



RURAL  
MISSOURI

# Sac Osage Electric Cooperative

# News

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Visit us on the Web - [www.sacosage.com](http://www.sacosage.com)

## CELEBRATE CO-OP MONTH WITH US

Sac Osage is inviting everyone to celebrate cooperatives in Missouri — and across America — during National Cooperative Month.

Every October, cooperatives are recognized for the qualities that make our business model unique. Seven cooperative principles set us apart from other businesses: voluntary and open membership; democratic member control; member's economic participation; autonomy and independence; education, training and information; cooperation among cooperatives; and concern for community.

This Co-op Month, we're focusing on "The Electric Co-op Connection: Discover the meaning of membership." Co-ops exist to serve their members, but they also play a major role in their local communities.

"Cooperative membership is unique," says Jim Davis, General Manager. "Electric cooperatives are committed to providing members with safe, reliable and affordable electricity, but there's more to it than that. We're local, and that means we care about our community. Sac Osage Electric helps members, supports local schools and enhances communities through programs like Operation RoundUp®, Youth Tour, CYCLE, and Safety Demonstrations."

Electric co-ops provide power for many Show-Me State residents, with 40 electric co-ops serving more than 600,000 members. Other co-op businesses thrive in our state, too, with Missouri's co-op economy employing more than 60,000 residents.

Sac Osage Electric is one of more than 900 electric cooperatives, public utility districts and public power districts serving 42 million people in 47 states.

"In the 1930s, rural America needed electricity just as much as anyone else," Jim Davis, General Manager said. "It was a major challenge that big utilities weren't interested in tackling. So, the men and women of rural America banded together and made it happen. And that's why we celebrate in October. We celebrate the power of working together for the common good and bettering the quality of life for our friends and neighbors."



### Energy Efficiency

### *Tip of the Month*

It may sound simple, but many families ignore the most effective and inexpensive way to save energy: turn it off! When you leave a room, turn off the lights and ceiling fan. Use the timer feature on your TV and plug all of your electronics into a power strip that can be turned off. Even when they are off, many devices still use electricity.



You can get a hold of us toll-free at  
**1-800-876-2701**

## Bride of the sun

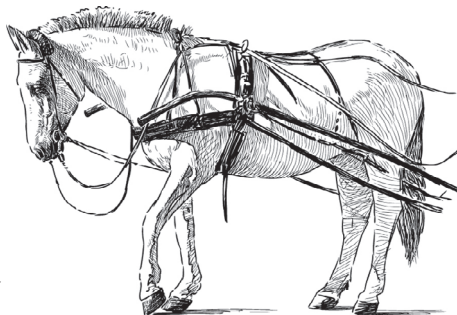
October's flower, the daisylike marigold, has been called "Mary's gold" and "bride of the Sun." Its yellow, rust and gold colors echo fall's natural hues. Although it can tolerate cool temperatures, it won't stand for freezing. The malodorous



annual is useful in borders to repel pests. Marigolds were once a source for toothache remedies. Today their cousin, calendula, is used in skin creams. A dream of marigolds indicates happiness in marriage, prosperity and success.

## Linking up

Oct. 26 marks the anniversary of the opening of the Erie Canal in 1825. The 363-mile-long canal created an important water route from Lake Erie to the Atlantic Ocean, but convincing Congress to authorize funding for the project was a long and difficult process. The canal's champion, DeWitt Clinton of New York, originally approached Congress in 1810. His plan was rejected, but in 1815, this time as mayor of New York City, he tried again, and funding was finally approved in 1816. Construction began on July 4, 1817.



## Where the proof is



In England, October was the start of pudding season, as the beef and suet Christmas puddings were begun. One London establishment, Ye Olde Cheshire Cheese Inn, gave new dimensions and an old interpretation to this culinary stew, making a 50- to 80-pound pudding filled with steak, gravy, wild larks, mushrooms and spices. It was cooked for 16 hours. If it sounds more like a pastry gone wild, you only can blame the inclusion of ye olde ale in the kitchen and other alcohol used for soaking the pudding.

