



**For immediate release:**  
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## **ADEM Offers Suggestions for Summer Energy Savings**

**MONTGOMERY** – Summer officially begins this Sunday and in Alabama that means scorching temperatures. Across the state, electricity use is at its highest in the summertime and that increased power consumption results in more expensive energy bills for consumers.

The cost of cooling their home is the largest portion of the monthly energy bill for most Alabamians and with that in mind, the Alabama Department of Environmental Management is recommending some simple ways to battle the heat, stay comfortable, and save money on your energy bills this summer.

The following energy-savings tips can be achieved with relative ease but can result in significant savings for all Alabamians:

- Close shades or curtains to block the sun, especially on windows facing the west.
- Keep cool air inside by installing insulation, caulk or weather strip around windows and doors.
- Turn off lights when not in use and switch to cooler compact fluorescent bulbs.
- Use the air-dry feature on dishwashers.
- Grill out to move cooking heat outside.
- Use a microwave instead of an oven when possible. Microwaves use less than half the power of a conventional oven and cook food in about one-fourth the time. In addition, ovens heat up the kitchen which makes cooling systems and refrigerators work harder.
- Run clothes washers and dishwashers during the mornings and evenings whenever possible to avoid peak electric use hours and wash only full loads. Hang laundry outside to dry.
- Adjust thermostats. In extreme temperatures, a one degree change in the thermostat setting for central air conditioners can produce a 5 percent cost savings.
- Run ceiling fans in a clockwise direction to create a wind-chill effect that will make you feel cooler. Remember that ceiling fans cool people, not rooms, so turn them off when you leave the room.
- Change air conditioner filters regularly.

“We encourage all Alabamians to take steps to make their homes more energy efficient,” said ADEM Director Trey Glenn. “Using less energy not only saves money for consumers, but helps safeguard our natural resources and preserve our environment.”

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