

# JAMUP

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Your Touchstone Energy® Partner 

## Do the small things to save energy

At times, temperatures this past summer were almost unbearable. As a result, you probably noticed the increase in your electricity bill. As we enter the fall season, there should be some relief and bills should lower. However, winter is just a few months away and that signifies, for most of us, our highest energy usage of the year. Below are some small energy saving tips to help lower your electricity usage.

### Water Heating

- Set your water heater temperature to no higher than 120 degrees F.
- Install a water heater wrap per your manufacturer's instructions.
- Drain a few gallons from the bottom of your water heater each quarter to reduce sediment build up. This will increase the life span of your heating elements.
- Insulate exposed hot water lines.
- Limit shower length to 5-7 minutes.
- Install low-flow shower heads.
- Fix dripping faucets especially on the hot water side.

### Laundry

- Wash clothes in cold water. Use hot water only for very dirty loads.
- Only do full loads of laundry.
- Clean your dryer's lint trap before each load.
- Make sure the outdoor dryer exhaust door closes when the dryer is off.
- Make sure the dryer vent hose is not kinked or clogged.
- Dry consecutive loads to harvest heat remaining in dryer from

the last load.

### Kitchen

- Switch your refrigerator's power-saver to "ON," if available.
- Clean refrigerator coils annually.
- Set the refrigerator temperature to 34 – 37 degrees and freezer temperature to 0 – 5 degrees F.
- Unplug unused refrigerators or freezers.
- Only run the dishwasher when fully loaded.
- Open your dishwasher and air dry your dishes instead of using the dryer cycle.
- After baking with your oven turn it off but leave the door open to allow the leftover heat to radiate into your home.

### Lighting

- Replace incandescent light bulbs with LEDs.
- Turn off unnecessary lighting especially in rooms nobody is using.

### Miscellaneous

- Turn computers and monitors off when not in use.
- Ensure all new appliances are ENERGY STAR approved.
- Heating and Air Conditioning
- Set thermostats to 68 degrees F in the winter.



**Chris Boyd**  
Director of Member Services

- Run ceiling fans blowing up in the winter.
- Change HVAC filters as needed.
- Insulate electric wall plugs and wall switches with foam pads.
- Caulk around windows and cracks.
- Close fireplace dampers when not burning a fire.
- Make sure shades are open during the day to catch free solar heat in the winter.
- Close shades at night to keep heat in during the winter.
- Insulate attic access door.
- Ensure windows and doors are properly weather-stripped.
- Have your HVAC system serviced once per year by a certified technician.
- Minimize the use of electric space heaters.
- **Emily Meyer**
- Ensure your outdoor heat pump/air conditioning unit is kept clean and free of debris.
- Install a programmable thermostat.

Making smart choices in your energy usage can make a big difference in your electric bill. Even the small things add up.

## Cooperative members urged to investigate claims of energy savings programs and devices

With the current economic climate and rising energy rates, energy efficiency is on the minds of many cooperative members. There are many excellent programs and ways that members can save on their electric bills (visit [www.siec.coop](http://www.siec.coop) and look under Energy Efficiency). However, there are also marketers and ad campaigns that may misrepresent the efficiency of certain electrical devices or programs. Some claim 20 to 50 percent savings without requiring any change in behavior, turning anything off, or adjusting the thermostat.

Southern Illinois Electric Cooperative members are cautioned to investigate all claims of energy savings programs and devices. Be careful when responding to print, broadcast or internet ads promising huge savings.

Ask important questions such as:

- Have reputable, independent test labs certified the products?
- If the claims are for home energy savings, have the products been tested and savings been verified for residential use?
- Why haven't we heard more about these amazing products or programs?
- How can you guarantee the 20 to 50 percent savings?
- Is it too good to be true?

Some common examples of such devices or campaigns include:

- "Magic boxes" or "black boxes" have been marketed for residential use with claims of enormous energy savings. Most of these "boxes" just contain a capacitor, which is a legitimate piece of electrical equipment. Commercial and industrial sites often use capacitors to improve power factor and reduce losses. But for residential use, energy savings are negligible and the "boxes" are normally not cost effective to install.
- Surge suppressors are sometimes marketed as energy savings devices. However, surge suppressors are protective devices only and will not result in reducing electrical usage.
- Invitations to a FREE dinner at a local restaurant: Marketers will often offer free dinners and then pressure members into purchasing suspect electrical devices that offer energy savings.

We've all heard the phrase "If it sounds too good to be true, it probably is." Please contact the cooperative or visit [www.siec.coop](http://www.siec.coop) for information before investing in questionable energy efficiency programs or devices.

## Tips for a Safe Harvest

Harvest season brings hard work and can be an exhausting, but rushing the job to save time can be extremely dangerous (even deadly!) when working near overhead power lines. We urge farm operators and workers to keep the following safety tips in mind:



Use care when operating large machinery near power lines.



Inspect the height of equipment to determine clearance.



Always keep equipment at least 10 feet away (in all directions) from power lines.



Remember to lower extensions when moving loads.



If a power line is sagging or looks to be dangerously low, please call us immediately.

Source: [SafeElectricity.org](http://SafeElectricity.org)



## Energy Efficiency Tip of the Month

Turn off kitchen, bath and other exhaust fans within 20 minutes after you're done cooking or bathing. When replacing exhaust fans, consider installing high-efficiency, low-noise models.