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

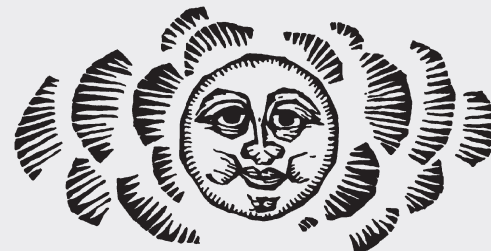
### Recipe for Irish Potato Biscuits



6 to 8 potatoes, peeled and diced  
1 cup milk or cream  
1 tablespoon melted butter  
Salt, to taste  
1/2 cup flour (approximately)

Preheat the oven to 400 degrees. Boil and mash the potatoes until smooth. Add the milk, butter and salt. Add just enough flour to make a soft dough, then lay it on a floured board and roll out quickly and lightly to one-half-inch thick. Cut into rounds and place on a lightly greased cookie sheet. Bake about 10 minutes or until just crisp on the outside. Butter and eat before they fall. Makes 12 to 18 biscuits.

## THE OLD FARMER'S



# WEATHER PROVERBS

**If the chickens are snug in their coop during a rainstorm, the rain will soon be over.**

**If October brings heavy frosts and winds, then will January and February be mild.**

**When squirrels bury nuts early, it will be a hard winter.**

**If the hare wears a thick coat in October, lay in a good store of fuel.**

**When snow falls in the mud, it remains all winter.**

**Corn is as comfortable under the snow as an old man is under his fur cloak.**



# Finding the right balance

*Keeping home temperatures at a comfortable level*

**Dear Jim: We have a new heat pump, but we have a problem keeping all of the rooms in our home comfortable. Someone is always too hot or too cool. What are some simple methods to even out the temperatures throughout the house? — Jason F.**



by Jim Dulley

Dear Jason: The problem you are experiencing is common, particularly in a two-story home — even for the newest heat pump systems. Unless you install an expensive zone-control system with multiple thermostats, your heat pump can only respond to the temperature of the room where the wall thermostat is located.

Numerous factors determine how much heating or cooling is used, and therefore the temperature is affected. These factors can include the number and orientation of the windows, whether the room is located on the first or second floor, the activity level in the room and the length of the duct leading to it.

There also may be differences in the energy efficiency of various rooms, which cause the temperature difference. Leaky windows are a particular problem. When using an air-conditioning system, place an air deflector over the register to help distribute cool air throughout the room.

Check the depth of your home's attic insulation, especially if it is the blown-in type. The insulation can shift during storms, and eventually, some rooms can have 2 feet of insulation while others only have 2 inches. This can have a major effect on the room temperature. Even out the insulation as much as possible.

The standard builder-installed sheet metal ductwork often has many leaky spots, so some of the heated or cooled air leaving the heat pump never makes it to the rooms in your home. The joints between the duct segments are the most common areas that leak. Use a high-quality duct tape, such as black Gorilla Tape, to wrap all of the joints. You may find this takes care of most of the problem.

**Above:** This register booster fan fits over a register on the floor or wall and plugs into a standard electrical outlet. **Below:** This adjustable duct thermostat is easy to install and it controls when the booster fan comes on.

Each room should have a return air register, particularly bedrooms where the doors may be closed at night. Return ducts usually run down between the wall studs inside interior walls, so adding them in problem rooms is not difficult for a contractor to do.

There are many innovative ways to install an additional return duct. For example, in my parent's older two-story home, the contractor was able to run a return duct down through a never-used laundry chute to the basement.

Check the ducts near the heat pump. If you see short handles on each one, they are for control dampers inside the ducts. When the handle is parallel to the duct, the damper is fully open. Partially close the dampers in the duct leading to the rooms which are getting too much heating or cooling to force more to the problem rooms.

