



Message from Advise Guy Eric Gainey



Be Merry, Be Blessed, Be Mindful

The holidays are a time to gather with family and friends, to be merry and thankful for the everyday blessings that are bestowed upon us. While we prepare for the season, let us be mindful of potential energy savings. Here are a few ways you can save.

The recommended thermostat setting during the winter months is 68 degrees when in heat mode and the fan should always be set to auto. Having a house full of family and friends during the holidays can warm up a home pretty quick.

You may also find yourself cooking more during this time of the year. The added heat from more bodies and cooking allows you to decrease the thermostat even more. This decreased setting will lessen the run time on your HVAC system.

If you have a fireplace with a damper, make sure the damper is closed when you are not using the fireplace. By closing it, you are preventing the warm air in your home from escaping out of the chimney.

If you do a lot of cooking, try cooking as many dishes as possible at one time. Hosting a potluck meal is a great way to cut back on

oven use. It can also give you more time to relax and enjoy the season.

Putting up Christmas lights and decorations are tradition for many families. If you need to purchase lights, consider light emitting diode (LED) Christmas lights. LEDs can be up to 90% more efficient than incandescent bulbs. On top of saving energy and money, they are also safer. LED bulbs are not as hot as incandescent bulbs and reduce the risk of combustion along with burnt fingers. The cooler bulbs make it safer to use on your Christmas tree, wreaths and garlands as well. They are also made with epoxy lenses that give it more resistance to breakage. Just like the LED bulbs in your home, they will last longer than incandescent, halogen and CFL bulbs.

When you have your Christmas tree lights on, turn off lamps and other lights you may have on. Even though LEDs are more efficient and safer, you do not want to keep them on all the time. Make sure timers are installed or you unplug lights to ensure they do not stay on around the clock.

If you travel during the holiday season, remember to adjust your thermostat. Check your local

forecast for weather in your area while you are gone. The HVAC system will run whether you are there or not. It will always try to maintain the setting you have it on. So adjusting the thermostat accordingly with the weather is imperative to saving, particularly when traveling.

Many smart thermostats today allow you to set daily schedules and other comfort settings for your home. This habit should be practiced yearly and not just during the holidays. Think about this when you are going on vacation, business trips or long weekend trips out of town. Make sure you also have the timers for your home's exterior lighting so they are using energy the entire time you are gone.

Implement the steps mentioned to help you save energy while allowing you to increase your holiday budget. For more information on ways to save, you can visit our website at sremc.com or call our office at 910.892.8071.

Merry Christmas and Happy New Year!



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