



*Protecting our land, air and water  
to preserve our way of life in harmony with all species.*

## Our Earth, Our Home ... Let's Protect It by Changing Simple Habits “Make Sure ‘Off’ is Off!” in November

At Environmental Protection & Natural Resources, EPNR, we are making Earth Day last all year long. To celebrate, we have added an eagle soaring over Red Mountain to our logo. The eagle symbolizes that we share a fragile and vulnerable habitat with the Desert Nesting Bald Eagle, an environment that is constantly being impacted. Like the eagle, however, we can rise above this challenge and do our part to help protect our home.

Because protecting the environment is everyone's responsibility, we've launched a Clean & Green Campaign to celebrate Earth Year. Every month, in this column, we are showing you how you can change one habit that can make a real and positive eco-friendly difference for our land, our air and our water. At the end of the 12 months, you will have adopted 12 new habits to help protect your home and the environment.

During the month of November, we urge you to **Make Sure “Off” is Off**, by following these simple steps:

### **Make it a habit to make sure “off” is off!**

- Turn off the lights when leaving a room.
- If there is a light that everyone forgets to turn off, make a sticker or a sign to serve as a reminder. “Lights out!” or “Don't forget!”
- Where possible use a compact fluorescent light bulb (CFL). CFLs use ¼ of the electricity of a standard light bulb.
- Take advantage of natural light. Open shades and use sunlight to help light rooms.
- Use task lighting. Instead of lighting an entire room, focus the light where you need it.
- Unplug appliances, computers, cell phones and other chargers when they're not in use. Your electric meter is adding up kilowatt hours even when you're not using an appliance.
- Use power strips to switch off televisions, stereos, video games when you are not using them.

### **Why is it important to Make Sure “Off” is Off?**

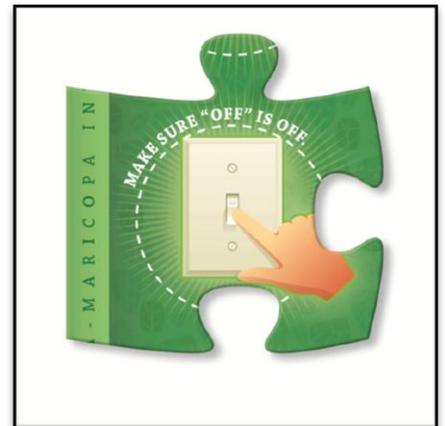
**FACT:** Lighting accounts for about 21 percent of commercial energy consumption. (Environmental Defense Fund)

**FACT:** Household appliances and lighting account for 34 percent of home electricity use. (U.S. Department of Energy)

**FACT:** Average household dedicates 12 percent its energy budget to lighting. (Environmental Defense Fund)

**FACT:** Lights in the average household produce just over a ton of carbon dioxide each year. (Environmental Defense Fund)

**FACT:** The “standby” consumption of energy for appliances that are not in use, but plugged-in can be the equivalent to that of a 75 to 100 watt light bulb running continuously. (Natural Resources Defense Council)



To learn more about how you can conserve energy please visit the U.S. Department of Energy's website. <http://www.eere.energy.gov/consumer/>

To know more about the Clean & Green Campaign or to be part of the Healthy Habits Team, contact the EPNR Hotline at 480-362-7500 or by email [EPNR@SRPMIC-nsn.gov](mailto:EPNR@SRPMIC-nsn.gov)