



Did you know that almost 45 percent of your utility bill goes for cooling your home as well as heating it? By following a few easy, common sense guidelines, properly maintaining or upgrading your air conditioner, adding insulation and taking other easy energy-saving measures, you can cut your energy bills by 10 to 50 percent. Your individual savings will depend on how energy-efficient your home is now, the type of home you have, and the area of the county where you live.

Save money this summer and keep cool...with these easy, energy saving tips!

Kathleen M. Jimino

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Use Air Conditioning and Fans Wisely

- Open windows and use portable or ceiling fans instead of operating your air conditioner.
- Use a fan with your window air conditioner to spread the cool air through your home.
- Use a programmable thermostat with your air conditioner to adjust the

- setting warmer at night or when no one is home.
- Don't place lamps or TVs near your air conditioning thermostat. The heat from these appliances will cause the air conditioner to run longer.
- Look for the ENERGY STAR® label. If your air conditioner is old, the new energy efficient models can save you up to 50 percent on your cooling bills.



Low Cost Tips to Save Energy

- Replace incandescent bulbs with compact fluorescents.
- Air dry dishes instead of using your dishwasher's drying cycle.
- Use a microwave oven instead of a conventional electric range or oven.
- Turn off your computer and monitor when not in use.
- Plug home electronics, such as TVs and VCRs, into power strips and turn power strips off when equipment is not in use.
- Lower the thermostat on your hot water heater. 115 degrees is comfortable for most uses.
- Take showers instead of baths to reduce hot water use.
- Wash only full loads of dishes and clothes.
- Use cold water to wash your clothes.



Landscape for Energy Efficiency

- Plant trees or shrubs to shade air conditioning units, but do not block the airflow. A unit operating in the shade uses less electricity.

- Grown on trellises, vines such as ivy or grapevines can shade windows or the whole side of a house.
- Avoid landscaping with lots of unshaded rock, cement or asphalt on the south or west sides -- it increases the temperature around the house and radiates heat to the house after the sun has set.
- Trees whose leaves fall off in the winter, planted on the south and west sides, will keep your house cool in the summer and let the sun warm your home in the winter.
- Just three trees, properly placed around a house, can save between \$100 and \$250 annually in cooling and heating costs. Daytime air temperatures can be 3 to 6 degrees cooler in tree-shaded neighborhoods.



Shade Your Windows

- Sunny windows can make your air conditioner work two to three times harder.
- Install white window shades, drapes or blinds to reflect heat away from the house.
- Close curtains on south- and west-facing windows during the day.
- Install awnings on south-facing windows. Because of the angle of the sun, trees, a trellis or a fence will best shade west-facing windows.
- Apply sun-control or other reflective films on south-facing windows.
- If you want to replace your windows, consider the new double-pane windows with spectrally selective coatings.
- When buying windows or appliances, look for the Energy Star® label. Visit <http://www.energystar.gov/> for more information.



Weatherize

- Air leaks can waste energy dollars year-round.
- Caulking and weather-stripping will keep cool air in during the summer.
- Add insulation around air conditioning ducts when they are located in un-air conditioned spaces such as attics, crawl spaces and garages.
- If you see holes or separated joints in your ducts, hire a professional to repair them.
- Check to see that your fireplace damper is tightly closed.
- Invest in insulation. Visit the DOE Zip-Code Insulation Program for R-values specific to your home: <http://www.ornl.gov/~roofs/Zip/ZipHome.html>

For more information:

National Grid
www.nationalgridus.com

NYSEG **www.nyseg.com**

U.S. Dept of Energy **www.energy.gov**
[eere.energy.gov](http://www.eere.energy.gov)

Environ. Protection Agency **www.epa.gov**

Energy Star **www.energystar.gov**

Cornell University Co-op Ext
<http://www.cce.cornell.edu>

NYS Public Service Comm
www.askpsc.com

NYS Energy \$mart
www.getenergysmart.org

NYS Energy Research Dev Auth
www.nyserda.org

GOING GREEN

What do you know about green business? Take this Going Green Quiz and find out how much you know about the business of being green:

