

The Calgary Sun

SHOWER YOURSELF IN ELECTRICITY SAVINGS

Sunday, April 2, 2006
Page: H16
Section: Homes

With energy costs rising, it's a good idea to look around your home or business and see where you can save some money, says Mark Antonuk, with ATCO EnergySense.

"A few simple changes can go a long way towards lowering your energy consumption," says Antonuk.

Here are five simple ways to save energy in your home:

- * Install a low-flow showerhead

Installing a low-flow showerhead can reduce water consumption by 33%. Since the average shower consumes 150 litres of water, a family of four can save 200 litres a day.

- * Install a programmable thermostat

This allows you to set the temperature of your home for different times of the day. For every degree you turn down the thermostat over an eight-hour period, you save 2% on the space-heating portion on your bill.

- * Use ceiling fans

Circulating air effectively in large areas during cold spells can assist in pushing warm buoyant air down and keeping rooms at a uniform temperature.

- * Take a look at your lighting

Replace traditional bulbs with compact fluorescent bulbs, which use 75% less electricity and last 10 times longer.

- * Buy into energy efficiency

When shopping for new and large appliances, look for the EnerGuide label. The label provides information to help determine how much it will cost to operate the appliance.

This message is brought to you by ATCO. For information, visit www.ATCOgas.com

© 2006 Sun Media Corporation. All rights reserved.