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Saving energy during peak times *benefits all*

Conserving electricity during peak energy use times not only lowers your monthly bill — it can benefit our entire community.

“Peak times” refer to periods of the day when the demand for electricity is highest. Think early mornings when people are getting ready for work or school and evenings when families return home, cook dinner and unwind with electronics. When everyone uses energy at once, it adds pressure on the electric grid.

Central Electric works around the clock to ensure that electricity flows to your home whenever you need it. Behind the scenes, an enormous and intricate system is at work — one of the most complex machines in the world: the U.S. power grid. The grid is made up of three major interconnections that span the country, each managing supply and demand through regional authorities to keep the lights on and our economy running smoothly.

Electricity comes from a diverse mix of sources — hydropower, natural gas, coal, solar, wind, and more. Some power plants can respond quickly to spikes in demand, while others are less flexible. Once energy is generated, it travels through high-voltage transmission lines to local utilities, like Central Electric, which then delivers it to your home or business through distribution power lines.

When electricity demand surges during peak times, it's more expensive to generate or purchase power. If supply can't keep up, the risk of outages increases. That's why using less energy during peak

hours is more important than ever. It not only eases strain on the grid but also helps you save money.

So how can you “beat the peak”? Start by adjusting your thermostat a few degrees during peak hours. Smart thermostats can automate this for you. Delay using energy-hungry appliances like ovens, clothes washers and dishwashers until later in the evening. Charging your electric vehicle overnight instead of right after you get home can also help.

Small actions taken by many households can lead to big results. When we all work together to reduce energy use during peak times, we protect our power grid, help control costs and ensure reliable electricity for our communities.



To help beat the energy peak, delay using large appliances like ovens, clothes washers and dishwashers until later in the evening.

Find HIDDEN ENERGY USERS at home

Upgrade outdoor lights to motion sensor lights so you aren't drawing energy all night.

by Miranda Boutelle

Out of sight, out of mind. It is easy to overlook the hidden energy users in our homes. Yet, every plugged-in device and ready-to-use appliance can lead to higher electric bills.

Let's see if we can find some hidden energy savings for you.

Your water heater could be using more energy than necessary. Storage water heaters heat water to a preset temperature. When hot water is used, cold water enters the tank, lowering the temperature, and the water is reheated to that preset level. If the water heater is set higher than needed, it wastes energy. Most water heaters are set to 140 degrees at the factory. The U.S. Department of Energy recommends setting the temperature to 120 degrees. This will save energy and reduce the risk of scalding. Do not set it lower than 120 degrees to prevent bacteria development in the tank.

Exterior security lights, porch lights, and barn lights can use more energy than needed. If they are on every night, all year long, that adds up to 4,380 hours, or half the hours in a year. If those lights use outdated, inefficient technology, they waste energy. With that many hours, even a slight increase in efficiency can yield big energy savings. Switch to energy efficient LED bulbs. If lights need to stay on, consider upgrading to motion sensor lights so you aren't drawing energy all night.

Pools and hot tubs can also be big energy users. Since you don't see the pumps or heaters by design, it's difficult to know when they are operating and consuming energy. Pumps filter water to keep it clean and safe for swimming. Energy Star®-certified pumps run at lower speeds and can be programmed to match your pool's filtering needs, according to the Environmental Protection Agency. They can pay for themselves in two years, are quieter, and can prolong the life of your pool's filtering system. Schedule your hot tub to a lower temperature when you're not using it to reduce energy use. If your electric utility offers time-of-use rates, consider scheduling accordingly.



Powering off between gaming sessions can save energy. Photo Credit: Mark Gilliland, Pioneer Utility Resources

Plug load is anything in your home that is plugged into an outlet. As we use more and more appliances and technology in our homes, plug load energy use increases. Find what is plugged in around your home. If you aren't using it, unplug it. For computer stations and entertainment centers, consider using smart power strips. These devices sense when energy is being used and turn peripheral devices on or off as needed.

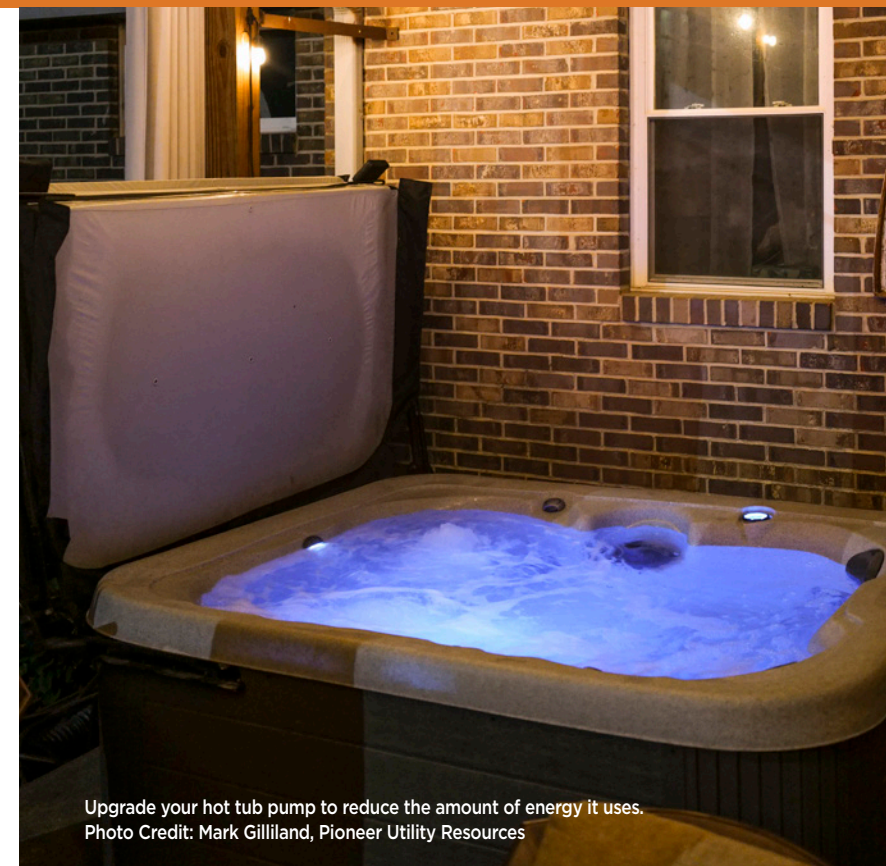
Gaming consoles are another hidden energy user. Gamers often put them in rest mode when not in use. This allows them to complete updates and reduces start-up time for the next session. It also means they are still consuming energy even when not actively used. Powering off between gaming sessions can save energy. Ask the gamers in your life to power off. It may require a bit more time for updates, but every kilowatt-hour counts when it comes to saving energy.

It's easy to make a habit of powering down and unplugging once you identify everything drawing power in your home. For upgrades, reach out to your electric utility about available rebates to help cover costs.

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

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Upgrade your hot tub pump to reduce the amount of energy it uses. Photo Credit: Mark Gilliland, Pioneer Utility Resources

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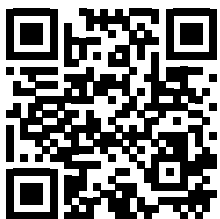
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