



# Highline Headlines

Access Energy is dedicated to exceeding members' and customers' expectations for safe, reliable, efficient service and environmental responsibility.



## OFFICE CLOSED SEPT 1

For after hours  
emergencies call  
**800.452.7819**  
or **319.385.1580**

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[www.facebook.com/AccessEnergyCoop](http://www.facebook.com/AccessEnergyCoop)  
or follow us on Twitter  
[@AccessEnergyC](https://twitter.com/AccessEnergyC)

### community

Photo Contest

[www.accessenergycoop.com](http://www.accessenergycoop.com)

## What is Your Coop Up To? LIKE US and/or FOLLOW US & WIN \$\$



THERE ARE THREE WAYS TO ENTER FOR A CHANCE TO WIN 1 OF 5 \$50 BILL CREDITS.

- 1) Like our Facebook Page at [www.facebook.com/AccessEnergyCoop](http://www.facebook.com/AccessEnergyCoop)
- 2) Follow our Twitter account at [www.twitter.com/AccessEnergyC](http://www.twitter.com/AccessEnergyC)
- 3) RSVP on our Facebook event, where you are **invited** to attend our 2014 annual meeting of members

### ELIGIBILITY:

The Access Energy Cooperative Social Media Sweepstakes ("Sweepstakes") is open to natural persons who are members of the Access Energy Cooperative who are 18 years of age or older. Employees of Access Energy Cooperative, their immediate family members and persons living in the same household are prohibited from entry. Valid in the State of Iowa. Void in all other states and countries.

### HOW TO ENTER/PRIZE(S):

LIKE us on Facebook at [www.facebook.com/AccessEnergyCoop](http://www.facebook.com/AccessEnergyCoop) for a chance to win one of two \$50 bill credits. FOLLOW us on Twitter at [www.twitter.com/](http://www.twitter.com/)

Win \$\$, continue on page 6

Be sure to vote for directors and on the proposed **amendment** to the Articles of Incorporation. Ballots can be brought to the Annual Meeting of Members August 5th or mailed to our office prior to the meeting.



Highline Headlines is published by Access Energy Cooperative, 1800 West Washington Street, P.O. Box 440, Mount Pleasant, IA 52641, Phone: 319.385.1577. Highline Headlines (ISSN 1066-7989) is published monthly for \$2.04 per year, per member by Access Energy Cooperative, 1800 West Washington Street, P.O. Box 440, Mount Pleasant, IA 52641 and at additional offices. Periodical postage paid at Mount Pleasant, IA. POSTMASTER: send address changes to HIGHLINE HEADLINES, P.O. Box 440, Mount Pleasant, IA 52641-0440. Copyright 2001, Access Energy Cooperative.

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## 2015 Photo Contest Begins

It's time for the 11th annual photo contest with selected entries to be used in the 2016 Access Energy Calendar. We're looking for photos of rural settings in southeast Iowa including landscapes, **animals**, buildings or people in any season of the year. Fifty dollars will be awarded to each photographer whose entry is selected as one of the 12 featured photos. Submit all entries by March 31, 2015 to: Photo Contest, c/o Access Energy Cooperative, PO Box 440, Mt. Pleasant, IA 52641.

**SEE PAGE 6 FOR  
CONTEST RULES**



## Manager's Corner



### General Manager/CEO Robert Swindell

The Environmental Protection Agency (EPA) recently released their much anticipated draft rules on carbon that electric generating plants **emit**. The over one thousand (1000) pages of draft rules propose to **reduce** the country's greenhouse gas emissions from fossil fuels, primarily coal, by thirty percent of 2005 levels by the year 2030. The rules establish a state by state target level for carbon emissions. For example Iowa must reduce emissions by sixteen percent, while Missouri must lower its levels by twenty one

percent. States will have some flexibility to develop their own plans or join with other states and create a regional plan. Multi-state plans will be given more time to develop their plans.

While we have many experts who will **review** the proposed rules, some things are fairly obvious. The rules primarily impact coal fired electric generation.

1. The rules will reduce the amount of coal used to create electricity, resulting in increased costs to you, the member. It is important to remember that about eighty percent of the electricity you purchase is from our fleet of coal plants.
2. The proposed rules expect us to use less electricity in 2030. The rules suggest that we reduce the amount of electricity we use by one and a half percent a year for the next ten years. I expect this will be through a combination of energy efficiency and higher prices for electricity. Until the rules are finalized it's impossible to gauge how much our rates will increase. Because of the volume and the impact of the rules, we have requested help from our Congressional delegation

in asking that the EPA extend the comment period on the rules. I want to thank Senator Grassley, Senator Harkin and Congressman Loebsack for their assistance in getting the comment period extended from sixty days to one hundred and twenty days. During the comment period we will be working with the National Rural Electric Association (NRECA), the Iowa Association of Electric Cooperatives (IAEC), the Association of Missouri Electric Cooperatives (AMEC) and our generating cooperative, Associated Electric Cooperative, Inc. (AECI) in formulating our collective responses to and proposed changes to the rules.

Because of the potential impacts to our rates, it is critical that you the member also become engaged in this **issue**. We will do our part in educating you on this important issue through our Highline Headlines and our website, [www.accessenergycoop.com](http://www.accessenergycoop.com). If you use Facebook or Twitter, please like our pages; we will be posting new information on EPA rules there. You can also learn more and contact the EPA with your comments by going to [www.action.coop](http://www.action.coop) and accessing the Cooperative Action Network.