Don't try closing the damper in the room's floor or wall registers. First, they typically are leaky, so the air flow will not be reduced by much. Second, because the ducts inside the walls are probably leaky and you have no access to seal them, conditioned air is lost inside the exterior walls.

If these methods do not provide adequate temperature balancing, consider installing duct booster fans. These small fans mount in the ducts to the problem rooms and force more conditioned air to them.

These fans are sized to fit standard round and rectangular residential ducts and can be controlled in different ways. The simplest fans sense when the main blower turns on, and they automatically run at the same time. Others have built-in thermostats to determine when they run. It is best to hire an experienced contractor to handle the installation for you. The fan can be wired into your blower switch to turn on with the heat pump.

A simple do-it-yourself option is to install a register booster fan. This small rectangular fan mounts over the register cover in the room and is plugged into a standard electrical wall outlet. The small fan uses only about 30 watts of electricity, and some models are adjustable to turn on only when more cooling or heating is needed in that particular room.

Setting the thermostat to continuous fan may also help, but note, it will increase your electric bill. The fan setting is most helpful if your new heat pump has a variable-speed blower, which allows the blower to continuously run on a low speed. Variable-speed blower motors are also more efficient than a standard blower motor.

*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.*



photos courtesy of Suncourt



**Here are a few companies that offer booster fans:**

**Suncourt Manufacturing,**  
800-999-3267, [www.suncourt.com](http://www.suncourt.com)

**Aero-Flo Industries,**  
219-393-3555,  
[www.aero-flo.com](http://www.aero-flo.com)

**Deflecto Corporation,**  
800-428-4328,  
[www.deflecto.com](http://www.deflecto.com)

**Ameriflow,** 800-252-8467, [www.ameriflow-registers.com](http://www.ameriflow-registers.com)





## Fall is the time for efficiency

Fall is one of the best times of year to do landscaping. And if it has an energy-efficient component, even better.

To get started, look for these energy-efficient essentials to identify possible fixes:

- Air conditioner shaded — If your air conditioner is on the south, west or east and not shaded, put up a screen or plant some shrubs that will shield it from the hot summer sun.

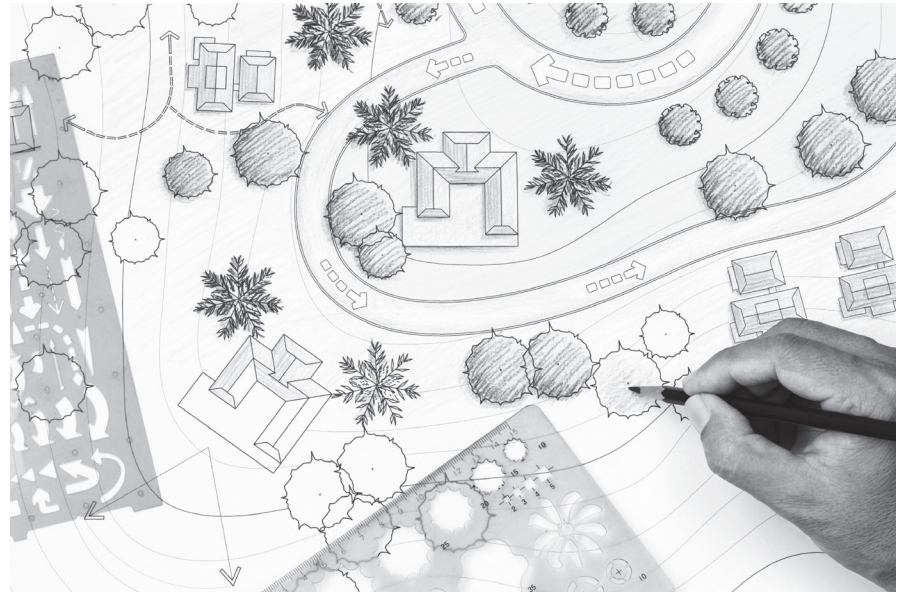
- Deciduous trees on the south, southwest and west — Mature trees in these locations will shade your house and allow the winter sun to reach your windows. According to the U.S. Department of Energy, an energy-saving landscape design could cut heating bills by about one-third during cold weather and reduce air conditioning costs by 15 to 50 percent in warm weather.

