

PROVIDING
EARTH FRIENDLY GREEN PRODUCTS
 FOR A HEALTHIER TOMORROW

INTRODUCING:
 GEO-THERMAL HEAT PUMPS AND HOT WATER
 RELIABLE, QUIET, AND SAFE

**REDUCE UTILITY BILLS
 ENVIRONMENTALLY SAFE**

SAVE THE ENVIRONMENT
 AND SAVE MONEY!

Heating & Air Conditioning
ASTAR

MIDDLETOWN NEWBURGH MONROE WARWICK
 692-4858 566-4858 782-4858 986-4858

800-845-HEAT ASTARHEATING.COM

Get Comfortable with the Best

The Breath Of Life presents...
The Ionic FOOTSPA
 a new innovative way to **DETOXIFY**



1-800-311-7837
 www.tbolfootspa.com

**BRING A GUEST
 AND RECEIVE A
 FREE
 FOOT BATH
 WITH THIS AD.**



SUSTAINABLE LIVING

Use the sun to heat water and save cash

When you think "solar power," most people picture expensive solar panels generating electricity and spinning your electric meter backward. Actually, the biggest bang for your solar buck is solar hot water.



Shawn Dell Joyce

Solar hot-water systems have a shorter payback period, usually around seven years, and a lower price tag. Plus, solar hot-water panels can "share the roof" with photovoltaic panels since they use less space.

Here are a few good reasons to invest in solar hot water:

- ▶ Most homes have a limited amount of roof space with the proper orientation for solar. Solar hot-water systems are more efficient (75-80 percent) compared to photovoltaic panels (28 percent), so they will fit better on more homes.
- ▶ Solar hot water is four to eight times more cost-effective than photovoltaic systems.
- ▶ If you have a heated swimming pool, you would save enough money on your electric bill to pay for the solar water heater in 2 to 2½ years.
- ▶ After that, it's free for the life of the system, and you can swim from early spring through late fall.
- ▶ If you have radiant floor heating, you can attach that to your solar water heater for a decrease in your heating bills.
- ▶ Solar hot water is virtually maintenance-free.
- ▶ You can get rebates and incentives to pay for up to half the installed price.

Larry Liptscher files tax returns for a living, and thinks solar hot water is one of the best investments you can make.

His family had a solar hot-water system installed on their Croton home early this summer. "I don't understand why more people aren't investing in solar hot water," says Liptscher.

He notes that his system cost about \$7,000, but his family received rebates and incentives that paid for about \$3,500. The family of four has not sacrificed anything, nor do they have to do anything special to maintain their system. "We have plenty of hot water any time we need it," he says.

You can team solar hot water with super-efficient appliances on timers to cycle when the sun is shining. This method gives you the most efficient use of hot water when it is most abundant. For households with two teenagers, like Liptscher's, solar hot water is the most economical choice. Long, hot showers are less expensive with a solar hot-water system. "It's also nice not to hear the furnace go on every time we use hot water," says Liptscher.

Reducing global-warming-causing emissions is the primary reason most people choose solar.

"A conventional water heater can produce the same amount of emissions as a car driven 12,000 miles a year," says Patrick Gallagher of Gallagher Solar Thermal, who installed the Liptschers' system. "Solar hot water is a way to reduce carbon and help save the planet just by showering or swimming in your pool."

If you want to know exactly how much a good solar hot-water system would cost, and where it would work best on your roof, call an installer like Gallagher for an estimate.

He will punch in a few numbers from your utility bills, tell you exactly how much you could save per year, and what the proper system would cost. You can reach Gallagher at 258-0749 or at www.solarthermalsolutions.com

"At the rate that home heating costs are rising," he notes, "We will all be paying for the added cost of a solar hot-water system whether we get one or not (through added heating costs). Why not have the benefits as well?"

Shawn Dell Joyce is a sustainable artist and activist from Montgomery. Go to www.recordonline.com/earth to read more of Shawn's columns or send comments.



Learn powerful parenting!

Women & Parenting Luncheon

**Tuesday
 September 25
 11:45am - 1:30pm
 Holiday Inn, Suffern, NY**

\$10 donation. Reservations required.

**Register online at
www.GoodSamHosp.org/register**

**Or call 1-800-HELP-IN-5
 (1-800-435-7465)**

Join us for lunch and this Powerful Parenting program! Learn communication skills that will help you maintain optimal relationships with your children; from childhood through adolescence and into adulthood. Lecture will focus on what mothers can do to avoid repeating old patterns, become more effective and feel more in charge while experiencing better relations with their children.

Guest speaker - Dr. Mona R. Spiegel, Ph.D. founded MyFamilyCoach™ to provide professional coaching to women who want assistance and guidance but do not need therapy. Dr. Spiegel speaks to women's groups all over the United States and is a member of the International Coach Federation and the American Psychological Association.



GOOD SAMARITAN HOSPITAL
 Bon Secours Charity Health System

With you, every day.

255 Lafayette Avenue, Suffern, NY 10901 | www.GoodSamHosp.org