



TIDINGS in this issue

Tidings Tips: Save Energy As
The Weather Cools Off

Quick and Efficient Holiday Cooking

Holiday Gift Ideas That Save Energy

Photo is from the collection of the Beaches Museum & History Park.



From the archives of Beaches Museum & History Park.
Produced for Mary Lip Moody for Kids' Corner.



BEACHES | ENERGY
SERVICES

Ride the Green Wave

A Tradition of Conservation Nets Savings on Energy.

Beaches' community residents have used cast nets and other traditional methods of fishing in our coastal waters for centuries. From the novice fisherman to the skilled, fishing for the family dinner can yield quite a bounty and save money. At Beaches Energy Services, we encourage conservation of energy and resources, in order to ensure a brighter future. We encourage customers to take advantage of our energy rebates and free residential energy audits that can net savings that matter to every household.

Tidings Tips: Ways to Save Energy This Winter

- Set your thermostat to 68 degrees, or as low as you feel comfortable. For savings, lower your thermostat when away during the day and while you are sleeping. Remember, when raising the temperature, increase in increments of 2 degrees only, so the costly heat strips will not engage. A programmable thermostat can make this very easy to do. Have your HVAC system checked and serviced before cold temperatures arrive.
- Take advantage of the sun by opening curtains on your south-facing windows during the day to allow sunlight to heat your home, and closing them at night to reduce the chill from cold windows.
- Set your water heater temperature between 120-130 degrees, and save energy and money.
- Close your fireplace damper when not in use. Increase the efficiency of your fireplace by installing tempered glass doors, and be sure to close the damper when the embers are extinguished.
- Cover drafty windows. Heavy-duty plastic sheeting can be applied to windows to keep out drafts. Insulated drapes are a good option to reduce cool drafts on cold winter nights.



Gift Your Household with ENERGY STAR® Appliance Upgrades and Rebates!

ENERGY STAR® qualified appliances use 10 to 50 percent less energy than standard appliances. From refrigerators to clothes washers, these appliances save energy and money, and help reduce emissions of greenhouse gases and air pollutants at the source. ENERGY STAR® qualified appliances lower your utility bills, perform more efficiently for a longer lifespan, saving you money over time, making the investment worthwhile.

Rebates are a gift to yourself! Beaches Energy Services offers a total of \$1,800 in energy saving rebates for home improvements such as \$300.00 for a 15 SEER heat pump, \$500.00 for solar water heaters and heat pump water heaters. Find out about all available rebates, instructions and an application for each rebate at www.beachesenergy.com and Save-A-Lot!



Electric price for 1,000 kilowatt-hours

	October	November
Base charge, residential	\$4.50	\$4.50
KWH base charge	\$76.57	\$76.57
Power cost adjustment	\$42.84	\$42.84
Total	\$123.91	\$123.91



Efficient Cooking For Your Holiday Savings!

Cooking your foods more quickly and efficiently is the easiest way to conserve energy and keep your energy bills lower. As the weather cools, cooking several dishes in your oven at the same time also warms your home. Here are some more smart ways to conserve:

- **Using ceramic or glass pans** allow food to cook at a temperature 25 degrees lower than needed for metal pans.
- **Use flat-bottomed pans on electric stovetops.** These make full contact with the elements, avoiding heat loss. You can also turn the burners off a little before cooking is done, as it takes several minutes for electric elements to lose heat.
- **Don't open the oven door!** The oven can lose 25 percent of its accumulated heat every time you open the door. Use the light to see your food inside.
- **Stovetop cooking makes up 4 percent of your energy bill.** Always match the pot size to the burner. A 6-inch pot on an 8-inch burner can waste 40 percent of the burner's heat! A slow cooker is also a wise option.
- **Use a toaster oven** instead of the conventional oven whenever possible.

Energy-Saving Holiday Gift Ideas

Show your thoughtful consideration this holiday by giving gifts that help your friends and family cut energy bills in the future.

- **Highly efficient LED bulbs** use up to 75% less energy than regular incandescent, and prices continue to lower. Many handy gadgets like LED reading lamps, headlamps and flashlights make very nice smaller gifts, and holiday LED lighting stays much cooler than incandescent, too.
- **Smart power strips** allow you to assure that electronic devices are truly powered OFF. These help you avoid phantom energy consumption when a device is plugged in, but turned off.
- **Pressure cookers** are great for cooking rice, beans, soups and meats, and use up to 70% less energy than cooking on a stovetop or in an oven. They cook food faster, too!
- **Solar-powered gadgets** have become available more widely in recent years. You can easily find solar-powered lights, cell-phone and battery chargers, radios and of course, toys.

