

the Messenger

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A monthly publication of North Arkansas Electric Cooperative

Don't be fooled by common energy myths

Eating carrots will greatly improve your eyesight, cracking your knuckles leads to arthritis, watching too much TV will harm your vision. We've all heard the old wives' tales, but did you know there are also many misconceptions about home energy use? Don't be fooled by common energy myths.

Myth: The higher the thermostat setting, the faster the home will heat (or cool).

Many people think that walking into a chilly room and raising the thermostat to 85 degrees will heat the room more quickly. This is not true.

Thermostats direct a home's HVAC system to heat or cool to a certain temperature. Drastically adjusting the thermostat setting will not make a difference in how quickly you feel warmer. The same is true for cooling. The Department of Energy recommends setting your thermostat to 78 degrees during summer months, and 68 degrees during winter months.

Myth: Opening the oven door to check on a dish doesn't really waste energy.

While it can be tempting to check the progress of that dish you're cooking in the oven, opening the oven door does waste energy. Every time the oven door is opened, the temperature inside is reduced by as much as 25 degrees, delaying the progress of your dish and, more importantly, costing you additional money. If you need to check the progress of a dish, try using the oven light instead.

Myth: Ceiling fans keep your home cool while you're away.

Believe it or not, many people think this is true. Ceiling fans cool people, not rooms. Ceiling fans circulate room air but do not change the temperature. A running ceiling fan in an empty room is only adding to your electricity use. Remember: turn fans off when you're away and reduce your energy use.

Myth: Reducing my energy use is too expensive.

Many consumers believe that re-

— Continued on back



Attendees of the Salem office's Law Enforcement Appreciation Day luncheon gather for a photo.



Stacy Freeman of NAEC prepares lunch for officers at the Ash Flat office.



Robert Henderson of the Baxter County Sheriff's Office takes a photo with NAEC employees Becki Griffin, left, and Amy Barnett during the luncheon.

Co-op shows we 'back the badge'

North Arkansas Electric Cooperative employees expressed thanks to law enforcement personnel during luncheons at the co-op's offices in late August.

"We decided to hold Law Enforcement Appreciation Days to make sure officers know we are thankful for the work they do to keep our communities safe," said CEO Mel Coleman. "Like our linemen, law enforcement personnel are ready to respond all day, every day. That commitment deserves our appreciation."

Luncheons were held Aug. 23 in Ash Flat, Aug. 24 in Mountain Home and Aug. 25 in Salem. NAEC extended invitations to each police department and sheriff's office as well as representatives of the Arkansas Game and Fish Commission and Arkansas State Police who work in the co-op's service area. In addition to lunch, attendees received a co-op ball cap embroidered with "Back the Badge."

"Concern for community is one of the seven cooperative principles by which NAEC operates," Coleman said. "These events were one way to honor the law enforcement personnel who demonstrate that same principle every day."

