naturalLiving

Spring/Summer 2013

your home. your world.

Save Money With Natural Gas

Plus

HOW TO GET WHAT YOU NEED FROM YOUR NEXT HOME

FURNACE OR HEAT PUMP - WHICH IS RIGHT FOR YOU?

INSIDE

06

FEATURES

IN EVERY ISSUE

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PRISM Media Group
President: Ray Larson
Editorial Director: Paula Felps
Production Manager: Pete Adauto
Graphic Designer: Nancy Kekich

For advertising information contact Robin Meredith:
rmeredith@prismmediagroup.com

Cutting Back

Take Simple Steps to Reduce Your Energy Costs.

Saving energy — and money — is always in season, and there are several ways to do it year-round. Looking for a way to bring down your energy costs? Try some of these simple but cost-effective changes.

- Get with the program. A programmable thermostat is one of the easiest ways to cut energy costs. This device can be found for as little as $20 at your local home improvement store, but when used properly it can save as much as $180 a year on your energy bills. Just make sure you learn to program it properly to get the greatest benefit.
- Follow the Star. When it's time to replace appliances, look for the EPA's Energy Star® label. Energy Star® appliances can use as much as 50 percent less energy or water than a non-Energy Star appliance. And while the up-front cost might be higher, the energy savings over the appliance's lifetime will more than offset that higher cost.
- Pull the plug. Eliminate so-called "phantom" energy drains by unplugging appliances and electronics when not in use. According to the U.S. Department of Energy, 75 percent of electricity used by home electronics is consumed when the products are not in use — so unplug them and save yourself some money!

- Check the dryer. Your home clothes dryer is a large energy user — and most homeowners spend about $85 per year on operational costs alone. Consider a gas dryer, which costs about half as much as an electric dryer to operate, and look for a model with a moisture sensor — it can save about 15 percent over a timed dryer, according to the Consumer Energy Center. ■

Heat On Demand

Lower energy bills with room heaters.

If you want to warm a single space in the home such as a family or living room, mud room, garage or three-season room without heating the entire house, there are many options available — and one that is perfect for you. Heating only the space you're using is a great way to lower energy bills without sacrificing comfort. Here are a few different ways that you can generate heat where (and when) you need it:

- Gas space heaters. For smaller spaces, these heaters can be the perfect solution. Available in both vented and vent-free styles, you can easily find one to fit your needs. Some of the vent-free options even have a 99 percent efficiency rating! However, before installing a vent-free model, check local codes — they are not allowed in some jurisdictions, such as Canada.
- Baseboard heaters. Gas-fired direct vent baseboard heaters are another option for warming up cold rooms, and are even approved for use in mobile homes.
- Fireplaces. This traditional way of warming a home has branched out, and many homeowners have replaced messy, high-maintenance wood-burning units with self-contained gas units. With their intermittent pilot ignition system, which provides a flame only when needed instead of burning continuously, these fireplaces can provide a huge savings on energy costs.
- Freestanding stoves. A freestanding stove offers many benefits of a fireplace, but has more flexibility in venting options. It can be vented either through an existing chimney or through any outside wall — and some models can be installed without vents. Again, keep in mind that installation of these units will be dictated by the area's codes, so always check your local codes before installation. ■

Make a Difference with Natural Gas

Choosing energy efficient technologies reduces waste, saves money — and saves the earth.

By Kristy Alpert

When first-time home buyers Travis and Kobie Moore began their house hunt seven years ago, selecting a home with an efficient natural gas system wasn't necessarily on their list of requirements. But fast forward to the present, where the couple has grown to become a family of four living out of their now six-and-a-half-year-old row house in Beaverton, Ore., and this eco-conscious family is now singing the praises of their natural gas hookups.

"When we purchased the home, natural gas wasn't a selling point for us necessarily, but our house was already set up with natural gas for heating, furnace and a gas range for cooking," says Travis Moore. "This has been our first home other than apartments, and it's bigger than the apartments, so when we moved in I expected our bills to go up — but they never did."

Having experienced the benefits of natural gas in their home over the past several years, Moore says natural gas would be a priority when

looking for a new home. They aren't alone in their quest for more energy-efficient home systems. According to the American Gas Association, over the past 40 years, the number of natural gas customers has increased by 72 percent. More North Americans have taken an interest in environmental concerns, and natural gas delivers increased comfort, decreased costs and the potential to cut carbon footprints by up to 45 percent.

