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HOUSE WISE

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Dan Guinn Homes, P.O. Box 2261, Yorktown, VA 23692 757-438-8624
www.danguinhomes.com info@danguinhomes.com

The Lights are On!

By Elizabeth Guinn



CFL's to the rescue!

We had a comment by one of our readers recently regarding the compact fluorescent light bulbs (CFL's). Lisa D. wrote to ask about CFL's. She had recently heard comments by a congressman about the procedures involved with the clean up after one breaks. The problem lies in the fact that CFL's contain a small amount of mercury, as do many other household items. Did you know that your home smoke detectors also contain mercury? There are special procedures for the disposal of any household item that contains hazardous chemicals like mercury. These are usually spelled out for you on the product packaging. Most people like myself, just never read it.

The fact is that we have been using florescent lighting for decades in our schools businesses and homes. It has just been recently that we have made the move from the long tubes to the curly pig tail lights even though they have been

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Dan's Desk

By Dan Guinn



Recently we had to plug in a dehumidifier in part of our basement to reduce the humidity. I was amazed at how much water it pulled out of the air. While emptying bucket after bucket of this crystal clear water, it occurred to me that I was watering my garden with pure distilled water that maybe I could have put to a better use.

After doing some research I ended up looking at new technology that produces pure drinking water for use in your home using much the same technology that my dehumidifier

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around since I was a child. I remember changing out the tube lights in the office where I worked in the early 1980's and the 8 foot tubes would inevitably break in the process and there was no concern about there being a mercury spill, in fact no one even knew there was mercury in them.

We have become more aware about the dangers of the mercury that is in these light bulbs as well as other products, and we should be careful about how we handle them. However, we should also remember that we have been around this technology for decades with little to no ill effects. The energy savings that this technology allows us can't be easily dismissed. When a regular light bulb expends 95% of its energy in producing unusable heat, CFL's begin to look pretty darn good.

We have CFL's in almost every light fixture in our house. Notice that I said ALMOST, not every. I am careful to put the CFL's in locations where they are protected from breakage by the fixture. I'm not crazy, I do have teenager's after all. I do have a couple of locations where I have keyless light fixtures which are just a light bulb and a socket with a pull chain. In these locations we have opted to go with the standard light bulbs for these very safety reasons. These aren't on for very long anyway and wouldn't really amount to much savings in the long run.

On the positive side, I read a great article in the Williamsburg Health Journal, July 2008 issue. The article, written by Dr. Renee Moss, was entitled "Vitamin D the Sunshine Vitamin". Great research has been coming out lately on the amazing results of having enough Vitamin D in your system. The research is even showing reduced rates of breast cancer as a result of greater amounts of Vitamin D.

What exactly does Vitamin D have to do with CFL's? According to Dr. Moss, because we live at 37.3 degrees latitude, we are located in a part of the world that does not receive sufficient UV energy to produce Vitamin D in our skin between November and February. The lack of Vitamin D also causes problems with Seasonal Affective Disorder. Never Fear, CFL's are here! If you are very careful the next time you head out to Lowe's to purchase your CFL's, you can find one or two that are labeled "Full Spectrum" light bulbs. These CFL's actually give off the right wave lengths of light so that you can be sitting at your desk in the middle of winter and still soak up enough rays to produce your necessary Vitamin D.

I did have to go back and forth in the light bulb section for several minutes until I located the "full spectrum" bulbs. I decided to put it in the room we spend the most time in during the day and evening hours, the living room. To do a real comparison, I left one standard CFL in the fixture and then put in the full spectrum bulb beside it. I have to say it was a dramatic difference. I went

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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!

Elizabeth Guinn
 Publisher
 Editor in Chief
 GC, Inc.

Subscription Services
info@danguinnhomes.com
 757-438-8624

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Taking you from Dreams to
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uses. Element Four™ has come out with the WaterMill™. This cool invention delivers approximately 3.2 gallons of pure drinking water per day and only costs 11 cents per gallon to operate. Unlike my dehumidifier, it contains an internal UV light that naturally retards bacteria and other microbial growth without any cleaning. The unit is 27 inches across and looks like a large ball and mounts outside your home and pulls the moisture out of the outside air.

A typical bottle of water costs about \$1.50 for a quart of water which translates to \$6 per gallon. Since the price tag on this unit is \$1,299, you would make up the cost in 221 gallons of water. So if you drink a gallon of water per day, then you would pay for the unit in under a year.

I know what you're thinking, it's pretty sad that I sit around calculating things like water usage and the cost of bottled water. But when you live in a part of the country where iron is very prevalent in the water and you pay \$40 per month for filters for your drinking water you tend to think about these things. It's not very difficult to calculate that yearly cost. This unit can tie in directly to your refrigerator and supply you with crystal clear drinking water with no filter. The website is www.elementfour.com. Bon Appétit.

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outside in the dark that night and looked back at the house and the living room was positively glowing. It's pretty bright. I have left it in for over a month now and we have gotten used to the extra brightness. I wouldn't put it in every room of the house, but knowing the benefits, I think a couple bulbs thoughtfully placed would be a good idea for us. We are looking forward to having a mood altering experience in the dead of winter.

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