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Change Habits To Beat the Peak

AS TEMPERATURES RISE and air conditioners get a serious workout, looking for ways to improve energy efficiency at home can help you and Panola-Harrison Electric Cooperative reduce demand, saving energy and money.

Making small adjustments in when, where and how you use electricity will help control your energy costs.

Avoid peak times, typically 4–8 p.m. in summer, by putting some chores on hold, at least until power demand dips. Consider some of the jobs 1 kilowatt-hour of electricity can do before you use it:

- ▶ Wash three loads of laundry.
- ▶ Complete one dryer cycle.
- ▶ Vacuum two average-size homes.
- ▶ Iron five shirts.
- ▶ Run three cycles in a loaded dishwasher.
- ▶ Use the oven for 30 minutes.

Love 78

At 78 degrees most people are comfortable outside, so why not indoors? Most people aren't sensitive enough to notice much of a difference in air temperature whether the thermostat is set at 73 or raised to 78. But the closer your thermostat setting is to the outdoor temperature, the less your air conditioner will run.

Each degree of temperature difference represents a percentage of the total cooling load. That means that when temperatures are in the high 80s, you could reduce your cooling demand by 10%–15% for each degree above 75.

Fans offer an economical alternative to air conditioning on mild days and can pitch in for comfort as temperatures climb. In summer, set ceiling fans to turn counterclockwise and blow air downward to get the most value.

Central AC can use as much as 1 kWh of electricity for each 12-minute cycle of cooling. A ceiling fan can operate for about 13 hours on the same amount of electricity, while a floor or table fan, depending on its size, might run for 10 hours per kilowatt-hour of power. Turn off fans when you leave a room because they cool people, not space.

Kitchen Comfort

Appliances on your countertops or stashed in your pantry use less energy and could keep you cooler. Microwaves use about 60% as much energy as full-size ovens, and a toaster oven or induction cooktop consumes about half as much power. Because these appliances are designed to heat food more efficiently in less space, the surface areas available for heating are smaller, which means less heat goes unused, keeping your kitchen cooler.

Share the Space

In simpler times families spent more time together in the same room even as they pursued different interests. Some members might've read books or magazines under the light of a shared lamp while others watched TV or played board games.

Today it's common for everyone to retreat to separate spaces, turn on their electronics and close their doors to cocoon in their own environments.

Getting control of your energy use to reduce your home's overall demand can be really challenging when you have to consider the entire home, so bring back family time to beat the peak.

LCD televisions generally use 60% as much electricity as comparably sized plasma models. One laptop uses about 20% as much power as a desktop computer and monitor. And today's home assistant devices can play music using about 17% of the energy of a component stereo system.

A video game console consumes about 200 watts of power. One system pressed into service for spirited competition between family members uses about a third of the power of three players engaged in separate games throughout the house. ■



LISA KINGDON | ISTOCK.COM

Running Ceiling Fans Saves Energy

CEILING FANS DON'T actually cool the air in a room. They circulate the air, and anyone in the room while one is running will feel a breeze. That makes the person feel cooler.

So there's no point in running a ceiling fan in an empty room.

But a ceiling fan can make a room feel like it's up to 8 degrees cooler than a room without one. And because the fan circulates cool air, it gives the air conditioning system a break. In fact, with a ceiling fan running, you can turn your thermostat up by about 4 degrees without sacrificing comfort, according to the U.S. Department of Energy.

A few tips for getting the most energy savings from ceiling fans:

- ▶ Change the direction that the fan blades spin when the weather warms up. In the summer, ceiling fans should rotate counterclockwise. That way the blades push cool air down into the room. In the winter, they should rotate clockwise so the updraft pushes warm air that is near the ceiling down into the room's occupied space. To switch rotation you have to manually flip a switch on most models.
- ▶ Hang the fan 7–9 feet above the floor. Fan blades should be at least 8 inches away from the ceiling and 18 inches from walls.
- ▶ Large ceiling fans move more air than small ones. For a large room, choose a larger fan. Likewise, large fan blades move the air around more forcefully. So if you're installing one in a home office or another room where you keep loose papers, choose one with small blades.
- ▶ Generally, the more expensive the fan, the more quietly it runs.
- ▶ Fans with an Energy Star label are about 20% more efficient than standard models. ■

Panola-Harrison Electric Cooperative

A Touchstone Energy® Cooperative 

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Outage Hotline Numbers

For information and to report outages, please call us.

