



Light Reading



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Change a Light Change the World

It may have taken almost 125 years to improve on Thomas Edison's original invention, but today's compact fluorescent light bulb (CFL) is just as effective and uses about 1/4th the energy of the old incandescent light bulb.

This fall, Inland Power & Light, in partnership with EnergyStar™ and the Bonneville Power Administration will be participating in the "Change a Light Change the World" CFL promotion. Through this promotion you will be able to purchase CFLs at greatly reduced prices at many retail outlets throughout the region.

If every American home replaced just one incandescent light bulb with an energy-saving compact fluorescent, it would save enough energy to light more than 3 million homes for a year and prevent greenhouse gases equivalent to the emissions of over 800,000 cars.

To achieve the greatest energy savings, first install compact fluorescents where lights are on the most, such as in the family and living room, kitchen, dining room, and porch. ■

Energy Saving Showerheads Save Water, Energy and Money

Inexpensive and simple to install, low-flow showerheads can reduce your home water consumption and water heating costs by as much as 50%. A low-flow showerhead is designed to deliver fewer gallons of water per minute but with the same pressure as a traditional showerhead.

A family of three may take almost 1,000 showers per year! Assuming each one takes a ten minute shower with a showerhead that uses 4 gallons of water per minute, the usage would be about 40,000 gallons. By replacing this showerhead with a low-flow



model rated at 2 gallons per minute, the hot water use would be cut in half, saving 20,000 gallons annually. If this water is heated with a standard efficiency electric water heater, your annual savings would be approximately \$175. Not only are you saving money and energy, conserving another valuable resource.

Using resources like water and energy efficiently is good for the environment, and the utility bill savings will pay for the cost of a low-flow showerhead within a few weeks. ■

Inland offers free showerheads to qualifying households

Inland Power & Light in partnership with the Bonneville Power Administration is pleased to now offer free "low-flow" showerheads to members whose water is heated with an electric water heater. Simply fill out the attached form and return it to Inland with your next payment or visit our website at www.inlandpower.com, click on "What's New" and place your order on-line. ■

Free Showerhead Offer

Yes, I want to conserve energy by installing a low flow showerhead! Please send me my free Energy Saving Showerhead(s).

Yes, my water is heated with an electric water heater.*

Please send me (circle one): One showerhead Two showerheads**

First Name: _____ Last Name: _____

Member Account #: _____ Home Phone #: (____) _____

Signature: _____ Date: _____

* Must have an electric water heater to qualify.

** Offer is limited to two showerheads per household. Please allow 4-6 weeks for delivery.



Protect yourself from circuit overload

Electrical circuits in the home can only handle the total wattage of all the electrical products connected to that circuit. Here is an easy equation you can use to determine what an individual circuit can handle:

Volts x Amps = Watts

Each fuse or circuit breaker in your electrical panel is marked for its amperage. Using the equation above, a 15-amp circuit in a 120-volt system can carry a total of 1800 watts. It is recommended that you do not exceed 80% of the total circuit capacity on any given breaker, so the safe operating wattage for this breaker is 1440 watts. Add up the total wattage of all the lights and other electrical products on the circuit (these should be clearly stated on the items), to determine if a circuit is operating within its safely rated limits. ■

Important Inland Phone Numbers

General Information 747-7151
Billing Information 789-4277
Meter Reads 789-4293
New Construction 747-7151
Outages 877-668-8243
Toll-Free
Phone Number 800-747-7151
E-mail inland@inlandpower.com
Website www.inlandpower.com



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It's time to prepare for the upcoming heating season

Fall begins September 23rd with the autumnal equinox. This marks the point in the year when the sun crosses the equator, so that every place on earth experiences an equal amount of daylight and darkness. It also means that the days will be getting shorter and that cooler weather will soon be upon us. Now is the time to prepare for the upcoming heating season.

In winter, a heating system can be considered the heart of a home and your comfort depends on its efficient operation. There are several things you can do to keep your furnace running efficiently. Check furnace filters every two months during the heating season; clean or replace them as needed. Clean the fan blades annually and keep the area around the furnace housing free of dust, lint and litter.

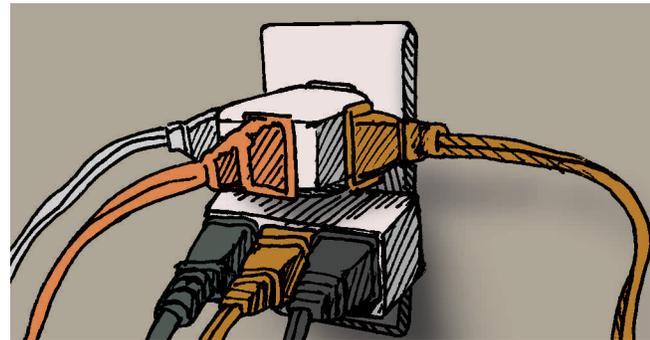


Also, having your heating equipment serviced by a reputable heating specialist before the start of each heating season could reduce your fuel bill as much as 10 percent and could save you the discomfort and expense of equipment breakdown during the winter. ■

Autumn Electrical Safety

With the arrival of fall the days become shorter and we begin to spend more time indoors. This is a great time to perform a home electrical safety inspection.

- Make sure smoke alarms are installed on every floor outside sleeping areas and in every bedroom, and are in good working order.
- Look for telltale signs of electrical problems such as dimming of lights, frequent circuit breaker trips or blown fuses.
- Limit the use of extension cords and don't overload them. Inspect them regularly, looking for damaged or cracked insulation and dispose of any damaged cords.



- Make sure the light bulbs are the rated wattage for the fixture - higher wattage bulbs can damage the wires in the fixture and may cause a fire. Better yet, replace those old incandescent bulbs with today's compact fluorescent light bulbs. ■

Fall also means football

Try this delicious recipe from Inland's "It's All About the Food" cookbook

Seahawk Bread

1 loaf of French bread
1/4 lb. cooked baby shrimp
1/2 c. red onion, finely chopped
8-oz. pkg. cream cheese
1/4 lb. flaked smoked salmon
6 slices dill Havarti cheese

Cut bread lengthwise in half. Spread container of cream cheese on both halves. Spread shrimp, salmon, and onion over halves. Layer Havarti cheese slices on top. Broil for a couple minutes until cheese melts, watching carefully.

Inland has cookbooks available—you can drop by our office and pick up a copy of "It's All About the Food" for \$10 or we can mail it to your home for an additional \$5. ■