"Natural gas is a better form of energy with lower emissions of CO2, and over the last few years it's become way more abundant than we ever knew," Moore adds. "Our furnace is incredibly efficient. It heats our home comfortably."

In the kitchen, they appreciate the even cooking and ability to control the flame.

"Overall, I'd recommend natural gas to anyone thinking about making the switch," Moore says.

SAVING GREEN WHILE GOING GREEN

In addition to natural gas's increasing level of sustainability, a home fitted with natural gas appliances produces significantly less greenhouse gas emissions than an all-electric home. The U.S. Energy Information Administration reports that the average cost per million British Thermal Units (Btu) is about $34.70 for electricity, while natural gas averages only $10.23.

"Natural gas is the brightest spot in our economy today," says Dave McCurdy, president and CEO of the American Gas Association. "A conversation about energy is a discussion about the future of our nation as it affects the bottom line of every home and business and plays a pivotal role on our national security and the protection of our environment. The more than 2.4 million miles of pipelines that make up the natural gas delivery system in the United States alone comprise the safest and most reliable delivery system in the world. That delivery system is also incredibly efficient, with 92 percent of the natural gas put in to the system delivered to customers as usable energy."

Advances in technology over the past decades have truly opened the door to an abundance of efficient, affordable and ecologically responsible natural gas. With natural gas, the benefits are numerous for consumers and the globe alike. According to the U.S. Environmental Protection Agency, natural gas has the smallest carbon footprint of any fossil fuel-based power generation, so much so that a household using natural gas instead of electric appliances produces 37 percent lower greenhouse gas emissions.

"It is true that greater use of natural gas can help the U.S. meet national goals of boosting our economy, improving our environment and increasing our energy security, but it is also a smart choice for consumers," McCurdy says, adding that the direct use of natural gas in typical home appliances results in energy consumption that is 28 percent less than a similar home with all-electric appliances.

"Households that use natural gas appliances for heating, water heating, cooking and clothes drying spend an average of $518 less per year than homes using electricity for those applications. As a transportation fuel, natural gas offers the same mobility benefits while producing fewer harmful air emissions than gasoline and diesel fuels. Compared to gasoline-powered vehicles, natural gas vehicles can reduce greenhouse gas emissions by 29 percent."

A MORE NATURAL FUTURE

The American Gas Association notes that the natural gas industry touches nearly every segment of life and has the capability of meeting one-fourth of the nation's energy needs, making it one of the most energy efficient options available in the marketplace.

Like millions of other users, Moore and his family appreciate how valuable a commodity natural gas is when it comes to keeping his family comfortable, and he looks forward to seeing what lies on the horizon for future advancement in cost and energy savings.

"Natural gas is the key to our economic future," McCurdy says. "It is the dominant source of energy for heat and hot water in residences and businesses across North America, and we envision a relatively stable natural gas market during the next 10 years and possibly beyond."

He says the stability of the natural gas market will create more opportunities for consumers, including advances in the use of natural gas in homes, businesses, industry and vehicles.

"Integrating these applications with smart energy grid technology and energy management tools will enable communities to deliver energy more reliably and help consumers use energy even more efficiently," he says. ■


SOLD
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Getting Personal

Make sure you consider your individual needs when buying a new home.

By Cindy Baldhoff

Looking for the "perfect home" is like looking for the "perfect mate" — what appeals to one person might not be attractive to the next. So when looking for a home, the important thing is to know what's right for you and your family — and then make decisions based on those very personal and individual needs.

"Owning one's own home continues to be the American Dream, so most people aspire to purchase real estate for the intangible, emotional reason of reaching that goal," explains Kay Cementina, a realtor in San Luis Obispo, Calif. "Many current renters are finding that they can actually pay less for a monthly mortgage payment than what they are paying for rent, so it makes excellent financial sense to buy now."

Before deciding to buy, she recommends that each person weighs the pros and cons between renting vs. buying, as home ownership comes with expenses beyond the mortgage payment.

"Talk to a mortgage broker to find the complete monthly payment including taxes and insurance. Plan for perhaps higher utility bills if the new home is larger than the previous residence, and you may pay for things like trash and water that may have been included in a rental payment," Cementina says. "Make sure your credit score is as high as possible, as the underwriting guidelines are still very strict."

