



E-Conservation
power to control what you spend

Energy Efficiency Advisor

NC STATE UNIVERSITY

NC COOPERATIVE
EXTENSION
Empowering People. Preserving Resources.

Volume 2, Issue 4 April 2016

What Will You Do This Earth Month?



This year, as we commemorate Earth Day, challenge yourself to make lifestyle changes that go beyond just this one day. Focus, instead, on practicing new behaviors that can turn into lasting actions that positively impact the environment.

Begin small. For example, try using a reusable bag every time you go to the grocery store. According to the Wall Street Journal, if just 1 out of 10 people used reusable shopping bags, we would eliminate the disposal of up to 10 billion plastic bags.

This is just one of the many small tasks you can do to begin to care for planet Earth. Other ideas that are both energy- and non-energy-related include:

- **Be Smart With Your Thermostat:** Adjust your thermostat when you're going to be away from the house for an extended period of time. It's recommended to set the temperature four degrees higher than normal during the spring/summer and four degrees lower during the fall/winter.
- **Plan Out Your Errands:** It's all about efficiency when trying to reduce your gas usage. Think about running all of your errands in one trip. Also, consider using public transportation for trips.

In This Month's Issue:

[Celebrate Earth Month!](#)

[Earth Day History](#)

[New YouTube Content](#)

[Local Events](#)

[N.C. Healthy Homes Highlights](#)

Catch Us On Social Media!

Like what you're seeing in this newsletter? Then you'll like following us on social media even more as it provides the quickest Home Energy Management updates, such as workshop announcements, new online resources, and interesting energy news.

[Facebook](#)

[Twitter](#)

[Pinterest](#)

[YouTube](#)

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

Interesting Energy News

[N.C. State Professor Receives Grant
for Cooperative Distributed Home
Energy Management System](#)

[Entrepreneurial Spirit Drives Student's
Sustainability Impact](#)

- **Go Paperless and Reduce Junk Mail:** Consider managing all your accounts online. Get on the "[Do Not Mail List](#)". That junk mail we receive in the U.S. results in the cutting down of 100 million trees.
- **Turn Down the Hot Water Heater:** Your hot water heater may be set higher than it needs to be. The recommended setting is 120 degrees or the medium setting. Reducing the temperature allows for easy energy savings without much of a sacrifice.
- **Recycle!** Before you throw anything away, consider whether the item can be recycled at a center or even at your own home. Also consider [composting](#), which further reduces the amount of waste that goes into the landfill.

There are many more actions you can choose to make an impact on the environment. For more ideas check out [50waystohelp.com](#), this [International Business Times](#) article and by checking out our [infographics](#) on our website!

A Bit of Earth Day History



Earth Day celebrates the environment, but do you know how this occasion came about? Earth Day was launched in 1970 during the Era of Environmentalism in the U.S. when activism was prevalent and sweeping legislation helped to bring about the Environmental Protection Agency (EPA) and other key environmental legislation. Senator Gaylord Nelson of Wisconsin created the day to bring about public attention and a call to action regarding environmental concerns of the time. To read about Senator Nelson's Earth Day account, visit [Earth Day '70: What it Meant](#).

April 22 was selected as the first official Earth Day and the event that year brought 20 million Americans "out into the spring sunshine for peaceful demonstrations in favor of environmental reform." ("The Birth of EPA") The movement included residents from a wide spectrum of political affiliations, including thousands of schools from across the country. Also across the nation, media outlets covered the events and demonstrations taking place.

The success of the event led the way to an international phenomenon. Before the twentieth anniversary of the event in 1990, coordinators assembled sponsor groups to launch a campaign that helped to mobilize 200 million people in 141 countries "that lifted environmental issues onto the world stage." ("The History of Earth Day") Since then, Earth Day has continued to grow as today it involves more than 192 countries and over 1 billion people.

For more history on the event, check out the article's sources below:

[CREE to Reinvent Residential Streetlights With Energy Saving LEDs](#)

[Solar Beat Natural Gas for New Electric Generation Capacity in 2015](#)

[Majority of Americans Choose Energy Efficiency for the Savings It Provides](#)

Attend An Event!

[2016 State Energy Conference](#)
Raleigh, N.C.
April 20-21, 2016

[City of Raleigh Environmental Awards Program](#)
Raleigh, N.C.
April 21, 2016

[2016 Sustain Charlotte Awards + Earth Day Celebration](#)
Charlotte, N.C.
April 22, 2016

[2016 Piedmont Earth Day Fair](#)
Winston-Salem, N.C.
April 23, 2016

[Wilmington's 2016 Earth Day Celebration](#)
Wilmington, N.C.
April 23, 2016

[N.C. State Sustainability's Earth Month](#)
Raleigh, N.C.
Throughout April

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 Home Energy Management updates!

If you would like to start receiving the *Energy Efficiency Advisor*, please send a request to cdpate@ncsu.edu.

Sources:

["The Birth of EPA"](#), Jack Lewis, EPA Journal

["The History of Earth Day"](#), Earth Day Network

["Earth Day"](#), Wikipedia

VIDEOS: Smart Strips And Preparing for Spring

We have more new original YouTube content in store for you this month. Have a topic that you want us to make a video about? Let us know at cdpate@ncsu.edu and we will consider it.

Discovering Smart Strips



One of the easiest ways to gain residential energy savings is to use a smart strip. A smart strip is a power strip, except that it allows some outlets to continue using electricity while cutting off the power on others.

HVAC Unit Tips for the Spring & Summer



Warm weather means playing outdoors, planning summer trips, and checking your Heating, Ventilation and Air Conditioning (HVAC) unit, of course. This video runs through all the necessary steps to ready your unit and your home in general for the dog days of summer.

Home Energy Management YouTube Channel
(Become A Subscriber!)



Get Out and About This Earth Day!

No matter which part of the state or country you live in, there's likely to be an Earth Day event happening close by. This is a great time for you and your family to celebrate the environment with others while learning how you can take measures to practice sustainability.

Below are events happening throughout North Carolina:

**2016 Sustain Charlotte Awards +
Earth Day Celebration**
Charlotte, N.C.
April 22, 2016

2016 Piedmont Earth Day Fair
Winston-Salem, N.C.
April 23, 2016

Wilmington's 2016 Earth Day Celebration
Wilmington, N.C.
April 23, 2016

N.C. State Sustainability's Earth Month
Raleigh, N.C.
Throughout April

There are also plenty of N.C. Cooperative Extension-hosted events happening throughout the year. Check out our [calendar](#) where you find everything from gardener trainings to line dancing lessons!



Start Receiving N.C. Healthy Homes Highlights

N.C. Healthy Homes provides [monthly newsletters](#) that educate readers on issues that can arise in the household and how you can take measures to prevent these health hazards from causing harm to your family.

The best part is that it's free and anybody can sign up! To start receiving N.C. Healthy Homes Highlights, just send a request to Daniel Pate at cdpate@ncsu.edu.



[N.C. Healthy Homes Highlights Archives](#)

