



# Seven Ways to Manage Energy Bills

*You can control the costs of staying warm this winter.*

Here are seven simple ways to conserve energy and save money heating your home.

1. Dress warmly. This helps retain natural heat. One lightweight long-sleeved sweater equals almost two degrees in added warmth. Two lightweight long-sleeved sweaters add about five degrees in warmth. The air between two sweaters serves as insulation.
2. Weather-strip and caulk windows.
3. Use kitchen, bath and other ventilating fans sparingly.
4. Set your thermostat between 60 and 68 degrees Fahrenheit.

**Special Advice to Heat Pump Owners:** Keep your heat pumps on a constant setting, unless it has a programmable thermostat with adaptive recovery. Check with your HVAC professional to determine your thermostat type.

5. Clean or change the filter in your forced-air heating system each month.
6. Seal leaks in heating and cooling ducts in unheated and uncooled areas using silver metal duct tape.
7. Keep your heating equipment well tuned with periodic maintenance by a certified, licensed HVAC professional.

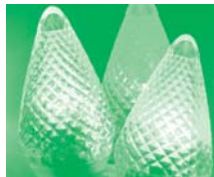
## Take the Shock Out of Holiday Lighting Costs

Many people enjoy holiday lighting, but don't enjoy paying the utility bill they receive when the season ends. Now, you have a great opportunity to save energy and cut costs by using the newest generation of energy efficient lighting.

Light-emitting diodes, commonly known as LEDs, use 90 percent less energy than conventional holiday bulbs. And since home lighting accounts for up to 20 percent of your total electricity costs, using high efficiency lighting can be a key to lowering your energy bills.

Here are six good reasons to use LED lights for holiday decorating.

- LEDs have an incredibly long life span - 100,000 hours vs. 1,500 hours for typical holiday lights.
- LEDs produce more light per watt than traditional bulbs.
- LEDs produce almost no heat, eliminating fire hazards.
- LEDs are useful for both indoor and outdoor lighting.
- LEDs are shock-resistant and shatter proof.
- LEDs contain no mercury.



While LEDs do cost more than standard holiday lighting, their cost is generally absorbed after an average of one or two years of use. You can find LEDs at home improvement, hardware and other retailers.

For more information, visit [www.ase.org](http://www.ase.org), or [www.energystar.gov](http://www.energystar.gov).

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### **New Jersey (Area code 609, 856)**

**Dec 1-16: Surfflight Children's Theatre: *It's a Wonderful Life*;** Engleside & Beach Ave., Beach Haven; 609-492-9477; [www.surflight.org](http://www.surflight.org)

**Dec 7: Woodstown by Candlelight Christmas House Tour;** Woodstown; 856-769-1558; [www.woodstownbycandlelight.org](http://www.woodstownbycandlelight.org)

**Dec 9: Gloucester County Children's Choir: *Winter Concert*;** St. James Lutheran Church; Columbia Ave and Woodbury-Glassboro Rd; 856-589-5149

**Dec 15: Historic Dennisville Christmas House Tour;** Ten 19th century homes; Dennisville Post Office, Dennisville; 609-861-1338; [www.dennisvillechristmashousetour@verizon.net](http://www.dennisvillechristmashousetour@verizon.net), or [www.dennistwp.org](http://www.dennistwp.org)

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