



# Central Electric Power Association

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## The best place for Fido this summer: indoors

Your dog loves riding in the car with you and playing in the grass on warm, sunny days. But when it gets really hot, keep Fido indoors where the air conditioning can keep your best friend cool.

Like people, pets can suffer from all kinds of heat-related problems, like heat stroke, dehydration and respiratory distress. Some days, the safest thing for them is a lazy day inside your home.

Here are five ways to keep Fluffy and Fido safe and cool this summer:

1. Put out extra bowls of water indoors and outdoors so your pets can drink as much as they need. Panting is your pets' way of cooling down by evaporating fluids from the respiratory tract. But those fluids need replacing.
2. Water isn't just for drinking in the summer: Letting your pets stand or play in it will help keep them cool on

hot days. Some dogs will enjoy a small plastic baby pool, but be sure to replace the water every few days to discourage mosquito breeding.

3. If you're outdoors with your pet, stay in the shade under a big tree or an awning. Too much sun can disorient your pet and even cause heatstroke. Short-haired pets can even get sunburned if they're in the sun for too long.

4. If you're leaving the house without your pets, leave them indoors and leave the air conditioning on. If you're taking them with you, NEVER leave them unattended in a hot car, even with the windows cracked. It doesn't take long for a dog to become overheated or dehydrated enough to get sick—or even die.

5. Exercise your pets early in the cooler hours of morning or late evening. Keep them on the lawn and away from asphalt; hot pavement can burn a pet's paws.

## Keep cool in the kitchen Watermelon-Cucumber Salad

- 1/2 small red onion, thinly sliced
- 4 cups diced and seeded watermelon
- 1 cucumber, peeled, seeded and sliced
- 1/2 cup mint, thinly sliced
- 1/4 cup olive oil
- Juice of 1/2 lemon
- Salt to taste
- Feta cheese

Soak onion slices in cold water. Pat dry the watermelon and cucumber, and drain the onion; toss together in a bowl. Add olive oil, lemon juice and salt, and toss. Top with feta cheese. Makes 4 servings.



## Keep kids safe all summer

You might not be able to keep your eyes on your children every minute this summer while they're roaming around the neighborhood having fun. So teach them how to keep themselves safe, especially around electricity.

- The most important lesson about outdoor electrical safety is: Never touch a power line. A downed line might seem like its "dead," but chances are good that it's still energized. Touching it with a hand, a toy or a stick could electrocute someone.
- If a kite, balloon or another toy gets caught in an overhead power line, do not try to dislodge it by throwing shoes or other items at it. Call your electric cooperative if you must retrieve the toy.
- Stay far away from overhead power lines while flying kites or using large toys so they don't come into contact with energized lines.
- Do not climb utility poles or trees that are close to power lines.
- Don't post signs, balloons, ribbons or anything else on utility poles or electrical equipment.
- Stay out of electrical substations—even to rescue a pet. Those substations house high-voltage equipment that can electrocute someone.
- Don't touch electrical toys that are standing in a puddle or floating in a pool.

## Tip

### of the Month



Here's a cool tip for your fridge! Cover liquids and wrap foods stored in your refrigerator. Uncovered foods release moisture, causing the compressor to work harder. Source: energy.gov

## Stay cooler while saving energy

Your use of indoor energy can soar with the rising temperatures. Here are five ways to take control:

- **Cover the windows.** Half of all of the heat that enters your home during the summer comes in through the windows. Invest in a thick shade or window film to block out the summer sun. Save up to 15 percent on your cooling bill by shading west-facing windows, which absorb the most afternoon sun. For the hottest parts of your house, consider installing an awning or planting trees in front of the window to shade the house.
- **Change A/C filters.** A filter for your air conditioning system costs only dollars (about \$5 for a high-quality, pleated model), but can save you much more if you change it every month during the summer. Dirty air conditioning filters prevent air flow and make the air conditioning system work harder. That means a higher bill.

- **Turn the thermostat up.** For every degree you turn your thermostat up during air conditioning season, you'll save up to 2 percent on your cooling costs.



