

## Tip of the Week

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Extension Tip of the Week (TOW)  
July 7, 2008  
Stay cool this summer while saving energy

### Extension's energy tip: Stay cool this summer while saving energy

If you use air-conditioning, set your thermostat as high as comfortably possible in the summer. The less difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be. Don't set your thermostat at a colder setting than normal when you turn it on. It will not cool your home any faster and could result in excessive cooling and unnecessary expense. If you're shopping for an air conditioner, look for the Energy Star and EnergyGuide labels. Remember that insulation and sealing air leaks will improve energy performance and comfort in summer by keeping cool air inside. Check out [Air Conditioners](#) for more tips.

This tip is brought to you by the U.S. Department of Energy and ISU Extension.

*Tip of the Week (TOW) is emailed out weekly by Sherry McGill, ISU Extension Education Director in Woodbury County. To have the TOW emailed to you directly, please email Sherry at [mcgills@iastate.edu](mailto:mcgills@iastate.edu).*