

WATT'S HAPPENING

SCENIC RIVERS ENERGY COOPERATIVE

LANCASTER, DARLINGTON AND GAYS MILLS, WISCONSIN

Thanks For Your Help

During the recent hot spells in July and August, Scenic Rivers Energy Cooperative put its load management programs to good use by reducing demand and energy requirements. By doing this, our members and the Dairyland Power family of electric cooperatives saved almost a half-million dollars. In the past 12 months, Dairyland has saved over \$1.6 million in energy costs due to the load management program.

On these hot days—which have not been seen in our area since 1988—Scenic Rivers and Dairyland cycled air conditioners, interrupted water heaters, shut off irrigation systems and started up commercial customers' standby generators to save everyone energy and money. During some hours, Dairyland was able to reduce its demand for electricity by over 70

megawatts, which is over 8 percent of its system wide peak demand; savings during these hours can exceed \$10,000 or more per hour.

We especially thank our agricultural and business customers who endured 10 days of load control during the afternoon and evening peak hours, and also those who ran their standby generators up to four hours each day to help us avoid the purchase of very expensive energy on the spot market.

Members participating in these programs are very important to Scenic Rivers Energy Cooperative. They help us avoid generation capacity deficits and minimize high-cost energy purchases. We also recognize that there is a delicate balance of maximizing the value of our load management program while

not inconveniencing our members with too much control. So far, we have been very successful.

Again, thank you for your help!

Fuse News

Although many homes today have circuit breakers, some older homes may still use an old-fashioned fuse box. If your home has a fuse box, keep these safety precautions in mind when you're working with the fuses to avoid accidents, fires, or other problems:

- ▲ Never use a penny to replace a blown fuse! Fuses are designed to offer protection against short circuits and fires; pennies aren't. Keep a good supply of the fuses your home needs on hand so you're not left in the dark.
- ▲ Turn off all the appliances on a circuit before you change the fuse for that circuit, and be sure to pull the main fuse. If you don't take these steps you could receive a serious shock.
- ▲ Never change a fuse in the dark! Use a flashlight to help you see what you're doing.
- ▲ Don't stand in the rain, a puddle, or on a wet surface when changing a fuse, and be sure your hands are dry also.
- ▲ Use the right fuse for the right circuit. Most lighting and basic outlet circuits require 15 amp fuses; circuits that supply power to larger appliances, such as dryers and electric stoves, will require fuses at a higher amperage.

Lighting Options

Kitchen remodeling is more popular than ever. A kitchen remodel can also help you save energy, starting at the top: the lighting. Proper lighting is essential in a kitchen, for ease of use and for safety, as well. So keep these tips in mind if you're considering a kitchen makeover.

- ◆ Let some sunshine in. A skylight can provide a free source of lighting during the day. Natural light will make your kitchen more attractive and save you money on lighting costs.
- ◆ Use fluorescents for general lighting. Recessed or ceiling-mounted fluorescent fixtures are inexpensive and energy efficient.

Not only are fluorescent lights more energy efficient, but they also last much longer than incandescent lights.

- ◆ Task lighting is even more important than general lighting in a kitchen. Under-cabinet lights can focus light where you need it as you prepare food, cook, and clean.
- ◆ If you need light over a sink or counter surface that doesn't have a cabinet directly over it, recessed or droplights in the ceiling will focus the light where you need it. Again, opt for compact fluorescents to save energy and ensure a long life for the light bulb.

EARTH NOTES

Currently Cooking



Here's a really refreshing salad recipe we're sure you'll enjoy.

Spinach Salad

1 Bag of fresh spinach
Strawberries
Toasted almonds

Dressing:

1 C vegetable oil	4 tsp poppy seeds
1 C (or less) sugar	¼ C minced onion
½ C red wine vinegar	2 tsp Worcestershire sauce
4 T toasted sesame seeds	1 tsp paprika

Mix in a blender - refrigerate - put toasted almonds and sliced strawberries on top the spinach.

Vitality NOTE

For many of us, getting regular exercise is challenging enough. But it can be even tougher when you've taken off a month or more. "When you haven't exercised in a while, you lose the physical benefits you've built up, so it can be hard to know where to start," says Beth Leermakers, Ph.D., a certified lifestyle counselor at The LEARN Institute for Lifestyle Management in Dallas. "And psychologically, you can lose momentum, which makes restarting even more intimidating."

Still, for overall health benefits, it's important to get back in the game. At least walk for 30 minutes most days of the week, and do even more if you want to lose weight or get in top shape. Before reentering an exercise program, determine why you stopped working out in the first place. "Problem solve to find out why you didn't stick to your exercise program, and ask yourself what you need to do differently this go-round," Leermakers says.

It could be as simple as shifting your workout time so that exercise is more convenient, to something as fundamental as switching activities. Find something you enjoy doing that you look forward to and can fit in your schedule.

Start slow - if you've been basically sedentary for six months, for example, she recommends starting with five to 10 minutes of aerobic activity and gradually working your way up to 30 minutes. If you previously strength-trained, you'll also want to start with lighter weights and fewer reps than you used to do, then add weight and reps as you log in weight sessions. If it has been a month or less you won't have to bump it back as much.

"Keep your athletic shoes where you're going to see them, whether in your car or by the front door, so you're always ready to go, says Leermakers. "It's good to have a visual reminder that exercise is a priority."

A Date to Remember

Mark your calendars now - Customer Appreciation Day at the Co-op will be held Friday, October 7th - watch next month's *Watt's Happening* for further details.



Just For Fun

Two elderly ladies had been friends for



many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said, "Now don't get mad at me...I know we've been friends for a long time...but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

47th Gays Mills Apple Festival

The annual apple festival will be held on September 24th and 25th in Gays Mills. Highlights are: Arts and Crafts, Flea Market, run/walk, parade, apple race, horseshoe tournament, rummage sales and lots of apple goodies. Call 608-735-4810 for information.



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

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