After you have prepared yourself financially, it's time to look at what you really want from a home — make a list of the things that matter and make sure you note where you don't want to compromise.

"Once the budget is determined, the process is more one of elimination," says Cementina. "The homes that are available in the price range the buyer can afford can be eliminated one by one until the right one shows up. Certainly, setting up a search for the buyer that is based on location, total square footage, number of bedrooms and baths, lot size, etc. gives the list to start with, but then personal preference as to the quality of construction, finishes and so forth takes over."

Defining "wants" and "needs" is also a very personal choice — a family with small children might see a fenced back yard as an absolute "must have," while a gourmet cook might not mind an unfenced area — as long as the kitchen has all the latest bells and whistles. Things like kitchen size and amenities, bathroom space and living areas all become factors when looking at a home.

"Families have to consider the schools nearby and parks for kids to play in. Airports, train tracks and highways all produce noise that may or may not bother you. Within any given community, there are specific neighborhoods that are considered more desirable than others, but that is personal opinion so a buyer needs to get to know the community and talk to neighbors of a potential new home to glean the local intelligence needed to decide if it is a good fit."

Although "location, location, location" is a fairly famous mantra of realtors, Cementina noted that a fairly new, trendy term — the "walkability index" is — emerging for many buyers. It means that one can walk to work, stores, entertainment and not necessarily need a car or other transportation. Some buyers are looking for "green" features.

(continued on page 08)

(continued from page 07)

A Matter of Time

What you need from a home may also depend on how long you plan to live there.

"The typical consumer moves approximately every seven years, so you need to find a house that will work for the next chapter of your life," says Cementina. "There are some people who find one house and stay there for the rest of their lives, but for many, each life change demands a new home that accommodates their need for either more or less space."

In other words, if someone finds a home they love that works for them right now, they shouldn't worry too much that it will seem cavernous in 10 years when the kids have gone off to college. Choose something that appeals to you, meets your needs — both lifestyle and budgetary — and is in an area that you're comfortable with. Visit the neighborhood at different times of the day (and night) to see if it's the kind of environment you'll be happy living in.

Beyond the Bells (and Whistles)

While everyone loves "curb appeal" and the amenities that a home has to offer, making sure you get what you need from a home goes well beyond its design and appearance. Along with factors like size and location, smart homebuyers also look at elements like energy and heat that will keep them comfortable throughout the year. In addition to ensuring you can afford the home of your dreams, you want to make sure you can keep it warm (or cool) without breaking the bank.

In a study conducted by the National Association of Home Builders (NAHB), an overwhelming majority of builders agreed that new homes with natural gas equipment generally sell more quickly than new homes without any natural gas equipment.

Additionally, a New Homeowner Energy Preference Survey conducted by the research and management consulting firm Woodland, O'Brien & Scott and Energy Solutions Center, indicates that more homeowners prefer natural gas over electricity — including those who don't presently have it. According to the Hearth, Patio and Barbecue Association, about 46 million homes in the U.S. today have fireplaces, and about 16.5 million of those fireplaces operate on natural gas. Some of the reasons given by survey participants for preferring natural gas included saving money, dependability, warmer heat and quicker recovery for heating water.

With a secure and abundant supply of natural gas available, it makes sense to look into how natural gas can improve comfort while at the same time saving money. It's used daily in everything from clothes dryers and stoves to furnaces and public transportation. When it comes to your home, here are just some of the ways it can make life more comfortable:

Heat. A gas heating system is not only less expensive than an electric heating system — it also warms the air more effectively. According to Atmos Energy, natural gas heat is delivered from a forced-air system

at a temperature of approximately 120 degrees Fahrenheit (49 degrees Celsius), while the air from an electric heat pump is delivered at 85 to 95 degrees Fahrenheit (29 to 35 degrees Celsius). Although the air is warm enough to heat a room, that air still feels cool and drafty, since it's lower than our skin temperature.

Water heaters. A natural gas water heater costs less to operate and heats water twice as fast as an electric water heater, according to Atmos Energy.

Cooking. Gas has long been the preferred choice of professional chefs, because the heat is more controllable, and gas ovens heat up much faster than those on electric stoves. In fact, a study by the Gas Foodservice Equipment Network shows that 98 percent of professional chefs prefer gas for cooking. Another advantage is that gas stoves create less overall heat than electric stoves — so your entire kitchen will be cooler.