LOCAL

(903) 935-7936

TOLL-FREE

1-800-972-1093

ABOUT PANOLA-HARRISON EC

PHEC, organized in 1937, owns and maintains more than 2,600 miles of line to provide electric service to more than 13,800 members in Harrison and Panola counties in Texas and Caddo and DeSoto parishes in Louisiana.

BILL PAYMENT INFORMATION

Bring your electric bill or bill stubs when visiting the co-op office in Marshall with billing inquiries or payment questions.

Payments can be made by mail, at our local office, by phone or on our website. We accept a variety of payment forms, including cash, check, electronic funds transfer, credit card and check-by-phone.

Please call 1-866-520-1211 or (903) 935-4657 to pay by credit card or check-by-phone, or use our website, www.phec.us.

VISIT US ONLINE

www.phec.us



Hurricane Preparedness Guidelines

Hurricane season is June 1–November 30

If you are under a hurricane warning, find safe shelter right away.

When a hurricane is 36 hours from arriving:

- ▶ Turn on your TV or radio in order to get the latest weather updates and emergency instructions.
- ▶ Restock your emergency preparedness kit. Include food and water sufficient for at least three days, medications, a flashlight, batteries, cash, and first-aid supplies. Learn how to build an emergency kit at ready.gov/build-a-kit.

When a hurricane is 18–36 hours from arriving:

- ▶ Bookmark your city or county website for quick access to storm updates and emergency instructions.
- ▶ Bring indoors any loose, lightweight objects that could become projectiles in high winds (e.g., patio furniture and garbage cans); anchor objects that are unsafe to bring in (e.g., propane tanks); and trim or remove trees close enough to fall on a building.

When a hurricane is 6–18 hours from arriving:

- ▶ Turn on your TV or radio or check your city or county website every 30 minutes for the latest weather updates and emergency instructions.
- ▶ Charge your cellphone so you will have a full battery in case you lose power.

When a hurricane is six hours from arriving:

- ▶ If you're not in an area that is recommended for evacuation, plan to stay at home or where you are, and let friends and family know where you are.
- ▶ Close storm shutters and stay away from windows. Flying glass from broken windows could injure you.
- ▶ Turn your refrigerator or freezer to the coldest setting and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.

To stay safe during a hurricane:

- ▶ If told to evacuate, do so immediately. Do not drive around barricades.
- ▶ If sheltering during high winds, go to a Federal Emergency Management Agency safe room; International Code Council 500 storm shelter; or a small, interior, windowless room or hallway on the lowest floor that is not subject to flooding.
- ▶ If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic; you may become trapped by rising floodwaters.

To stay safe after a hurricane:

- ▶ Listen to authorities for information and special instructions.
- ▶ Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.
- ▶ Avoid wading in floodwaters, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.

Preparación para huracanes

La temporada de huracanes es del 1 de junio al 30 de noviembre

Cuando un huracán está a 36 horas de llegar:

- ▶ Prenda su televisor o radio para obtener las últimas actualizaciones meteorológicas e instrucciones de emergencia.
- ▶ Reponga su kit de emergencias. Incluya alimentos y agua suficientes para al menos tres días, medicamentos, una linterna, pilas, dinero en efectivo y suministros de primeros auxilios. Aprenda como construir un kit de emergencia en ready.gov/build-a-kit.

Cuando un huracán está a 18–36 horas de llegar:

- ▶ Marque como favorito el sitio web de su ciudad o condado para el acceso rápido de las actualizaciones de tormentas e instrucciones de emergencia.
- ▶ Traiga adentro objetos sueltos y ligeros que puedan convertirse en proyectiles con vientos fuertes (por ejemplo, muebles de patio y botes de basura); sujete objetos que no serían seguros para llevar adentro (por ejemplo, tanques de propano); y recorte o retire los árboles que están lo suficientemente cerca como para caer en un edificio.

