Hard to know for sure if you're wasting energy at home. Or where, exactly, you might be losing that extra few kilowatts here and there. Xcel energy says it wants to help. The power company is making energy assessments available for customers in Trempealeau, Buffalo and La Crosse counties for a reduced rate. Forty five bucks will buy you a visit from an energy consultant from Focus on Energy to check out where you might be able to make energy efficiency improvements in your home. As part of the program, Xcel and Focus on Energy will provide incentives to some customers to make efficiency improvements.