Drying clothes. Gas dryers heat up more quickly than their electric counterparts, so it can take less time to dry your clothes. They also are less expensive to operate — so you'll save money every time you run a load of laundry. Another bonus? Less static electricity! (Be sure to buy a dryer with a moisture sensor, which will shut off the dryer automatically when your clothes are dry. According to the California Energy Commission, this can cut energy use by about 15 percent!)

There's no one "right" or "wrong" choice when it comes to buying a new home. But thoughtfully considering all the factors — and knowing what you expect and need from that home — will help make the decision-making process simpler. Carefully consider size, location and even the energy your home uses before making the final choice. ■

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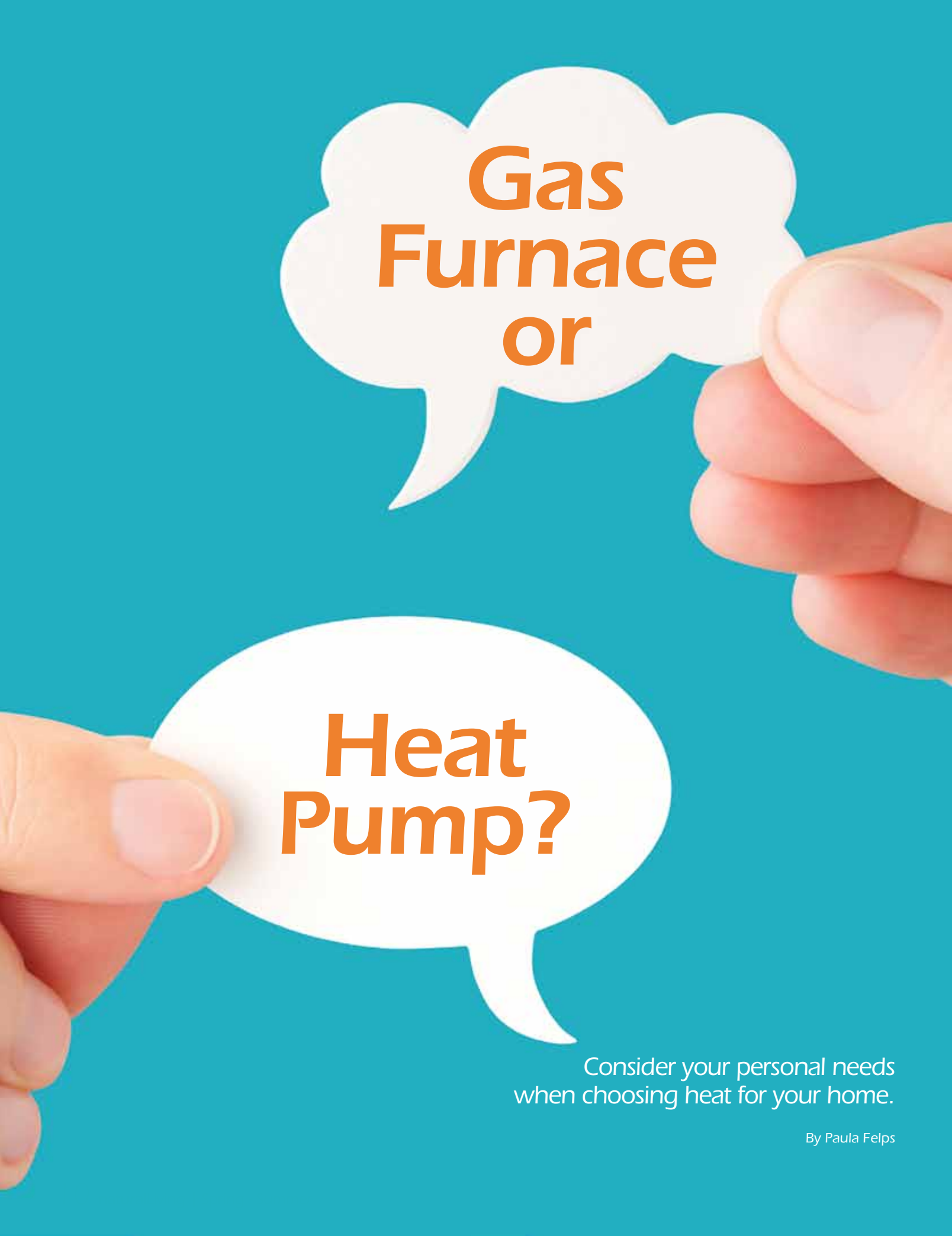


Consider your personal needs when choosing heat for your home.

