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HOUSE WISE

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We've Moved!

Making Changes

By Elizabeth Guinn

We have been busy this month working on making changes that will help us make our home more energy efficient. We both sat down and made a long list of all of the energy efficient changes that we could make. When you have been researching the subject as long as we have, you can come up with quite a list. Deciding which options make the most sense for you and your house is where things become a little difficult.

We wanted to make the changes that will save us the most money in the long run, and require the least amount of effort on our part. One of the items I have written about before is programmable thermostats. There are two thermostats in our house, one on the bedroom level and one on the main level. Neither were programmable. Most builders will only install the cheaper thermostats even though the cost difference is not that great. The amount of energy you save

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Dan's Desk – EcoSmart is Everywhere

By Dan Guinn



One of the first decisions after moving into a new house and also one of the most important is who will you hire to do your pest control. Since we have moved to an entirely different area, we decided to check into some of the local pest control firms in our area to see if they had anything new to offer. Were we pleasantly surprised!

We ended up meeting Chris Lamb of Lamb Exterminating. Chris has the complete line of conventional pest control products that you are used to having, but what makes Chris'

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by using the programmable kind has been documented to be huge (www.energystar.gov).

The first thing Dan did was take note of what kind of thermostats were already installed. The brand was Hunter. He then proceeded to purchase new programmable thermostats made by the same manufacturer. In doing this, he ended up with a simple installation process. The wiring layout from the old thermostat to the new one was exactly the same. The whole process took only a few minutes.

The new thermostat also has the filter change reminder which you can set. If you have read my articles for any length of time, you know that I am adamant about changing your air filters frequently. Just in case I forget to put a reminder into Outlook, now I have a reminder right on the thermostat.

The programmable thermostats come pre-programmed with the recommended settings from Energy Star. These may or may not work for you. It's best to leave it for a week or so and see how it works before making changes. They are set for no one to be home during the day and for you to return in the evening. We stay home most of the day and are gone most of Sunday, so programming is necessary to make it match our lifestyle.

The next change that we made took quite a bit more time and effort. We decided to purchase some sort of window covering that would offer some insulative value. After some research, we decided to go with the Levelor cellular shades at Lowes. Lowes will cut them to fit inside each of your windows for no extra charge. These type of shades fit inside the window and hold a pocket of air inside them that gives you a buffer between the conditioned air inside and the colder windows.

Since the shades themselves are rather thin, I didn't think that the insulative value would be that great. We lived in the house for several weeks with no shades and noticed a significant loss of heat during the night. After installing the shades in every window in the house, the night time heat loss of reduced. The rooms felt warmer and the heat was not running incessantly through the night. It's amazing what a difference even small changes can make.



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Contact Elizabeth and Dan Guinn at info@danguinnhomes.com for the free report, "Top Ten Best Ideas to Reduce Utility Bills and Spend the Savings on What You Really Want!" Just send me an email requesting a copy and I will speed one out to you!

firm so interesting is their complete line of Green pest control products.

Chris has been in business since 2001 and has spent that time diligently educating his customers on the ecosmart alternatives to the standard practices. He began by trying things out at his own house and at the houses of his employees. They experimented with different products to determine what really worked for problems such as ants, spiders, mosquitoes and fleas. He has been pleased with his findings and now shares them with his customers via a customer newsletter that he sends out.

He has been encouraging his customers to go green in areas where he has found tried and true alternatives. He also offers a completely green wood treatment for wood that you can use during new construction projects or on additions. The treatment he offers has been proven to completely penetrate the wood right down to the center of each stud and joist, making the wood completely unappetizing to any hungry termites.

Give Chris a call today to discuss how you can improve the health of you and your family, not harm you pets and still not be bothered by annoying pests. Chris Lamb 804-694-6166 and yes, he services much more than just Gloucester, so give him a call for a free estimate today. Don't forget to ask to be put on his newsletter distribution list.

*Taking you from Dreams to
Reality
Psalms 127:1a*



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