

READY FOR RETRENCHMENT?

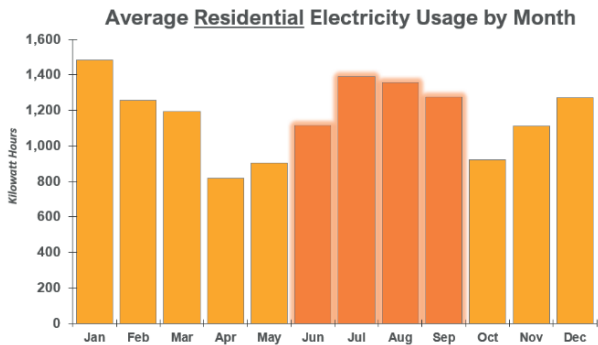
Members of Carroll Electric receive electric service at an exceptional value. Still, no one enjoys a high electric bill after a hot summer month. So how can summer electric bills get retrenched when electricity usage is typically at its highest?

WORD WRAP

This month's "less common word" is...

re-trench-ment

/rē'tren(t)SHmənt/
noun:
the reduction of costs or spending in response to economic difficulty.



Electricity usage varies with the weather, as changes in temperature and humidity affect the need for cooling your home. The larger the gap between the outside and inside temperatures, the harder your air conditioner must work to keep your home cool. When outside temperatures are at their highest, costs associated with cooling your home can make up a large percentage of your electric bill.

Did you know? According to the U.S. Energy Information Administration (EIA), the residential sector's electricity use for cooling was about 226 billion kWh in 2019, which was equal to about 16% of total residential sector electricity consumption and 6% of total U.S. electricity consumption.



Summer Energy-Saving Tips

Some No-Cost Tips



Close blinds and drapes during the day to keep the heat out.



Set your thermostat to the highest comfortable setting. 78 degrees is recommended for summer.



Turn off lights and ceiling fans when you leave the room.



Remove debris and obstructions from around outdoor air conditioning units.



Use the bathroom fan to remove the heat and humidity from your home when showering.

Some Low-Cost Tips



Apply caulking and weather stripping in and around your home to minimize air leaks.



Plant trees and shrubs to shade the exterior of your home.



Replace disposable air filters (or clean permanent filters) once a month to maximize efficiency.

KNOWING THE DIFFERENCE



Consumers use electricity for many different reasons. The choices consumers make about how they use electricity – turning machines off when they're not using them or choosing to buy energy-efficient appliances – may accomplish the same goal but are two very different approaches.

Energy Conservation

Energy conservation is any *behavior* that results in the less use of electricity. *Turning the lights off when leaving the room or adjusting the thermostat to a higher setting during summer months are both ways of conserving electricity.*

Energy Efficiency

Energy efficiency is using *technology* that requires less energy to perform the same function. *Using a light-emitting diode (LED) light bulb that requires less energy than an incandescent light bulb to produce the same amount of light is an example of energy efficiency.*

THE RIGHT BALANCE

Knowing when or how to conserve energy is not always straightforward. Neither is knowing which energy efficient technologies are right for your home or office building. A little research can go a long way to reducing your electric bill.

For further tips and resources on how to reduce your energy consumption, please visit our webpage at:

<http://carrollecc.com/energy-saving-tips>

or call one of our Member Service Representatives at **1-800-432-9720**.

Energy Efficiency Tip of the Month

Want to light up your outdoor space without increasing your energy use? Try outdoor solar lights! They're easy to install and virtually maintenance free. Remember, solar lights work best when the solar cells receive the manufacturer's recommended hours of sunlight.

Source: energy.gov



Did you know? The ENERGY STAR® label on appliances and electronic equipment identifies energy efficient products.

To learn more about ENERGY STAR® products visit <https://www.energystar.gov/products>.

Avocado and White Bean Salad

- 1 can white beans
- 1 avocado, chopped
- 1 roma tomato, chopped
- 1/4 sweet onion, chopped



That's the salad base and here's the vinaigrette ingredients.

- 1 1/2 tablespoons olive oil
- 1/4 cup lemon juice
- 1 teaspoon mustard
- fresh or dried basil to taste
- garlic, finely chopped to taste
- salt and pepper to taste
- 1 teaspoon mustard

160
Calories

11
Ingredients

4
Servings

Whisk vinaigrette ingredients together, then pour over salad base and mix well. Refrigerate for a few hours before serving. A delicious veggie meal that requires no oven, no stove, no sweat!