

ENERGY MATTERS

Tips For Easy Energy Savings At Home

(NAPSA)—As energy costs continue to rise and as we become increasingly aware of the importance of energy conservation, saving energy at home is an essential part of keeping our environment healthy and our pocketbooks full. Luckily, making smart choices about using electricity is easier than you think. In most homes, significant energy savings can be realized through implementing simple changes.

Gary Hurst, Senior Vice President of International Engineering, for Marriott International, is responsible for the energy management choices for the company's more than 350 hotels outside of the Continental U.S. Here, he shares some of his top tips to help save your energy dollars:

- **Know Your Numbers.** Set your thermostat at 78°F during the summer, 85°F or more when you leave your home for more than four hours. In the winter, set your thermostat to 69°F during the day, 60°F or less at night.

- **Appliance Science.** Keep heat-producing appliances (such as television sets and lamps) away from your thermostat—the hot air will make your cooling systems work harder.

- **Think Green.** Trees that lose their leaves in the winter can actually help you save energy dollars. In the summer, their leafy branches provide shade; in the winter, they allow the sun to warm your home.

- **Water Works.** Replace worn washers in leaky faucets promptly. A faucet that leaks one drop of



A few simple steps can save you hundreds on your energy bills.

water each second can waste 200 gallons of hot water a month. For further savings, remember a five-minute shower uses far less water than a tub bath.

- **Cooking Up Savings.** The kitchen uses more energy than any other area of your home. Appliances such as microwave ovens, toaster ovens, slow cookers and electric skillets can reduce the usage of bigger and sometimes less efficient ovens and stoves. After dinner, make sure to use cold water when operating the garbage disposal. This not only saves energy, but actually helps the unit's performance.

- **Suds Savings.** To save energy when doing laundry, sort laundry by fabric, color and degree of soil. Washing and drying similar fabrics together saves time, energy, money and wear on your clothes. When it comes time to dry, make sure to fill the dryer. It is more efficient to dry a full load than a small load.