

Green Ideas for Keeping Cool

As is characteristic in Ohio oftentimes, we are going from chilly and rainy to hot and humid. With the summer heat of 90 degrees plus upon us, here are some eco-friendly ideas for staying cool without cranking up the air conditioner. Now, don't get me wrong, when you gotta do what you gotta do, get the air on and stay cool and safe. But, if you want to try and cut costs and keep your carbon footprint low, give these time-tested tips a try which I found online.

- Keep windows closed during the hottest parts of the day. When windows are open, be sure to open a few to allow for a cross breeze.
- The sun can really heat up the house, so keep the shades drawn during the peak of the day on all your non-north facing windows.
- To maximize effectiveness of open windows, use a fan in one window to pull hot air out and another in another window to pull air in. A breeze of 1 mph can make you feel four degrees cooler.
- On really hot days, try hanging wet fabric in front of an open window to cool down the air.
- Dress yourself and your family in loose fitting, light-colored clothing to stay cool.
- Try not to run a lot of appliances which only generate more heat in your home—even keeping the lights off helps.
- Most importantly, drink more water. Drink, drink, drink. As my son's Scout Camp leader said last summer, "Hydrate or die!" Okay, that's a bit harsh, but you get the point. So did my son, and he uses his water bottle often.

Enjoy the summer and best wishes to all you graduates out there and your families. (Source: greenlivingideas.com—Stephanie Evans.)

Tuesday Trippier lives in Delaware and is the mother of three, soon to be four, who enjoys writing about green living ideas.