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HOUSE WISE

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Leading the Way With LED's

By Elizabeth Guinn



*"Solar is not what it used
to be!"*

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Still not sold on fluorescents? Need some other options that spark your creativity? How about LED lights? LED stands for light emitting diodes. They have been around since the 1920's but are just now coming into the marketplace in droves driven by the fact that they are so environmentally friendly. It used to be that the only LED you might have in your house was in your kid's circuit set from Radio Shack. They are fun to play with, however, discourage your wee one from attaching them directly to a 9 volt battery like mine did, they will explode.

Explosions aside, they are wonderful lights, seriously. I wrote several issues back about finding them in Christmas lights this past year. Well, now they are everywhere and getting more sophisticated by the month. Although I personally love fluorescents in my home, I have heard a few complaints from many of you. Some of the complaints range from undesirable color tones, noisy ballasts to the fact that they don't dim. The

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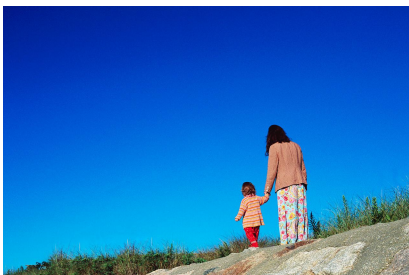
Dan's Desk

By Dan Guinn

Mother's Day is just around the corner, don't say I didn't remind you. If you haven't made your reservations yet, don't bother, all the good places, you know the ones that she would actually like to go to, are already booked up. And the ones that are left are definitely not on her A list. This day only comes once a year guys, so lets do it right! No stinkin' restaurant for my baby! No, we are going to stay home and I am going to cook for her for a change! Yes, cook! Did I actually say that? Me cook?

Thank goodness I have the recipe for success. Step one - go

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latest complaint that I got from Don in Yorktown was the lack of the capability to be instantly on. While lights that slowly come up might be nice in the kitchen first thing in the morning (a feature I personally like) it can be quite a hindrance on your front porch at night when someone is knocking on your door. Although you might want an inexpensive light source that you can feel good about leaving on for hours like you might have a tendency to do on your front porch, there are times when you need them on quick and bright! I will get one and test it out for you and report back before our next issue.

With the invention of white LED's in 2006, things have been looking up for those interested in lighting with less energy. You may have to search a little to come up with just the right light for your application. I searched my local Lowes and found some wonderful under cabinet lighting that was all LED. I was thoroughly impressed especially since I am rethinking my under cabinet lighting scheme right now. A quick search of HomeDepot.com revealed some more treasures. I found trendy dock lights and strings of pebbles that light up for your garden and some very interesting puck under cabinet lights that can be stuck under the cabinet and turned on individually just by touching them! The greatest part is that they are battery powered and don't require any wiring to install! Home Depot also has small LED bulbs that screw into your existing incandescent fixture for guilt free lighting.

If you're not sold yet, here's a little geeky LED info to light your fire. The wavelength of the blue LED (which, by the way, is made by using a white LED) peaks at 470 nanometers. This happens to be the intensity of light needed to activate the human circadian system. Humans are designed to sense the blueness of our blue skies. Just the right amount of time sensing this wavelength of light helps us set our internal clocks and affects our sleep/wake cycles. As we age, many of us experience trouble sleeping like we used to. Designers who specialize in designing homes for our aging population suggest the use of LED's in this spectrum to help boost our melatonin production and aid sleep. So, sleep on it and then go buy some and try it.

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to www.bbqgalore.com and check out the Grand Turbo 52" grill. Yes, this is a must. I always say you need the right tools for the job and trust me, this is the right tool. This thing comes with cast stainless steel main burners, two infrared burners, two sear burners, a rotisserie with a heavy duty motor with 20 percent more torque than the average grill, and a built in smoker box with its own burner. It comes standard with a double walled stainless steel hood, 304 grade stainless steel warming rack, continuously welded 304 stainless steel construction with polished seams. This thing puts out 84,400 BTU's and boast 1100 square inches of cooking surface. Good news, with all that space you can invite her mom too!

Step two - go to www.omahasteaks.com. I checked it out, they are actually having a sale on filet mignon right now. What luck! They also have this special called the breakfast delight so if you plan it right you can spend the entire day outside cooking while she gets the day of to visit with her mom, inside. I have had an opportunity to sample some food from this company before and while they were only burgers, they have got to be the best burgers I have ever tasted in my life. Only the best for my sweetie!

Step three - visit Sam's club for that industrial size bag of paper plates, because nobody wants to do dishes. Besides you are going to be too busy fending off all the neighbors once they smell the incredible aromas wafting from your backyard. Maybe the gleam from your polished gargantuan grill will temporarily blind them and they will all leave you alone.

Oh, if you are a woman reading this, all of the above mentioned websites have gift cards just in time for Father's Day! And what does this got to do with saving money on your energy bills? You aren't going to be heating up the house! What a bargain!



Motion Sensor Lights

By Elizabeth Guinn

Want the advantage of motion sensor lights without spending big bucks and risking your life by learning to re-wire a switch? Home Depot has a screw in motion sensor light switch manufactured by First Alert for around \$35. The device can screw into any standard light and can hold any standard sized light bulb. The sensor then turns on the bulb at the first sign of movement. What a wonderful solution for basements, crawl spaces, and attics not to mention entryways, garages,... well you get the point. Motion Sensors have been around for awhile and save money by not allowing the lights to stay on after you leave the room. One problem that does arise, however, is if you are sitting quietly watching TV and not really moving enough to keep





triggering the light fixture it turns off. Never fear! I have the perfect solution for you! Leviton.com has a new light switch called an occupancy sensor. The website says that the Occupancy sensor switch uses motion to allow for hands free lighting as you enter the room. The difference comes in that it also has a passive infrared sensor which keeps the lights on until you leave the room. Although I love this idea, and it is probably the best solution on the market, at the same time I'm thinking of what fun my dog could have with this in the middle of the night. After all, she figured out how to use the horn in the car, how long would it take her to figure out a hands free light switch? Never underestimate the curiosity of a lab.

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Psalms 127:1a*