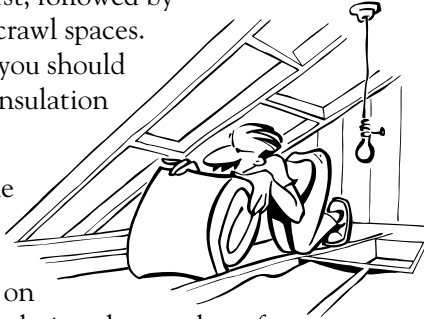


Adding Insulation

Properly insulating attics, floors, and walls can have the greatest impact on lowering heating bills. Insulation is rated by "R" values or heat retention factors. The higher the R-value the greater the insulation value. It is best to insulate attics first, followed by walls, then floors above unheated crawl spaces. You can easily find out how much you should insulate by contacting a qualified insulation contractor in your area.



If you are unable to insulate the entire house, at least insulate the attic. Ceiling insulation can save up to 30% on fuel bills, depending on your home's size, R-value of the insulation, the number of windows and doors in the house, and other energy saving improvements.

Although the weather greatly impacts how much energy we use, we can do something to minimize our energy consumption and maximize our comfort at the same time. If you have any questions about natural gas or would like to know how to reduce your energy consumption, contact your local Cascade office today.

Discover other energy saving ideas by visiting the following web sites:

Northwest Energy Alliance	www.energyideas.org
Washington Utilities and Transportation Commission	www.wutc.wa.gov/consumer
Oregon State Department of Energy	www.energy.or.us



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Practical Energy Saving Tips



CASCADE NATURAL GAS CORPORATION

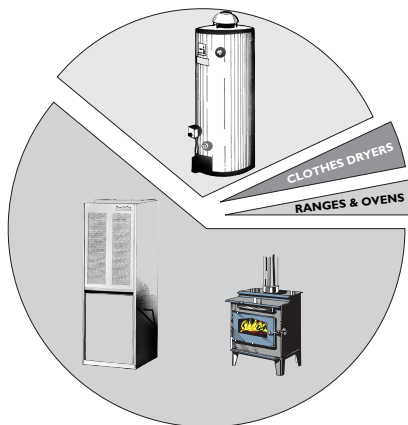
Cascade Natural Gas is pleased to provide this common sense information so you can get the most from your hard earned energy dollar.

Most of these tips involve no expense, but do require a change in your energy habits. Other measures cost a little, but are estimated to be cost effective in the long-term.

In a typical Pacific Northwest home that uses natural gas, the energy dollar is divided as follows:

- 61% – space heating
- 32% – water heating
- 4% – clothes drying
- 3% – cooking

Natural gas consumption in Northwest homes

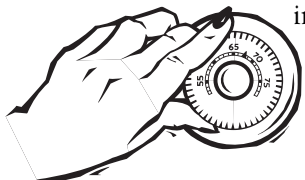


Ensuring Proper Air Flow

Many Cascade customers have lowered their energy bills as much as 10% by regularly changing furnace filters and making sure that airways and ducts are free flowing, and connected properly. If the ductwork under your home is improperly insulated, you could be wasting money and heat energy.

Controlling Your Air Temperature

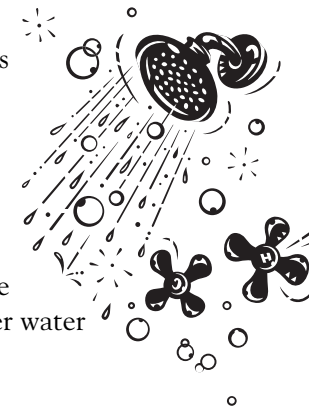
Significant energy savings may be made by turning down your thermostat to 65°F during the day and 55°F at night. In addition, a properly humidified home is as comfortable at 65°F as a dry one at 72°F. If you live in a dry climate, a humidifier may be a good comfort investment. A setback thermostat can reduce gas consumption by automatically adjusting your thermostat according to your lifestyle.



Conserving Water

About one-third of the average family's energy bill is for heating water. Turning down the operating temperature on your water heating to 120°F, can easily reduce your water heating bills. You can also reduce your water and energy consumption by installing low-flow showerheads and repairing leaky faucets with new washers.

Standard showerheads use between 3 and 8 gallons per minute (gpm) and account for 21% of indoor domestic water use. By replacing an average 5 gpm showerhead, with a 2.5 gpm low-flow showerhead, the typical household can save nearly 12,000 gallons of water per year and lower water heating costs.



Using Drapes Effectively

Your drapes will act as a blanket for your energy sensitive windows. During warm summer days, close your drapes to keep out the sun's mid-day heat and reduce air conditioning costs. On winter days, leave your drapes open so your home will absorb the sun's natural heating energy. Always close your drapes at night to keep the heat in.

Caulking & Weather Stripping

Caulking and weather stripping are inexpensive and efficient ways to lower your heating bills. This can keep out wind, moisture, dust and noise. Estimates indicate that you can save up to 10% of your home heating and cooling costs by caulking and sealing all windows and doors.

