



Simple, no cost ways to stay cool this summer

It's summer, and it's hot. Not just hot, but that thick, sweltering kind of hot. Autumn's crispness is just around the corner, but until then, hang in there – and save energy – with these seven simple tips for tackling summer's remaining heat.

Shift your use. Use major appliances like dishwashers, as well as clothes washers and dryers, during early morning or late evening and overnight hours. These big appliances not only generate heat but also introduce moisture to your home, and that's an introduction you don't want to make during the hottest part of the day.

Keep kitchens cool. An indoor stove or oven can raise the temperature in your kitchen by as much as 5 to 10 degrees, which is just way too much at this point in the summer. Take advantage of an outdoor grill or indoor microwave or crockpot instead.

Turn it off. Lights, particularly incandescent lights, as well as common household appliances generate heat when they are on and in use. Like mama said, turn off the lights! Better yet – consider switching to more efficient bulbs like LEDs (light emitting diodes), which generate much less heat. You can also go the extra mile by unplugging appliances when they're not in use. Think: computers, game consoles and televisions.

Feel the breeze. Use portable and/or ceiling fans to chill out. Make sure ceiling fans are running counter clockwise to push cool air down. Although fans don't technically change the temperature of the room, they can make you feel 3 to 4 degrees cooler.

Keep the sunshine out. Close blinds, shades and curtains, especially on windows that get direct sun to block light and heat.

Replace and remove. Replace dirty air filters to increase the efficiency of your HVAC system and the air flow within your home. Removing furniture, rugs or other obstructions from your return registers also helps.

Did you know that as a member of Central Electric a Comfort Loan up to \$10,500 is available to help you make energy-efficient upgrades to your home?

That's right, with qualified credit you can finance heat pumps (15 SEER or higher), insulation and storm window upgrades to your home. You want to know the best part? Loan payments can be included with your monthly electric bill and stretched out over a period of 12 to 60 months.

For more information on the Comfort Loan, [click here](#).