



If you're sitting around, just toss a blanket over yourself, says one money-saving expert

THE BIG CHILL

Folks discover that living without artificial heat is **healthier and economical**

TEMPERATURES are dropping all over the country – both outdoors AND in people's homes!

Tens of thousands of hardy Americans are shutting off their furnaces to slash their heating bills, and also because they believe it's a healthier way to live. And surprisingly, they say they like chilling out in the cooler air.

From Maine to Oregon, Web sites are staging contests for "furnace abstinence."

"Times are tough, and people are desperate to save money," Katy Wolk-Stanley told The ENQUIRER. "It's not that difficult to do – just wear warmer clothes around the house."

MOM-OF-TWO KATY, FROM PORTLAND, ORE., writes a popular Internet blog called "The Non-Consumer Advocate," dedicated to tips on frugal living.

"I keep my thermostat at 63 when the kids are home, 57 the rest of the time and at night. I wear a fleece around the house when I'm home alone and if I get cold, I'll even put a hat on and fingerless gloves. If you're sitting around, you can always toss a blanket over you."

And she got a big response when she issued a "No Heat" challenge to her readers. Hundreds said they were already doing the same thing.

"It's catching on," she said. "A couple of years ago, making ends meet meant skipping that

latte a couple of mornings a week. People have already cut out the extravagances – now they're looking to cut back on stuff that's been considered essential.

"And there could be other benefits. A lot of people say they don't get a cold as often."

LAURA NICHOLS FROM NEW JERSEY IS another mom who's braving the big chill. Her house is so cold, she dresses underneath her bed covers in the morning, her teenagers walk around bundled in blankets, and they can often see their breath in the house!

But the kids say they don't mind. "I actually like to be cold when I go to sleep," said 14-year-old Harry.

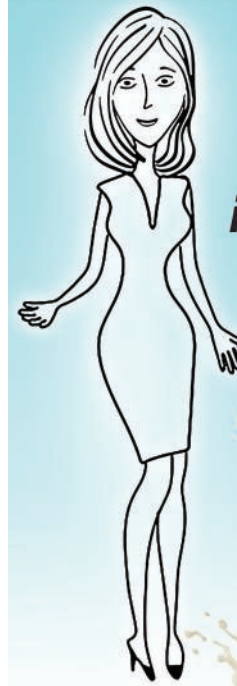
In Seattle, popular Internet blogger Deanna Duke got a massive response when she staged a "Freeze Yer Buns" contest, challenging readers to turn down their thermostats.

Mom-of-two Deanna – an environmental campaigner – saved \$800 last year by setting her thermostat to 62 during the day and 55 at night.

"We just wear more clothes," she told The ENQUIRER. "One of the things I've learned is that people get used to living in a lower temperature quicker than they think."

"And for every degree you turn your thermostat down below 68, you save 3-5 percent on your heating bill."

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