By Paula Felps

Heating your home is something that no one should take for granted — although many people don't put as much thought into their heating system as they should. Even in climates that are warm most of the year, it only takes one good cold snap to appreciate the merits of an efficient heating system. And, in areas where heating is required more often than air conditioning, it can be one of the most important decisions you make for your home, both in terms of economics and comfort.

Discovering what system is right for you requires a bit of education about what's available, how it works and whether or not it is right for your personal needs. When it comes to choosing between a gas furnace and an electric heat pump, consumers have plenty of information to consider.

"Most consumers don't know exactly what they're looking for," says Dave Nichols with HVACS Learning Solutions and Lennox Industries, Inc. "They only know that they need a system that will keep them warm in the winter and cool in the summer. Beyond that, they don't usually think about things like utility costs, sizing of the equipment and so forth."

He says the first step in finding the right equipment is to find a dealer you trust and in whom you have confidence. The right salesperson, he says, will ask a lot of questions before making recommendations.

"Different people have different needs, so the relationship between the dealer and the customer needs to be a true partnership," he points out. "This is about your explicit needs as a customer, so he should identify your real needs by talking about how you live, how you like things to be in your home."

Going into the buying process armed with information about your options is helpful and empowering. Nichols says it's good to know some of the advantages as well as the trade-offs of different types of equipment.

"One of the deciding factors for customers is usually cost, and one of those costs is the amount you'll pay for electricity versus gas."

He said heat pumps have traditionally been more popular in the southern U.S., where the demand for heat is limited to a few weeks out of the year, so the higher electric rates aren't as much of a burden as they would be in cooler climates.

ALL HEAT IS NOT CREATED EQUAL

Beyond economics, a driving force behind buying decisions is the comfort that each provides. The fact is electric heat and gas heat don't feel the same.

"A heat pump doesn't give a blast of warm air when it comes out of the furnace," Nichols says. "If you set the thermostat at 72 degrees, you're still going to get your room warmed to that temperature, but it doesn't have that same warm blast of air that people want to feel."

One of the reasons for that is because electric heat is delivered at a temperature of 85 to 95 degrees Fahrenheit — or 29 to 35 degrees Celsius, while gas heat is delivered at 120 degrees Fahrenheit, or 49 degrees Celsius. Since the temperature of electric heat is lower than your body temperature, it feels cooler to the skin. And, since the temperature of the warm air from the heat pump is cooler, more of it needs to be blown into the home to heat the spaces, adding to the drafty feeling.

Heat pumps also lose efficiency when the temperature dips below 35 or 40 degrees Fahrenheit (1.7 to 4.4 degrees Celsius), which is another reason they may have greater popularity in southern states compared to northern ones.

"In recent years, we've seen people in the north replace the air handler of their heat pump system with a gas furnace typically called an add-on heat pump. The heat pump runs like it did previously until the temperature drops to about 40 degrees or lower, then the natural gas furnace takes over," Nichols says.

(continued on page 15)

(continued from page 14)

"The cost of emergency electric heating with the heat pump is expensive once the temperature drops, so a gas furnace can save customers a significant amount of money during the colder months."

According to a study by the Energy Resources Center at the University of Illinois at Chicago, such combination systems work best in hot and moderate climates.

"It's an individual choice, but for most people, the bottom line is about comfort in the home," Nichols says. "It also is going to have to do with the environmental choices you make."

CONSIDERING THE BIGGER PICTURE

Someone who drives a hybrid vehicle, practices composting, eats organic food and uses natural products whenever possible is more likely to opt for a natural gas furnace over an electric heat pump. Those who are more planet-conscious and concerned about their carbon footprint find that gas offers a solution to let them meet their comfort needs while making less of an impact on the environment.

An article by William Ryan, Ph.D., P.E., from the University of Illinois at Chicago Energy Engineering Program compared the carbon dioxide emissions of a ground source, also known as geo-thermal heat pump to other heating and cooling systems. In that article, "Carbon Emission Comparison between Residential Heating and Cooling Options," he found that emissions were higher for an electric heat pump than for a natural gas furnace in roughly half of North America, and that the high incremental cost of the ground source heat pump was typically not worth the investment.

