

Ripley POWER AND LIGHT COMPANY



Ripley Power and Light will be closed ...

- Thursday, July 4, for Independence Day
- Monday, September 2, for Labor Day



Pay your bill online, inquire about our programs, learn how to conserve energy ... at ripleypower.com

Office Hours & Locations

We are open 47 hours each week to serve you better!

7:30 a.m. to 5 p.m.
Monday-Thursday

7:30 a.m. to 4:30 p.m. Friday

You can pay your utility bill at ...

- 150 S. Main St. in Ripley
- 409 S. Church St. in Halls

If you have not been receiving your bills, call our office immediately so we can verify your mailing address.



731-635-2323 ■ 731-836-7595
www.ripleypower.com

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Compact fluorescent light bulbs: What do you do when they burn out?

Compact fluorescent light bulbs (CFLs) can save households hundreds of dollars on electricity, and they are better for the environment than incandescent bulbs.

However, it's important to understand how CFLs work and the proper way to dispose of them, especially as more people for the first time encounter CFLs at the end of their life cycle, said Mike Allmand, President and CEO of Ripley Power and Light Company. "You shouldn't just throw them in the trash."

Instead of producing light by heating a filament with an electric current, CFLs rely on gasses. Electricity runs through a tube containing argon and a small amount of mercury vapor. The reaction generates invisible ultraviolet light that excites a fluorescent phosphor coating on the inside of the tube, which then emits visible light.

CFLs last up to 10 times longer than traditional incandescent bulbs.

If a bulb breaks, the U.S. Environmental Protection Agency (EPA) recommends first airing out the room for five to 10 minutes to disperse any mercury vapor that is released. Make sure people and pets are out of the room, and shut off your air conditioning unit so the vapor isn't circulated through your house.

If on a hard surface, scoop up the glass fragments and powder with stiff paper or cardboard, and use sticky tape to collect any remaining debris. Only use a vacuum if the first two steps don't complete the job. Wipe the area clean with a damp towel or wet wipes.

Place the mess – including the towel and vacuum bag – in a glass jar with metal lid or a sealable plastic bag, and put it in a garbage can outdoors. Wash your hands with soap and water, and

leave the windows or doors open so the room can air out for a few hours.

If the bulb breaks on carpet, use a vacuum. Make sure you air out the room, shut off the air conditioning and properly dispose of the vacuum bag in a sealed container. You should continue to do this each time you vacuum for the next several times when you clean the area in question.

The mercury released is a very small amount – less than 1 percent of the amount in a mercury thermometer – but the EPA still recommends taking precautions. Also, no mercury is released when a CFL is intact or in use.

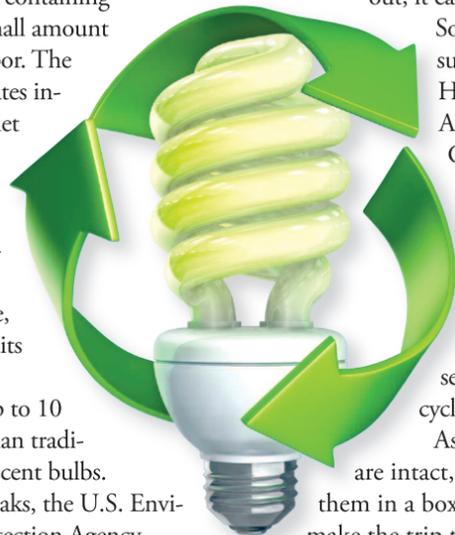
When a CFL bulb finally burns out, it can be recycled.

Some retail stores, such as Lowe's, Home Depot and Ace Hardware, offer CFL-collection programs for recycling. Some bulb manufacturers also provide mail-back kits that allow users to send old CFLs to recycling centers.

As long as the bulbs are intact, it's safe to store them in a box until you can make the trip to a city with a store that offers recycling, such as Covington, Dyersburg, Jackson or Memphis. Call ahead to make sure the store recycles.

If you can't recycle, simply place the old bulb in a zip-lock bag and drop it into your outside trash can for normal collection. This step will minimize any mercury released if the bulb is crushed in your garbage.

CFLs require special handling because they have small amounts of mercury inside them, Allmand said. "However, they are better for the environment. And, CFLs actually help reduce overall mercury emissions in the United States because the amount of electricity they save reduces demand on mercury-emitting power plants."



Women participate in an exercise workout at the Ripley Family Fitness Center.

Fitness: A popular activity in Ripley

The Ripley Family Fitness Center on Washington Street has something for everyone.

Its cardio equipment includes treadmills, stair climbers, cross trainers and recumbent bikes. Paramount machines and a range of free weights and benches are used for strength training. Water aerobics are offered in a nearby motel pool.

