



Crawfordsville Electric Light & Power

Declutter Your Home with Paperless Billing



Tired of all that paper piling up in your home? Learn how switching to paperless billing can save you time and money and be the first step in reducing paper waste.

Remember all the talk, back in the day, about the paperless revolution that would result from the rise of the internet, computers and mobile devices? Well, it hasn't quite happened yet. In fact, the average American uses more than 700 pounds of paper per year, according to the U.S. Environmental Protection Agency.

The typical home is still filled with paper clutter, such as bills, old receipts and so on. Most households, however, have the technology — such as computers and smart phones — that can significantly reduce the need for paper. With some simple changes in old habits, you can declutter your home, while saving

yourself some time and money in the process.

Switch to paperless billing

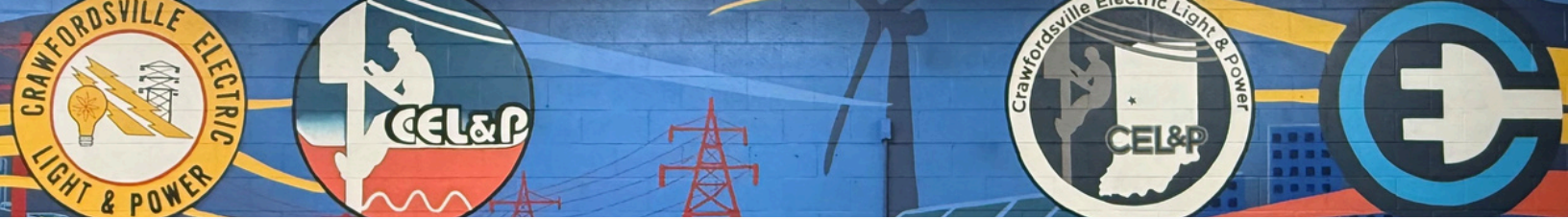
Do you want to get rid of those stacks of bills on your desk? Switch to paperless billing! Paperless billing provides many benefits compared to traditional paper bills.

- **Convenience.** Manage your bill anytime and anywhere. With easy online access 24/7, paperless billing fits your schedule.
- **Less clutter.** Clear the piles of paper from your desk. You can view current and past bills online, so there's no need to search stacks of old bills.
- **No stress.** Never forget to make a payment again. You'll receive friendly reminders by email or text.

Additional ways to reduce paper clutter

Paying bills online is a great way to start. Here are some additional tips for cutting those paper piles down to size:

- **Reduce.** Do you really have time for all of the magazines, newspapers and catalogs you receive? If you find items frequently sitting around unread, cancel the subscription. Consider online subscriptions; it's less wasteful and more convenient.
- **Recycle.** Carefully sort through your mail every day. Discard junk mail to your recycle bin right away. Also, recycle magazines and catalogs when you're finished with them, or share them with family or friends.
- **Discard.** Rid your home of the years of paper that have accumulated in your drawers, closets, basement and attic. These could include old bills, receipts, magazines or books. This will take time, but you can start by obtaining storage boxes and going through the papers, one pile at a time. A paper shredder might be helpful for privacy and security.



Remember to recycle whatever you can.

With a little time and effort, you'll find yourself emerging from that pile of papers to a simpler and more sustainable lifestyle.

To sign up for paperless billing, visit <https://ebiz.celp.com/>.

Air Conditioning Tips for a Better Night's Sleep

You know the feeling — tossing and turning in a stuffy bedroom, struggling to fall asleep on a hot summer night. Maybe the air feels stale, or the temperature just won't settle. When your indoor climate isn't quite right, getting a full night of restful sleep can feel impossible.

Temperature and air quality directly impact how quickly you fall asleep and stay asleep. An ideal sleep environment supports better cognitive function, mood and long-term health while preventing the increased risk of serious conditions, like heart disease and diabetes, that come with poor sleep.

Your home's air conditioning (AC) system is a key tool in creating the perfect nighttime sanctuary. Here's how to harness its power for the restorative sleep you deserve.



Set the right temperature

As bedtime approaches, your body naturally begins to cool down, and this temperature drop continues throughout the night. Lowering your thermostat can support this process, helping to align your environment with your body's natural rhythm. The National Sleep Foundation recommends setting your bedroom temperature between 65°F and 68°F for optimal sleep. For a hands-off solution, consider investing in a smart programmable thermostat. It can automatically adjust to your sleep schedule, ensuring that your bedroom is comfortably cool by the time you turn in — no manual settings required.

