



July 2015

RURAL MISSOURI

# Sac Osage Electric Cooperative

# News

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## YOUTH TOUR



## C.Y.C.L.E



For over fifty years Rural Electric Cooperatives have been sponsoring trips for high school juniors to tour Washington, D.C., and learn what our American Flag truly stands for.

It is a wonderful opportunity for local youth to experience our nation's capital in a fun filled, action packed, and inspirational way.

Juniors throughout Sac Osage Electric Cooperative's nine county territory entered the cooperative's Youth Tour contest. The students wrote essays challenging them to think about "How Has Electricity Affected My Education?"

Six finalists were chosen from the many entries received. Hard work and creativity has paid off for two area high school juniors.

Congratulations to Mariah Maxwell of Osceola High School, who was awarded an all-expense paid trip to Washington, D.C.. Mariah joined more than 90 Missouri students and over 1,500 students from across the U.S. on this week-long tour of D.C., visiting memorials, museums, cherished monuments, and getting a firsthand look at our government at work.

These fortunate high school students represent their local cooperative on a whirlwind tour of the nation's capital. All the while they are learning about electric cooperatives and their role in the community.

The Electric Cooperative Youth Tour has brought high school students to Washington, D.C., every June since the late 1950s.

The first runner up delegate was Caeleigh Gardner of El Dorado Springs R-II High School.



Six final contestants, from left to right: Machel Amparo, Mariah Maxwell, Chaney Housh, Caeleigh Gardner, Ben Middleton and Jonathon Cossins

She was awarded an all expense paid trip to attend the Cooperative Youth Conference and Leadership Experience (C.Y.C.L.E) in Jefferson City, Missouri.

The C.Y.C.L.E Program's main focus is to show the student more about electric cooperatives, teach leadership skills, and experience the Missouri State Government.

This program includes nationally known speakers, a day at the state Capitol, and some of the brightest young leaders from across Missouri.

We hope all of the finalists enjoy these great opportunities and use them as tools to grow toward tomorrow's leaders. We also want to thank all of the students who participated in our contest this year and encourage everyone who knows an upcoming high school junior to check out our contest next January, 2016.



Youth Tour Winner & CYCLE Winner  
- Left CYCLE, Winner, Caeleigh Gardner  
- Right, Youth Tour Winner, Mariah Maxwell

**Offices will be closed  
on Friday, July 3rd in  
celebration of  
Independence Day.**

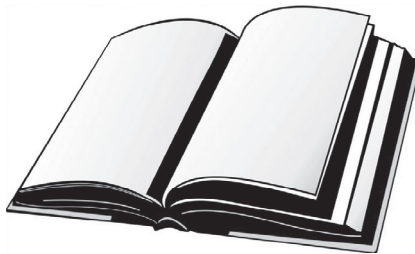
## Dog Days of Summer

July's Dog Days commence July 3. They are named for the Dog Star, Sirius, in the constellation Canis Major. Sirius starts shining brightly at this time of year, and it rises in the east at about the same time as the sun. The ancient Egyptians thought the star was responsible for the heat and blamed it for any droughts, sickness and discomfort that occurred. The Dog Days traditionally start on July 3 and end on Aug. 11, which may or may not be when the hot, humid weather ends.



## It takes a village

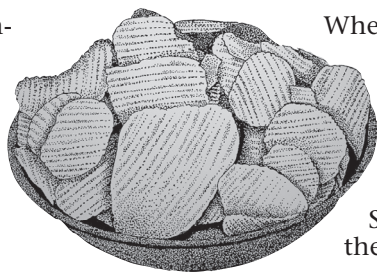
July is National Purposeful Parenting Month, designed to encourage parental effectiveness and awareness. It's the perfect time to find a copy of "The Hundred Languages of Children" (Ablex Publishing, 1998) about the Reggio Emilia approach to early childhood



education. These parent-initiated schools began in Italy after World War II, and the concept eventually spread to the U.S. The schools are praised for their educational approach, which encourages interaction among children, parents, teachers and the community.

