

This kilowatt use graph shows how much electricity I used between April 2007 and April 2009 at the house I built in 2006. Homeowners who followed my building progress, which posted on the Rosie on the House Website, know I spent a great deal of time on it and paid close attention to detail.

When it came to structural integrity and energy efficiency, I spared no expense. I chose the Integra Wall System, a specially designed post tension masonry wall injected with foam. The windows are from Pella Window & Doors' Proline Collection. The heating and air conditioning is a high efficiency, packaged American Standard unit. The patio extends the whole length of the west facing wall as that is the longest side of the house and has the most windows and a door. For attic insulation, roofing materials, appliances - you name it - if it didn't have an Energy Star rating at minimum, it didn't go on my house!

All of these upgrades paid off, and I couldn't be happier- not only with the low cost of my initial utility bills, but also with the great quality of life these upgrades have brought me because they've given me a quiet indoor living area, quiet appliances, consistent temperatures throughout the house, low dust and so on.

Still, nothing can beat buying power for a lower cost! At first I was on the APS Time Advantage rate through APS which had "on peak" rates between 9a.m. and 9p.m. during the week. I set my thermostat at a static 78 degrees' in the summer and 62 degrees in the winter (if I turned it on at all), or 30 degrees off the ambient outside air temperature.

Then in October 2007 Advanced Home Systems installed my Energy Management Computer. We changed my rate to a new Time Advantage rate that APS had just created a few months earlier. That changed my "on peak" hours to noon to 7:00p.m., which means I would pay cheaper "off-peak" rates for five additional hours. Then I programmed my thermostat to maintain 68 degrees during "off peak" hours and 74 degrees during "on peak" during the summer. I haven't changed the settings since...

I've heard it *all* when I've told people my thermostat settings. *"That's insane! You must have a lot of money to waste,"* some say *"Must be nice on easy street,"* some even chime in *"That is so irresponsible Romey! Do you know how much energy you are wasting?"*

I just laugh and show them the facts. Not only do I spend \$70 less than the average home my size (1,600 square feet), but I also consume fewer kilowatt-hours than I did without the Energy Management Computer. This system is based on the "stored cooling" method instead of the "save a buck, buy my product" way of doing business that so many so called energy efficiency "experts" have pounded into our minds for years and years.

You can learn about the stored cooling method in this [segment](#) from the [private studio interview](#) I did with Steve and Eric of Advanced Home Systems, and then look at my energy consumption chart on the following page. You will see for yourself this is a proven method of energy management, and it results in cheaper utility bills. (I've blacked out the account number and service address for obvious reasons, but rest assured, that's my house!)

A handwritten signature in black ink that reads "Romey". The signature is stylized with a large, sweeping initial "R" and a cursive "omey" following it.

MY ACCOUNT

Personal Account Info

MY ACCOUNT | APS SERVICES | MY COMMUNITY

Usage History

This graph is based on actual usage history. [Supporting details](#) are available.

APS Account #:

Service Address:

Please select:

- one year two years

