

# Progress Energy saving programs

*The company unveils an expanded solar energy strategy called SunSense, including a range of new residential and commercial solar incentives and programs.*

Since Progress Energy Carolinas' first energy efficiency program, Home Advantage for Builders, launched in December 2008, a steady stream of energy saving programs have rolled out for residential and commercial customers.

Interested customers should start with a Customized Home Energy Report (CHER). This tool provides homeowners with a free, personalized evaluation of their energy use and helps customers identify available rebates and energy-saving tips. Visit [www.progressCHER.com](http://www.progressCHER.com) to get your own report. Customers may be eligible for a variety of rebates, including rebates for energy efficient windows, upgraded attic insulation, air duct repairs and HVAC replacement.

Progress Energy unveiled an expanded solar energy strategy earlier this year – called SunSense – including a range of new residential and commercial solar incentives and programs. SunSense programs are expected to expand the scope and use of solar energy in the Carolinas and Florida by more than 100 megawatts over the next decade.

"We are committed to implementing a balanced energy strategy to provide reliable electricity to the homes and businesses that depend on us, while keeping costs to customers as low as possible," said Lloyd Yates, president and CEO of Progress Energy Carolinas. "Solar power will play an increasingly important role in providing clean energy for the regions we serve, and as cost-effective technologies continue to develop, we will work to bring new choices for our customers and make smart investments on larger-scale solar projects."

Residential customers can participate in SunSense by applying to be part of the SunSense solar water heating research study. Progress Energy is offering a \$1,000 rebate for customers installing eligible systems to be part of a study to determine energy savings associated with solar water heating.

A Chatham County school, Jordan Matthews High School in Siler City, is actively participating in renewable energy through Progress Energy's SunSense schools program. Jordan Matthews was recently announced as a finalist in the SunSense schools competition. Finalist schools are working on Energy Challenge projects now, which will be judged regionally in December. Winning schools will win free solar panels to be installed on their schools' campus.

Check [www.progress-energy.com/sunsense](http://www.progress-energy.com/sunsense) for more information.

— Progress Energy

## 'New' Thanksgiving visit

By Jeff Davidson

I moved from Connecticut, where I had spent my entire life, during the fall of 1977. My father had died earlier that year. It was only after his death that I realized my connection to Connecticut had been largely through him, and now it was time for me to move. I chose Washington, D.C., or more specifically, the suburbs of northern Virginia.

In the years that followed, I would visit my mother several times a year, particularly on Thanksgiving. Unlike North Carolina, if you've ever been in Connecticut during the last week or two of November, you know that it is bleak. All the fabulous leaves that shone so spectacularly throughout October had turned brown, fallen, and were being crunched into the ground as people walked past.

I thought after many years of doing this, why don't I come up and visit in October? Sure, I'd like to be with my mother on Thanksgiving, but for practical purposes, if I'm going to visit from Washington two or three times a year, one of the visits ought to be

in October, around the eighth through the fourteenth, when fall foliage is at its peak.

The next Autumn, after declaring I would now make a month earlier visit and skip Thanksgiving, my strategy paid off in many ways. It was warmer and cheerier in October. My mother was as eager as I was to get in the car and drive around to the various sites along Avon Mountain and deep in West Hartford where fall foliage could be seen in all its splendor.

Indeed, our memories of those visits seem to resonate on a higher plane than the memories of previous Thanksgiving visits. After all, most Thanksgivings are just like all the others. You have turkey, you sit around, you watch a show, you talk about what's going on in your life. October, being such a more vivid and sparkling month, yields better conversations, more trips outdoors, more picture-taking, and, I can say now, with the hindsight of many decades, more vivid memories.

*Jeff Davidson is The Work-Life Balance Expert. He wrote Breathing Space, 60 Second Innovator, and 60 Second Self-Starter. Visit [www.JeffDavidson.com](http://www.JeffDavidson.com) or call 800.735.1994.*



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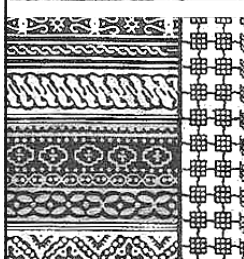
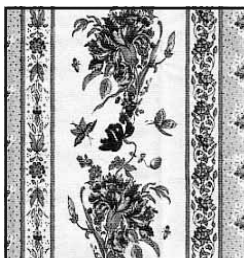
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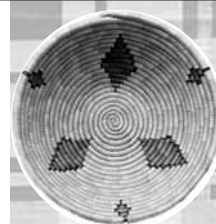
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