

What happened to Energy Week?

Q. Hasn't there been a special time focusing on energy awareness? Can you tell me when that is this year?

A. Detroit School Teacher

A. In the past, only one week has been designated as "Energy Week." This year, the entire month of October has been designated "American Energy Month."

The purpose of highlighting energy is to emphasize to consumers more efficient use of all types of energy.

I've compiled a short list of energy-saving suggestions. For some of you, these may be "old hat," but for new households, these tips can save money as well as energy. Most of these suggestions only require a little forethought and practice to become habits.



Terry Gibb

LIGHTING:

- The amount of light given off is not measured by bulb wattage. Example: One 100-watt bulb gives 50 percent more light than four 25-watt bulbs and uses no more energy.

- Fluorescent lights are less expensive, give five times more light and last 10 times longer than incandescent bulbs.

- Use shades over all light bulbs

and place them where they won't reflect on shiny surfaces, TV screens or glass.

- Use lampshades with white inner liners that are open at the top as well as the bottom. This spreads light more evenly.

- Position table lamps so that the bottom of the shade is at the eye level of the average seated person — about 40 inches from the floor.

HOUSEHOLD APPLIANCES:

- Turn off all appliances when not in use.

- When possible, plan meals that can be cooked together in the oven at the same time.

- Stainless steel, glass and ceramic utensils retain heat during cooking, reduce oven temperature by 25 degrees.

- Defrost foods before cooking — they will require only two-thirds as much cooking time as frozen.

- Electric range top burners can usually be turned off before food is fully cooked. The stored heat in the coils will complete the cooking.

- Match pan size to burner size, and use flat-bottomed pans to increase contact with the heat source.

- Special features on washing machines can reduce energy use, such as soak cycles that remove stains in one cycle or "suds savers," which save wash water for reuse.

- Do only full loads of laundry — but do not overload washer or dryer.

HEATING, COOLING:

- Turn down the thermostat at night or when no one is home during the day or on vacation. Timer ther-

mostats can pay for themselves by savings in heating bills while keeping your house comfortable.

- Use liners and/or thermal-backed draperies on windows. Keep draperies closed at night and on unusually cold days. Keep open on sunny winter days.

- Keep your furnace in good repair. It's a good idea to have it cleaned and checked annually.

- Replace furnace filters when they are dirty — not as specific time intervals. Check regularly.

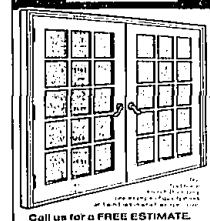
The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit 48226.

Grand Valley recruiting

Grand Valley State College will host an informal "get acquainted" reception for area high school and community college students interested in learning more about the college. The reception will be held 7-9 p.m. Monday, Nov. 3, at Somerset Inn in Troy.

Hosts will include faculty and students from Grand Valley's most frequently requested professional, career and liberal arts programs, as well as representatives from admissions, financial aids, placement, housing and athletics.

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