

VALUE YOUR POWER

VIRGINIA ENERGY SENSE

Are You A 'Wattage Waster' or 'Voltage Vandal'? Play our new Energy Monster Facebook Game To Find Out!



The *Energy Monsters* have invaded! Visit the Virginia Energy Sense Facebook page and check out our new, interactive app to help you learn how to improve your home's efficiency. Based on your responses to a few quick questions, the *Energy Monsters* Processor Machine will tell you what kind of "Energy Monster" you are – and provide useful tips to help you curb waste, save money and make your home more comfortable.

Once you've played the game, share the app with your friends and family. Let us know how you measure up by posting your results on [our wall](#). You can also download your monster and make the image your profile picture to show others that you 'Value Your Power' during October's Energy Awareness Month!

Celebrate Energy Awareness Month this October!



Did you know October is Energy Awareness Month? Across the country, schools, businesses and individuals are doing their part to reduce energy use all year long. What can you do to get involved in the effort and step up your energy-saving actions? Check out these resources to learn about reducing your own energy use, help others do the same and [tell us](#) what you're doing in honor of Energy Awareness Month. We know the savings will multiply when Virginians work together!

- Try our free, five-minute [Home Energy Test](#) to measure your home's efficiency.
- Take the [10% Challenge](#) and pledge to reduce your own energy use.
- Discover [financial incentives](#) available for energy-saving purchases and upgrades.
- Create a green team with co-workers or classmates and help reduce office waste
- Download the ['Value Your Power' educational materials](#) and work through the activities with the kids in your life.
- Tune in to [ENERGY STAR Podcasts](#) for on-the-go information about consumer electronics, the environment and saving energy.
- To keep up with the latest energy efficiency news and updates all year long,

by following our handy [office](#) and [school](#) checklists.

follow Virginia Energy Sense on [Twitter](#), 'Like' us on [Facebook](#) and visit our [Tumblr](#) blog for information to help you save energy.

Fall into Energy Savings this Season

Those chilly mornings and evenings have quickly returned across the state. Stay cozy in your home and save money on utility bills by implementing some simple tips:



- Now that it's getting darker earlier, you'll likely use more lighting. To cut down costs and energy use, replace regular light bulbs with more energy efficient ones (such as CFLs or LEDs). Switching one CFL can save \$40 or more over the lifetime of the bulb and LED lights use at least 75% less energy than incandescent lighting.
- Weatherize your home by caulking and weather-stripping all doors and windows. Also use locks on your windows to make them tighter and draft resistant.
- Keep shades and curtains open during the day on the south side of your home to allow the sun to heat your home. Close them at night to retain heat.
- Reduce your annual heating bill by as much as 10% a year by turning your thermostat back [10° - 15°](#) for eight hours a day. If you do get chilly, grab your favorite blanket or sweater instead of running to raise the thermostat.
- While packing summer clothes away, [check to see if your insulation](#) is just level with or below your floor joists. If you can see your joists, you should add more. Be sure to research which insulation options and R-values are best for your home. For additional information consider consulting a professional.
- Cover or remove your window unit air conditioners to prevent cold air from leaking into your home.
- Keep your fireplace damper closed unless a fire is going. Leaving the damper open is like an open window on a cold day. As air in your home warms, it rises up and out of your chimney if not properly sealed when not in use.
- During fall, [reverse your motor](#) and operate the ceiling fan at low speed in the clockwise direction. According to the DOE, this quick fix causes a gentle updraft, forcing warm air near the ceiling down into the occupied space. If the room is unoccupied, turn off the ceiling fan to save energy.
- If you plan to supplement your heating unit with a space heater, be sure to purchase a thermostat controlled heater to avoid wasting energy by overheating the room.

Get Involved and Green a School in Your Community



School is back in session, which means there's no better time for students and teachers to get involved in saving energy. The U.S. Green Building Council is kicking off the 2013 Green Schools Challenge by inviting schools and communities to join in a friendly competition to encourage students, teachers, administrators and communities to implement a plan that incorporates a variety of no or low cost environmental actions at their schools. Green teams comprised of students, teachers and staff will create plans that help

reduce carbon emissions, save money and energy, and increase environmental awareness.

Teams are encouraged to get the community involved, too! Consider inviting architects, engineers, builders or others with green building experience to help create and mentor project plans in your schools.

The deadline for Virginia Green Schools Challenge registration is December 1, 2012. All project documentation must be submitted to the Green Schools Committee by April 1, 2013. Winners of the GSC will be announced May, 2013. To get involved and green a school in your community, contact your local [USGBC chapter](#):

- [Southwest Virginia GBC](#)
- [James River GBC](#)
- [Hampton Roads GBC](#)
- [National Capital Region GBC](#)

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