## COOPERATIVE INFORMATION

**Access Energy Cooperative**  
1800 West Washington Street  
P.O. Box 440  
Mount Pleasant, Iowa 52641

**Phone:** 319.385.1577  
**Toll free:** 866.242.4232  
**Fax:** 319.385.6873

**Website:**  
[www.accessenergycoop.com](http://www.accessenergycoop.com)  
**Email:**  
[contactus@accessenergycoop.com](mailto:contactus@accessenergycoop.com)

**OFFICE HOURS:**  
Monday-Friday  
(closed Saturdays, Sundays,  
& Holidays)  
Office: 7:30 a.m. to 4:00 p.m.

Billing & account information can be accessed 24/7 by calling our office or by visiting our website.

Payments can be placed in the dropbox under the flag pole.

Visa and Mastercard accepted.

**After Hours Emergencies call:**  
319.385.1580  
or 800.452.7819

**General Manager/CEO:** Robert Swindell  
**Editor:** Kimberly Brumbaugh  
**Assistant Editor:** Cherity Wibben

### Officers and Directors:

Marvin Holtkamp	District 3	President
Ronald Campbell	District 2	Vice President
Joseph Heckethorn	District 1	Secretary
Larry White	District 2	Treasurer
Donald Atwood	District 1	Director
Fred Hickenbottom	District 1	Director
Jerry Barker	District 2	Director
Marvin Newton	District 3	Director
Victor Pierrot	District 3	Director

## Respecting Your Privacy & Confidentiality

At Access Energy Cooperative, we recognize that a key element of the member/cooperative relationship is the trust that you place in us to respect the privacy and confidentiality of your personal information.

As we continue to be committed to improving and expanding our services and delivery channels, and providing you with the highest quality of service, we recognize our customers' needs and desires to preserve your privacy and confidentiality. While personal information about you is fundamental to our ability to efficiently provide you with quality service, your privacy is also very important to us.

### THE INFORMATION WE COLLECT

Access Energy Cooperative will receive and retain information about customers through:

1. Information we receive from you on applications or other forms;
2. Information about your transactions with us, our affiliates or others; and

3. Information we receive from a consumer-reporting agency.

### THE WAY WE USE INFORMATION

Access Energy Cooperative will use a collection of non-public personal information to that which is necessary to maintain and administer financial services. This information will not be shared with outside parties unless:

1. The information is provided to help complete a customer initiated transaction (such as reporting agencies, document processing companies, etc.)
2. The customer has requested it;
3. The disclosure is required by law (e.g. subpoena, investigation of fraudulent activity, etc.)
4. The disclosure is required by banking regulation (e.g. Fair Lending Reporting Act, Home Mortgage Disclosure Act).

When customer information is provided to any of the third parties mentioned above, that third party must agree to adhere to

privacy principles that provide for keeping such information confidential.

### LIMITING EMPLOYEE ACCESS TO INFORMATION

Access Energy Cooperative limits employee access to customer information to those with a business reason for knowing such information. All employees are educated on the importance of confidentiality and customer privacy. Any employee that violates the financial privacy of our customers will be subject to appropriate disciplinary measures and possible termination.

### INFORMATION PROTECTION VIA ESTABLISHED SECURITY PROCEDURES

Appropriate physical, electronic, and managerial procedures to safeguard and **secure** information are put in place to prevent unauthorized access, maintain data accuracy, and to ensure the correct use of information.

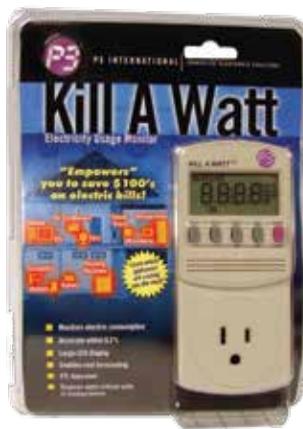
### MAINTAINING ACCURATE INFORMATION

Access Energy Cooperative has established procedures so that our customers' financial information is accurate, current and complete in accordance with reasonable commercial standards. Requests to correct inaccurate information in a timely manner will be responded to in a timely manner.

### QUESTIONS?

We at Access Energy Cooperative value our customer relationships. We want you to understand how we use the information you provide us with and our commitment to ensuring your personal privacy. If you have any questions about how Access Energy Cooperative protects your information, please contact us at 1.319.385.1577 or toll free at 1.866.242.4232.

# Use a Kill-A-Watt Monitor to Manage Energy Bills



Power monitors, like the **Kill-a-Watt** that we have available for purchase in our office, are handy for measuring the kilowatt-hour consumption of plug-in devices like refrigerators, phone chargers, electric heaters or nearly any 120-volt corded appliance. For Access Energy Cooperative members that are interested in using one, we found some useful education aids.

- The first is a free consumer bulletin titled *Using a Power Monitor to Control Your Electricity Costs*. This three-page fact sheet explains in non-biased terms how monitors function, and how to use an accompanying worksheet to manage operating costs.
- The accompanying Excel spreadsheet is for estimating the savings in turning off plug-in loads. This work sheet is particularly handy for managing “phantom loads” which consume electricity even when they are off. To use the worksheet, the wattage consumed by a device such as a printer is measured when it is off using a power monitor. Then the “On wattage” and “Off wattage” of the printer are entered onto the worksheet. With an estimation of the hours of operation per day, the worksheet calculates the monthly operating cost for the device.



