

For Immediate Release  
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TAKE ADVANTAGE OF COOLER SPRING TEMPERATURES AND GET YOUR HOME READY FOR THE HOT DAYS OF SUMMER. It's easier than you think to save money on your energy bills and help the environment

Lakewood-----Avoid high summer energy bills and stay cool and comfortable with these easy 7 tips from Smart Energy Living

1. Before you fire up your air conditioner, schedule your annual checkup with a licensed contractor, replace any filters, and install a programmable thermostat.
2. Keep your windows and window coverings closed during the day and open them during the cooler evenings. Don't let the hot summer sun and heat into a home that has spent all evening cooling off!
3. Conduct a self-evaluation for air leaks and seal them with caulking, weather stripping or expanding foam. Common areas for leaks include old windows, attics, recessed lights, appliance vents and fireplaces.
4. Many appliances are "ghost" energy users. This means that even when they are off, they are using energy and putting off heat. DVR's and computers are big culprits. Try to plug all of your media equipment into power-strips that are easily accessible. When not in use, switch the strip off.
5. Replace your old incandescent bulbs with compact fluorescent bulbs. Not only do they use less energy, they also create less heat.
6. Get rid of hot air. Use an exhaust fan to blow hot air out of your kitchen while you're cooking. Install a ceiling fan in high activity rooms. Consider installing an attic fan to remove the hot air in your attic.
7. Learn to grill! Everyone love a good BBQ and what better way to avoid a hot kitchen than by cooking outdoors! At the very least, avoid using your oven and rely more on your stovetop and microwave.

Learn more at [www.smartenergyliving.org](http://www.smartenergyliving.org)

More information:

Smart Energy Living is a nonprofit committed to helping people make smart energy decisions.

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