1. How much energy is produced in the U.S. from clean, renewable energy sources like solar, wind, and geothermal?

- 1.6 percent
- 6.1 percent
- 16 percent
- 32 percent

2. How much energy is saved by recycling an aluminum can?

- Enough to power a bike for 3 miles
- Enough to power a pocket calculator for 3 minutes
- Enough to power a TV for 3 hours
- Enough to power a cell phone for 3 days

3. Which fuel produces the least carbon dioxide per unit of energy produced?

- Gasoline
- Natural gas
- Coal
- Wood

4. In general, how fast must the wind blow to yield usable electric energy on a wind farm?

- A light breeze
- A moderate gust
- A powerful gale
- An outright hurricane

5. Which of the following forms of energy has seen the biggest percentage price increase in the U.S. since 1978?

- A gallon of gasoline
- A kilowatt-hour of electricity
- A "therm" of natural gas
- A gallon of heating oil

6. Which state is the heaviest emitter of carbon dioxide?

- New York
- California
- Texas
- Louisiana

7. What is most likely to be re-cycled?

- A plastic milk jug
- An aluminum can
- A cardboard box
- A magazine

8. What is one easy way to waste gas?

- Driving at extreme speeds, fast or slow
- Allowing your car to idle
- Using cruise control and overdrive
- Packing lightly

9. What does Jason LeVecke, owner of 52 Carl's Jr. franchises in Arizona, plan to do with cooking oil used for things like making French fries?

- Recycle it into fertilizer
- Re-use it to make more fries
- Use it to power his company's vehicles
- Sell it to Burger King

10. What product are some high-end restaurants no longer stocking, in the name of environmental friendliness?

- Escargot
- To-go boxes
- Paper menus
- Bottled water

Answers:

1.) 6.1 percent
As of 2004 (the last year data is available), just 6.1 percent of U.S. energy production came from renewable sources that don't produce greenhouse gases.

2.) Enough to power a TV for 3 hours.

3.) Natural gas
Of the fossil fuels, natural gas burns the cleanest. That's one reason power generators embarked on a major expansion of natural gas-fired power plants in the 1990s.

4.) A moderate gust
In general, winds exceeding 11 miles per hour are required for wind-powered turbines to be cost effective.

5.) Natural gas
By a nose... heating oil was a close second. Natural gas is up more than four-fold in the period from Nov. 1978 through Feb. 2007.

6.) Louisiana
You might think that the heaviest contributors of greenhouse gases are the states with the most people. But location of heavy industry, state energy policies/regulations and population densities, affect the amount of carbon dioxide produced per person from state to state. Because of strict air quality regulations, Californians produced 0.024 pound per person. Louisiana, with about a population about seven times smaller than California, produced 0.088 pounds of CO2 per person, according to Energy Dept. figures.

7.) A cardboard box
Except for newspapers, corrugated fiberboard is more likely to be recycled than any other product, surpassing glass, aluminum, plastic and magazine paper. Today, 76.6 per cent of all corrugated cardboard is recovered for recycling-up from 54 per cent in 1990

8.) Driving at extreme speeds
Sixty mph or so is the optimal speed for most gasoline-powered car engines. As a rule of thumb, you can assume that each 5 mph you drive over 60 mph is like paying an additional \$0.20 per gallon for gas.

9.) Use it to power his company's vehicles
LeVecke has promised to run his entire vehicle fleet on a mix of diesel and discarded vegetable oil by 2010.

10.) Bottled water
Restaurants have turned on the spigot as part of efforts to cut down on environmental effects of packaging and transporting bottled water.

How to

\$\$\$AVE ENERGY

*in your home
this summer*

RENSSELAER COUNTY



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