



CENTRAL ELECTRIC POWER ASSOCIATION

A tradition of dependable, hometown service since 1937

CARTHAGE: 601-267-5671 | PHILADELPHIA: 601-656-2601 | RANKIN: 601-829-1201 | SEBASTOPOL: 601-625-7422

107 EAST MAIN STREET • CARTHAGE, MS 39051

Teach your Children Well

by Miranda Boutelle

Q I'm making an effort to reduce my energy use, and I want my kids to start energy-saving habits as well. How can I encourage them to use less electricity at home?

A When I was a kid, I dreamed of one day having a home where I could pay my own electric bill. Said no one ever. While it's not the most fun way to spend money, people typically want to live in a home with electricity.

Educating kids on energy use and costs can help engage them in your family's goal to use less electricity. They can be electric conservation champions if you ask them to help. Here are some ways you can teach kids to use less electricity.

Show them how to read the electric bill. Focus on what you can control: kilowatt-hour use. If they are old enough, teach them how to do the math. You can calculate kWh use by multiplying wattage by hours used and dividing by 1,000. Multiply this by the kWh rate found on your electric bill to estimate how much you spend on power for each household appliance.

For example, if you have a space heater that uses 1,500 watts and is on for four hours a day for a month, it uses 180 kWh. With an average kWh rate of 13.7 cents in the United States, the space heater costs about \$25 a month to operate. That same space heater costs about \$74 a month if it is on for 12 hours per day. Your kWh rate may be lower or higher depending on where you live.

For household appliance wattage, look for the amount stamped on the bottom, back, or nameplate. If the nameplate does not include wattage, figure it out by multiplying the voltage by the amperage.

To teach children the impact of saving energy, have them help you conserve with the household's biggest energy-consuming appliances: heating and cooling. Teach kids to dress appropriately for the seasons, even when they are indoors, which allows you to set the thermostat to balance comfort and savings.

You can also leave the house during the hottest times of the day to go for a swim or play outside. Before you go, nudge up the thermostat a few degrees to avoid wasted energy cooling an empty house. Turn off fans when you leave a room.

The second-highest use of electricity is typically the electric water heater. Use a shower timer so bigger kids can monitor how long they are in the shower. Teach them to wash their clothes with cold water. If you have a gas water heater, look at the gas bill to find opportunities to save.



In the kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options.

Other ways to save include turning off the lights when you leave the room. The more we switch to LED lighting, the less savings associated. Yet even little changes can add up throughout the year. If your child needs a nightlight to sleep with, make sure it's an LED bulb.

Powering down gaming stations and computers is another way to save. In the kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options.

After teaching your kids about electric bills and showing them how to save electricity, make a game out of your family's energy conservation efforts. Challenge the family to use less energy than last month or the same month last year. Use the savings to reward them with a treat or let the winner pick the game night activity or film for family movie night.

Miranda Boutelle is the chief operating officer at Efficiency Services Group in Oregon, a cooperatively owned energy efficiency company.



Electric Cooperatives of Mississippi's 36th YOUTH TOUR

A group of 81 rising high school seniors from all over Mississippi traveled to Washington, D.C. in June to attend the 2023 NRECA Youth Tour.

The trip was the culmination of the student's participation in the Electric Cooperatives of Mississippi's youth leadership program.

The program instills leadership skills, inspires creative thinking, encourages community service, and introduces students to lawmakers that represent their communities.

During the March workshop in Jackson, the students had the opportunity to meet and hear from state legislators. During the trip to Washington, D.C., the students met and spoke with their U.S.

senators — Roger Wicker and Cindy Hyde-Smith — and two of their U.S. representatives, Mike Ezell and Michael Guest.

While in Washington, D.C., the students and adult chaperones visited historic sites, monuments, museums, explored Capitol Hill, and had an opportunity to learn about the impact electric cooperatives have on their communities.

The students were chosen by their local electric cooperative.

The Cooperatives Youth Leaders program is fully funded — including the trip to D.C. — by the local electric co-ops as a commitment to molding future leaders for Mississippi, so they can impact the state and local communities.

