth.cc