Additionally, Ryan found that the average purchase cost of a ground source heat pump was higher than a natural gas furnace with a high-efficiency electric air conditioning system. The gas furnaces, he found, cost between $3,500 and $4,000, while the ground source heat pump systems cost between $10,000 and $17,000.

OTHER CONSIDERATIONS

Convenience often goes hand in hand with comfort and the same holds true for your heating system. One reason electric heat pumps are less popular in colder climates, writes UIC's Ryan, is that snow blockage in the winter can impede performance, so after heavy snowfall a homeowner may have to manually clear the area to ensure the pump continues working. And, in the event of a pump failure, repairs have to be made to an outdoor unit — which may not always be possible in extreme cold or snow.

Each person has to choose what kind of system best meets their needs — economically, environmentally and from a comfort perspective. To do that, Nichols recommends finding a dealer you're comfortable with and who takes the time to not only explain the differences in equipment, but also listens carefully to your individual needs and expectations.

"It should be a conversation, not an interrogation," he says. ■

Counting the Cost

Take the puzzle out of fuel cost comparisons with this simple calculation process.

By Tonya McMurray

To evaluate the cost and efficiency of a heating system, consumers need to compare the cost of various fuels. But that can be a challenge since fuels are measured and sold in different units: gallons of oil, cubic feet or therms of natural gas, tons of coal, kilowatt hours of electricity.

The process of comparing different fuels can seem like a puzzle at first glance. But with some simple math, consumers can make an apples-to-apples (or Btu-to-Btu) comparison of different fuels.

STEP 1: IDENTIFY THE UNIT PRICE

Start by identifying the price per unit for the energy you want to compare. Energy costs vary by location. To get the most accurate cost for your area, use prices from a recent bill or get a rate from local providers. If you're using a energy bill, use the total delivered cost, including taxes, and divide your total bill by the total units of energy used.

For example, a propane bill that shows a total cost of $994.54 for 393.1 gallons of propane would calculate as: $994.54 ÷ 393.1 gallons = $2.53 per gallon. For an electric bill that totals $91.44 for 762 KiloWatt hours (KWh), the calculation would be: $91.44 ÷ 762 KWh = $0.12 per KWh. A bill for a delivery of 127 therms of natural gas with a cost of $146.05 would calculate as $146.05 ÷ 127 therms = $1.15 per therm. (Keep in mind that most electric and gas bills contain a monthly service fee that should be subtracted from the total cost before the above calculation is made. These monthly service charges are costs that will not change regardless of the amount of energy used each month.)

STEP 2: FIND A COMMON UNIT OF MEASUREMENT

To determine how a price per gallon compares to a price per KWh or to a price per therm, you must find a common unit of measurement. Measuring heat energy is one way of creating an equal comparison between fuels. The British Thermal Unit (Btu) is the most common unit for comparing fuels. (A Btu is the amount of energy required to raise the temperature of one pound of water by one degree Fahrenheit.)

The following chart shows the U.S. Energy Information Administration's conversion of common fuels to Btu, based on the average energy content of fuels. (There is some variation in fuels from one location to another. If you have a measure based on your location, you should use that measurement for the greatest accuracy.)

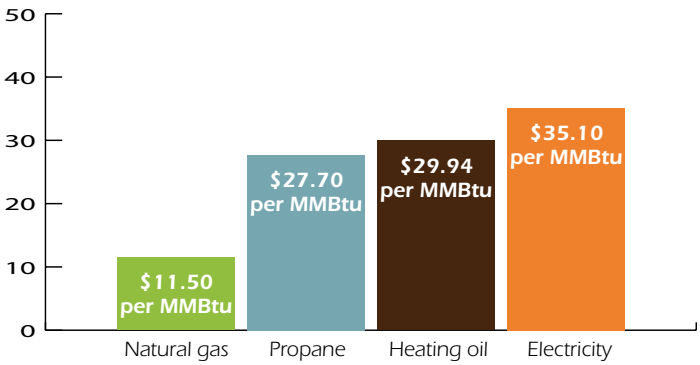
Fuel	British Thermal Units (Btu)
1 gallon heating oil	138,690 Btu
1 therm natural gas	100,000 Btu
1 decatherm	1,000,000 Btu
1 CCF natural gas	103,000 Btu
1 MCF natural gas	1,030,000 Btu
1 gallon propane	91,333 Btu
1 KiloWatt hour of electricity	3,412 Btu
1 cord of wood	22,000,000 Btu
1 ton of wood pellets	16,500,000 Btu
1 ton of corn (kernels)	14,000,000 Btu
1 gallon kerosene	135,000 Btu
1 ton of coal	25,000,000 Btu

