



# MEDIA RELEASE

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For Immediate Release

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## Beat the Heat with Energy-Efficient Tips from Alcoa Electric

With temperatures averaging 95 degrees over the next few days, you may be worried about your electric bills even before you get it in the mail. While running the air conditioner is a necessity in this kind of heat, there are ways to lessen the strain on power bills to save both energy and dollars.

- Turn up your cooling system's thermostat to 75 to 78°F. Don't pay to keep your furniture cool — raise it even more when no one is home. Use ceiling fans or portable fans also.
- Change or clean your air filters regularly.
- Turn off lights, televisions and other appliances when not in use. Unplug cell phone chargers when not in use because they still use energy when not charging a phone. Use the "sleep mode" on computers.
- Perform a do-it-yourself energy audit. You can request a print version or perform your audit on-line at [www.energyright.com](http://www.energyright.com).
- Lower your water heater temperature to 120°F and reduce hot water use by taking shorter showers and using cold water for laundry whenever possible. If you recently purchased a new water heater, Alcoa Electric offers a cash rebate for electric water heaters.
- Keep curtains closed on the south, east and west sides of the house during the day to help keep cool.
- Clean refrigerator coils and set the temperature to 36° to 39°F and the freezer to 0° to 5°F. Remove and recycle your second refrigerator. If you do have a second refrigerator or freezer in a non-conditioned space, try to keep it well stocked – it saves energy.

- Use the microwave; it cooks faster and doesn't create as much heat as a stove burner or oven.
- Air-dry dishes instead of using the dishwasher's heat drying option.
- Run your dishwasher and clothes washer only when full.
- If you have a pool, limit the hours of operation of your filter pump to only what is needed to maintain water quality. Ask your pool supply retailer about automatic time clocks and pump timers to help conserve energy.

For more information on energy-efficient tips or the energy right Water Heater Program, contact Alcoa Electric Department at (865) 380-4700.

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