## A new snack is born

In the summer of 1853, french-fried potatoes were a popular menu item at Moon's Lake House in Saratoga Springs, N.Y. One evening, a diner at the restaurant found that the french fries were too thick for his taste. He sent the potatoes back, requesting thinner fries.



When the second batch of fries was also rejected, the chef lost his patience. He cut paper-thin slices of potatoes and fried them to a crisp. The finicky guest was ecstatic, and the browned chips became a house specialty called Saratoga chips. Today, we know them simply as potato chips.

For recipes, gardening tips and weather forecasts, visit:  
[www.almanac.com](http://www.almanac.com)

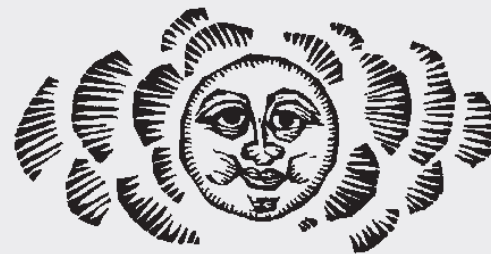
### Recipe for Apples and Cream Pie



4 medium apples, peeled, cored and sliced  
1 unbaked 9-inch pie shell  
1 cup whipping cream  
3 tablespoons flour  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 cup sugar  
1 egg, beaten  
1 teaspoon vanilla extract  
1/8 teaspoon salt  
3/4 cup walnuts, coarsely chopped

Preheat the oven to 450 degrees. Arrange apples in pie shell. Mix together cream, flour, spices, sugar, egg, vanilla and salt until well blended. Pour over the apples. Sprinkle with walnuts. Bake for 10 minutes, then reduce heat to 350 degrees and bake until apples are tender, about 35 to 40 minutes. Makes 8 servings.

## THE OLD FARMER'S



## WEATHER PROVERBS

**If the first of July it be rainy weather, it will rain more or less for four weeks together.**

**Forked lightning at night, the next day clear and bright.**

**When the sun sets sadly, the morning will be angry.**

**Old moon mist ne'er died of thirst.**

**St. Swithin's Day (July 15), if ye do rain, for 40 days it will remain.**

**When cattle remain on hilltops, fine weather to come.**

**A southerly wind with showers of rain will bring the wind from west again.**

**If birds be silent, expect thunder.**



# Keep cool while saving electricity

**Follow these tips to stay comfortable during the heat of summer**

**Dear Jim: My family is trying to use less air conditioning this summer to save electricity. Do you have any tips for us so that we are not terribly uncomfortable in our home? - Ron H.**

Dear Ron: There are quite a few simple lifestyle changes and free or low-cost improvements you can make to reduce the amount of air conditioning needed. It's important to keep in mind that initially your family will likely be a bit less comfortable; however, you should become accustomed to the changes quickly.

The simplest method to run the air conditioner less is to set your thermostat a few degrees higher. The savings should be from 1 to 3 percent for each degree you raise it. This lessens the amount of outdoor heat that transfers into your home and that your air conditioner has to remove.

There is a limit to how high you can raise your thermostat without becoming too uncomfortable — and instigating a rebellion by your family. Other methods to minimize air conditioning are to reduce the amount of heat that leaks into your home, reduce the amount of heat generated inside your house, control humidity levels, increase indoor air movement and use natural ventilation when possible.

Avoid sitting near a sun-exposed wall or window during sunny afternoons. Wall insulation is effective for blocking conductive heat gain but not radiant heat. When the outside wall gets hot in the sun, particularly a brick or masonry wall, the radiant heat comes right through the wall to your skin. It can make you feel a couple degrees warmer than the actual room air temperature. Window and door awnings can be helpful in blocking direct sunlight.

Most energy-efficiency improvements, such as caulking, weatherstripping and insulation, are made to reduce heat loss during winter. They also reduce heat gain during summer. Check the insulation in your attic to make sure there are no voids or thin areas where it may have loosened or blown around, and make sure no attic vents are blocked by the insulation.

