

# Did you know? Heating, cooling with the power of the earth

The temperature just a few feet below the earth's surface remains relatively constant, even during hot summer days and bitter cold winter nights.

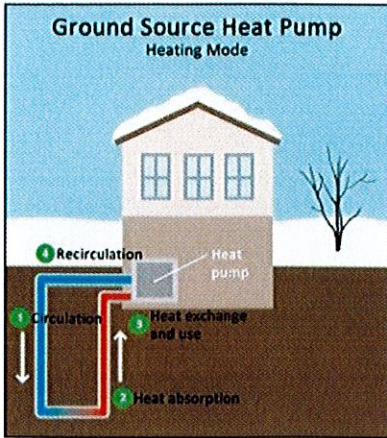
Geothermal technology systems (a.k.a. ground source heat pumps) harness this naturally stable underground temperature and use it to heat and cool buildings. Many looking to save money and green up their heating and cooling systems use geothermal technology in their homes, according to a public service announcement from the New York State Department of Environmental Conservation.

Installing a ground source heat pump requires some digging or drilling outside of the building. Pipes are placed underground and filled with water to transfer heat to and from the building.

A pump then circulates the water back and forth between the ground and the building to move the heat. When the building's temperature dips below the thermostat settings, the heat pump moves the warmer water from underground into the building, compresses the water to generate more heat and releases that heat inside the building. When the building is too warm, the heat pump reverses the process by bringing in the cooler underground temperatures, expanding it for additional cooling, and releasing the cooled air inside the building.

Since the movement of heat between the pipes and their surroundings is a natural process, energy is used only to power the water pumps, compressors and fans inside the heat pump unit inside the building. As a result, ground source heat pumps significantly reduce the amount of energy needed to heat and cool a building.

According to the New York State Energy Research and Development



Graphic courtesy of United States Environmental Protection Agency

**Ground source heat pumps eliminate the need to burn home heating fuels and reduce the overall energy demand and emissions.**

Authority, ground source heat pumps can return three to four times the initially supplied energy through heating or cooling. In a residential setting, that can mean huge savings on bills as well as significantly reduced emissions. In addition, ground source heat pumps usually last longer and require less maintenance than traditional heating systems.

To learn more about ground source heat pumps and their benefits, visit [cleanheat.ny.gov](http://cleanheat.ny.gov).



Photo courtesy of Slate Valley Center

Residents of Slate Valley Center are enjoying a new exercise technique called 'Yoga Ball Drumming.'

## Slate Valley Center residents have a 'ball' with a new exercise

Residents at Slate Valley Center have started to take healthy exercise classes called "Yoga Ball Drumming," where they strike a big ball with drumsticks.

The exercise has become a favorite workout. The goal is to do it in unison to music and, literally speaking, the residents have a ball. Not only is it extremely fun, it's great cardiovascular exercise and wonderful for eye and hand coordination.

"The residents simply love yoga ball

drumming," said Andrea Kelley, Slate Valley Center's recreation director. "It's great for their hearts, and since they love it, it improves wellbeing."

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