Download the free bulletin and worksheet at: <http://www.ext.colostate.edu/pubs/consumer/10628.html>. Both resources were developed by Colorado State University Cooperative Extension.



## Energy Efficiency Tip of the Month

During summer months, our homes can be extremely hot, making living conditions uncomfortable. Before you fire up your air conditioner, try cooling off with a ceiling fan first. When using ceiling fans, your thermostat setting can be **raised** by 4 degrees and still feel just as comfortable.

Source: U.S. Department of Energy

## Take Control & Save

A Cooperative Effort for Energy Efficiency

# Energy Efficiency Rebates & Programs

### ENERGY EFFICIENT APPLIANCES

- Energy Star® Room Air Conditioner.....\$ 50
- Water heater (Electric only; At least 90% efficient).....\$100

### HEAT PUMPS

- Air to Air Source - at least 16.5 SEER (w/Elec. Resist.).. \$100 per ton
- Mini-Split Air Source - at least 16.5 SEER ..... \$250 per ton
- Dual Fuel Source - at least 16.5 SEER (gas back up) ..... \$250 per ton
- Ground Source - at least 19.1 EER
- \* replacing existing ground source unit..... \$400 per ton
- \* new & replacing other heat source type ..... \$750 per ton

### ALTERNATIVE ENERGY SOURCES.....\$250 per KW

- Capped at capacity. Access Energy Cooperative owns any carbon credits generated.

### HOME WEATHERIZATION INCENTIVES.....Up to \$500 maximum

- Incentives are available to those who choose to make energy saving improvements recommended by Access Energy Cooperative following a FREE energy audit conducted by us.
- Improvements must be completed in recommended order by AEC.

### BUSINESS LIGHTING REBATES

- Must have at least 10 eligible fixtures at a commercial, industrial or ag business member's account of Access Energy Cooperative.
  - \* Fluorescent T-5 and T-8 lighting systems with electronic ballasts
  - \* LED (light emitting diode) and LED exit signs
  - \* Occupancy sensors & photo cells
- Bulbs and fixtures must be evaluated by AEC to determine eligibility based on an audit of existing lighting prior to any installation of new equipment. A knowledgeable employee from the business needs to be present to guide AEC through the initial walk-through lighting audit. A final walk-through must be conducted after the project is completed.
- Total rebate amount is limited to \$30,000 per member per year and will not exceed 40% of the total equipment price.

### FREE ENERGY AUDITS & REBATE FOR IMPROVEMENTS

- Conducted by a qualified Access Energy representative.
- Blower door test to check for air leaks and gaps.
- Inspect insulation, doors, windows, lighting, appliances, and much more.

Weatherization improvements suggested at audit are eligible for incentive up to \$500.

### LOW INTEREST LOANS

Access Energy Cooperative has ERC loans available at low interest rates for the cost of materials and labor for energy efficiency home improvements in new or existing structures. For more details see our website.

Specific requirements apply to individual rebates. For more information on rebates, low interest loans or to schedule a free energy audit call 385.1577 or 1.866.242.4232 or visit our website at [www.accessenergycoop.com](http://www.accessenergycoop.com).

# The Co-op Connections Card puts Value in your Wallet

Access Energy Cooperative's commitment to you goes beyond providing safe, reliable and affordable electricity. We're always looking for ways to provide value to our members and our community, especially during tough economic times. Access Energy Cooperative's Co-op Connections Card is a money-saving tool we're proud to offer our membership. The card connects you with discounts on everything from hotel stays to prescription drugs.

A wide variety of merchants throughout our community accept the card, from places like the Iris City Cleaners, to Anywear Apparel to the Schaeffer Golf Course and McDonalds. Be sure to present the card at the register to receive your discount!

We hope local businesses participating in the Co-op Connections program benefit from increased traffic from Access Energy Cooperative members. Businesses can sign up for the program at no cost. For a complete list of all participating businesses in our area, simply log on to our website [www.accessenergycoop.com](http://www.accessenergycoop.com) and follow the Co-op Connections Card link.

The card also gives you access to on-line savings at more than 95 national retailers like Barnes&Noble.com, Hertz Rental Cars, Best Western hotels and ProFlowers.com. You can check out these great national discounts at [www.connections.coop](http://www.connections.coop).

One of the most valuable features of the Co-op Connections Card is the pharmacy discount. While it is not insurance, our members average a savings of around 45 percent off prescription drugs each month. The logo and information on the back of your card is recognized at more than 60,000 national, regional and local pharmacies.

The pharmacy discount has been widely used by members of Touchstone Energy co-ops across the country, resulting in combined savings of nearly \$20 million on prescriptions.

Want to find out more? Log on to [www.locateproviders.com](http://www.locateproviders.com) to search for pharmacies in our area honoring the card. Use code 22203 as the group number under the "Groups" login section. Next, enter your zip code.

As a Touchstone Energy co-op, Access Energy Cooperative strives to serve our members according to four core values: integrity, accountability, innovation and commitment to community. Our Co-op Connections Card is one of the ways we live up to those values.