Members also have access to fitness classes — body attack, Zumba, tabata, spin and line dancing; and wellness programs, such as body composition, blood pressure checks and cardiac maintenance. And, the exciting Kid Zone is a popular place for families.

"We've got a full-fledged fitness center," said Sue McLemore, fitness manager. "We've got everything you'd want to work out with."

Owned by the Ripley Parks and Recreation Department, the Family Fitness Center moved to its new location near the UT Martin Ripley Center in 2011, and its membership tripled. Membership rolls fluctuate between 1,200 in the summer and 1,600 in the winter — a sizable chunk of Lauderdale County's 27,000 residents.

"We now have much more room, much more space and much more equipment," McLemore said.



A spin class at the Ripley Family Fitness Center puts participants through a strenuous workout. At left, Victor Newman, a fitness center employee, helps Richard Jennings with therapy.

with a means to exercise and stay fit, which is critical to living well. "Your health is your main asset," McLemore said. "Without our health, we don't have anything."

Fees are \$15 a month for a single membership or \$42 a month for families. Members also can pay annually for a reduced cost. "It's affordable for everybody," McLemore said.

Having the sophisticated center in Ripley is a morale-boost for residents and an outlet for activity, McLemore said. It also promotes healthy lifestyles in the community and provides people

To become a member of the fitness center or find a class schedule, call 731-635-0997. The fitness center is open 6 a.m. to 8:30 p.m. Monday through Thursday, 6 a.m. to 6 p.m. Friday and 7 a.m. to noon Saturday. It is closed on Sunday.

Take steps to save some energy — and money

With a hot summer looming ahead, it's a good time to look at your energy use and make a few decisions to save energy this summer.

When you cut back on your energy use, you save money. You also help Ripley Power and Light Company keep its energy demand in check during times of peak usage. When Ripley Power and Light customers use a lot



*Mike Allmand
President and CEO
Ripley Power and
Light Company*

of energy on a hot August afternoon, for example, your electric provider pays more for its electricity from Tennessee Valley Authority because TVA must buy extra energy at higher prices to meet the demand. TVA passes those extra costs on to its distributors, including Ripley Power and Light.

“Changing how much energy each of us uses helps not only

our personal pocketbook, but also our community,” says Mike Allmand, President and CEO of Ripley Power and Light. “As your electric provider, we’re here to help you make energy-efficient choices so that you can lower your energy bill.”

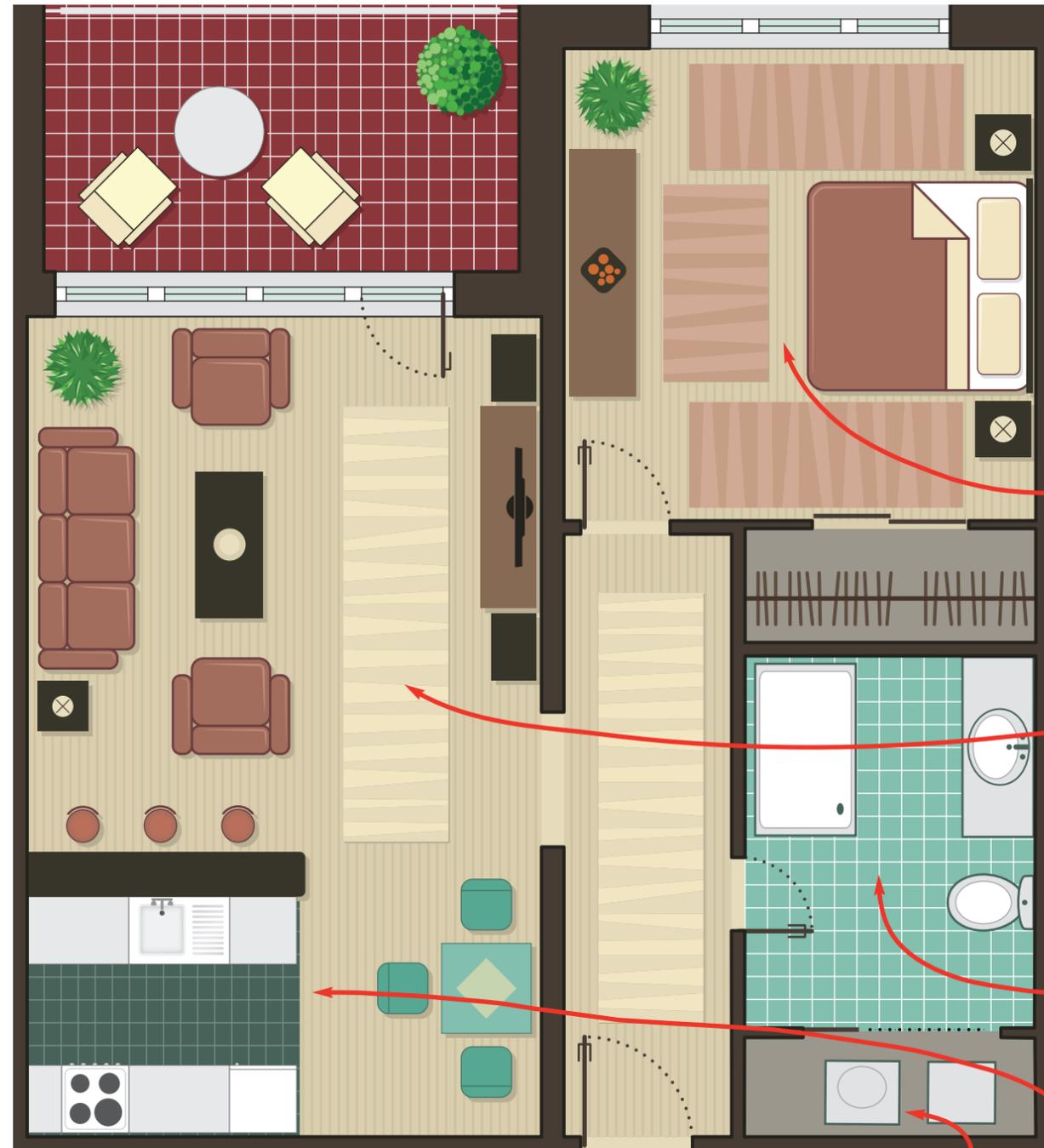
■ An easy way to start is with an In-Home Energy Evaluation. For \$50, a certified inspector from TVA will go through your home and then give you a report on suggested ways to cut your energy costs.

