

## IN 2011 WE *RESOLVE TO IMPROVE THE WORLD* - ONE STEP AT A TIME

From the desk of Deborah Brindza, M.D., National Medical Examiner and  
Sue Ann M. Seich, Fraternal & Youth Director

### “HAVE YOU CONSIDERED LOWERING YOUR THERMOSTAT?”

Do you have a Programmable Thermostat? You may want to invest in one or call about having one installed. They are not costly and the money saved on your heating bill will recover the cost of it, in just a few months.

There are energy experts who have calculated by lowering your thermostat just one degree for an eight hour time period will lower your heating bill by one percent. You preset your programmable thermostat therefore you do not have to remember to decrease the temperature before bedtime. The temperature on the thermostat is automatically raised before you get out of bed. You will awake to a very comfortable temperature.

Nutrition experts' research has proven that a lower environmental temperature will raise your metabolic rate. A lower temperature will cause you to burn more calories for the same effort!

The idea of lowering the temperature in your home using less energy goes along with our theme for this year, “Lowering Our Carbon Footprint”. If you would like more information on reducing your energy consumption, go to the Natural Resources Defense Council website, [www.nrdc.org](http://www.nrdc.org).

Let us know if you're using a programmable thermostat and how you like it? We would enjoy hearing from you. Please mail your response to the Home Office, attention Sue Ann or email [sueann@fcsla.org](mailto:sueann@fcsla.org).