We're eager to answer any questions you have about the card and how to take advantage of the discounts it provides. Call us at 866-242-4232 to find out more, or log onto [www.accessenergycoop.com](http://www.accessenergycoop.com).

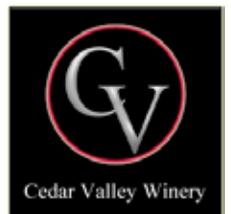
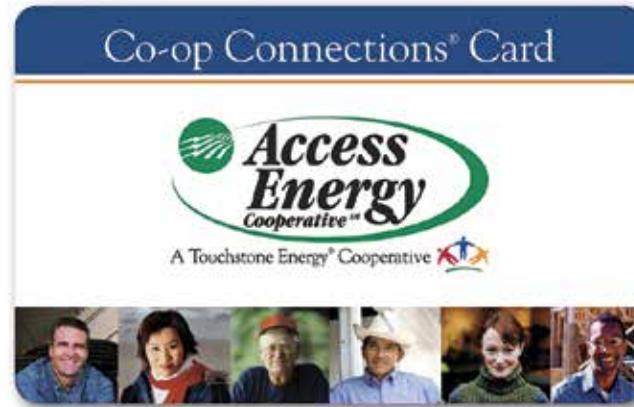
## Members Saving on Prescriptions

In June, thirty-one members saved \$1,377 on their prescriptions.

To find out more on the discounts offered check out our website at [www.accessenergycoop.com](http://www.accessenergycoop.com).

It's easy to save—you just have to show your card to participating merchants.

If you own a business and would like to offer a discount for the card, please contact Kim Brumbaugh at [kbrumbaugh@accessenergycoop.com](mailto:kbrumbaugh@accessenergycoop.com) or call our office at 1.866.242.4232.



- Addy May Fudge, Bonaparte
- All American Tree Service, New London
- Amy Becker Photography, Mt. Pleasant
- Any Wear Apparel, Mt. Pleasant
- Bel-Capelli Salon & Tanning, Denmark
- Bezoni's True Value, Mt. Pleasant
- Blings & Things, Eldon
- Blue Fish Clothing Co., Fairfield
- Brown's Shoe Fit Co., Mt. Pleasant
- Cedar Valley Winery, Batavia
- Clever Container-Wendy Lemmon, New London
- Dollar Plus, Inc., Keosauqua
- Dotty's Sewing Nook, Fairfield
- Elegance by Design, Ottumwa
- Fairfield True Value, Fairfield
- Freedom Foam Insulators, Fairfield
- Full Sea Productions, Ottumwa
- Hotel Manning, Keosauqua
- Iris City Cleaners & Laundry Co., Mt. Pleasant
- Kelly Supply Co., Fairfield
- Ladies Workout Express, Fairfield
- Lia Sophia-Judy Stuecker, West Point
- McDonalds, Fairfield & Mt. Pleasant
- Misty's Malt Shop, Keosauqua
- Mount Pleasant Tire & Service, Mt. Pleasant
- NATEL, Fairfield
- Oakwood Nursery & Garden
- Riverbend Pizza & Steakhouse, Keosauqua
- Salon Pro 34, Mt. Pleasant
- Schaeffer Memorial Golf Course, Fort Madison
- Snap-on, Ottumwa
- The Bronzing Depot Tanning & Beauty Salon, Salem
- The Full Effect Salon, Fairfield
- The Guitar Farm, New London
- The Shear Advantage, Mt. Pleasant
- The Sweet Spot, Fairfield
- Thirty One, Winfield
- Total Connexions, Mt. Pleasant
- Trendy Looks, Montrose
- Triage Duct Cleaning, Mt. Pleasant
- Village Cup & Cakes, Keosauqua
- Whitetail Country Estates, Washington



# Teach Your Children Electrical Safety

Electricity is a dynamic power source. We live our lives surrounded by it, but sometimes we forget just how dangerous electricity can be. Many home electrical fires, injuries and electrocutions can be prevented when we understand and practice electrical safety. This is especially true for our youngest co-op members.

Throughout the year, Access Energy Cooperative offers many ways to help teach youngsters about electricity. One of the easiest places to get the safety word out is through our safety demonstrations we offer to all of our local schools. But as your child's first and most important teacher, perhaps it's time for you to have a talk with your sons and daughters to reinforce those lessons.

Start at an early age, teaching them about the physical dangers associated with electrical components and how to handle electrical plugs, outlets, switches and other devices. Keep in mind, talking to your children about electrical safety should also include fun activities and facts about the basics—what is electricity, the need to respect its power and how to use it efficiently as they study, work and play. As we all know, kids will be kids. Getting them to show interest in some of these lessons won't be easy. Just remember that what your children learn from you today can be a lifesaver later when they encounter potential hazards like downed power lines in their path, play hide-and-seek behind those big metal electrical boxes outside or are tempted to clamber up a utility pole.

Some of the best teachable moments about electrical safety can happen in

and around your home. There are plenty of opportunities to demonstrate safety that are as close as the electrical outlet on your living room wall. For example, show young children how plugs work, and let them know that even if they are curious about the slits of an electrical outlet, nothing else should be placed inside. Each year about 2,400 children end up in the emergency room after suffering injuries caused by inserting objects—paper clips, pens, screws, nails, forks, hair pins, coins and more—into electrical receptacles. That's about seven children a day who sustain injuries ranging from **electric** shock to burns.