Source: [energy.gov](http://energy.gov)



# Invest in thirty days of safety

## September is National Preparedness Month

How prepared are you and your family for disasters or emergencies? The Federal Emergency Management Agency (FEMA) designates National Preparedness Month at the time to assess and prepare for a number of possible situations: floods, wildfires, severe storms like tornados and hurricanes, and prolonged power outages from natural disasters.

According to the Centers for Disease Control (CDC), about 46 percent of people think a natural disaster is likely to happen within their community. The reality is that most people will experience the impacts of some natural event year to year.

“Understand the most likely natural disasters for your area and take steps in advance to weather them safely,” says Molly Hall, director of the Energy Education Council. “Prepare by assembling an emergency kit with essentials. Monitor news and weather for impending events. Be prepared to take cover or evacuate when appropriate. Stay engaged online with related websites and social media pages during a disaster.”

Be prepared for prolonged loss of power. If you have a portable generator, make sure you know how to use it safely. Place it safely away from the home.

Never run a generator inside or near windows.

Floods and power outages can affect local water supplies, so keep at least three days of drinking water in your emergency kit. Your supplies should also include non-perishable food and any needed openers, a radio or weather radio, and a flashlight with extra batteries. Don't forget first aid, other medical essentials, extra blankets and seasonal items.

Once your kit has been assembled, it's time to create or review your family's emergency communication plan. Know how each of you will stay safe and get in touch if you're not together when disaster strikes. Establish a meeting place if separated during a disaster. Include measures for pets in your emergency plans.

Keep up to date with current public health and safety emergency plans in your community. Keep a list of emergency phone numbers. Consider getting involved with community programs that help others prepare to stay safe.

“Since natural disasters can quickly and seriously impact quality of life and health, proper planning and preparation is key to staying safe,” Hall says. For more information, visit [SafeElectricity.org](http://SafeElectricity.org).



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**For Outages Call:  
800-762-1400 \* 618-827-3555**

### Member prize

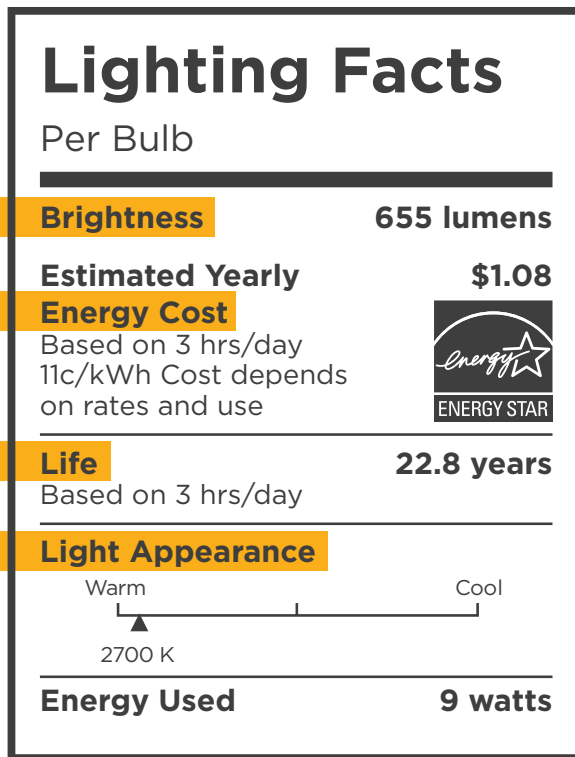
In this issue of the JAMUP, we printed the names of three SIEC members who are eligible to receive a \$10 credit toward their utility bill. If you find your name printed in this center section and it's not part of the story, call Bree with your account number at **800-762-1400** to claim your prize.

### Southern Illinois Electric Cooperative

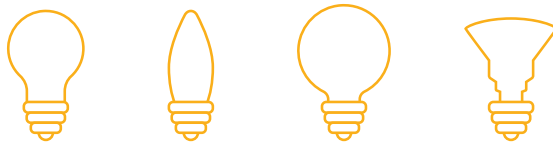
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 Dongola, Illinois 62926  
 618-827-3555  
 • Office hours: 8 a.m. – 4 p.m.  
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# Lighting Labels and Lingo

These days, consumers have endless options when it comes to purchasing light bulbs, but the labels can be confusing! Use the information below as a helpful guide for browsing bulbs.



Source: U.S. Department of Energy



## Read the Label

Under the Energy Labeling Rule, all light bulb manufacturers are required to give consumers key, easy-to-understand information on bulb efficiency. Take advantage of the Lighting Facts label, which gives you the information you need to buy the most energy-efficient bulb to meet your lighting needs. The label includes information on the bulb's **brightness, energy cost, life, light appearance** and **energy used** (wattage).

## Save Energy

Bulbs are available in **many shapes and sizes** to fit your home's needs. Choosing more efficient bulbs can help reduce energy consumption and save you money!

- LEDs use 25%-30% of the energy and last eight to 25 times longer than halogen incandescent bulbs.
- Purchase ENERGY STAR-rated bulbs to maximize energy efficiency.

## Buy Lumens, not Watts

Lumens measure the amount of light produced by the bulb. Watts measure energy consumption.

*Tip: To replace a 100-watt incandescent bulb, look for a bulb that produces about 1,600 lumens.*



Incandescent  
100 watt  
**1,600 lumens**



LED  
14 - 20 watt  
**1,600 lumens**