Keep up on maintenance

A clean AC system means cleaner air and easier breathing at night. Dirty filters and clogged ducts can circulate dust, allergens and other pollutants throughout your bedroom. Make it a habit to change your filters every one to three months or according to the manufacturer's recommendations, and choose high-efficiency filters (MERV 8-13) to capture fine particles. If it's been three to five years, you may also want to schedule a professional duct cleaning. For an extra boost in air quality, consider adding an air purifier to your bedroom, especially if you suffer from allergies or asthma.

Optimize airflow and circulation

Good airflow keeps your room feeling fresh and cozy. Ceiling fans help circulate air evenly and create soothing white noise that lulls you to sleep. Just make sure the blades are set to rotate counterclockwise during the warmer months to push cool air downward. Also, check that vents in your room are open and unobstructed, and close off vents in unused rooms to direct more airflow to where you need it most.

Manage humidity levels

Humidity significantly impacts sleep comfort. Excess moisture in the air can make you feel hot and sticky, while overly dry air can irritate your sinuses. A well-maintained AC system helps regulate humidity levels in your home by removing moisture from the air. For additional assistance, you can use a dehumidifier or humidifier to keep indoor humidity levels between 30% and 50%. This range strikes the perfect balance between comfort and health.

Check noises

If your AC system makes loud or unusual noises, it might be time for an inspection. Not only can these sounds disrupt your sleep, but they may also signal that your system is aging or needs repair. Consider upgrading to an air-source heat pump. These systems not only provide high-efficiency heating and cooling, but they also run quieter than conventional systems, helping you get a better night's sleep.

Sleep better tonight

While these tips establish a foundation for better sleep, every home has unique characteristics that may require specific solutions. For personalized recommendations tailored to your home's layout and your family's needs, consult with a qualified HVAC professional who can help optimize your system for the best possible sleep environment.



Go Green This Independence Day



Fireworks and outdoor barbecues come to mind when you think of Independence Day. As we get ready to celebrate freedom, it's important to remember the responsibility we all share to care for our planet. Below are some tips to help you kick up your heels this Fourth of July without increasing your environmental footprint.

Grill greener

July 4th is the most popular day of the year for outdoor grilling. Unfortunately, barbecuing has environmental impacts that go beyond your backyard. Here's how you can grill more sustainably.

- Put as much food on the grill as possible. The more you cook at once, the more efficient you're going to be.
- If you use a charcoal grill, choose natural or organic charcoal and avoid using lighter fluid.
- For propane grills, minimize warm-up time and keep the lid closed as much as possible to cook more efficiently.
- Choose grass-fed or free-range meat and serve organic vegetables from your local farmer's market or food co-op. They're healthier, tastier and better for the environment.

Save on fuel

Planning a holiday trip? The best thing you can do for the environment is to change your plans and stay home. If you do hit the road, follow these tips to drive more efficiently.

- Observe the speed limit. Gas mileage usually decreases at speeds above 50 miles per hour. Driving slower isn't just safer, it can save you money as well.
- Avoid hauling cargo on your roof. Cargo on your roof increases drag (wind resistance), which reduces fuel economy.
- Remove extra weight. Avoid keeping unnecessary items in your vehicle, especially heavy ones.
- Use cruise control. While driving on the highway, cruise control keeps your vehicle running at a constant speed, which helps save fuel.

Go shopping for energy efficiency

Hit your local DIY or department stores and take advantage of summer holiday sales to purchase ENERGY STAR®-certified appliances and other household devices. You'll start saving energy and money this Independence Day and well into the future.

A Note From The Manager



Allison Huenemann
CEL&P General Manager

As we move into the second half of the year, I want to take a moment to thank our customers for their continued trust and support. It has been an exciting and busy season for our team as our community continues to grow and new development projects create opportunities for expansion throughout the city.

We have been working hard to keep pace with that growth, completing new installations and infrastructure improvements to ensure reliable service for both existing and new customers. These investments help position us to meet the needs of our community today and well into the future.

We're also pleased to introduce our new PDF billing option and enhanced online account access. These improvements make it easier than ever to receive, review, and manage your bills. Customers can conveniently access bills online, view account details, and enjoy faster, more secure delivery of billing statements.

As always, our focus remains on providing dependable service and delivering the highest level of customer care. We appreciate the opportunity to serve you and look forward to continuing to grow alongside our community.