But this isn't the only electrical mishap that impacts youngsters. Our reliance on electronics and gadgets have left both youngsters and their parents at risk when they overcrowd electrical outlets, continue to use frayed wires, place devices near liquids or leave electronics on for long periods of time. Some of the same guidelines Access Energy Cooperative offers to protect adults also help protect children. We should all set good examples for our youngsters.

Supplement your lessons at home with resources galore; including those provided by Access Energy Cooperative. The Electrical Safety Foundation International ([www.esfi.org](http://www.esfi.org)) is among the many national organizations offering free kits, videos and interactive on-line tools that make learning and practicing electrical safety fun for you and your children. And as they grow older, remember to keep teaching them about the power of electricity and how to use it safely.

Source: B. Denise Hawkins, NRECA

# Practice Safety with Gasoline Dispensing Facilities

One of the most common safety violations found near electricity lines is the location of the gasoline dispensing facilities on the farmstead in relation to the meter pole or farm buildings.

The National Electrical Code shows the requirements your farm wiring system should follow. One section of the wiring code covers the requirements for electrical equipment and wiring for all voltages in locations where fire or explosion hazards may exist due to flammable gases or vapors, flammable liquids, etc.

Because of the hazard that exists in the vicinity of gasoline dispensing

facilities, and especially the hazard to Access Energy Cooperative personnel wherever there is a possibility of electric sparks or arcing igniting flammable vapors, the commission is suggesting that electric utilities not permit the installation of meter poles or service entrances within 20 feet of a gasoline dispensing barrel or tank, or within three feet of any point that could be reached by a gasoline dispensing nozzle. In addition, it is recommended that existing installations with less than the required clearances be modified to provide the required clearances.

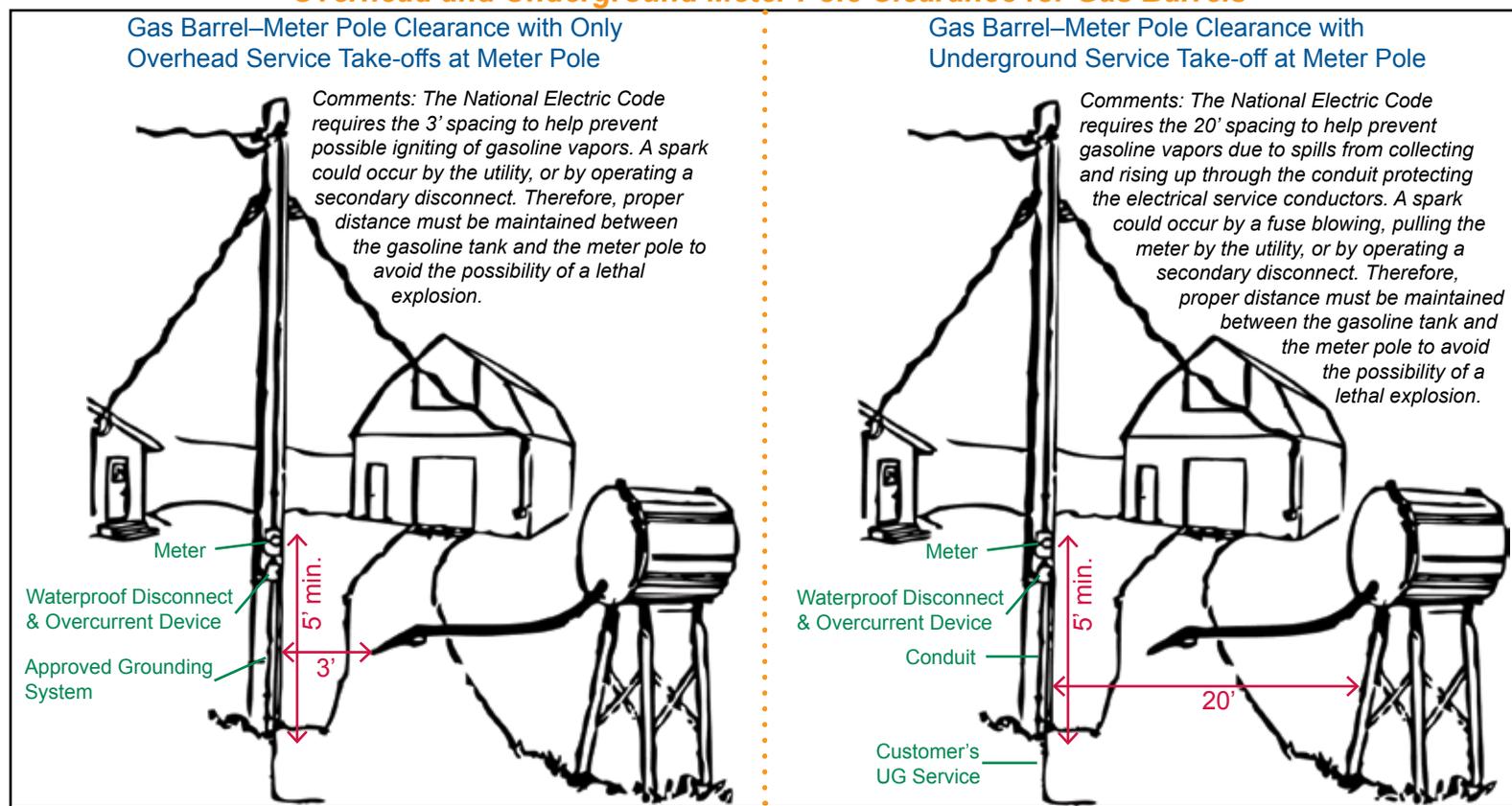
For Access Energy to change the location of existing meter poles would be quite costly. Therefore, we are asking every member to check to make sure their gasoline dispensing facilities are located 20 feet from the meter pole.

