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Energy Tips for Lowering Cooling Costs During Heat of Summer

Little Rock, AR/June 23, 2010 – Though summer only officially started on Monday, the month of June has featured several days of record and near-record high temperatures. Arkansans are looking at the possibility of high temperatures and the accompanying rise in electricity usage through September.

Progress Arkansas, a coalition focused on economic, energy and environmental solutions for Arkansas, today issued a fact sheet with tips to keep cool while also keeping electric bills as low as possible to save you money.

According to the U.S. Energy Information Administration, 49 percent of the average home's electric bill is spent on heating and cooling.

"The easiest way to reduce your summer cooling costs is to reduce the time your air conditioner has to run," said Progress Arkansas Executive Director Scott Carter. "Progress Arkansas offers this list of suggestions that will make it easier to stay cool and run your air conditioner less."

Among the highlights are:

- Set your thermostat to 78 or the highest comfortable temperature. Each degree cooler than 78 will increase your bill as much as 3 percent.
- Install compact fluorescent light bulbs in the fixtures you use most as incandescent light bulbs produce 10 percent light and 90 percent heat.
- Seal and weather-strip doors and windows to ensure your home retains as much cool air as possible and blocks warm air from entering.
- Use your microwave, toaster oven, slow cooker, broiler oven or other energy saving appliances for cooking food because they use half the energy of a regular oven and keep your kitchen cooler.

The full list is available on the Progress Arkansas website, www.progressarkansas.com.

(more)

More Energy Savings Tips

The following Progress Arkansas member websites offer even more energy saving tips and resources.

Conway Corporation

<http://www.conwaycorp.com/EnergySmart/Savings.aspx>

Electric Cooperatives of Arkansas

http://www.aecc.com/energy_efficiency.shtml

Empire District Electric Company

<https://www.empiredistrict.com/EnergySolutions/default.aspx>

Entergy Arkansas, Inc.

http://www.energy-arkansas.com/your_home/Ensignt.aspx

Jonesboro City Water & Light

<http://www.jonesborocwl.org/view/85>

Oklahoma Gas and Electric Company

<http://www.oge.com/residential-customers/save-energy-and-money/>

Southwestern Electric Power Company

<https://www.swepco.com/save/learn/Default.aspx>

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About Progress Arkansas: *Established in October 2008, Progress Arkansas is a coalition of business and community-based leaders dedicated to moving Arkansas forward. Progress Arkansas' mission is to build consensus and support for economic, energy, and environmental policies that will support growth and prosperity for the State of Arkansas.*