

Ask The Energy Expert: Save 10% On Home Energy Use

Press release

Each month, New Hampshire Electric Cooperative (NHEC) offers you the chance to Ask the Energy Expert. Got a question about energy efficiency or renewable energy? Send your question to: EnergyExpert@NHEC.com and get answers from the Co-op Energy Solutions team.

This month's Energy Expert is Phil LaMoreaux. Phil is the Home Performance with ENERGY STAR Program Administrator at NHEC.

Q: I made a New Year's resolution to reduce my home energy usage by 10% in 2013. Is this possible, and how can I do it without spending a lot of money?

A: It's definitely possible, and it probably costs less than you think.

Anyone looking to save energy at home should start with the easy stuff, or low-hanging fruit, as we like to say.

Lighting

If you still have those old incandescent light bulbs in your home, do yourself a favor and replace them with Compact Fluorescent Lights (CFLs) or LED lights. CFLs use 75% less energy than incandescent bulbs and last seven times longer. Each incandescent bulb you replace with a CFL will save you about \$6 per year.

Programmable Thermostats

A programmable thermostat will allow you to keep your home at a comfortable temperature when you are at home and active, and at a more efficient temperature when you are away or asleep. Setting your thermostat back 10 to 15 degrees for eight hours per day can save you at least 10% on your home heating costs.

Appliances

The efficiency of a particular ap-

pliance and how often you use it will determine what kind of savings you can realize in this area. Typically, the energy savings associated with replacing appliances is small compared to the overall cost of the appliance, so it only makes sense to replace them at the end of their useful life.

This is a great opportunity to upgrade to an ENERGY STAR appliance with better efficiency. ENERGY STAR appliances use 15% to 30% less energy.

Also, the way you use your appliances can affect how much energy you use. Try to follow simple tips like using the microwave to reheat smaller portions, using the right size stove burner, using the "air dry" option on your dishwasher, and not over-drying your clothes.

Electronics

Use power strips to turn off "vampire" power when not in use. Unplug battery chargers or power adapters when not in use or when equipment is fully charged. Use power management features on computer, monitors, printers, and fax machines.

Energy Audits

Homeowners who are willing to invest a little more on energy efficiency can achieve home energy savings well beyond 10%. Your home may be eligible for an energy audit through NHEC's Home Performance with ENERGY STAR program. Participants receive a comprehensive energy audit and a list of recommended efficiency measures like air sealing, additional insulation, and lighting upgrades, the cost of which can be offset by incentives up to \$4,000 from your Co-op.

More information about this program can be found at NHEC.coop or by calling 800-698-2007.



The restaurant at the New London Inn is now called The Coach House.

New London Inn Renames Restaurant, Announces Ski and Stay Offer

Press release

The New London Inn, located on 353 Main Street in New London, is greeting the New Year with a new name for its onsite restaurant. Formerly known as Rockwell's at the Inn, the restaurant is now called The Coach House – a name that symbolizes an earlier era.

"The New London Inn was built in 1792 and had a dining room for its guests. Back in the early 1800s, stagecoaches traveling from Concord would park alongside the restaurant's main dining room," said General Manager Julie Dimakis. "Today, our guests can enjoy the same beautiful view from the Coach House Restaurant windows as the visitors from that era did."

While the name has changed, the quality food, chef, and service has not. The Coach House Restaurant offers distinctive dining that pairs fresh local foods with the finest ingredients available and an impressive wine list. "Guests will continue to enjoy fine cuisine masterfully prepared by Executive Chef Jeffrey Lewis," said Dimakis.

Ski And Stay

For those who love to ski and/or snowboard, The New London Inn is located minutes away from the Mount Sunapee Resort. The Inn is also offering a special Ski and Stay package, which include an overnight stay with an all-mountain lift ticket at Mount Sunapee Resort at a rate of \$119 a night during the midweek, or \$249 a night during a weekend or peak period (both rates are for double occupancy). The package also includes a continental breakfast. For more details, call 526-2791 or visit the News section of TheNewLondonInn.com.

About the Inn and Restaurant

Built in 1792 and set in the beauti-

ful Dartmouth-Lake Sunapee region of New Hampshire, The New London Inn captures the spirit of yesterday with the luxuries of today. Each of the Inn's 23 guest rooms are individually decorated



New London Inn has announced a new Stay and Ski package.

and equipped with private baths, wireless Internet, and TVs.

The inn has two unique lobbies, both with fireplaces, a spa, and a tavern. It is located on 353 Main Street in New London, among a variety of unique retail shops and minutes from some of New Hampshire's best skiing, boating, hiking, golfing, and on-stage entertainment.

The New London Inn also hosts functions and events of all sizes and types. The Coach House Restaurant at the New London Inn offers an intimate, casually elegant atmosphere with exceptional service. It is open Tuesday through Saturday, 5:30 to 9 PM.

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