

Outdoor Fitness Park open to the public

The Outdoor Fitness Park, located at the Memorial Hospital campus, recently opened. This park is open to the public free of charge and is located next to Hartzell Lake and the Evans Fitness path. It creates a beautiful outdoor area free for all to use and enjoy.

The fitness park (10526-47) includes nine different pieces of equipment to allow people to do a variety of upper body, lower body and core exercises. Three of the nine pieces of equipment are accessible by wheelchair, so everyone can enjoy a good workout. All the equipment is housed under a shelter that will serve as protection from sun or inclement weather and allow people to comfortably use the equipment on any day of the year.

After a workout, cool down and also get your steps in by walking the Evans Fitness Path. This paved and relatively flat walkway is approximately three-quarters of a mile that winds around Hartzell Lake.

The Outdoor Fitness Park was made possible by the Memorial Hospital Foundation. Each year, the foundation launches a campaign to raise funds to be put towards enhancing the health and wellness of local communities. The foundation will also be conducting challenges in the future to encourage community members to enjoy this fitness park and get healthier at the same time.

This is a unique addition to the local area, so come out and take advantage of the Memorial Hospital Outdoor Fitness Park and Evans Fitness Path. What do you have to lose?













524 North Madison P.O. Box 338 Carthage, IL 62321 www.wiec.net 800/576-3125

OFFICE HOURS

8:00 a.m. - 4:30 p.m. Monday - Friday

BUSINESS OFFICE

217-357-3125

TO REPORT AN OUTAGE

800-576-3125

BOARD OF DIRECTORS

- Rob Gronewold President, Carthage
- Jay Morrison Vice President, Burnside
- Janet Spory Secretary/Treasurer, Sutter
- William Newton —
 Assistant Secretary/Treasurer,
 Burnside
- Mark Burling Director, Carthage
- Kent Flesner Director, West Point
- Kim Gullberg Director, Stronghurst

STAFF

- **Tommie Long** Manager
- Todd Grotts Manager of Operations
- **Becky Dickinson** Office Manager

MAP LOCATION CONTEST

Every month we are printing four members' map location numbers in the newsletter. If you find your map location number call the WIEC office by the 25th of the following month, tell us where it is and we will give you a \$10.00 bill credit. Keep on reading the WIEC News.

Garnett wins IEC Memorial Scholarship

Carly Garnett, daughter of Rick and Karen Garnett of Carthage, was named one of the nine winners of this year's Thomas H. Moore Illinois Electric Cooperative's (IEC) Memorial Scholarship. This year, there were 275 applications applying for the nine \$2,000 scholarships. Carly plans to attend Truman State University this fall



WIEC Board Member, Mark Burling, (R) presenting Carly (L) her award at Illini West's Honor's Night.

Congratulations, Carly.

Trying to budget your money?

Use WIEC's Budget Billing Program to help make it easier

When there are so many expenses in life that can't be controlled, wouldn't it be nice to have one bill that you could budget? WIEC has a program that can level out the highs and lows of your electrical usage and make your electric bill easier to manage. It's called budget billing.

This plan will average your electric payment for the next 12 months, based on your previous 12 month's usage. Assuming your usage remains consistent with the previous years;

your electric bill will be the same until July 2017. That month will be catch-up month where the amount due is the actual balance remaining or no payment will be due if there is a credit balance. The credit balance will be carried forward to the next year.

The new Budget Billing program begins on July 18. Call our office for more information. (3912-18) Life is full of unexpected expenses; don't let your electric bill be one of them.

Energy Efficiency

Tip of the Month



Use small electric pans, toaster ovens or convection ovens for small meals rather than your stove or oven. A toaster or convection oven uses one-third to one-half as much energy as a full-sized oven.

