



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

# Energy Efficiency Advisor

NC STATE UNIVERSITY

NC COOPERATIVE  
EXTENSION  
Empowering People • Promoting Success

Volume 2, Issue 2 February 2016

## Keep Your Heating Unit in Top Shape

Your heating unit is working hard to keep you warm this winter, why not return the favor? Properly maintaining your unit is important for making sure it is at peak condition and that you get a long lifespan out of it.



Whether you have a heat pump, furnace, or other type of unit, there are some actions you can take to ensure that your system is working well:

- Change your air filters monthly
- Make certain that all duct work is properly sealed
- Keep all supply and return vents open and free from obstructions such as furniture or rugs
- Have your unit inspected on an annual basis to ensure optimal performance

To help keep you comfortable while the heat is on, think about the following:

- Keep heat producing appliances (such as the TV) away from the thermostat
- Use a programmable thermostat
- Caulk and seal air leaks

For more information, check out the [Home Energy Management website](#). You may also want to visit Energy.gov for [resources on home heating](#), including the following infographic on [Home Heating Systems](#).

## In This Month's Issue:

[Maintain Your Unit](#)

[Learn Your Bulbs](#)

[Low Vision Awareness Month](#)

[Know Your Emissions Contributions](#)

[Go To An Event!](#)

## Interesting Energy Reads

["U.S. Energy Department Announces Largest Energy Efficiency Standard in History"](#)

["New York Hotels Make A Green Pledge"](#)

["U.S. Solar Industry Now Employs More Workers Than Oil and Gas, Says Report"](#)

["DiCaprio Wants To Help Make Your Home More Energy-Efficient"](#)

## Give Us A Follow!



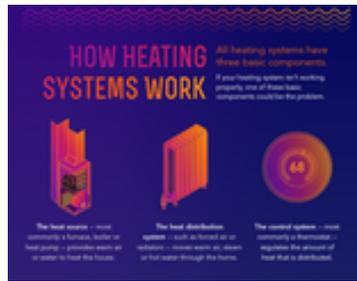
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## WATCH: Your Guide to Learning About Light Bulb Options

	Savings after 1 year (2,500 hours)	Savings after 2 years (12,500 hours)	Savings after 10 years (25,000 hours)
14-Watt CFL bulb	\$4.11	\$20.55	\$41.10
60-Watt Incandescent	\$18.50	\$92.50	\$185.00
<b>Total Savings</b>	<b>\$14.39</b>	<b>\$71.95</b>	<b>\$143.90</b>

The number of light bulb options nowadays can be intimidating, so Home Energy Management wants to help you through the plethora of lighting options. This [short yet informative video](#) will show you the most popular energy efficiency options and what kind of savings and lifespan you can expect from them. Hop over to our [YouTube channel](#) to check it out and become a subscriber while you're there!

Check out the [Home Energy Management site](#) for more informative videos!

For more information about energy-efficient lighting, read this new blog post called "[Standards Take the Next Step In A Light Bulb Efficiency Revolution](#)" from Andrew deLaski from the Appliance Standards Awareness Project.

## Low Vision Awareness Month

This February, you can help those with vision problems by emphasizing the need for quality lighting, which goes hand-in-hand with energy-efficient lighting!

As we age, our sight changes. We need greater amounts of light, but we also become more sensitive to glare. We also want to be energy-efficient. So how do we increase quality, quantity, and efficiency? To help increase quality, think about increasing overall levels of general lighting in a room. Also, allow for task lighting for specific activities such as reading, cooking, or intricate handwork.

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

## Energy Calendar

*Events happening throughout N.C.*

[2016 N.C. Clean Tech Summit](#)  
Chapel Hill, N.C.  
Feb. 18-19

["Tee-PEAS!" Family Gardening Workshop](#)  
Chapel Hill, N.C.  
Feb. 20

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

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

## 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](mailto:cdpate@ncsu.edu).

To help increase light output or quantity (lumens) without increasing energy usage (watts), consider energy-efficient light bulbs. Replacing incandescent bulbs with low-wattage but high-lumen [CFL or LED lights](#) can help conserve energy without compromising the quality of light for those who need it the most.

To learn more about the kind of lighting options that are available, visit the [Home Energy Management website](#) or check out newly-released light bulb [video](#)!

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## What's Your Carbon Footprint?



Need a spark of motivation to continue your energy-efficient ways? A lot of people don't realize how much in emissions they contribute every year, so finding out can be a good step towards realizing the importance of an energy-efficient lifestyle.

The U.S. Environmental Protection Agency (EPA) has a very handy "[Carbon Footprint Calculator](#)" that provides a simple step-by-step process for determining how many metric tons of carbon dioxide you contribute per year. It also provides recommendations on how to easily start cutting down on those emissions.

[Try it out today!](#)

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## Get Involved!

The *Energy Efficiency Advisor* will start providing interesting energy events happening throughout North Carolina to help you make sure you're not missing out on what's going on in your area. Check out our "Energy Calendar" in the sidebar of this issue to see what events we're spotlighting this month.

If you know of any energy- or other community-based events that you would like to share, we want to hear about it! Send the information to Daniel Pate at [cdpate@ncsu.edu](mailto:cdpate@ncsu.edu) for consideration in our next issue.

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Home Energy Management <http://energy.ces.ncsu.edu/>

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