STEP 3: CALCULATE FUEL COSTS

Divide the price per unit by the fuel heat content per unit (Btu) and multiply that answer by 1 million. This will give you the cost per million Btu (MMBtu). To compare the cost for propane at $2.53 per gallon, electricity at $0.16 per KWh and natural gas at $1.15 per therm, you would use the following calculations:

- Propane: ($2.53 per gallon ÷ 91,333 Btu) × 1,000,000 = $27.70 per MMBtu
- Electricity: ($0.12 per KWh ÷ 3,412 Btu) × 1,000,000 = $35.10 per MMBtu
- Natural gas: ($1.15 per therm ÷ 100,000) × 1,000,000 = $11.50 per MMBtu
- Heating oil: ($4.153 per gallon ÷ 138,690 Btu) × 1,000,000 = $29.94 per MMBtu

Once all fuel costs are converted to cost per million Btu, you can easily and accurately compare different fuel sources. ■



Within Reach

Healthy natural gas supply guarantees stable prices into the future.

The natural gas industry is poised to serve the increasing future energy needs of North America, and at a predictably less volatile price because of robust supply.

According to the Washington, D.C.-based American Gas Association, shale gas now accounts for one-third of all domestic production of natural gas. Thirty-two states are now producing, or have produced, natural gas, according to the AGA.

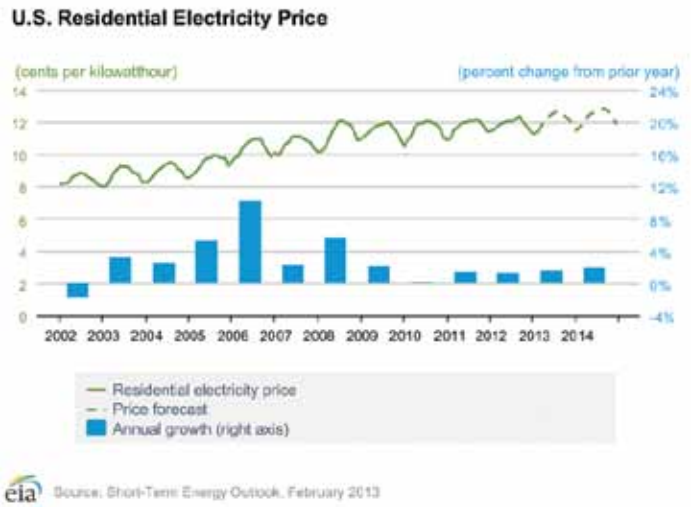
"Consumers have benefited from the tremendous growth of this new natural gas supply," the AGA reported in its 2013 handbook. "Identifying and extracting new sources of natural gas have resulted in a lower and more stable price environment compared to years past."

Richard Meyer, an analyst with the AGA, says that two technologies in particular have given rise to the production of previously untapped gas resources: horizontal drilling and hydraulic fracturing.

From 2006 to 2011, the gross production of natural gas has increased by 21 percent in the United States. "It's been incredible," Meyer says. "There's been tremendous growth."

In 2006, average wholesale gas prices hovered around $8 per million Btu, Meyer says. In 2011, the average price plummeted to $4.02, and in 2012, the price was $2.77, according to the U.S. Energy Information Administration. That's a 31 percent decrease in the span of one year.

These prices are average annual spot, or wholesale, prices at Henry Hub in Erath, La. Henry Hub is a benchmark location for pricing throughout the U.S., according to EIA. The 2012 figure is the lowest average annual price at Henry Hub since 1999.



Historically speaking, natural gas prices have always been relatively low. Natural gas prices are low now because of a stronger overall supply.

"The market is changing, definitely," Meyer says.

NORTHERN CONTRIBUTIONS

Domestic gas production accounts for 92 percent of all natural gas consumed in the United States. The remaining 8 percent comes from Canadian imports and a nominal amount from internationally traded liquefied natural gas, according to the AGA 2013 handbook.

Gas supplies are used in all sectors of the economy — including electricity generation for homes and businesses. Natural gas is helping reduce the costs of electricity generation because of its own low cost.

