

5 ways to cut down your energy costs

Energy costs are rising across the country. According to the Consumer Price Index, energy costs nationally are up 25% over last year, which can cut into family budgets.

Energy Trust of Oregon, a nonprofit that helps people cut energy use, has some easy ways Oregon families can use less energy while also keeping their homes warm. According to the U.S. Department of Energy, tips like these could help save an average of \$283 or more every year.

"If your home is leaking air, it can feel like you're fighting an uphill battle to heat your home," said Scott Leonard, residential spokesperson with Energy Trust. "By taking steps like sealing leaks, adding rugs to cover bare floors and simply opening the blinds, you can save money on your energy bill and keep your family comfortable."

Here are Energy Trust's top tips for keeping your home warm while saving money on your energy bill this winter. It's also a great time to schedule maintenance service. With product shortages and busy contractors, planning ahead will keep you warm.

For more energy-saving DIY tips, visit energytrust.org/residential/DIY.

1. Set the temp: At night or when no one is home, save on energy costs by lowering your thermostat to 58-60 degrees. When you're home, keep the thermostat at 65-68 degrees.

2. Seal those gaps: Small gaps and cracks in a typical home can add up to the same loss of energy and comfort as leaving a window open year-round. Use caulk or spray foam to seal small holes and cracks and use weather stripping and door sweeps to seal drafty windows and doors.
3. Take advantage of the sun: Heat your home with help from the sun by leaving window shades or blinds open during the daytime. At night, close the window coverings to help keep the heat in.
4. Check air filters once a month and schedule maintenance: During the coldest months when your heating system is working its hardest, check your air filter and change it if it looks dirty. A dirty air filter will slow airflow and make the heating system work harder and waste energy. Now's the time to schedule maintenance service for your heating system. An HVAC specialist can help catch issues before you're left in the cold.
5. Find support: If you need assistance with utility bills, check with your utility for options and programs. And the Weatherization Assistance Program is a federally funded program that provides low-income households with home weatherization services. Learn more and see if you qualify at bit.ly/3iDdj8S.

Chinook Winds Casino Resort

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For more information about events in North Lincoln County, visit lcchamber.com, oregoncoast.org or lincolncity-culturalcenter.org.

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Office Hours: Monday through Friday 8am-4:30pm

Chinook Winds Casino Resort in Lincoln City, Ore., offers 24-hour Las Vegas-style gaming, an 18-hole golf course, headline entertainment from some of music's most legendary stars, three full-service restaurants, a secure child care facility and arcade, and a 243-room ocean-view hotel.

For more information, visit chinookwindscasino.com, or call 888-CHINOOK (244-6665) or 541-996-5825.

Is it COVID-19, flu, RSV or the common cold?

COVID-19

Onset after exposure: 2-14 days

Not everyone gets the same symptoms, or any symptoms.
Abdominal pain • Congestion • Coughing • Diarrhea • Fatigue
Fever (brief episodes) • Headache • Muscle or body aches •
Nausea or vomiting • New loss of taste or smell •
Shortness of breath • Sore throat

Flu

Onset after exposure: 1-4 days

Unlike COVID-19, usually comes on very suddenly. Your child may feel perfectly fine one day and be sick the next.
Chills • Fatigue • Fever • Headache • Loss of appetite •
Nausea • Runny nose • Sore throat

RSV

Onset after exposure: 4-6 days, in stages (not all at once)

Common cause of wheezing in kids under 2. In older kids, symptoms may not appear any different than the cold.
Coughing • Decreased appetite • Fever • Runny nose •
Sneezing • Wheezing

Common cold

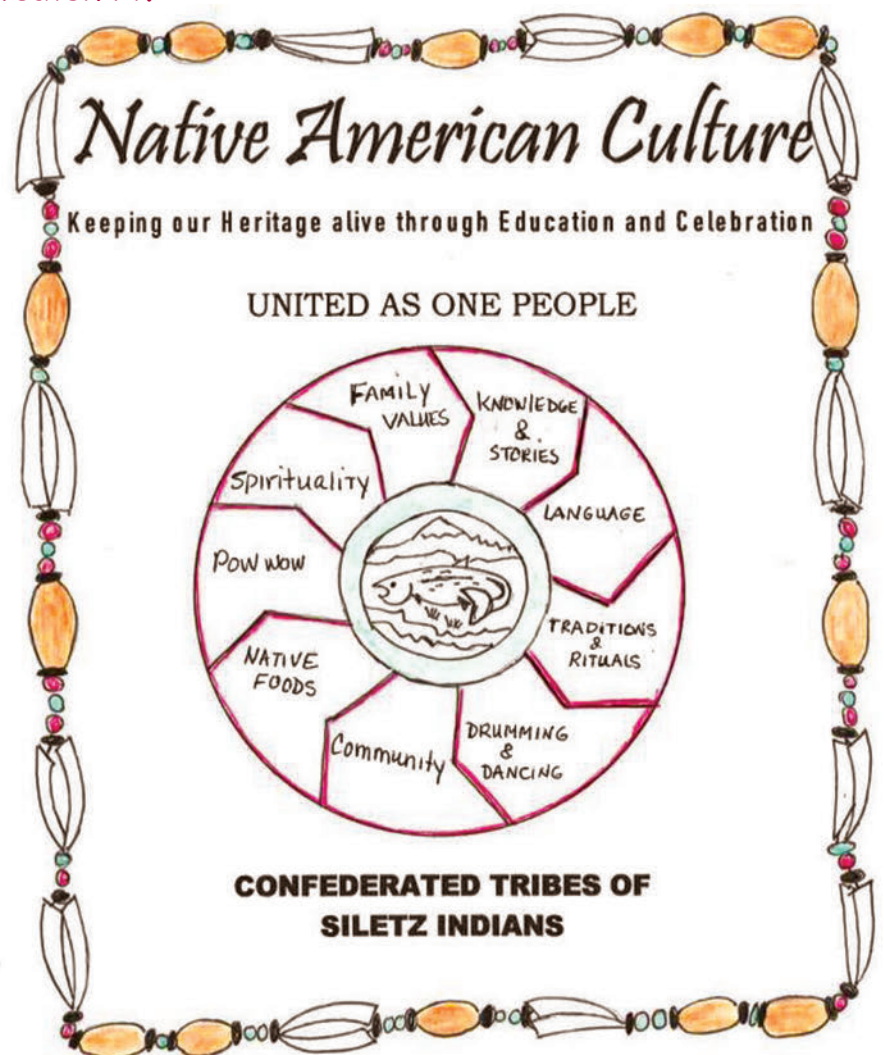
Onset after exposure: 2-3 days

Coughing • Runny or stuffy nose • Sneezing •
Sore throat • Watery eyes



Oregon Health Authority

This fundraiser replaces the Elders raffles that usually take place at the Nesika Illahee and Restoration pow-wows. Neither event took place in 2020 and both were canceled in 2021. Help this group continue to buy flowers and gift cards for elders who fall ill by purchasing a steel blue T-shirt or sweatshirt.



ELDERS COUNCIL FUNDRAISER

The Elders Council is holding a T-Shirt fundraiser. We are now taking orders. T-shirts and V-necks are \$20 each and sweatshirts are \$30 each. Please contact Shelley UpChurch at 541-992-5095 or email shellmeister09@gmail.com to reserve yours today!