

Power Pointers

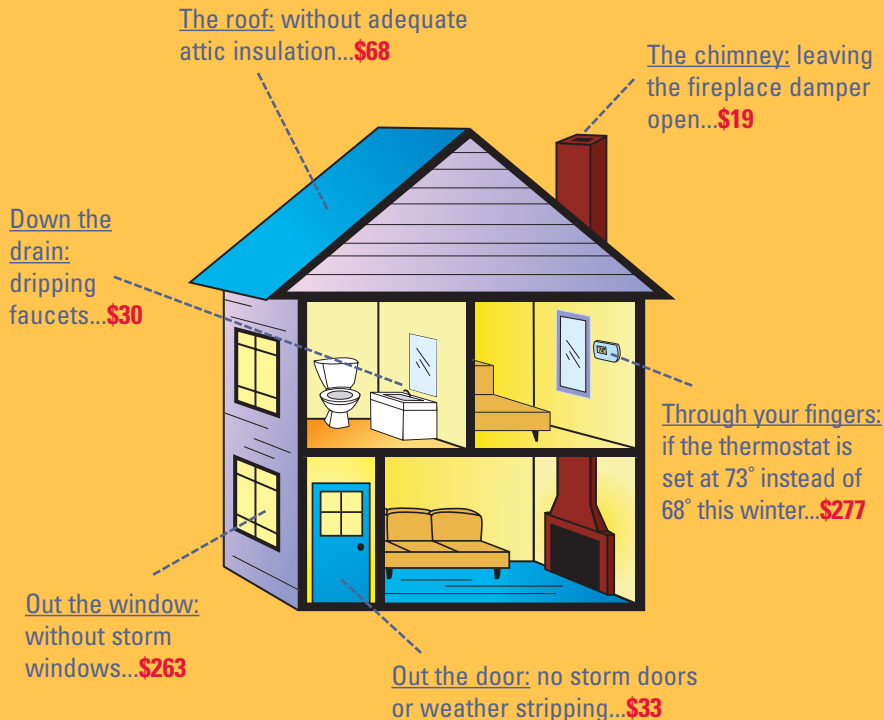
Tips to help you manage your energy spending.

These days, we're all looking for ways to manage our 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 1,908-square-foot house in Raleigh, N.C., over the course of a year.

Breakdown of the top energy users in the average house

Heating
33%

Water Heating
19%

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 up to 20 percent or more.
3. Have your heating system and ductwork inspected annually.
4. Close the fireplace damper tightly when not in use. Up to 20 percent of the heated air from your house goes up the chimney every hour.
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. Install plastic sheeting or storm windows over old or leaking windows. This can save you up to 10 percent in energy costs.

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. Take showers instead of baths. A shower saves 4-5 gallons of water.
3. When possible, wash laundry in cold water with special detergent. The cost of an average load with hot water is about 38 cents, with cold water about 1.5 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. 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.