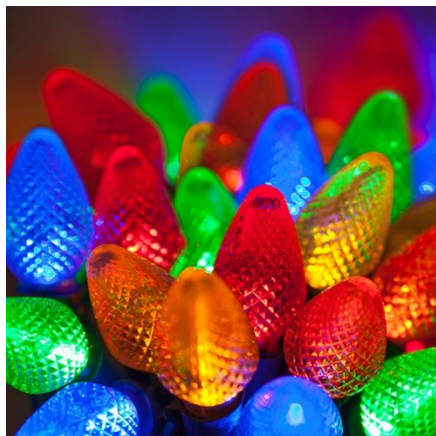


Taking the Challenge to You, the NIH Staff!



For this issue's Staff Spotlight, we would like to "turn the spotlight" to all NIH Staff by issuing a challenge! As explained in this issue's Featured Article, we can all make small changes to reduce our personal energy consumption. In the case of a large institution like NIH, these small changes can accumulate to form a substantial energy savings. Thus, **our challenge is to change at least one behavior that can help to conserve energy!** This could be as simple as changing the power management settings on your laptop (as discussed in the Featured Article), replacing your home office lamp with an LED lightbulb, or consulting with your building manager about lighting options!

As we approach the holiday season, this time of the year provides many extra opportunities to complete our challenge. For example, many of us will be taking extended leave time. Shutting down any computers, monitors and other equipment in your office or lab is a great way to save energy while you are out of the office.

Additionally, many of us like to decorate our offices for the holidays with festive lights. Make sure you turn off all lights before you leave your office for any extended period of time! An alternative for making holiday lights more energy-friendly is to choose LED bulbs over traditional incandescent bulbs. While LED bulbs were previously more costly than incandescent bulbs, the price points have become fairly similar as LED technology has improved. LED bulbs have been shown to use up to 75% less energy than their incandescent counterparts.¹ Although the energy savings of a small display are relatively minor, a large display (such as driveway, house and yard lights) can easily save over \$100 in a few holiday seasons.² Moreover, LED bulbs typically last longer, break less often, produce less heat, and can be arranged in much longer strands than incandescent lights.² Consider choosing LED lights for your holiday displays! Please be thoughtful to conserve energy wherever possible at NIH this holiday season! We also encourage you to take full advantage of changing your energy-saving behavior by adopting this behavior at home too!

Please share your methods for conserving energy around the office or at home with green@od.nih.gov!