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2013 BEACHES COMMUNITY CHAMPIONS : Introducing John and Mary Ann Lawrence, who serve voluntarily with many organizations in our community. The Lawrences enjoy giving their time and talents through the organization, No One Dies Alone. They often spend time with ill patients in the hospital who have no family. They play cards, provide transportation and offer fresh baked cookies for senior citizen groups. Read more about Beaches Community Champions at www.beachesenergy.com.



BEACHES | ENERGY
SERVICES

Ride the Green Wave

Sharing Smiles, Rides, and Companionship with the Beaches Community

Beaches Energy Services salutes John and Mary Ann Lawrence, who each live by the motto "it is better to give than receive." John cites memorable moments spent in the company of patients who would otherwise be alone. The Lawrences often arrange lunch for families who've experienced the recent death of a loved one. In everything they do, they express a concern for others. Arranging for teddy bears for hospitalized children, working with the PACE center for girls, and serving barbecues to the disabled are just a few ways they show their "gift of giving." Beaches Energy Services salutes the Lawrences and the work they freely give from their hearts to the community.



Tidings Tips for a Safe Halloween

Does your family plan to go trick-or-treating or have a party? Make sure you review the helpful tips below to make sure your holiday is safe as much as it is scary fun!

- **Be seen.** Take a flashlight while trick-or-treating to help you see and so others can see you. LED flashlights are very bright—just make sure to load new batteries inside. Shokable, no battery flashlights are also perfect for trick-or-treating!
- **Stay Together.** Make sure children that trick-or-treat are walking in groups, with a trusted adult. Teenagers should have a working cell phone and a reasonable curfew time to return home.
- **Shine on.** Fasten reflective tape to your children's costumes and bags to help drivers see them.
- **Avoid Dark Doorways.** Only go to houses with porch lights on and always stay on the sidewalk and on lit streets. NEVER enter strange homes or cars!
- **Check The Treats.** Examine all treats for choking hazards and tampering before eating.
- **Make it Fit.** Wear well-fitting masks and costumes to avoid blocked vision, trips and falls.
- **Skip Candles.** If you carve your pumpkin to display outside, use a battery operated flameless candle or a glow stick for the light inside. A candle can grow to a blazing inferno in no time.

Hurricane Flood Protection

Hurricanes and other tropical storms are the primary source of flooding in our community. You can find additional information concerning flooding, flood insurance, and flood protection at www.jacksonvillebeach.org.

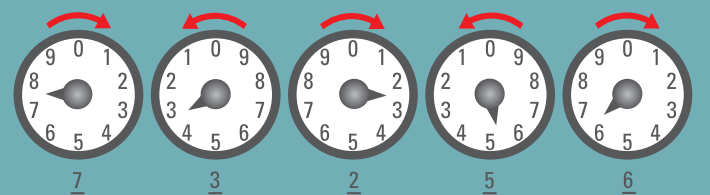
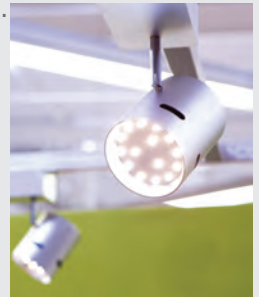
Electric price for 1,000 kilowatt-hours

	September	October
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

October is Energy Awareness Month

Celebrate Energy Awareness Month by learning more about how to make your energy choices more energy efficient. Since 1991, we have observed this month with activities and programs to better understand our energy needs and to reduce energy consumption in our everyday lives. Here are some easy ways to reduce energy consumption this and every month:

- Adjust your water heater to 130° or less. Higher temperatures must be mixed with cold for your body to tolerate.
- Use LEDs (Light Emitting Diodes) which are small energy-efficient light bulbs lasting ten times longer than compact fluorescents and 130 times longer than incandescent bulbs. They use a fraction of the wattage and are now widely available in a variety of forms.
- Cook and reheat food in the lower-power microwave, toaster oven, or crock-pot.
- Check your HVAC filter every month, keeping a spare on hand and changing it if necessary.
- Turn off lights and electronics you're not using. Remember that electronics and chargers are still "on"—using standby energy—unless they are unplugged.



How to Read Your Meter

You may want to monitor your energy usage by checking the kilowatt-hours at the meter. Beaches Energy Services uses two types of meters to measure energy usage (kilowatt hours). A cyclometer shows the five-digit reading like a car's odometer; it's simple. A dial meter has five dials, each yielding one digit. In the illustration, the reading is **73256**. Note that the dials rotate in different directions, shown by the red arrows and the number sequence. When the pointer is between digits, write down the lower number. Remember that when the pointer is moving from 9 to 0, the 0 represents 10. To calculate your kilowatt-hour consumption for a certain period (a weekend, a month, etc.):

- (1) take a reading;
- (2) take a second reading when the period ends;
- (3) deduct the first from the second.