

Put A Little Green In Your Life

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Weatherization Offered



The main purpose of the Weatherization Program is to save energy. Saving energy cuts heating costs in the winter & cooling costs in the summer.

All clients must fill out an application at one of our county service centers. After applications are received in the Central Office, they are placed in order by county through a point system.

Points are awarded for handicapped, elderly, low-income, number of months waiting, type & amount of fuel burned, & size of family. The

family with the most points gets served first.

Selected homes are inspected. The inspection covers many areas, including insulation, doors, windows, foundation condition, height & width of walls and the attic, & overall condition of the structure.

This information is entered into a computer program to determine the most cost-effective measures of weatherization for the home.

Before any weatherization work can begin, testing of the heating system must be done. The tests performed are to be sure the heating system is working in a safe and efficient manner. If any problems are discovered during the tests, a furnace contractor will repair, or in some cases, replace the heating system.

After work is completed, a final inspection of the home occurs to make sure all work was completed in a professional manner. The home is then reported to the state as completed.

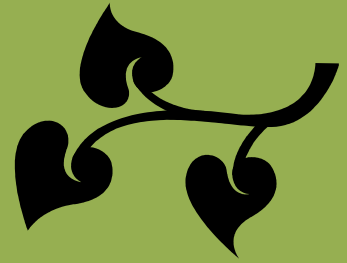
Call 877-611-7600 to see if you qualify for the GHCAA Weatherization program!

Go Green Facts

- Achieving a 20% wind contribution to U.S. electricity supply by 2030 would reduce CO₂ emissions by 25%.
- Wind power is the fastest growing source of energy in the world.
- Wind power capacity grew by 45% in 2007, but only represents about 2% of the nation's total electricity supply.
- Conventional, fossil-fuel electricity production is the leading cause of industrial air pollution in the U.S. and leads to other social problems including water pollution and lung disease.
- In the U.S. alone, buildings account for 72% of electricity consumption.
- The U.S. uses 25% of the world's oil, but only has 3% of the world's oil reserves.

Essential Oils

We hear about them all the time, but what exactly is an essential oil? By definition an **essential oil** is a concentrated hydrophobic liquid containing volatile aroma compounds from plants. Simply put, is it the liquid "essence" of a particular plant which is thought to retain certain characteristics of the plant such as medicinal properties and aroma. Essential oils are generally extracted by distillation. Other processes include expression, or solvent extraction. They are used in perfumes, cosmetics, soaps and other products, for flavoring food and drink, and for adding scents to incense and household cleaning products.



Aromatherapy is another practice that makes heavy use of essential oils. Aromatherapy is a form of alternative medicine in which healing effects are ascribed to the aromatic compounds in essential oils and other plant extracts. Many common essential oils have medicinal properties that have been applied in folk medicine since ancient times and are still widely used today. For example, many essential oils have antiseptic properties (see tea tree, below). Many are also claimed to have an uplifting or sleep inducing effect on the mind.

CAUTION MUST ALWAYS BE USED WHEN HANDLING ESSENTIAL OILS! Please keep in mind that *natural* does not equal *safe*. Because of their concentrated nature, essential oils generally should not be applied directly to the skin in their undiluted or "neat" form. Some can cause severe irritation, provoke an allergic reaction and, over time, prove hepatotoxic (damaging to the liver), some, such as wintergreen, can even be fatal in amounts as small as 4 grams. Instead, essential oils should be blended with a vegetable-based "carrier" oil (as a base, or "fixed" oil) before being applied, and even then, only if you are confident in the knowledge of what each essential oil's effects are when applied to the skin (some should not be used if pregnant or nursing, taking certain medications, or taken internally). Essential oils should not be used with animals, as they possess extreme hepatotoxicity and dermal toxicity for animals, especially for cats.

With a good amount of research and study on your side however, the use of essential oils for a multitude of purposes can be a very rewarding hobby.



A Bit About Tea Tree Tea tree oil comes from the *Melaleuca Alternifolia* tree which is in the Myrtle family. It has been used for centuries as a treatment for many ailments. It is now produced commercially as a cosmetic ingredient and household cleaner.

The Australian aborigines have used tea tree oil for thousands of years. They brew the leaves and stems into a tea and inhale the vapors to cure coughs and congestion. They break the leaves up to make poultices to treat cuts and abrasions. During WWII, the Australian military required all first aid kits to include tea tree oil because of the many uses. Recently, it has been used to aid the soldiers in Iraqi deserts, by repelling sand fleas and healing the bites they cause.

Tea tree oil has a multitude of uses. It has triple antibiotic qualities, meaning it kills bacteria, fungus and infection. It has been known to treat acne effectively, and when used as a poultice or in a bath, it can help with arthritis pain and muscle aches. In dental care, it can kill bacteria in the mouth when mixed with toothpaste, aiding in the fight against gingivitis, and as a breath freshener. When gargled, it can cure throat infections and make a good mouth wash. It can be used to treat asthma, colds, flues, and bronchitis when steeped into boiling water and inhaling the steam. The anti-fungal qualities help fight off nail fungi and athlete's foot, warts, and other ailments of the skin and nails. It also helps with dandruff, lice, yeast infections, thrush, and boils.