

“There are smart tips consumers can take during the long days of sunshine and Minnesota’s humidity that will help keep your home cool and keep energy bills lower,” said Commerce Commissioner Mike Rothman. “Basic steps to improve energy conservation and energy efficiency are among the most effective ways to reduce energy use and decrease utility bills. Taking steps to save energy is good for our environment and our economy, and many of these steps are no- or low-

■ **Cool Efficiently.** Replace old inefficient air conditioning systems with high efficiency, ENERGY STAR models ([www.energystar.gov](http://www.energystar.gov)). For central air conditioners, look for a Seasonal Energy Efficiency Ratio (SEER) rating

- **Use a Programmable Thermostat.** Install and use a programmable thermo-

■ **Enroll in Utility Energy-Saver Programs.** Have your utility cycle your central air conditioner during times of peak electrical demand to reduce the need for additional generation—and you will get a discount on your utility bill. Some utility programs, such as Xcel Energy's Saver's Switch program, install a remote-controlled switch to reduce central air use a little at high-peak times.

For more information, visit the web at [www.borderlandhumanesociety.org](http://www.borderlandhumanesociety.org) or call 218-324-2313 or 283-9276.



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<p><b>2 ROOMS CLEANED</b></p> <p><b>\$68</b></p> <p>No Hidden Fees. A \$10 service charge will apply.</p> <p>CODE: FJ0113    Exp. 9/13</p>	<p><b>WHOLE HOUSE CARPET CLEANING</b></p> <p><b>\$146</b></p> <p>No Hidden Fees. A \$10 service charge will apply. Includes 5 Rooms</p> <p>CODE: FJ0113    Exp. 9/13</p>	<p><b>UPHOLSTERY SPECIAL</b></p> <p><b>\$158</b></p> <p>No Hidden Fees. A \$10 service charge will apply. Includes Sofa, Loveseat, Chair</p> <p>CODE: FJ0113    Exp. 9/13</p>
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www.oxifresh.com**

**Directions:**  
Combine all ingredients in crock pot,  
chunking up the cream cheese.  
Cook on low for 5-6 hrs.