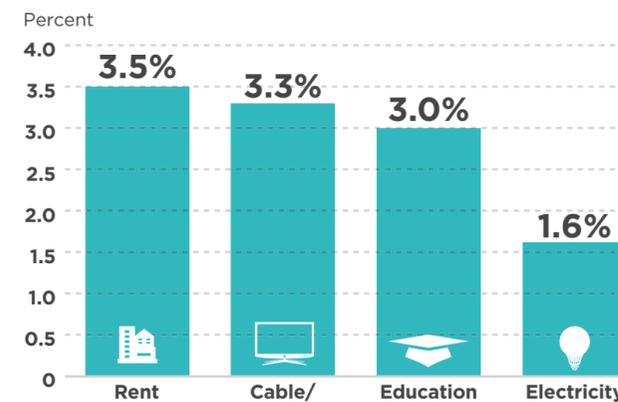
Try setting your thermostat at 78 degrees, and turn on a ceiling fan to help circulate the air. Fans don't cool the air, but they

make the air feel cooler by moving it around the room and against your skin, which creates a sort of "wind chill" effect. When the fan is running, you can move your thermostat three to four degrees higher without noticing a difference in your comfort level.

## ELECTRICITY REMAINS A GOOD VALUE

The cost of powering your home rises slowly when compared to other common expenses. Looking at price increases over the last five years, it's easy to see electricity remains a good value!

Average Annual Price Increase 2012-2017



Sources: U.S. Bureau of Labor Statistics Consumer Price Index

## Your pool and electricity: potential trouble

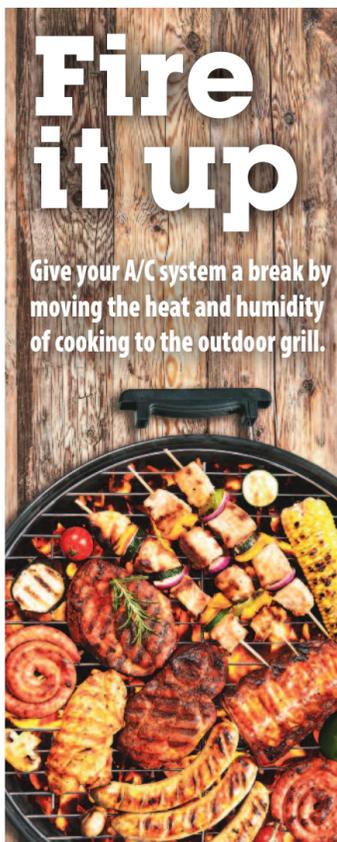
Any conversation about swimming pool safety will revolve around drowning. But it should also address electrocution.

Although far less common than drowning, electrocution in or near a swimming pool takes the lives of a small handful of people every year. One was a 7-year-old boy who was electrocuted by a faulty pool light.

### Here are a few tips for preventing electrical accidents while you're enjoying your pool:

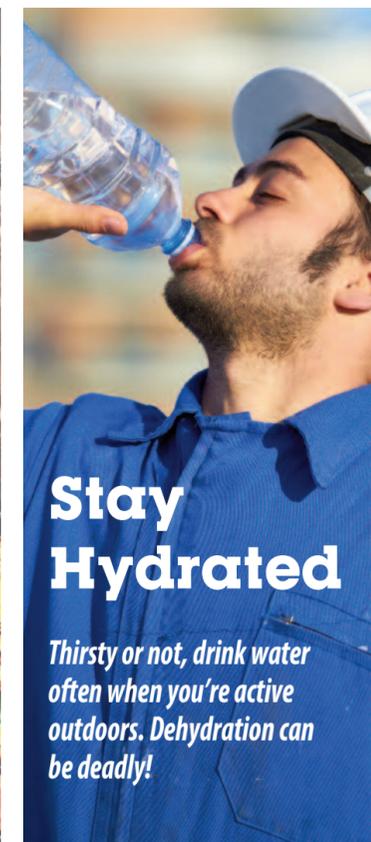
- Keep TVs, radios and extension cords far away from the water.
- Have your pool equipment inspected and maintained every season. Faulty, malfunctioning or improperly installed equipment—like pool lights—can be hazardous.
- Have the pool inspected when it is first installed, or before you buy a new house that comes with an already-installed pool.
- Don't do your own electrical work on your pool lights or other electrical components. Call a licensed electrician.
- Keep electrical devices and cords at least 5 feet away from the edge of the pool.
- Supervise children and party guests who are using the pool.
- Look for signs of trouble, like flickering lights or equipment that performs erratically.

If a swimmer is twitching or unresponsive, it's possible the water is electrified. Make a plan in case someone gets electrocuted at the pool. You're less likely to panic if you know exactly what to do: Turn off the power, clear the pool area without touching anything metal and call an ambulance.



## Fire it up

Give your A/C system a break by moving the heat and humidity of cooking to the outdoor grill.



## Stay Hydrated

Thirsty or not, drink water often when you're active outdoors. Dehydration can be deadly!