

Use Energy Wisely

While longer days and warmer weather make us less dependent on energy for light and heat, there are still many opportunities to practice wise energy use.

Air conditioning tips:

- >> Set the thermostat no lower than 78 degrees – higher if you will be away, or turn your air conditioner off if you are gone for a longer period of time.
- >> Keep curtains and furniture away from air intakes and vents.
- >> Avoid cooking, baking and other heat-producing activities during the hottest parts of the day.
- >> Whenever possible, use fans instead of air conditioners.

Read, understand and follow the manufacturer's recommendations to keep your air conditioner in tip-top shape.

Fans:

- >> Attic fans, window fans, floor and table fans are all cost-effective ways to make your home more comfortable.
- >> Window fans tend to provide better ventilation than floor and table fans.
- >> Consider attic or "whole-house" fans as they are often the best choice to economically cool your home.

Talk with your appliance dealer or home center specialist to find the best fan for your home.



For more energy-wise tips, visit nyseg.com.

\$ Natural Gas Rebates Available

NYSEG is offering residential natural gas customers rebates for installing qualifying natural gas equipment and related control equipment **on or after July 1, 2009**. The rebates are funded through the Public Service Commission-mandated System Benefits Charge that appears on customer bills. To learn more, visit nyseg.com.



Choose a Contractor Who Is Right for You

While NYSEG can't recommend a contractor, look for prompt, courteous contractors willing to spend time to understand what you want. Ask family, friends or neighbors for a reference. Also:

- Get at least three estimates. Ask for written proposals, proof of proper licensing, insurance and references.
- Ask how much experience installers have.
- If you are planning a project that involves heating or cooling equipment, the contractor should calculate heat loss or gain to ensure the equipment is sized properly. Where applicable, talk with your contractor about the efficiency rating of equipment and what different ratings mean in annual operating costs.



Lighting protects property and enhances visibility at home and work.

To learn more, visit nyseg.com. For residential customers, click on "Your Home" and then "Lighting." For business customers, click on "Your Business" and then on "Safeguard Lighting."

Take the Worry Out of Bill Payment

With electronic funds transfer (EFT), NYSEG will deduct your payment from your checking account automatically. No worries. No envelope. No stamp. We'll still send you a paper bill. To enroll, complete the form on the back of your payment stub or visit nyseg.com and click on "Your Account," "Pay Your Bill" and then on "Payment Options."

For additional convenience, consider Budget Billing. Budget Billing spreads your utility costs evenly over 12 months. It's a great tool for planning your monthly budget because you'll know what your NYSEG bill is going to be in advance. For more information or to sign up for Budget Billing, visit nyseg.com or call us at **1.800.572.1111**.

Be Safe This Summer: Avoid Hyperthermia

Summer heat can be a serious health threat. By knowing how to stay cool when the temperature peaks, you can protect yourself from hyperthermia.

Hyperthermia is a medical condition that can occur if the body isn't able to stay cool. Being less active on extremely hot days can lower the risks of hyperthermia, but sometimes that isn't enough.

Older persons and those with chronic health problems are especially at risk, but hyperthermia can be prevented.

Know the warning signs:

- Dizziness or severe weakness.
- Chest pain or rapid heartbeat.
- Nausea, diarrhea, cramps or vomiting.
- Breathing problems.
- Mood changes.
- Dry skin without sweating.
- Throbbing headaches.

To lessen the possibility of hyperthermia:

- Drink plenty of water.
- Use a fan or air conditioner.
- Wear light colors and loose-fitting clothing.
- Limit your physical activity.
- Take cool showers or baths.
- Check your medications for any side effects that could increase your risk.
- If you begin to feel overheated, take a break and head for the shade.
- Eat more salads and lighter foods.
- Don't overuse salt.
- Avoid alcohol.



If you suspect that you or a family member are suffering from hyperthermia, seek medical attention immediately.

Turning On or Turning Off Service?

If you need your NYSEG service turned on or off, don't wait – we can schedule your request months ahead! Visit us at nyseg.com (anytime) or contact us at **1.800.572.1111**, 7 a.m. to 7 p.m., Monday through Friday.

Please let us know as far in advance as possible – we need **at least** 24 hours' notice. If the meter is inside, you need to be present or make access arrangements with us.



Responsible for Rental Property?

We have online forms that make managing your rental properties easier. To learn more visit nyseg.com, click on "Your Business," on "Services" and then on the rental property link.