The end of the dispensing nozzle should not be within 3 feet of the meter pole.

If the commission personnel check Access Energy's electric lines and find a violation of this requirement, we have no choice but to disconnect your electricity until the hazard is corrected.

In addition to these location requirements, please make sure your gasoline dispensing facilities are electrically bonded to the electrical ground of the farm wiring **system**. Install a ground rod at your gasoline tank and connect the tank to the ground rod and to the farm wiring ground.

## Overhead and Underground Meter Pole Clearance for Gas Barrels



# 2015 Photo Contest Rules

- Full color photos are encouraged.
- Entries must be in a horizontal layout.
- ORIGINAL PHOTOS ONLY. Photo copies and digital pictures printed from a computer/printer will not be accepted.
- SIZE REQUIREMENTS
  1. Printed entries: Minimum size for originals is 6x4. Max. size 14x8.
  2. Digital entries: Please submit as original electronic files. Minimum size is 3300 x 2550 pixels
- E-mail to [kbrumbaugh@accessenergycoop.com](mailto:kbrumbaugh@accessenergycoop.com) or submit on a CD.
- Entrants may enter more than one photo.
- Entries must include the following information on the back of photo, or on the CD:
  1. Entrant's name, address, phone number.
  2. Title of the photograph.
  3. County in which photo was taken.
- All entries will become the property of Access Energy Cooperative and may be used by Access Energy Cooperative for any purpose Access Energy Cooperative deems valid. (We can return them upon your request when the contest is complete.)
- Entrants agree to authorize Access Energy Cooperative to announce and publish their name, address, and photograph in any forthcoming publicity without further remuneration, other than the prizes awarded in this contest.
- By submitting an entry in the contest, you agree to grant Access Energy Cooperative permissions and all rights to use the photo entry indefinitely for marketing purposes, which include but is not limited to a calendar or other printed materials promoting Access Energy Cooperative.
- All entrants must have sufficient permission of any recognizable persons appearing in the photograph to be able to grant to Access Energy Cooperative the right to display their photographic submission on-line or in printed material.

## Win \$\$, continued from page 1

AccessEnergyC for a chance to win one of two \$50 bill credits. Check out our Annual Meeting Event on Facebook and respond (Limit one (1) entry per person) for a chance to win a \$50 bill credit.

### AGREEMENT TO OFFICIAL RULES:

By entering the Sweepstakes, each entrant fully and unconditionally agrees to and accepts these Official Rules and the decisions of the Sponsor are final and binding in all matters relating to the Sweepstakes.

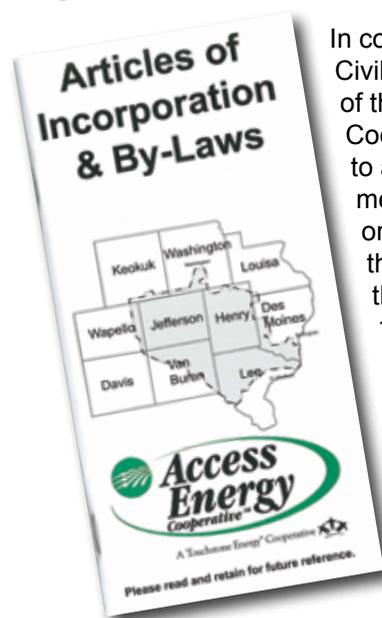
### SWEEPSTAKES PERIOD:

The Sweepstakes begins at midnight on July 1, 2014 and ends on August 4, 2014 at 8:00 p.m.

### SELECTION AND NOTIFICATION OF WINNER:

Winners will be selected by random drawing on August 6, 2014. Winners will be notified via Facebook or Twitter or by mail, email or telephone at Sponsor's direction. Prizes will be applied to the winner's billing account no later than thirty days after being notified by Sponsor.

## Cooperative By-Laws Available



In compliance with Title VI of the Civil Rights Act of 1964, copies of the bylaws of Access Energy Cooperative are available to anyone interested, either members of the Cooperative or the general public, at the reception counter of the headquarters office at 1800 West Washington Street in Mt. Pleasant or by visiting our website at [accessenergycoop.com](http://accessenergycoop.com). If you would like a copy of the Cooperative's By-laws please stop by our office to pick one up.

## What is the Fixed Facilities Charge on my Bill?

The fixed facilities charge is a fixed charge for each account based on a rate classification that covers the costs associated with providing a meter and service to the location. It includes costs such as meter installation and maintenance, as well as administration costs. Fixed facilities charges vary by rate class, as they are determined by the costs for each rate class individually according to the expenses that apply to that class of service. The fixed facilities charge is similar to your monthly charge for phone service, cable service, or water service.