LEARN. GROW. EXPERIENCE.



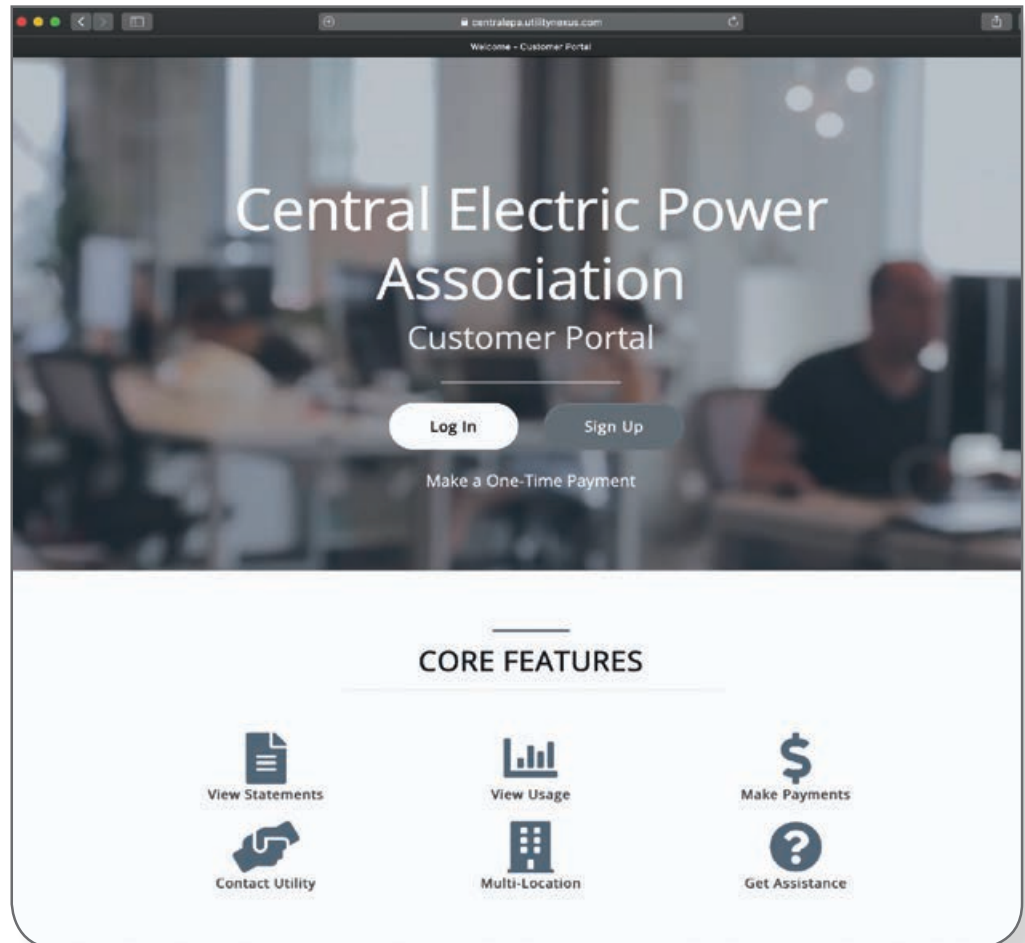
Above: Central Electric Youth Tour students (pictured left to right) Kendall Bracewell, Keondrae Anderson, Sara Kelly, Andrew Kelly, and Maggie Taylor stand in front of the White House. **Right:** (pictured left to right) Andrew Kelly, Maggie Taylor, Keondrae Anderson, Sara Kelly, and Kendall Bracewell in front of Washington National Cathedral.



www.centralepa.com

Sign up for our online portal!

- 1 See your payment history and account balances
- 2 Receive email and text notifications for bill and payments
- 3 Set up Autopay
- 4 View your monthly usage



Access your account... Any device, any time!

Go to www.centralepa.com and click on **OrbitONE** to sign up!

See the reverse side of your electric bill for more details.