Energy Efficiency Tip of the Month

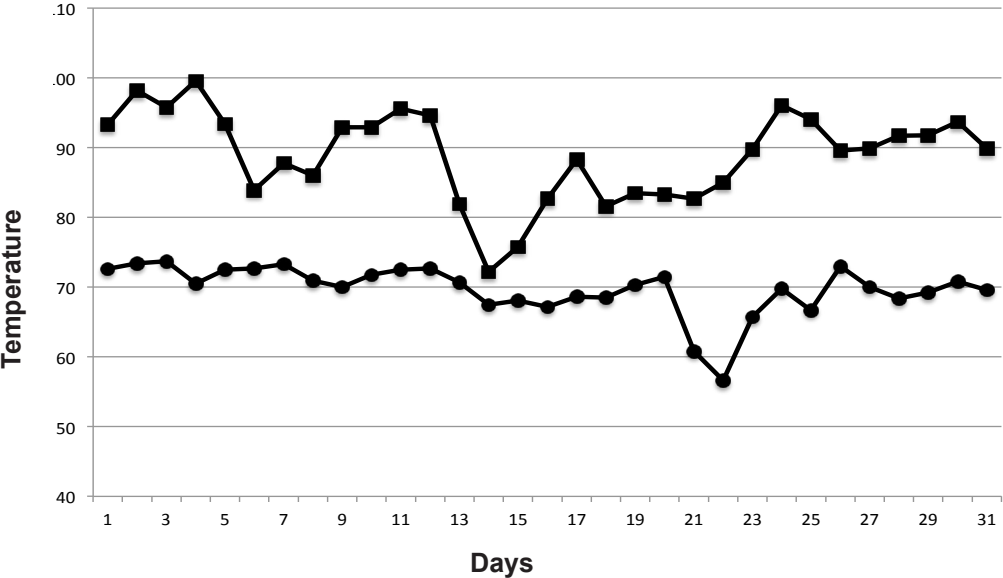


An average household dedicates about 5 percent of its energy budget to lighting. Switching to energy-efficient lighting is one of the fastest ways to cut your energy bills.

By replacing your home's five most frequently used light fixtures or bulbs with models that have earned the ENERGY STAR rating, you can save \$75 each year.

— www.energy.gov

Daily Highs & Lows — August 2016



Average Daily High:
88.95 compared to 87.44 in 2015

Average Daily Low:
69.66 compared to 63.46 in 2015

Total Rainfall Amount:
8.6" compared to 4.66" in 2015

Warmest Day:
Aug. 4, 99.6 degrees at 2:30 p.m.

Coollest Day:
Aug. 22, 70.8 degrees at 6 a.m.

Items for Bid

North Arkansas Electric Cooperative has for sale to the highest bidder the following items. These items can be viewed at the Salem office during regular office hours. Use the bid form below and send in an envelope marked "Bid" to NAEC, P.O. Box 1000; Salem, AR 72576. All bids must be received by 1 p.m., Friday, Oct. 21. The cooperative reserves the right to refuse any or all bids.

Unit #	Description	Mileage	Bid Amount
3939	2007 Chevy Silverado, 4x4, 1/2-ton, regular cab, V8, automatic, short bed VIN: 1GCEK14C37Z568811	90,105	
5010	2007 Chevy Blazer, 4x4, automatic, VIN: 1GNDDT13S172233998	102,848	

Name _____

Address _____

City _____ State _____ ZIP Code _____

Phone _____

Right-of-Way Locations

West Tree Trim Crews:
Buford Area, South of Mountain Home

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ducing energy use requires expensive up-front costs, like purchasing new, more efficient appliances or construction upgrades to an older home. But the truth is, consumers who make small changes to their energy efficiency habits, such as turning off lights when not in use, sealing air leaks and using a programmable thermostat, can see a reduction in energy usage.

Remember, energy efficiency doesn't have to be difficult. Focus on small changes to save big. Learn more about ways to save energy by calling NAEC at 870-895-3221.

— Abby Berry, NRECA

Ladder best practices: Get sturdy foothold on safety

Whether you are a contractor who uses a ladder regularly as part of your job or a DIYer completing a weekend home improvement project, it is important to always think about safety first.

When working with ladders, falling is the top safety concern. Overhead power lines present an electrical hazard, the second highest risk.

In August 2015, KUTV in Salt Lake City reported on roofers in an electrical accident involving a ladder. The ladder fell into an overhead power line, resulting in one fatality and leaving two in critical condition.

Earlier this year a man picking oranges in Redlands, California, was left in critical condition after an electrical accident with a ladder. The *Press-Enterprise* reported that he was picking oranges when his ladder made contact with a nearby power line, leaving him badly burned.

When using a ladder, always take the time to slow down, look up and practice safety. It is never safe to touch or get near a power line.

To help you stay safe when using ladders, Safe Electricity suggests you take the following safety precautions:

- Look up and look out for overhead power lines or equipment.

- Keep yourself and ladders far away — at least 10 feet in all directions, at all times — from power lines, including service lines.
 - Carry ladders horizontally.
 - Make sure that the area above the ladder is clear before placing it upright.
 - Long ladders may be unwieldy, so ask for help in carrying and setting them up.
 - Always make sure that your ladder is on a solid, level surface before attempting to climb.
- www.safeelectricity.org