

## FAT-FREE SEWERS

*How to Prevent Fats, Oils, and Greases from Damaging Your Home and the Environment*

Fats, oils and greases aren't just bad for arteries and waistlines; they're bad for sewers, too.

Grease comes from meat fats, lard, oil, shortening, butter, margarine, food scraps, baking goods, sauces and dairy products. When washed down the sink, grease sticks to the insides of sewer pipes (both on your property and in the street). Over time, it can build up and block the entire pipe.

The results can be raw sewage overflowing in your home or your neighbor's home.

You may have to pay for an expensive and unpleasant cleanup.

Raw sewage may overflow into parks, yards and streets.

Worst of all, you may come in contact with disease-causing organisms.

### What can you do to help?

▲ Never pour grease down sink drains or into toilets.

▲ Scrape grease and food scraps into a can or the trash for disposal.

▲ Put baskets/strainers in sink drains to catch food scraps and other solids.

▲ Speak with your friends and neighbors about how to keep grease out of sewers.



### What about restaurant and building owners?

For a grease trap or interceptor to work correctly, it must be properly designed to handle the amount that is expected; properly installed (level, vented); and properly maintained (cleaned and serviced frequently).

Prevent fats, oils and greases from damaging your home and the environment.

(from FAT-FREE SEWERS, Water Environment Federation, 2000)

## E-BILLING IS HERE!

The City offers electronic bill presentation (**E-Bill**) to our utility customers. It's easy, secure and **FREE!**

If you elect to switch to E-Bill, each month an email will be sent to you stating that your bill is ready for viewing and payment. From your email notification, simply click on the links to either [View Your Utility Bill](#) or [Pay Your Utility Bill](#).

To sign up for electronic bill presentation (**E-Bill**), go to [www.high-point.net](http://www.high-point.net) and click on [Utility E-Bill Presentment](#). You will need your utility account number and access number.

This information will be provided in an alternate format for people with visual impairments.

Published by the  
City of High Point, P. O. Box 230, High Point, NC 27261  
336.883.3298 [www.high-point.net](http://www.high-point.net)  
July 2010

## For Your Information

*a newsletter from the City of High Point*

### Stay Cool This Summer

Without Heating Up Your Power Bill

*Heating and cooling costs make up nearly 50 percent of your annual energy costs. Small changes to your thermostat can add big savings to your home's heating and cooling costs. Use the following tips this summer to stay cool and save electricity.*

Keep your thermostat no lower than 78°. Each additional degree below 78° adds about three percent to your energy costs.

To keep air circulating freely, check filters at least once monthly and change them when needed. Also, clean dust and lint from air outlets.

If you use a window air conditioner, seal all cracks and open areas around the unit. Check the filter regularly, and clean or replace the filter when needed.



INSIDE: Fats, Oils, & Grease, oh my!



## Stay Cool . . .con't.

- Use fans instead of, or in addition to, air conditioning.
- Close windows and drapes during the hottest times of the day.
- Use your kitchen exhaust vent when cooking and your bathroom exhaust fan when showering to keep moist heat from circulating in your home. Remember to turn the exhaust fan off within 20 minutes after cooking or bathing.

For more ways to save money on your utility bill, visit us at [www.high-point.net](http://www.high-point.net).

### Free Home Energy Audits

The city offers free home energy audits to its residential customers to help you use electric energy more wisely.

To schedule an audit, call 883-3111, or go online to [www.high-point.net](http://www.high-point.net) and click on "Schedule a free home energy audit." A city employee will call you to make an appointment.

Audits will be conducted on weekdays, between 8 a.m. and 3 p.m. You must be present while the one-hour audit is performed.

In a few days, you will receive a written report with the results of the audit.

## Attention parents of rising 6th graders & children getting ready to start kindergarten!

Don't forget - your children are required to have certain immunizations (shots) before they start school this August, according to North Carolina law.

Call the Guilford County Department of Public Health at 845-7655 or your healthcare provider today for an appointment.

## Energy Depot

If you want a quick, free way to control your energy use, try Energy Depot. It provides several online tools, such as an Energy Calculator and Energy Comparison Tool, to provide easy-to-understand information to help you save electricity and money.

Energy Depot is free to city electric customers. To use it, visit [www.high-point.net](http://www.high-point.net). In the left-hand column, under Customer Service Online, click on "Energy Audit."

## -- HOMETOWN GREEN PROGRAMS --

### Appliance Rebates

▲ High Efficiency Heat Pump Rebate - \$400 rebates to residential customers on the High Point electric system when a high efficiency heat pump (minimum 14 SEER) is installed after January 1, 2009.

▲ Electric Water Heater Rebate - a rebate up to \$150 for customers on the High Point electric system installing an energy efficient electric hot water heater (30 gallons or more).

For more information on these programs, go online to [www.high-point.net](http://www.high-point.net) and click on "Hometown Green", or call Customer Service at 883-3111.

### Energy Star Home Rebate

Owners of single family homes constructed after January 1, 2009, whose electric service is provided by the City of High Point, are eligible to receive a rebate of \$500, upon final certification by an independent Home Energy Rater.

For program criteria, go online to [www.high-point.net](http://www.high-point.net) or call 883-3111 Monday - Friday, 7:30 a.m. to 5:30 p.m. (excluding holidays).

### Coming soon . . . .

The City is currently implementing new utility billing software. Changes will come with the software, such as how your utility statement will look. More information will follow.

For more information about these and other city services, call 883-3111 or go online to [www.high-point.net](http://www.high-point.net).

**NC Public Power**  
City Owned Electric Service