Cuando un huracán está a 6–18 horas de llegar:

- ▶ Encienda su televisor o radio, o visite el sitio web de su ciudad o condado cada 30 minutos para obtener las últimas actualizaciones meteorológicas e instrucciones de emergencia.
- ▶ Cargue su teléfono celular para que tenga una batería llena en caso de que pierda energía.

Cuando un huracán está a seis horas de llegar:

- ▶ Si no se encuentra en un área recomendada para la evacuación, planifique quedarse en su casa o donde se encuentra y avise a sus amigos y familiares donde se encuentra.
- ▶ Cierre las contraventanas y aléjese de las ventanas. Los vidrios que vuelan de las ventanas rotas podrían dañarle.
- ▶ Ajuste la temperatura de su refrigerador o congelador a la posición más fría y ábralos solo cuando sea necesario. Si pierde la energía, la comida durará por más tiempo. Mantenga un termómetro en el refrigerador para poder verificar la temperatura de los alimentos cuando se restablezca la energía.

Para mantenerse a salvo durante un huracán:

- ▶ Si se le indica que evacue, hágalo inmediatamente. No maneje alrededor de las barricadas.
- ▶ Si se refugia durante vientos fuertes, vaya a una habitación segura de la Federal Emergency Management Agency, refugio contra tormentas del International Code Council 500 o una habitación o pasillo pequeña e interior sin ventanas en el piso más bajo que no esté sujeto a inundaciones.
- ▶ Si queda atrapado en un edificio por inundación, vaya al nivel más alto del edificio. No suba a un ático cerrado porque usted puede quedar atrapado por las crecientes inundaciones.

Para mantenerse a salvo después de un huracán:

- ▶ Escuche a las autoridades para obtener información e instrucciones especiales.
- ▶ No toque el equipo eléctrico si está mojado o si está parado en el agua. Si es seguro hacerlo, apague la electricidad en el interruptor principal o en la caja de fusibles para evitar una descarga eléctrica.
- ▶ Evite vadear en el agua de la inundación, que puede contener desechos peligrosos. Las líneas eléctricas subterráneas o caídas también pueden cargar el agua eléctricamente.



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Please Call or Text To Report Outages

IF YOU EXPERIENCE AN outage, please call 1-800-972-1093 or (903) 935-7936 or use Panola-Harrison Electric Cooperative's outage texting system. To sign up for outage texting, see the instructions on our website, www.phec.us. Our Facebook page and email are not monitored 24/7, so reporting outages by those methods could prolong the time it takes to restore your power. ■

Like Us on Facebook

PANOLA-HARRISON ELECTRIC COOPERATIVE invites you to hit the Like button at facebook.com/panolaharrisonec. This page is monitored by our staff and contains lots of up-to-date information regarding power outages and maintenance updates as well as friendly reminders, photos, and safety and energy tips.

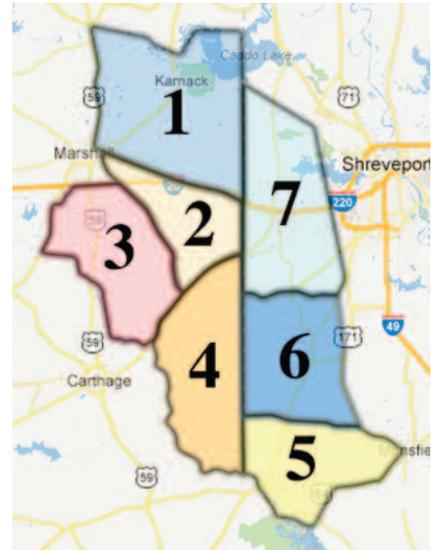


Independence Day

Sunday, July 4

Our offices will be closed Monday, July 5, in observance of the holiday.

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Panola-Harrison Electric Cooperative Director District Map

- District 1** Paul Fortune
- District 2** Albert Tiller, President
- District 3** Jay Goswick, Treasurer
- District 4** Robert Ortigo
- District 5** Debbie Burch
- District 6** Jerry Holmes, Vice President
- District 7** Gene Stough

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PANOLA-HARRISON ELECTRIC Cooperative is an equal-opportunity provider and employer. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination complaint form online at ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or call 1-866-632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter by mail to U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave. SW, Washington, D.C., 20250-9410; by fax to (202) 690-7442; or by email to program.intake@usda.gov.