



POWERSOURCE

Customers first. Energy that lasts.



Technotes

Gamers or parents of gamers take note; you no longer need to wonder how much energy is being used by your system. Popular game consoles have a very modest standby power usage when off (0.2W–2W) and use less energy than you may have anticipated when being played. According to www.hardcoreware.net, popular consoles have varying energy usage when played. If calculating for an average of 2 hours a day (730 hours per year) of play, costs are:

Console	Energy used	Annual cost*
PlayStation3	193.6 W	\$5.65
Xbox 360	185.1 W	\$5.41
Nintendo Wii	17.8 W	\$0.52

*\$0.04 per kWh used for calculations.

This energy usage is relatively low; however, it increases dramatically when you consider other factors:

- Playing for longer hours or leaving the system on constantly. For instance, leaving a PS3 on for even two nights a week for an additional 21 hours each week boosts annual energy costs to \$14.13.
- TV and sound system use, which can easily surpass console costs.
- Peripherals like wireless controllers.
- System options like the Wii Connect 24, which updates your Nintendo Wii console constantly but requires it to be left on.

The key to keeping your gaming energy costs under control is to turn the system and TV off when not in use.

Keeping warm this winter

Instead of reaching for the thermostat when it is bitterly cold outside, take a conservative approach to staying warm and keeping costs down. The following winter Smart Saver tips can help you save money and energy.

- Open drapes, blinds and curtains during the day to allow the sunlight to enter and warm your home. Close them at night to prevent the chill you may feel from cold windows.
- Adjust your thermostat down two degrees in the winter.
- Weatherize your home — caulk and weather strip doors and windows that may leak air.
- Properly maintain and clean your home's heating equipment.
- Replace furnace filters every 30 days or so. Use the day you receive your bill from us as a reminder that it's time to clean or replace your furnace filter.
- Add blankets to your bed.
- Close the heating vents and shut the door to rooms you don't use.
- Check and, if necessary, add insulation, especially in your attic and the exterior and basement walls or crawl spaces in your home. Check for gaps around ducts and pipes that go from inside to outside the home.
- Keep fireplace doors and dampers closed when the fireplace is not in use.
- Wear socks and/or shoes in your home during the winter to help you feel warmer.
- Rearrange your furniture to ensure you are sitting near interior walls, not more drafty exterior walls but make sure your draperies and furniture don't block off your heating vents.
- Lower your thermostat to 55-65° at night when sleeping and while away for long periods of time.

Technology that can help you save

With today's advancements in technology and information, a small expenditure and a few minutes can help you save energy:

- **Smart Strip power strip** – from \$31 - \$41.95 plus shipping from online sources such as amazon.com – a few minutes to install. Smart Strips have a few different models available and save energy costs by automatically shutting down or starting up your peripherals after it senses the computer has been shut off or turned on.
- **Light switch and outlet insulating sealers** – about \$2 for a pack of eight at your local home improvement store – 2 minutes to install. These reduce drafts from outlets and switches located on the outside walls of your home.
- **P3 International P4400 or P4400A Kill A Watt Electricity Usage Monitor** – \$24 - \$50 available at [Brookstone](http://Brookstone.com), northerntool.com or amazon.com – a few seconds to plug in. Trying to root out the source of high energy bills? This device makes usage costs extraordinarily easy to calculate. Simply plug the device into the electric appliance before plugging the appliance into the wall.
- **Online energy usage calculator** – free – a few minutes on the Internet. To calculate energy cost of your entire household or your television, go to eon-us.com/rsc/hec.asp. You simply select the components of your household or television to review energy usage and estimated costs by month or by year.



Lighten Up

Holiday cooking: An opportunity to save

- **Don't preheat when cooking slow-roasted turkey or ham** for a holiday meal even when the instructions say to do so.
- **Use the oven light and window** instead of opening the oven door to take a peek at what's inside. This will prevent a loss of heat, wasted energy and longer cooking times.
- **Cook several items at one time** to save energy. Just be sure there is enough room between your dishes to allow the heat to circulate.
- **Remember your microwave**, which uses 50% less energy than an oven and cooks much faster. Potatoes and yams cook in a quarter of the time it takes for a conventional oven.
- **Consider using your self-cleaning oven feature** immediately after cooking to take advantage of the residual heat.
- **When cooking on top of your range**, make sure the pan matches or is slightly larger than the heating element to avoid wasted energy.
- **Clean your burners and reflectors** to provide the best heating.
- **Keep your refrigerator closed** as much as possible to wasting energy. If you have a lot to get in or out of the refrigerator, however, leaving the door open longer to do this all at once wastes less energy than opening and closing it several times.
- **Using your dishwasher** requires 37% less water than hand-washing dishes with your faucet running, although if you fill the sinks for washing and rinsing, you'll use half as much water as the dishwashing machine.

Source: consumerenergycenter.org

Power On

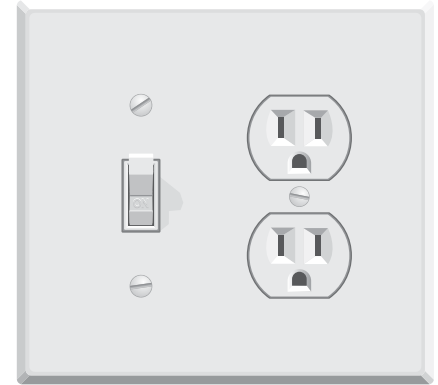
With today's modern conveniences, it can be easy to forget electricity in the home can cause fires and injuries. Here are some electricity safety tips to follow.

Appliances

- Keep appliances dry and away from water at all times.
- Never turn on an appliance that is sitting on a damp counter.
- Unplug toasters, coffee makers and other small appliances after use.
- Disconnect appliances before cleaning them.
- If an appliance smells hot or buzzes, don't touch it or try to unplug it. Turn off the electricity at the breaker, unplug it and don't use it until it is repaired.
- Never reach for or unplug an appliance that has fallen into water. Turn the power off at the breaker before you unplug the appliance or remove it from the water.

Around the home

- Keep electrical cords and wires away from heat and water.
- Don't pull on cords to unplug them.
- Use the right light bulbs in all lamps and light fixtures. Most lamps and fixtures will have a label stating the recommended and maximum bulb wattages.
- Don't tie or knot cords and don't let furniture sit on cords.



- Don't use devices with frayed cords.
- Don't place a radio or telephone on the edge of the bathtub or sink.
- Call an electrician if your lights flicker, you continually replace fuses, reset circuit breakers, hear unusual buzzing sounds, see sparks or flickering lights, or if your power goes out a lot.

Personal safety

- If you are touching water, never touch electrical devices such as light switches, hair dryers, curling irons.
- Never put your fingers in a light bulb socket or stick metal objects in electric outlets.
- Do not try to fix appliances or electrical devices yourself; always seek the assistance of a professional or authorized repair shop.

Power lines

- Always assume any downed line is an energized power line even if you do not see sparks.
- Always warn others to stay away from downed lines. If a person or object is in contact with a line, do not attempt to touch or move them. Call ODP to disconnect power; call 911 if the situation is an emergency or if someone is injured.

Contact Information

Old Dominion Power _____
 ODP Customer Service 24-hour Power Outages
 Monday – Friday (800) 981-0600
 7 a.m. – 7 p.m. (EST)
 (800) 981-0600

Business Service Center
 Monday – Friday
 7 a.m. – 6 p.m. (EST)
 (859) 367-1200
 (800) 383-5582

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