You can then have your survey fee waived and be reimbursed half of your expenses up to \$500 if you spend money on incorporating some or all of the energy-saving suggestions in your home.

■ And, to make it easier to follow those suggestions, Ripley Power and Light will finance some of your purchases. This includes electric heat pumps, electric water heaters and other energy-saving improvements.

Once approved, you can make payments for these items on your monthly utility bill. The length of the loan varies with the cost of the item.

“Many times the energy you save by switching to energy-efficient electric equipment and appliances offsets your monthly payment for the item,” Allmand says.



For more information ...

- Contact Mike Demeris, Energy and Customer Services Representative, at 731-635-2323 or mdemeris@ripleypower.com.
- Visit the “Energy Conservation” section of our website at www.ripleypower.com.

Let's get started ...

Starting with your whole home and then going through each part of your home, we offer two suggestions on saving energy. The first will require an investment in energy saving; the second can be done at no cost — just a change in how you use energy this summer.

Your whole home

1 If your heating or cooling unit is more than 10 years old, it's time to consider an electric, energy-efficient heat pump. When you use a member of our Quality Contractor Network to size and install your new unit, we will reimburse you \$200 if you switch from gas to electric heat, and \$100 if you are upgrading your electric unit. Members of the Quality Contractor Network are listed on our website: www.ripleypower.com in the “Energy Conservation” section.

2 Use power strips for home electronics; turn them off at night as you go to bed and when they are not in use.

Bedroom

1 Replace traditional light bulbs with compact fluorescent bulbs, which use 75 percent less energy. ENERGY STAR estimates that one CFL saves about \$6 a year in electricity costs and more than \$30 throughout its lifetime.

2 Saving energy can be as simple as closing the drapes of windows facing the sun. Your air conditioner is your biggest energy user in the summer, and sunlight can cause rooms to unnecessarily heat up.

Living room

1 Contact Ripley Power and Light for an In-Home Energy Evaluation to learn where you can save money on energy. The cost is \$50, but that will be refunded if you make at least \$50 in recommended energy-efficient improvements by an approved contractor in 90 days. You also can receive a rebate for 50 percent — up to \$500 — for those improvements.

2 Set your thermostat to 78 degrees or as high as you can stand it, and turn off your air conditioning unit if you're leaving town for a few days.

Bathroom

1 Buy an energy-efficient, electric water heater. We will give you \$100 if you are switching from gas to electric and \$50 if you are upgrading an electric water heater. We'll also finance your purchase with payments on your monthly electric bill.

2 Your water heater is your second-biggest energy user. Set its thermostat to 120 to 130 degrees.

Kitchen

1 Replace your aging refrigerator or dishwasher with an appliance that has a high ENERGY-STAR rating. You will use less electricity with a new appliance.

2 Don't put hot food in the fridge. Let it cool first so the unit doesn't have to work as hard. Conversely, let food thaw in the fridge, because frozen items will help keep things inside cool.

Laundry Area

1 Purchase an energy-efficient washer and dryer with a high ENERGY-STAR rating. You'll save money with each load of clothes.

2 Only wash full loads of clothes, and only use cold water.