Source: energy.gov





How to clean refrigerator coils

Your refrigerator is one of the largest, most-used appliances in your home. It requires only minimal maintenance – just simple cleaning of the condenser coils, which disperse heat. If the coils are covered with dust, gunk or pet hair, they cannot diffuse the heat properly and will not run efficiently. A bigger problem can result if the compressor burns out from having to run constantly because of the grimy coating. This can be an expensive problem. The bottom line? A minor investment (3726-3) in time once a year can save you cold cash down the line.

1. Locate the refrigerator's coil, a grid-like structure, or fan that will likely have a covering or grate protecting it. The coil is usually concealed behind the front toe kick or in the back. Some newer models have internal coils, so if you don't find them in the front or back, this may be the case with your fridge.

2. If the coil is in the back, slide the refrigerator away from the wall, removing the plug from the electrical outlet when possible. You may (4820-**62)** also need to disconnect the line to the water dispenser or icemaker to allow enough room to work.

3. Gently vacuum and clean the coil. Using the brush or crevice attachment, carefully vacuum the dust and dirt wherever you see it. If you have pulled the fridge out, vacuum and wipe down the sides and back of the fridge and the floor.



4. Once the floor is dry, plug in the refrigerator and rearrange the power cord and supply lines so they don't get a kink or stuck under the weight of the refrigerator. Slide the refrigerator back into place. Be sure to replace the toe kick panel if this was removed.

MAKE THE MOST OF CEILING FANS

BY TURNING ON THE FAN, YOU CAN TURN UP THE SAVINGS!

If you are like most Americans, you have at least one ceiling fan in your home. Ceiling fans help our indoor life feel more comfortable. They are a decorative addition to our homes and, if used properly, can help lower energy costs.



TIPS FOR MAKING THE MOST OF YOUR CEILING FANS.

- 1. FLIP THE SWITCH Most ceiling fans have a switch near the blades. In warm months, flip the switch so that the blades operate in a counter clockwise direction, effectively producing a "wind chill" effect. Fans make the air near them feel cooler than it actually is. In winter, move the switch so the fan blades rotate clockwise, creating a gentle updraft. This pushes warm air down from the ceiling into occupied areas of the room. Regardless of the season, try operating the fan on its lowest setting.
- 2. ADJUST YOUR THERMOSTAT In the summer, when using a fan in conjunction with an air conditioner, or instead of it, you can turn your thermostat up three to five degrees without any reduction in comfort. This saves money since a fan is less costly to run than an air conditioner. In the winter, lower your thermostat's set point by the same amount. Ceiling fans push the warm air from the ceiling back down toward the living space, which means the furnace won't turn on as frequently.
- CHOOSE THE RIGHT SIZE Make sure your ceiling fan is the right size for the room. A fan that is 36-44 inches in cliameter will cool rooms up to 225 square feet. A fan that is 52 inches or more should be used to cool a larger space.
- TURN IT OFF When the room is unoccupied, turn the fan off.
 Fans are intended to cool people not rooms.







CHOOSE THE RIGHT BULB FOR THE RIGHT JOB

There are three primary types of lighting: ambient (general lighting), task lighting and accent lighting. As lighting technologies continue to advance, consumers should be open to trying new shapes and types of bulbs. The check marks below indicate appropriate locations for different types of bulbs on the market. Happy shopping!

BEST BETS FOR HOME LIGHTING							
	Ambient Lighting			Accent Lighting			Task Lighting
Common Bulb Types	Pendant Fixture	Ceiling Fixture	Recessed Cans	Ceiling Fan	Wall Sconce	Spot Light	Table or Floor Lamp
Spiral	V	V		√	V	I dilino	V
Globe	V	The second secon			V		
A-Shape		V		V	V		
Candle	V	V		V	✓ /		//////////////////////////////////////
Reflector						V	

Source: energy.gov

Welcome New Members

Larry L. Gapen, Carman

Mackenzie Hill, Niota

JBF Facilities, Monmouth

Daniel Leach, Plymouth

Elizabeth Migues, Vidor, TX

Alaina & Justin Pylican, LaHarpe



http://www.facebook.com/westernillinoiselectricalcoop



