

# NEWS

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For Immediate Release  
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## **Energy Trust of Oregon helps Oregonians trim energy waste and get homes in shape for summer**

*Nonprofit offers free Home Energy Reviews, plus tips for savings*

PORTLAND, Ore. — July 1, 2013 — While the summer sun heats up outside, it doesn't mean your energy bill has to. Energy Trust of Oregon, a nonprofit serving customers of Portland General Electric, Pacific Power, NW Natural and Cascade Natural Gas, is offering some easy first steps to help keep energy costs at bay and improve comfort this season.

“Energy Trust is a first step to saving energy this summer,” said Marshall Johnson, residential program manager, Energy Trust. “We can help with free, personalized advice, plus cash incentives and connections to local trade ally contractors for energy-efficient home improvements.”

### **Home Energy Review**

Energy Trust provides Home Energy Reviews with free advice to help guide homeowners and prioritize the best energy improvements for their home. The reviews are available three different ways — by phone, through a home visit or even online — to fit a variety of schedules and needs. Each gives homeowners a look at how efficient their home is now and provides them with a list of energy-saving opportunities.

For reviews done by phone or in-home, homeowners talk to an Energy Trust energy advisor who will work with the homeowner to evaluate their home from top to bottom. The online option allows homeowners to input information about their home and receive a Home Energy Profile any time of day.

### **Tips to cool off and save**

Energy Trust recommends these ideas for summer savings, including many no-cost and low-cost tips to help get started right away.

#### **1) Power down to cool off**

- Home appliances, electronics and standard light bulbs create heat when they're on. The less you use them on a hot day, the cooler you'll be.
- Skip the oven and use the microwave, cook on the stovetop or grill outside.
- Wait until you have a full load to run your clothes washer and dishwasher, and run them in the evening when it's cooler. Let dishes air dry, wash clothes in cold water and hang them outside to dry if you can.

## **2) Use windows strategically**

- Windows allow heat in when they're open or uncovered during the day. Close windows, blinds, shades or curtains to keep heat outside. Light-colored window coverings help reflect heat away.
- When temperatures drop, open your windows and doors to draw in cooler air at night or early in the morning.
- Shield windows from the outside with blinds, awnings or shutters and plant trees or tall shrubs to filter sunlight before it enters your house.

## **3) Join the fan club**

- Use fans to keep air moving and help you feel cooler, even if you have air conditioning. They create a breeze that pulls perspiration away from your body.
- A fan in the window can pull cool air in and draw warm air out. Try using a box or window-mounted fan on the shady side of your house to draw in cool air. A second fan on the opposite side of the house can blow hot air out.
- If you use air conditioning, a fan can allow you to raise the thermostat setting and still stay comfortable. If you buy a new ceiling fan, choose an ENERGY STAR® qualified one (available as a light/fan combination).

## **4) Keep hot air out and cool air in**

- Sealing air leaks and insulating your home can reduce cooling and heating costs and make your home more comfortable.
- Check for leaky windows and doors, as well as holes or cracks hidden in attics, basements and crawlspaces. Seal them with caulk, spray foam or weatherstripping.
- Add insulation, but seal air leaks first. Leaks make insulation less effective.

## **5) Make the most of air conditioning**

- Set the air conditioner or heat pump thermostat a few degrees higher than normal when no one is home. When you are home, set the thermostat to 72-75 degrees.
- Place electronics and lamps with conventional bulbs away from the thermostat. The heat they produce can cause the air conditioner to work harder than necessary.
- Check the system air filter regularly and change it when it looks dirty. A dirty filter makes the system work less efficiently and reduces air flow. Service the system each year.

To take part in a Home Energy Review and for more energy-saving solutions, homeowners can visit [www.energytrust.org/start](http://www.energytrust.org/start) or call 1-866-368-7878. Customers of Portland General Electric, Pacific Power, NW Natural and Cascade Natural Gas in Oregon, and NW Natural customers in Washington, are eligible for the Home Energy Reviews.

Energy Trust of Oregon is an independent nonprofit organization dedicated to helping utility customers benefit from saving energy and tapping renewable resources. Our services, cash incentives and energy solutions have helped participating customers of Portland General Electric, Pacific Power, NW Natural and Cascade Natural Gas save more than \$1.3 billion on energy bills. Our work helps keep energy costs as low as possible, creates jobs and builds a sustainable energy future. Learn more at [www.energytrust.org](http://www.energytrust.org) or call 1-866-368-7878.

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