## Keep Food Cool as Temperatures Heat Up



Summer months are great for grilling. And that means you don't have to use electricity to operate the oven or stove – or cool a hot kitchen. It's a great way to be energy efficient and save, but don't stop there. Use these simple tips to keep your food – and your bill – cool this summer:

- Fill the fridge. Full refrigerators and freezers don't have to work as hard to cool the warm air that enters when you open the door. If you are busy freezing fresh vegetables from the garden for winter use, this should be easy. If not, use jugs of water or ice bags in the freezer to keep your fridge full and cool.
- Do some maintenance. When was the last time you moved your refrigerator away from the wall? When the deliveryman put it there? Pull the unit away from the wall and spend a few minutes cleaning the coils. When the coils are clean, the refrigerator cycles on and off less, saving you money.
- Wait to put the leftovers away. If those burgers are still hot from the grill, let them cool off a little before you put them in the fridge. Of course, health and safety come first, and you should never consume food that has been sitting out too long, but waiting just a few minutes to put hot food away will mean your fridge isn't working as hard to cool it down.
- Check your settings. You probably don't need to keep your refrigerator and freezer on the coldest settings. Your refrigerator can be set between 36 and 38 degrees, while your freezer can be set anywhere from 0 to five degrees.
- Shut the door. The more you open the door of your refrigerator and freezer, the more cold air escapes and warm air gets in. Of course you have to open the door to get food in and out, but an organized fridge means less time spent staring at a mystery item and moving pizza boxes around to dig for that much-coveted piece of lemon icebox pie.
- Consider getting rid of that extra fridge or freezer in the garage. If you aren't really using it, that old fridge is costing you a few dollars every month to cool a few cans of soda. That adds up throughout the year. Is it worth it?
- If you do decide to get rid of the refrigerator in your garage, or if it's time to replace the one in your home, don't just leave it at the dump. There are recycling programs that help you get rid of your old refrigerator responsibly. Some retailers will take your old appliance and make sure the materials in it will be reused or properly disposed of, and many cities will pick up large appliances as well.
- Visit [energystar.gov](http://energystar.gov) before making a purchase. Their refrigerator retirement savings calculator (<http://www.energystar.gov/index.cfm?fuseaction=refrig.calculator&>) can be a big help, and their advice can help you determine the best, most efficient appliance for you.

# Local Teens Sent to Nation's Capital

Jasmine Craff and Megan Hoenig, both of Mt Pleasant recently participated in the Electric Cooperative Youth Tour of Washington, D.C., sponsored by Access Energy Cooperative. They spent June 13-19 in Washington, D.C., with 33 peers from Iowa.

Each year in June, an action-filled week provides high school students opportunities to learn first-hand what it is like to be involved in politics, community service and today's pressing **issues** in the energy industry. Students met their elected representatives in the U.S. House and Senate, saw historic sites, and met nearly 1,600 students from across the country who participated in their state's Youth Tour program.

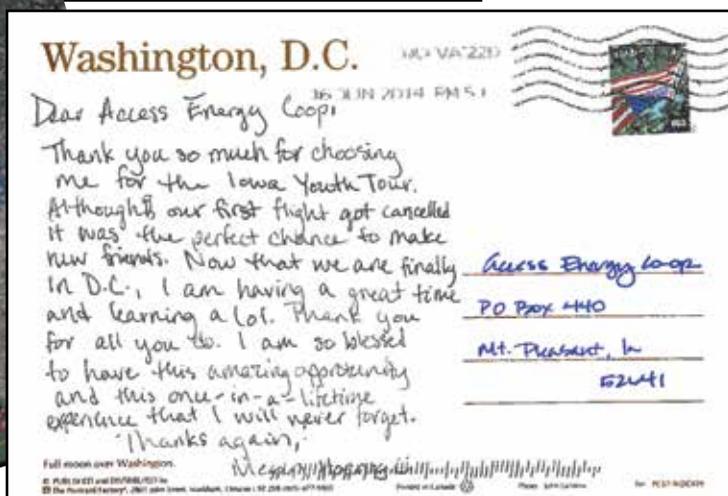
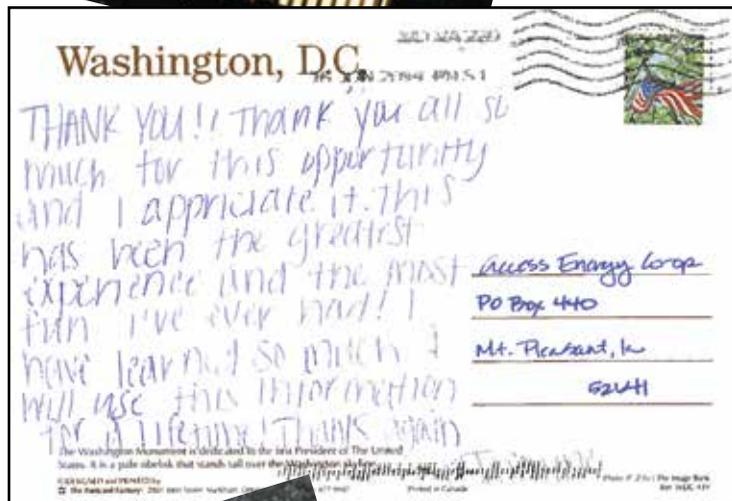
The Electric Cooperative Youth Tour has been a joint effort of local electric co-ops, such as Access Energy Cooperative, their statewide co-op associations, and the National Rural Electric Cooperative Association (NRECA), based in Arlington, Va., for 50 years.

