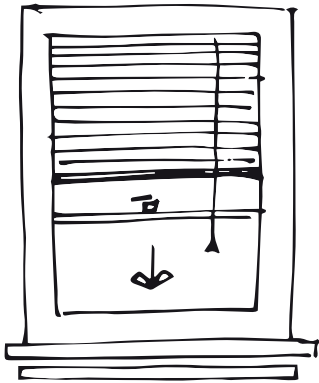
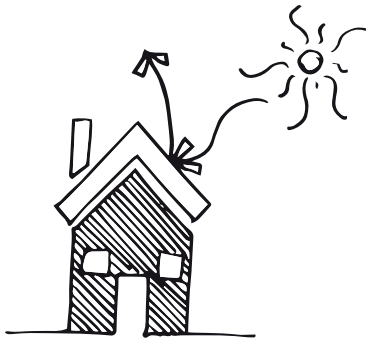


# Summer Cooling

Summers are getting hotter, and it can be very challenging to stay healthy and comfortable without running up extremely high air conditioning bills.

Following these simple steps will help you keep your cool this summer:



**1** Keep the house closed when it is cooler inside than outside

**2** Keep the heat out by using shades, blinds and drapes

**3** Replace high wattage light bulbs with cooler LEDs

**4** Weatherize and insulate your house for year-round savings

**5** Reflect the heat off your roof with a cool roof coating

**6** Shade your home with trees, porches and awnings

**7** Wear light clothing

**8** Take cool showers or baths

**9** Stay in the coolest part of the house, usually on the lowest floor

**10** Drink lots of water, instead of soda and coffee

**11** Recognize the signs of heat exhaustion

**12** Stay in the shade



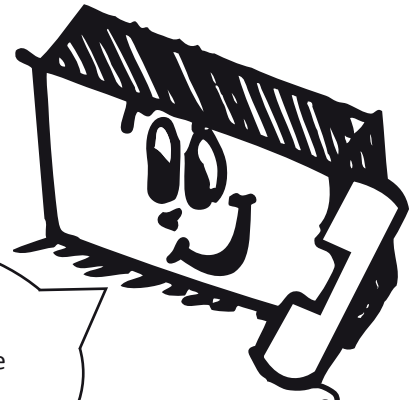
# Control Thermostat Settings

*What do you get when you cross a Clock with a Thermostat?*

## **BIG SAVINGS!!!**

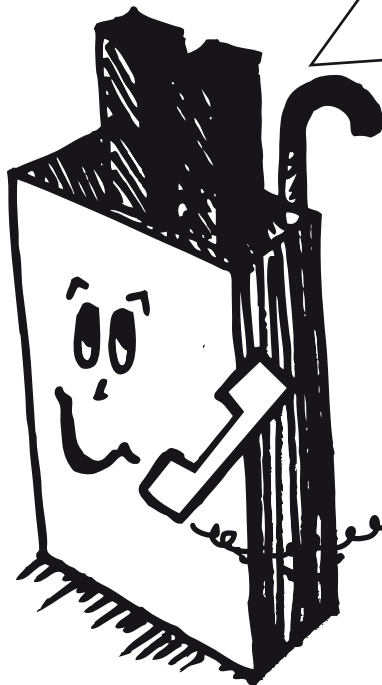
A clock thermostat is one of the best ways to save energy and money.

Set your clock thermostat and it will tell your central air conditioner and heater when to come on 24 hours a day, all year long. **This means that you can save energy and money while you sleep**, and wake up to a comfortable house in the morning. You can also save energy while at work. **The clock does all the work for you!**



Hey Air Conditioner:  
Everyone has gone  
To sleep. I'm raising the  
temperature  
To the night-time setting.

Thanks! Now I'll  
get a little rest too!



In summer, try daytime AC setting of 78° and night-time of 83°.

For every degree you turn your thermostat up in the summer, or down in winter, you can save more than

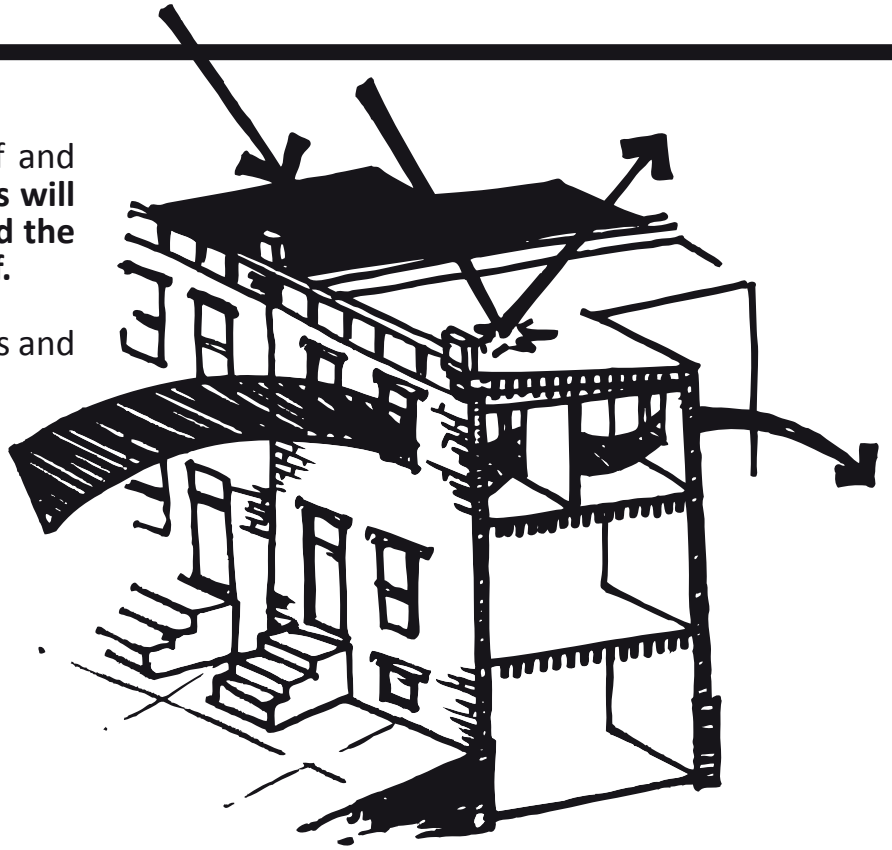
## **\$100!**

# White Roof Coatings

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Reflect the sun's heat right off the roof and cool down faster at night too. **Cool roofs will reduce air conditioning load by 20% and the coatings will extend the life of your roof.**

Trees shade and cool your home. Porches and awnings can help too



# Lighting

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**Use LEDs whenever possible.** You can now buy LEDs that fit into regular fixtures and they are able to last ten times as long and use only 1/10th as much energy.

**Use LEDs where you leave lights on the longest.** Hallways, porches, the basement and kitchen are some of the best examples.

**Don't forget to turn your appliances off when you're not using them.** This includes the TV and radio as well as the lights.

***Electricity conservation is only part of energy conservation. Save even more money by understanding all the other ways to conserve. Contact your local Community Energy Center:***