A great deal of heat is generated inside a home from cooking, bathing and running electric appliances. This causes the air conditioner to work harder. When cooking or bathing, run the range hood or bath exhaust fan to remove the extra heat and moisture.

During the summer, use countertop-cooking appliances, such as a slow cooker, in the garage or outdoors to reduce indoor heat and humidity generation. Remember to unplug phone and computer chargers and other electrical items when they are not being used.



by Jim Dulley



Partially open windows on the side of the house where the wind is blowing also will help increase the air speed into your home.



Even though each device uses a small amount of electricity, they generate heat, which can add up quickly.

Wash dishes and clothes at night; avoid washing in the afternoons during peak heat. The heat given off from the hot water and electricity used

by the motors will stress your air conditioner less at night. This also reduces the peak demand for your utility provider.

Keeping air moving inside your home increases evaporative cooling from your skin, allowing you to stay comfortable at a higher indoor temperature. Running a ceiling fan is effective for this. Keep in mind the electric motor in the fan actually heats the room air, so turn it off when the room is unoccupied.

Set the ceiling fan on medium to high speed and the rotation switch so it blows the air downward. During winter, change the switch setting so the air blows upward and set it on a slower speed.

On a breezy, not excessively hot day, try opening some windows. Widely open several windows on the downwind side of your home and slightly open windows on the windward side. Due to the pressure difference, this causes the air to blow in the partially opened windows much faster, creating a breeze in that room using no electricity.

Another option for staying cool is building a solar chimney, which uses the sun's heat to ventilate your house for free. This is a tall wooden chimney with two clear sides from the ceiling to above the roof. When the sun shines into the clear sides, it heats the air. Since hot air rises, it naturally exhausts air from your house. This works well when using natural ventilation on a still day. Block the ceiling opening with an insulated panel when air conditioning or heating.

A whole-house ventilation fan, often located in the hall ceiling area, can draw huge amounts of air through your house. For times when the air is not excessively humid, run the fan at night. This can cool down the entire house and delay the time in the morning when the air conditioner has to come back on.

*Do you have an energy-efficiency question for Jim? Email him at [contact@dulley.com](mailto:contact@dulley.com) or write to: James Dulley, Rural Missouri, 6906 Royalgreen Drive, Cincinnati, OH 45244.*





## Janice Stark retires after 45 years of service

There's always a smile on her face and a friendly voice as she speaks. Janice Stark retired from Sac Osage Electric Cooperative on April 30th after 45 dedicated years of service. Janice is a very well-known and liked person who took care of the consumers. There was a lot of work and a lot of learning that went on at the Cooperative over the years along with having fun with her co-workers.

Janice did more than work hard and have a little fun on the job; she also tried to be a Good Samaritan. She believed in the Cooperative Principal of "Concern for Community," and volunteered in the El Dorado and Schell City area with civic organizations. She was always ready to help those who crossed her path.

During her retirement she is going to enjoy spending time with her grandkids, family and volunteering in the community. Her many years of experience will be greatly missed by the Cooperative, but we are glad to see her with the time to enjoy life at a slower pace and do the things she truly loves.

## For your Summer Sizzlin' Cook Outs Purchase an Electric Grill from Sac Osage Electric Co-op

Perfect for your outdoor barbecuing needs. All of Meco's grills are UL certified, fit into any standard 120-volt grounded plug, and are safe for outdoor cooking. This summer, you could host the ultimate barbeque with an electric grill purchased from Sac Osage Electric Cooperative.



## SAFETY FIRST!

Do you use extension cords in your home because there isn't an outlet close enough for your appliance? That's a sure sign you need an "electrical makeover" at your home. Extension cords are only intended for temporary use. Instead, have new outlets installed where you need them by a qualified electrician.



### Energy Efficiency

### Tip of the Month

Remember that filter you installed while spring cleaning? It needs to be replaced! A dirty filter will make your air conditioner work harder, adding to your electric bill. You should replace the filter once a month. Some filters can be cleaned and reused, which might save you some money as well. Mark your calendar so you know when it's time for a new one.