

How YOU CAN HELP

Save the Environment by Saving Energy

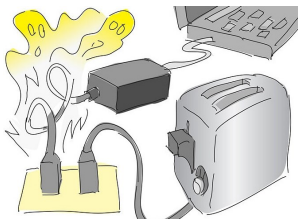
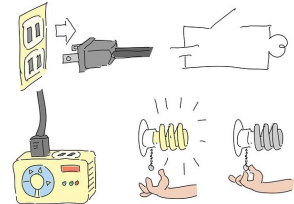
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Want to help save the environment? Taking steps to conserve and reuse is easier than you might think. You can do your part to help save the environment by conserving energy, water, and gas; recycling, nurturing the outdoors, and reducing your material consumption. Remember, everything you eat, drink and breathe is part of the environment.

1 Switch off anything that uses electricity

If you're not using it, turn it off. This goes for lights, televisions, computers, printers, and so on. Put timers on lamps that will turn off lamps at the same time on a daily basis. Timers like these can be found in hardware stores and they can be plugged into your lamp. Make it routine to shut off lights and electrical appliances whenever you leave a room.

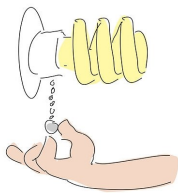
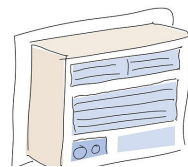


2 Unplug

Leaving devices plugged in, such as laptop chargers or toasters, can eat up "phantom" energy. Even when an appliance is turned off, it may still use power. Try unplugging when possible. If it will be at least 36 hours before you use it again, unplug it. Turn lots of things off with a power strip. You can plug all your appliances in one area like your computer into a power strip. Then when you're done using all appliances, simply turn the power strip off at the switch.

3 Run your air conditioner sparingly or not at all

Air conditioners use a great deal of electricity. Use natural ventilation or a fan to keep cool, as much as possible. If you do use your air conditioner, set it to a slightly lower temperature than outside.



4 Switch to compact florescent or LED light bulbs

While these cost more, they are also longer lasting than conventional light bulbs, and they use only one-quarter of the energy. Environmental LED lighting may cost more money, but last almost a lifetime and are even more efficient than CFL's.

5 Get skylights

These windows go on your ceiling to provide more light, reducing the electric light you use. Some types can even transfer sunlight into electricity.



6 Load up that washing machine

If you need to do laundry, wash full loads. It saves water, electricity, and time to wash those clothes.