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Summer 2008

## USE CAUTION DURING EXTREME HEAT

When temperatures reach 90 degrees or higher, and when high humidity mixes with hot temperatures, it will feel like it is 100 to 104 degrees outside. Here are a few tips from the American Red Cross to help you remain cool.

**Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats.



**Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.

**Eat small meals and eat more often.** Avoid high-protein foods, which increase metabolic heat.

**Slow down. Avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.

**Be a good neighbor.** Check in on elderly residents in your neighborhood and those who do not have air conditioning.



## CALL PSNH FOR AN EXTENDED PAYMENT ARRANGEMENT

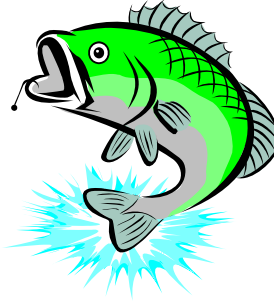
Higher energy costs this year have left many PSNH customers with ever increasing bills for both their heating and electric usage. Many families have not been able to pay these bills in full. Smaller weekly payments may be easier to handle than paying once a month. PSNH also has the names and phone numbers of many social service agencies and town welfare offices throughout the state where help may be available. Your first call should be to your local Community Action Agency. They are in the best position to know what help is currently available and where and how to apply.

Remember...the longer you delay, the higher your payments will be.



## AMOSKEAG FISHWAYS SUMMER FUN

About 10,000 people visit the Amoskeag Fishways during this time of year, either as walk-in visitors or participants in a guided fish ladder tour. In addition to seeing fish in the underwater viewing windows, visitors of all ages will enjoy hands-on learning in the impressive exhibit hall.



Your entire family will enjoy the fun, interactive, and educational public programs offered year round at the Amoskeag Fishways. With some programs geared towards young children and others toward the young at heart, there is a program for everyone. Call and register for a public program today! **Please call 626-3474 to register or for more information.**

## SAVE MONEY ON ENERGY THIS SUMMER

Did you know that hot summer days create some of the toughest demands for electricity...more so, even, than the winter? Here are a few tips to help you stay cool *and* conserve energy this summer:

- Cook outdoors, use a microwave oven or prepare cold foods ahead of time to avoid heating up the kitchen.
- As an alternative to air conditioners, consider using window fans, ceiling fans, or whole-house fans which use far less power. Use the air conditioner only when nothing else will do.
- Close your blinds, shades or draperies during the hottest part of the day. Shut off your air conditioner when you're away from home for an extended period of time. If your windows are also closed, the house should stay cool.
- If you use an air conditioner, maintain its thermostat at the warmest temperature you feel is comfortable; 78-80 degrees is recommended. Keep filters and vents clean for maximum efficiency. If used continuously, filters should be removed and cleaned at least once every two weeks.



Being energy conscious puts you in charge of your electric use. Develop good energy habits with your family. Call PSNH to request helpful energy related brochures or visit us on the web at [www.PSNH.com](http://www.PSNH.com) to check out "**Appliance Usage from A to Z.**"

Appliance operating costs vary depending on how much each appliance is used. Call PSNH Customer Service with your questions or to request a copy of *Your Appliances and the Energy They Use.*

VISIT PSNH ON THE INTERNET AT

 **psnh.com**