"So the benefits of an abundant supply are extending to electricity," Meyer says.

As natural gas prices begin increasing based on supply and demand, more production will occur. But since the recent supply has increased so quickly, pricing has plateaued. "It's a perfectly rational response to signals in the marketplace," he added.

Looking toward the future, the natural gas industry is poised to meet the demand for electricity for homes and businesses and potential for fueling cars that run on natural gas "with relative market stability." At the same time, rising costs of infrastructure upgrades will continue to drive increases in residential electricity rates, according to the Energy Information Association. The EIA predicts that residential electricity prices will grow by 1.7 percent in 2013 and by 2 percent in 2014, and projects that generation from natural gas will increase by 42 percent from 2010 to 2035. ■

Simple Grilled Lamb Chops

Original recipe makes 6 servings

INGREDIENTS

¼ cup distilled white vinegar
2 tsp salt
½ tsp black pepper
1 Tbsp minced garlic
1 onion, thinly sliced
2 Tbsp olive oil
2 pounds lamb chops

DIRECTIONS

1. Mix together the vinegar, salt, pepper, garlic, onion and olive oil in a large resealable bag until the salt has dissolved. Add lamb, toss until coated and marinate in refrigerator for two hours.

2. Preheat an outdoor grill to medium-high heat.

3. Remove lamb from the marinade, leaving on any onions that stick to the meat. Discard any remaining marinade. Wrap the exposed ends of the bones with aluminum foil to keep them from burning. Grill to desired doneness, about three minutes per side for medium. (The chops may also be broiled in the oven about five minutes per side for medium.)

SOURCE: ALLRECIPES.COM

allrecipes.com

Beet and Apple Slaw

(From the book "Big Vegan" by Robin Asbell)

INGREDIENTS

1 medium beet, trimmed, peeled and cut into chunks
2 medium Granny Smith apples, cored and cut into chunks
½ head green cabbage, cored
3 tsp champagne vinegar
1 tsp agave syrup (or honey)
1 tbsp Dijon-style mustard
¼ tsp salt
¼ cup olive oil
½ cup packed flat-leaf parsley, coarsely chopped, for garnish

DIRECTIONS

1. Using a box grater or a food processor fitted with a shredding disk, coarsely shred chunks of beets and apples, transferring to large stainless steel bowl as you work. Use the large-holed side of box grater to cut cabbage, or, if using a food processor, switch to a slicing disk; the yield should be two packed cups. Add cabbage to bowl.

2. Whisk together vinegar, agave syrup, mustard and salt. Whisk in oil to form an emulsified dressing. Pour over beet, apple and cabbage mixture, then toss to coat. Transfer to serving bowl and sprinkle with parsley. Cover and refrigerate for up to two days. Serve chilled. Serves up to seven as a side dish.

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Baxi was the first combination heating and domestic hot water boiler in North America, and is now producing significant savings, even in the least heat dependent areas of California.

Your current heating appliance will one day need to be replaced. When that time comes, upgrade to a proven, high efficiency, gas-fired heating solution and enjoy a greener and more affordable future. The Baxi Luna HT modulating, condensing wall-hung boiler, for instance, will help you cut your fuel consumption dramatically, while freeing up valuable living space, enhancing your home equity, and cutting greenhouse gas emissions by up to 90%.

Baxi Luna has been heating homes in Europe for over three decades, and homes and businesses throughout North America for 15 years. Ideal for hydronic in-floor radiant, towel racks and snow melt applications, Baxi is also a great choice for a forced air with hydronic air handler system.

Energy Star approved and CSA certified, Baxi is a whisper-quiet and compact all-in-one space heater and water heater that comes with multiple built-in safety features. True to Baxi's commitment to safety, quality and environmental protection, this high efficiency appliance may only be installed by a Baxi trained and certified heating and plumbing contractor.

Make Baxi your future home heating choice for a new home or for replacing an aging and inefficient heating system. Visit www.wallhungboilers.com today, and get a Baxi-trained and certified contractor to help you enjoy a greener and more affordable future – with plenty of comfort and savings.

Baxi Luna HT 380 is a high efficiency, compact all-in-one space heater/ water heater that can heat a home up to 4,000 square feet and provide endless domestic hot water.

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The exclusive distributor of Baxi products in North America, Marathon International is a proud affiliate member of Energy Solution Center