

Power Pointers

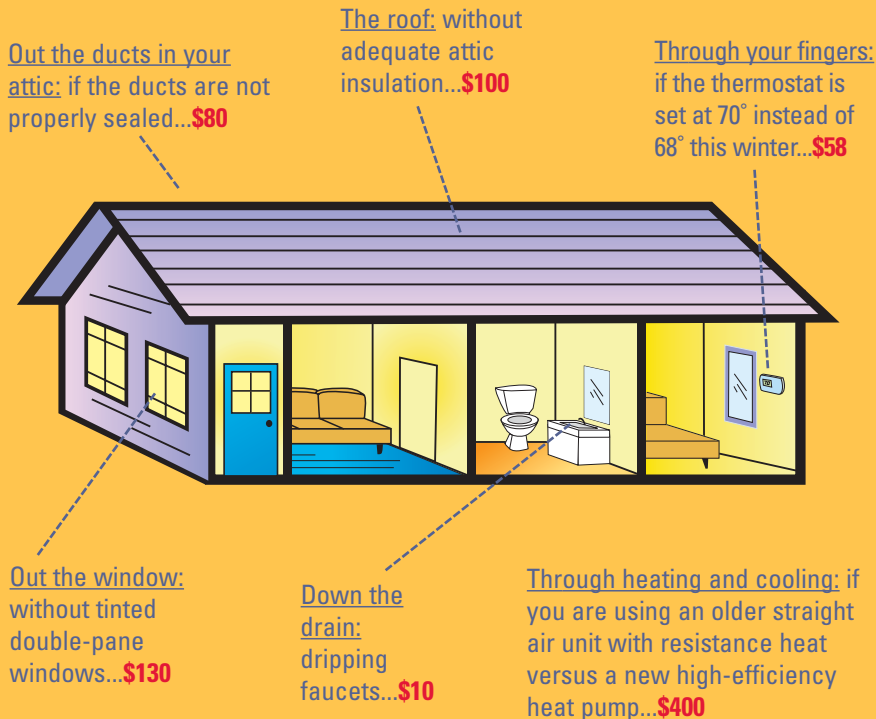
Tips to help you manage your energy spending.

These days, everyone is looking for ways to manage their energy spending. At Progress Energy, we can help. We offer energy-saving tips and resources, as well as programs and payment options designed to ease the impact of higher energy costs on your budget. For example:

> **Online Home Energy Check.** Log on to analyze your energy consumption and identify specific energy-saving measures for your home. Visit progress-energy.com/save.

> **Equal Payment Plan.** Spread your payments into 12 equal monthly amounts so you don't get hit with unexpected seasonal expenses. Visit progress-energy.com/save.

A typical house could **waste the following amounts** if not cared for:



* Based on a 1,583-square-foot house with 247 square feet of windows, over the course of a year.

The average household's energy dollar is spent as follows:

Cooling	34%	Miscellaneous	10%	Lighting	6.5%
Water Heating	17%	Heat Pump*	8.5%	Cooking	5%
Refrigeration	12%	Laundry	7%		

*An electric heat pump is more energy efficient than electric resistance heat and can cut heating costs in half.

Save Your Energy

Some of these suggestions will help with savings more than others, but all will get you in the saving habit – and make a difference in your monthly bill.

Heating

1. Keep the thermostat on your heating system at the lowest comfortable setting. We recommend 68-70 degrees. Every degree above 70 increases your cost by 7 percent to 10 percent.
2. Check filters in heating equipment every month. Dirty filters may increase operating costs.
3. Have your heating system and ductwork inspected.
4. Close the fireplace damper tightly when not in use. The heated air from your house goes up the chimney.
5. In winter, reverse the direction of your ceiling fan blades to push warmer air down to the living space.
6. Caulk, seal and weather strip all openings.

Water Heater

1. Set your water heater thermostat to 120 degrees, or if your dishwasher is without a booster, 140 degrees (make sure you turn off the electric breaker before attempting to adjust the thermostat).
2. When possible, wash laundry in cold water with special detergent. The cost of an average load with hot water is about 53.75 cents, with cold water about 3.75 cents.

Around the House

1. Microwaves use less than one-half the power of conventional ovens and foods cook in about one-fourth the time, greatly reducing cooking costs.
2. For items requiring longer cooking times, turn off the oven about 15-20 minutes before the end of cooking time. The leftover heat in the oven will finish the job if you don't open the oven door.