



## HOW MUCH DO OUR BAD ENERGY HABITS COST US?

We all have bad energy habits, from hanging out in front of the open freezer door letting all the cold out, to falling asleep in front of the TV, to the classic leaving the lights on all day when nobody's in the house...so which ones actually cost us money?

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## MEET JEREMY BRYAN!

Jeremy is Denverite with over 18 years experience in home improvement, renovations, insulation installation, general electric, and home repairs. He is also [BPI Certified](#)! As a Building Analyst Jeremy's goal is to educate people, on ways to make their homes more energy efficient and comfortable, help them save money and reduce their carbon footprint, and make their homes safer!



## ENJOYING THE BENEFITS OF ATTIC INSULATION IN WINTER

### Get Connected



### Articles E3 Reads:

[Say Goodbye to Energy Guzzling 40 & 60 Watt Incandescent Bulbs](#)

[Young Buyers Looking for Energy Efficient Homes](#)

[State Programs and Incentives](#)

### DIY PROJECT

This 1920's NEWSPAPER was found in a ceiling and used as insulation! We've come a long way...



Is your home:  
too hot,  
too cold,  
both?

Adequate attic insulation is an important factor in keeping an HVAC unit from having to work harder to maintain appropriate temperatures in a home. With improved energy efficiency, the residents improve their comfort while reducing utility bills.



**LEARN MORE**



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