



## TIDINGS in this issue

Natural Gas Safety

Tidings Tips: Cooking Efficiently

Seeking Beaches Community  
Champions

Beaches Energy Services applauds artists living and working in our unique community. In 2012, each issue of *Tidings* will feature artwork chosen for its ability to depict "The Art of Conservation" and our quality of life here at the beaches. November's featured work is an acrylic painting on board entitled "Mermaid's Garden" by local artist, Rick Cannizzaro. To view more of his work, visit [www.rickcannizzaro.com](http://www.rickcannizzaro.com). Read more about the entire Collection by visiting [www.beachesenergy.com](http://www.beachesenergy.com).



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BEACHES | ENERGY  
SERVICES

*Ride the Green Wave*

## Conservation is a Way of Life

Beaches Energy Services is proud to serve our community, which embraces conservation as a way of life. *Living daily with awareness and an appreciation of our unique environment is an art.* By conserving or repurposing water and energy, we have a positive impact on our environment, while saving money too.



## Tidings Tips: Cook Efficiently This Holiday Season

Continue to celebrate National Energy Awareness month into November and expand energy conservation efforts into the kitchen with these helpful tips. Choosing quicker, more efficient methods of cooking can be one of the easiest ways to conserve energy and reduce the cost of your energy bill each month.

- The smaller the oven, the less energy it consumes. Use your toaster oven instead of a conventional oven whenever possible.
- Consider cooking multiple dishes in your oven at once. This optimizes energy efficiency and cooked food can be reheated in the microwave or toaster oven at a later time.
- Stovetop cooking accounts for roughly 4 percent of your energy bill. On your stovetop, use the right sized pot on stove burners. A 6" pot on an 8" burner can waste 40 percent of the burner's heat. Use a slow cooker instead.
- Reduce the number of times you open the oven door. Every time the door opens, the oven loses roughly 25 percent of its accumulated heat.
- On electric stovetops, use flat-bottomed pans which make full contact with the elements, avoiding heat loss during cooking. Also, you can turn off burners before cooking is done as it takes several minutes for them to lose their heat.
- Use ceramic or glass pans, which allow food to cook at a temperature 25 degrees less than needed for using metal pans.

### Electric price for 1,000 kilowatt-hours

	October	November
Base charge, residential	\$4.50	\$4.50
KWH base charge	\$75.57	\$75.57
Power cost adjustment	\$44.84	\$44.84
Total	\$124.91	\$124.91

## Nominate A Beaches Community Champion This Month!

Beaches Energy is seeking customers who are volunteers working for the GOOD in our community. Do you know anyone who works for great causes—without being noticed? We invite your nominations on our website, beginning November 1. Details on guidelines for eligibility and the nomination form can be found at [www.beachesenergy.com/champions/](http://www.beachesenergy.com/champions/).

## Be Safe Around Natural Gas

Beaches Energy is committed to keeping our customers safe. That's why we follow state and federal regulations and perform extensive quality control checks. Be aware of the signs of a gas leak, such as the distinctive, rotten egg-like smell of natural gas. You should take action any time you detect even a small amount of this odor in the air:



1. **LEAVE.** If you ever detect a natural gas leak, **LEAVE IMMEDIATELY.** Don't try to find or stop the leak.
2. **DO NOT TOUCH ANYTHING ELECTRICAL OR USE A PHONE** before you leave. Do not smoke, turn appliances or lights on or off, or operate any vehicle or equipment that may create a spark.
3. **CALL.** Once you are out of the suspected area, immediately **CALL 911.**

## Call Before You Dig:

811 is the number to call before you begin any digging project. Don't break the law—call before you dig. It's a fact: Excavation work, including digging (even in the yard), is the most common cause of natural gas emergencies. Before excavation of any kind—even small projects like planting trees or shrubs, state law requires that you **call 811** so all utility lines can be professionally marked prior to digging. If you hit an underground utility line while digging, you can harm yourself or those around you, disrupt service to an entire neighborhood and potentially be responsible for fines and repair costs. For more information, visit [callsunshine.com](http://callsunshine.com).



## Continue Saving with ENERGY STAR® Appliances

ENERGY STAR® qualified appliances incorporate advanced technologies and use 10 to 50 percent less energy than standard appliances. From refrigerators to clothes washers, ENERGY STAR® qualified appliances save energy, save money, and help reduce emissions of greenhouse gases and air pollutants at the source. The benefits of ENERGY STAR® qualified appliances include lower utility bills, improved quality and durability and enhanced performance.