- No trees? Plant some. Depending on the type of tree you plant, it can begin shading your roof in as little as five years.

- Driveway and patio shaded — Hot summer sun beaming down on asphalt, concrete, stone or tiled surfaces that are near to the house can pump up the heat radiating into your house. Develop a plan for shading these surfaces during the hottest part of the summer day. Tall shrubs or evergreens can be planted now for benefits later.

- Allow solar gain — Trim back overgrown trees and shrubs that may block winter sunlight and solar gain from south-, east- or west-facing windows.

- Trees to break winter winds — If you live in town, you may get a windbreak from the houses surrounding yours. But in more open areas, a tree and shrub windbreak can be effective in breaking the wind and slowing snow drifting. According to the Iowa Energy Center, a windbreak can reduce wind speed for as far as 30 times the height of the windbreak. For maximum effect, plant your windbreak a distance from your home that's two to five times the mature height of the trees you're using.



## Efficiency projects for the fall

Early fall is a good time to take stock of what energy-efficiency needs you have and get ready for winter. Here's where to start:

- Fix leaks — If you don't first fix air leaks, then money spent on insulating over the leaks will be wasted. Leaks in ceilings, walls, foundations, etc. are typically the greatest source of heating and cooling losses, according to the Iowa Energy Center. The U.S. Department of Energy says up to 30 percent of conditioned air can be wasted through leaks. So caulk and seal leaks around windows, doors and ducts and plumbing vents that penetrate walls, ceilings and floors. Add gaskets behind electrical outlets on exterior walls. In the attic, seal open wall tops, chimneys, furnace flues and duct, plumbing and electrical runs with spray foam or rigid foam board.

- Insulation — If your house was built before 1980, it probably needs insulation. The North American Insulation Manufacturers Association has developed recommended levels of insulation for attics, ceilings, walls and floors, based on DOE and the International Energy Conservation Code data. You can find a chart of these levels online at [www.1.usa.gov/NPP2uz](http://www.1.usa.gov/NPP2uz). Southern Iowa and northern Missouri are in Zone 5, mid-and southern Missouri are in Zone 4 and eastern Oklahoma is in Zone 3.

- Repair leaky ducts — Use mastic sealant or metal tape, not duct tape, to stop conditioned air from leaking into unconditioned spaces. Also make sure connections at vents and registers are well-sealed where they meet floors, walls and ceilings. These improvements may prevent some of the 20 percent of conditioned air that is typically lost from ducts due to leaks.

- Check your furnace — Do a maintenance checkup of your heating system; if your furnace is decades old, it's probably time to replace it with a system that may be 50 to 60 percent more efficient.

- Install a programmable thermostat — When you are asleep or away, turn the thermostat back 10 to 15 degrees for eight hours and save about 10 percent a year on heating and cooling costs. Typically, you'll get your money back in a year.

- Insulate water heater and pipes — Heating water in an average home accounts for 16 percent of total energy costs, according to DOE. Insulating a conventional water heater tank to at least R-24 can reduce standby heat losses by up to 45 percent. Be sure to check the warranty information on your water heater as some manufacturers void the warranty if a homeowner installs a tank wrap. Wrapping pipes can reduce heat loss and raise water temperatures 2 to 4 degrees more than uninsulated pipes. This allows you to lower the setting on the heater to at least 120 degrees. For every 10-degree drop in water temperature, you can save between 3 and 5 percent in energy costs.

- Install storm doors and windows — According to DOE, installing storm doors and windows over single-pane glass can save up to 50 percent in energy use. If you can't afford new doors and windows, plastic sheeting will do the trick for only a few dollars.

- Cover drafty windows — Use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. After winterizing your windows, install tight-fitting, insulating drapes or shades on windows that still feel drafty.

