



*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 “Seal It and Save It!” in February

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.

There are many things you can do to weatherize your home or business and reduce energy use. During the month of February, we ask you to **Seal it and Save it!** by implementing these simple steps:

Make it a habit to seal it and save it!

- Caulk your home's doors and windows in order to prevent leaks.
- Weather strip your doors and windows and stop cold air from getting in and heat from escaping during the winter months.
- Use window putty to seal gaps around loose window panes.
- Keep windows and doors closed when the heat is on.
- Weather stripping your home will result in fewer drafts, more even temperatures in your home and lower utility bills.

Why is it important to Seal It and Save It?

FACT: About 50% of your annual electric bill is spent on running your heating and cooling system. (Arizona Public Service)

FACT: The gaps around the windows and doors in an average American house are the equivalent of a 3 foot by 3 foot hole in the wall! (Natural Resources Defense Council)

FACT: Even a well-insulated home can lose as much as 30 percent of its heat through small cracks around door and window jambs, thresholds, and frames. (Bonneville Power Administration)

FACT: Caulking and weather stripping – two simple air sealing techniques – will pay for themselves in energy savings within one year. (U.S. Department of Energy)



For more information on conserving energy and weatherizing your home, please visit the following websites:

<http://climate.weather.com/articles/weatherizing2008.html?page=4>

<http://www.epa.gov/iaq/pubs/insidest.html#Improve4>

<http://www.nrdc.org/enterprise/greeningadvisor/en-improvements.asp>

http://www1.eere.energy.gov/consumer/tips/heating_cooling.html

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