



**E-Conservation**  
power to control what you spend

# Energy Efficiency Advisor

NC STATE UNIVERSITY

NC COOPERATIVE  
EXTENSION  
Educating People. Preserving Resources.

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## Be Smart With Your Yard!



Now that the warmer weather has arrived, the yard is likely calling your name. While considering landscaping ideas, why not use strategies that are attractive and that help with energy savings? We have tools that can help you lower your utility bills while making your yard look beautiful at the same time!

Here are some landscaping and other outdoor tips from resources found through E-Conservation:

- *Having trees in your yard can drastically help with shading your home. When deciding on a tree, consider your climate, how large the tree can get and the tree's root habits.*
- *Group plants together with similar water needs or use plants that consume less water.*
- *Don't feel like planting a tree? Vines and tall shrubs can also help in cooling your home. In addition to shade, plants can provide evaporative cooling by releasing water through their pores.*
- *Take advantage of smelling like that wonderful outdoor scent and hang your clothes up on a clothesline.*

Find landscaping resources on the E-Conservation [Pinterest page](#), which contains useful tools like this [infographic](#) from Energy.gov and much more!

### In This Month's Issue:

*Landscaping Tips*

*Older Americans Month*

*A Renter's Guide To Saving*

*Request A Workshop*

*Environmental Award*

### Join In On the Social Media Buzz!

Help us spread the word that following us on social media allows for the quickest E-Conservation updates, such as workshop announcements, new online resources, and interesting energy news.



[Facebook](#)



[Twitter](#)



[Pinterest](#)

Also be sure to visit our [website!](#)

### Interesting Energy Reads

Recent content featured on E-Conservation social media channels:

[\*N.C. State Professor Wins Global Energy Prize\*](#)

[\*The Rise of the Energy-Producing Home\*](#)

[\*N.C. Taking Positive Steps On Solar Energy\*](#)

[\*Park Bench Will Monitor  
Air Pollution\*](#)

[\*Lighting Upgrade Cuts Energy Costs at N.C.  
State Lab\*](#)

## Older Americans Month

May is Older Americans Month and to highlight this month, we have some suggestions to help seniors with energy savings, safety, can and comfort.



- As we age, we need greater amounts of light. If you or someone you know has fading eyesight, decreased alertness, and/or uncertain balance, you may need to increase overall light levels in the home and in areas where tasks are performed. To keep the same reading speed you had at 20, you need 50% more light than when you are 50, twice as much light when you are 60, and three times the amount of light when you are 80! To help increase light output or quantity (lumens) without increasing energy usage (watts), consider energy efficient light bulbs. Replacing incandescent bulbs with lower wattage but higher lumen **CFL or LED lights** can help conserve energy without compromising the quality of light. For those who need it the most.
- According to the Centers for Disease Control, older we are, the more difficult it is to be able to adjust to sudden temperature changes. Medications and chronic disease also influence the body's ability to regulate temperature. During the upcoming summer months, it is particularly important to make certain that older adults take measures to keep their home cool in an energy- and cost-efficient manner. Strategies such as using ceiling or portable fans, using the air conditioner at a comfortable setting, closing curtains to reduce heat gain, and keep in mind simple strategies such as ensuring windows are closed, and cleaning/replacing air filters are all important strategies for keeping cool and being energy-efficient. For more hot weather tips, visit our [website](#).

For more information on Older Americans Month, see the U.S. Department of Health and Human Services [website](#).

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## The Renter's Guide to Saving



Just because you don't own a home doesn't mean you don't have the power to lower your utility bills! Many changes are behavioral in nature or only require small initial investments and can be left intact or sold to the next tenants when it's time to leave.

See below for helpful resources for your rented home that will be worth your time:

### **Top 10 No-Cost and Low-Cost Tips for Saving Energy and Money**

**22 Ways to Save Energy and Water In An Apartment**

**E-Conservation Pinterest Page: Energy Conservation For Renters**

**ENERGY STAR Tips for Renters**

**E-Conservation Website: Resources for Renters**

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## Make Sure You're Receiving the Energy Efficiency Advisor!

Receiving this e-newsletter from somebody else? Make sure you're on our recipient list so you can directly receive our e-newsletter along with other important E-Conservation updates!

If you would like to start receiving the *Energy Efficiency Advisor*, please send a request to [cdpate@ncsu.edu](mailto:cdpate@ncsu.edu).

"My experience with the E-Conservation program has been very positive thanks to the great energy tips I can use now and in the future."

*Janice Hendricks,  
Home Assessment and Energy Retrofit  
Program participant,  
Raleigh, N.C.*

## Request A Workshop!

Have E-Conservation workshops been more than a hop, skip and a jump away for you? Let us know where you want a workshop to be held and we will consider your location for our next schedule!

Don't forget to tell friends and neighbors since we will make higher considerations for locations with multiple requests. Please send workshop requests to Laura Langham at [laura\\_langham@ncsu.edu](mailto:laura_langham@ncsu.edu) and thank you for helping spread the word about our program.



## E-Conservation Recognized By City of Raleigh



On April 22, North Carolina Cooperative Extension's E-Conservation program was presented an Environmental Award from the City of Raleigh at a public reception held at the North Carolina Museum of Natural Sciences. The program was recognized along with 11 other area groups or individuals who demonstrated efforts in promoting sustainability and protecting the environment.

E-Conservation was the selected winner out of the "Green Building Design Award – Residential" category. The City

Raleigh evaluated nominees in this category based on "demonstrated green design concepts and a positive ecological footprint within new or existing buildings."

For a list of all Environmental Award winners, see the City of Raleigh [website](#).