

# WATT'S HAPPENING

SCENIC RIVERS ENERGY COOPERATIVE

LANCASTER, DARLINGTON AND GAYS MILLS, WISCONSIN

## *Fantastic Ways to Keep Cool*

**K**ee your cool through the sweltering July heat with an electric fan. Used wisely, a portable or ceiling fan can bring the room temperature down without bringing the energy bill up.

- ▶ The fans with the best blade and motor designs are three to nine times as efficient as the worst models, and are often quieter as well. Look for models with the highest airflow efficiency (CFM/watt) at each of their three speeds.
- ▶ About 80 percent of the possible savings from a more efficient ceiling fan happens in the lighting. ENERGY STAR-labeled lighting in most cases will cut your fan's total lighting energy use by 60 to 80 percent and keep

you from changing light bulbs nearly as often. Remember that multiple low-wattage incandescent bulbs generally provide even less light than a single bulb with the same total wattage. For that reason, you may be happier with fans that have a single, central light globe than ones with multiple "stalks" or globes.

- ▶ Room air temperatures are normally 20 degrees F to 30 degrees F cooler than body temperature. Ceiling fans can improve occupant comfort at a given room temperature by creating a wind-chill effect when they blow relatively cool air across the skin. Because the furniture and the thermostat are already at roughly the same

temperature as the room air, they can't "feel" the wind-chill. So when you leave the room, switch the fan and its light off—you'll save energy and money.

- ▶ During the summer, a ceiling fan increases comfort by blowing air downward on room occupants. But that same wind-chill can actually feel like a draft in winter, which is why ceiling fan motors should be reversed to blow air upward in winter. This helps disperse the warm air that tends to gather near ceilings, distributing it more evenly throughout the room, especially around the perimeter and near the floor. A slide switch on the motor housing normally controls fan direction.

## *Environmental concerns about mercury*

**M**ercury is in the news a lot lately. And with all the various claims and information out there, you may not know what to believe.

Here are some straight facts and scientific research you need to know about issues such as mercury and your health, mercury and fish, mercury and power plants, and mercury solutions.

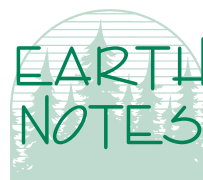
Mercury is released into the environment by natural sources such as volcanoes, oceans, and soils, as well as man-made processes such as gold and ore mining, medical waste incineration, municipal and hazardous waste combustion, cement manufacturing, fossil fuel combustion, and pulp and paper milling.

Trace amounts of mercury are present in fossil fuels, such as coal and oil. When electric utilities burn these fuels to generate electricity, mercury is released. According to EPA, U.S. electric utilities released 48 tons of mercury in 1999, the latest year for which data are available. This is about 40 % of domestic manmade mercury emissions, less than 10 % of total North American emissions, and about 1 % of total global mercury emissions.

Mercury occurs naturally in the environment, and we all are exposed to very low levels of it. Typically, our bodies naturally eliminate this trace amount of natural mercury.

Most human intake of mercury occurs from eating fish or seafood containing a form of mercury called methyl mercury. When mercury gets into water bodies, it can be converted into methyl mercury and enter the aquatic food chain, where it bioaccumulates in fish tissue. The magnitude of human exposure to methyl mercury depends on the level of mercury in the fish consumed and the amount of fish consumed.

Humans also are exposed to mercury when elemental mercury contained in metal mixtures, such as dental fillings, is released into the environment.



# Currently Cooking



This recipe comes from member, Kim Spease; I have made them for my family numerous times. This batch makes about 24 muffins.

When people over think, they can analyze and second-guess to the point of exhaustion. To stop obsessive thoughts, work to solve an issue, if possible, then close the matter in your mind by telling yourself to "stop!"

—Fitness magazine

## Orange Blueberry Muffins

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1 C. quick-cooking oats  | 1/2 tsp. baking soda                 |
| 1 C. orange juice        | 1 C. vegetable oil                   |
| 3 C. all-purpose flour   | 3 eggs, beaten                       |
| 1 C. sugar               | 1 1/2 C. fresh or frozen blueberries |
| 2 1/2 tsp. baking powder | 1 1/2 tsp. grated orange peel        |
| 1 tsp. salt              |                                      |

### Topping:

- |                        |                        |
|------------------------|------------------------|
| 1/2 C. chopped walnuts | 1 tsp. ground cinnamon |
| 1/3 C. sugar           |                        |

In a small bowl, combine the oats and orange juice. In a large bowl, combine the flour, sugar, baking powder, salt and baking soda. Combine the oil, eggs, and oat mixture; stir into dry ingredients just until moistened. Fold in blueberries and orange peel.

Fill paper-lined muffin cups 2/3 full. Combine the topping ingredients; sprinkle over the batter. Bake at 400° for 15-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

Note: If using frozen blueberries, do not thaw before adding to batter.

## Just For Fun

A man and his wife are sitting in the living room. He says to her, "just so you know, I never want to live in a vegetative state, dependent on some machine. If that ever happens, just pull the plug."



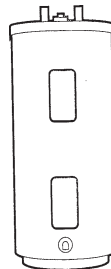
So she gets up and unplugs the TV.

—Readers Digest

## New load control strategy

### Volunteers Needed!

Scenic Rivers Energy Cooperative would like volunteers to do a test of a new load control strategy. By using this daily control strategy, we can realize considerable savings by keeping demand charges down and also decrease the use of nonrenewable resources. In particular we need volunteers with 80 gallon and larger electric water heaters and with four or less people in the house.



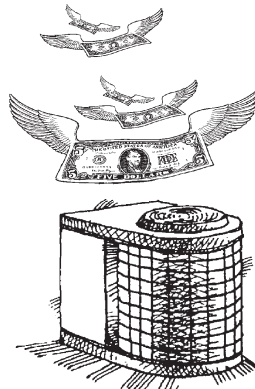
The water heaters would be controlled for a large portion of the day, but should be able to still meet your hot water needs. The control period can be changed easily if you find that it does not meet your needs. Call your local Scenic Rivers office to participate.

## New Employee at Lancaster

Amanda Jones from Fennimore has been hired to fill the vacancy left when Nancy Jerrett retired earlier this year. You will see Amanda when you visit the cooperative office at Lancaster. She is the receptionist and cashier sitting at the desk in the front of the office. Welcome Amanda!

## Air Conditioning Rebate

Scenic Rivers Energy Cooperative is offering a rebate on all central air-conditioning units and air-source heat pumps that are installed in the year 2006. The minimum efficiency rating must be 14 seer. You are eligible for \$60 per ton if you allow SREC to install a load management device on the unit. Please send in or drop off a copy of your receipt if you are interested in a rebate. If you have any questions, please call Leann at 1-800-236-2141, extension 105.



## WATT'S HAPPENING

Watt's Happening is published monthly as an information service to the member-owners of Scenic Rivers Energy Cooperative.

Any questions or comments can be directed to Watt's Happening, c/o Joan Wagner, Editor, Scenic Rivers Energy Cooperative, 231 North Sheridan, Lancaster, WI 53813 or telephone (608) 723-2121 or toll free Lancaster 800-236-2141, Darlington 800-236-6656, and Gays Mills 888-735-4314.

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