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(Springfield, Illinois)—Celebrate the 40th Anniversary of Earth Day with a resolution to save money and conserve our Earth's resources by using energy more efficiently. "The April 22nd observance provides an opportunity for everyone to become friendlier to the Earth and their own budget by wisely reducing their use of electricity," says Molly Hall, Executive Director of the Energy Education Council.

Hall pointed to the use of compact fluorescent light bulbs, and said compact fluorescent lamps (CFLs) which use 1/4 the energy of a traditional light bulb. "If every American home replaced just one 100 watt incandescent bulb with a 23 watt Energy Star CFL, in one year it would save enough energy to light more than 3 million homes. That would prevent the release of greenhouse gas emissions equal to that of about 800,000 cars," says Hall.

The Energy Education Council offers an eight point tip fact sheet that tells homeowners how to save on their energy bill, in ways that will reduce the demands placed on Earth to supply that energy. Those ideas include reliance on a programmable thermostat to reduce energy use when no one is in the home, as well as ways to save hot water that reduces energy consumption.

"Have you ever considered adjusting drapes and curtains," asks Hall, who adds "Indoor climate control can become an important family strategy for more inexpensive cooling in the summer and heating in the winter." And Hall says, "Don't let the energy phantom consume your cash by not unplugging cell phone chargers or turning off power strips and unused computer equipment."

The Council is a strong advocate of the use of Energy Star appliances, lighting, and electronic equipment. Items bearing the Energy Star seal can reduce your energy use and electric cost by 30%. Says Hall, "A new efficient Energy Star refrigerator will let you save \$150 per year, and reduce the Earth's burden to supply 500 kilowatt hours of energy consumed by older and smaller refrigerators."

The Energy Education Council provides numerous tips on energy efficiency at its new website: www.EfficiencyResource.org . Visitors will find ways to reduce energy costs as well as information on grant programs to increase energy efficiency in homes and businesses.

The Energy Education Council is a 501 (c) 3 non-profit organization dedicated to promoting electrical safety and energy efficiency. Established in 1952, the Council is headquartered within the University of Illinois Extension, and serves as a forum for diverse utility and energy organizations to collaborate on the mutually vital issues of efficiency and safety. Learn more at www.EnergyEdCouncil.org.

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Mother Earth & You



- 1 Switch to compact fluorescent lamps (CFLs) which use 1/4 the energy of a traditional light bulb. If every American home replaced just one 100 watt incandescent bulb with a 23 watt Energy Star CFL, in one year it would save enough energy to light more than 3 million homes. That would prevent the release of greenhouse gas emissions equal to that of about 800,000 cars.
- 2 Rely on a programmable thermostat to mind your business and save up to 10% of your energy cost in a year by setting it to automatically raise or lower the temperature at night and during the day when no one is around.
- 3 Energy Star appliances, electronics, and lighting equipment can reduce your utility bills by 30% - and by reducing your energy use 30%, you will be one of Earth's Energy Stars!
- 4 Don't put yourself in hot water with your Mother. Turning down your water heater, ensuring full loads in the clothes and dishwashers, shorter showers, and shifting your summertime laundry from the clothes dryer to the clothesline, can wash 15% off your utility bill.
- 5 Don't let your cool cash slip out the refrigerator door. An investment in a new efficient refrigerator will let you save up to \$150 per year, and reduce the Earth's burden to supply 500 kilowatt hours of energy.
- 6 Watch the Earth and your budget smile when you turn off your lights and electronics upon leaving a room.
- 7 Be aware of energy phantoms, those items that use energy while plugged in and not in use. Unplug your cell phone charger from the wall when not using it; keep electronics plugged into power strips and surge protectors that can be turned off when not in use, especially overnight.
- 8 Let nature help with indoor climate control. Open curtains on south-facing windows to allow sunlight to naturally heat your home on cool days and leave them closed on summer days to reduce heat. Strategically planted trees and shrubs can also reduce your utility bill and Earth's environment.

Join the Energy Education Council and its members in saving energy and Mother Earth! **Learn more at www.EfficiencyResource.org**

