

Top 12 Tips for a Cool & Sustainable Summer  
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Don't let your summer fun be a drag on the planet or your wallet. Give these 12 tips a spin to enjoy a fun and sustainable summer.

**Keep cool at home** There are many ways to keep your home cool without blasting the air conditioning and blowing your electricity bill out of the water. Try these tips to keep your home cool this summer:

1. **Close the shades** during the hottest parts of the day to keep the heat outside, especially focusing on the south and west facing sides of your home.
2. **Use ceiling fans** to circulate air when you are in the room. Make sure the blades are rotating counterclockwise to push cool air down. If the button on your ceiling fan moves vertically, press the button down in the summer. If the button moves horizontally, push the button forward (or to the right). Also keep in mind that ceiling fans are not needed when the air-conditioning is on or when the room is unoccupied. In those instances it is best to turn the fan off to avoid wasted energy and residual heat.
3. **Change your air filter** every three months to ensure your HVAC system is moving air efficiently.
4. **Request a Home Energy Review** from the City of Ashland's Conservation Division to learn what opportunities you may have to conserve energy at home ([www.ashland.or.us/conserves](http://www.ashland.or.us/conserves)).

**Reduce your waste** Summer is a great time for picnics, barbeques, camping trips, and for getting together with friends and family. Practice these tips to have all of your summer fun without sending any waste to the landfill:

1. **BYO** \_\_\_ fill in the blank! BYO straw, mug, plate, fork, cloth napkin, shopping bag, etc. The list is endless! But really, whether you are heading out for a picnic or going to a community potluck, bring your own reusable dishware and encourage others to do the same! Going out for your morning coffee? Bring your favorite mug or thermos to fill up with that delicious brew. Many establishments in town will even give you a discount for bringing your own cup.
2. **Buy in bulk** is a great way to purchase all of your summer snacks from trail mix to dried fruit to popcorn. Many stores in town and throughout the region offer bulk food sections where you can buy your favorite goods without the added packaging. For bonus points, bring your own bags or jars to fill up!
3. **Compost** all those fruit and vegetable trimmings. Set up a backyard compost system to turn all of those delicious scraps into nutrients for the soil or consider signing up for the Community Compost program with Rogue Produce ([www.rogueproduce.com](http://www.rogueproduce.com)).
4. **Borrow a plate**, utensils, tablecloths, and napkins for your summer wedding, community potluck, barbeque, or other event from Lend Me A Plate, a volunteer project hosted by Southern Oregon Master Recyclers in Action (SOMRA). The program is free and offers a variety of dishware and linens to help you have a zero waste event. Visit [www.somra.org](http://www.somra.org) to learn more.

**Travel lightly** Many of us like to get out and explore during the summer, experiencing places near and far. Whether you are staying in town or heading on vacation, here are some tips to save on gas and reduce air pollution while you get around this summer.

1. **Pedal away** with Rogue Bike Share! Have you noticed the rows of white bikes strategically placed around town? Those are part of the new Rogue Bike Share program! The Rogue Bike Share program is a community bike share program with bikes and stations located throughout the City of Ashland, and at Medford's Front Street Transit Station. Learn more at <http://rvcog.org/what-we-do/rogue-bike-share/>.
2. **Share your ride** with DriveLessConnect.com, Oregon's ride-matching tool. You can log on to find other riders or drivers heading to the same locations as you to reduce your costs and fuel emissions.

3. **Get on the bus** and avoid the fuss of dealing with traffic and gas and looking for parking. RVTD has recently expanded their routes and service frequency, including Saturday service! Sit back and relax while the bus takes you to your favorite destinations.
4. **Drive more efficiently.** If you need to drive you can improve your fuel efficiency by ensuring your tires are inflated properly and by driving the speed limit. Driving fast and accelerating aggressively decrease your fuel efficiency, emitting more greenhouse gases and taking more money from your wallet.