Jasmine and Megan both **agree** that they had the experience of a lifetime. They felt the Youth Tour was so **amazing** and they thought it was really cool to meet their senators and representatives, and learn about politics up-close. They both made friends from nearly every state and experienced history first-hand. They were inspired to think about what it means to be an American, and that people their age do care about this country.



In addition to taking in the sights of the nation's Capitol, all the state groups convened for the Rural Electric Youth Day, sponsored by NRECA, to learn from public figures and other inspirational speakers. This year's Youth Day agenda included Mike Schlappi, a four-time Paralympic Medalist and two-time world Wheelchair Basketball champion. Schlappi shares his inspiring message for every American, young or old: "Just because you can't stand up, doesn't mean you can't stand out."

For more information on how you can participate in Access Energy Cooperative's Youth Tour program, visit our website at [www.accessenergycoop.com](http://www.accessenergycoop.com).



# Touchstone Energy Cooperatives to Sponsor Energy-efficiency Display at Iowa State Fair

**W**ant to know how to improve energy efficiency and lower your home's electric bill? Interested in how a bike can generate electricity? Would you like to win a gift card?

Then visit the display in the 4-H Exhibits Building sponsored by the Touchstone Energy Cooperatives of Iowa at the Iowa State Fair Aug. 7-17 to get the **energy** information you need.

Located inside the 4-H Exhibits Building on the south end of the fairgrounds, the display offers the latest information on various energy efficiency topics. You can see detailed information on insulation types and effectiveness; infiltration reduction; lighting options; water heating; heat pumps and old appliance recycling.

Representatives from Touchstone Energy Cooperatives will be on hand from 9 a.m. to 7 p.m. each day to answer members' questions about energy-efficiency measures and rebates offered by local cooperatives.

The Touchstone Energy booth will also feature an energy bike that allows fairgoers to pedal and generate electricity to power items such as light bulbs, a radio or fan. The bike demonstrates how much more energy is required to light inefficient bulbs compared to compact fluorescent lamps or LEDs.

Plus, fairgoers can register to win one of two \$25 gift cards to be awarded each day of the fair.

For more information on how you can start saving now, go to [www.TogetherWeSave.com](http://www.TogetherWeSave.com).



Ownership in Access Energy Cooperative: satisfaction that grows.

Visit our energy efficiency booth and register to win a gift card.



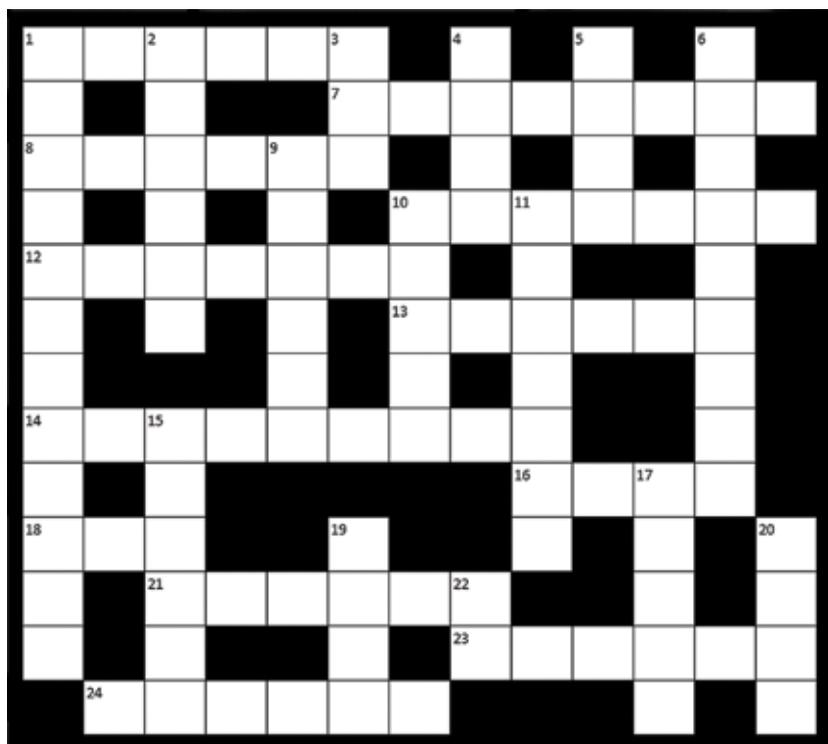
**Touchstone Energy<sup>®</sup>**  
Cooperatives of Iowa  
sponsoring the Iowa State Fair's  
4-H Exhibits Building

# Win \$25 By Learning About Your Cooperative!

Access Energy Cooperative members can win \$25 by completing the crossword below correctly. Members may clip out their answers and send them by August 31, 2014, to: Access Energy Cooperative, Attn: Crossword Puzzle, P.O. Box 440, Mount Pleasant, IA 52641. Most of the answers are bold and highlighted elsewhere in this issue of the Highline Headlines. If more than one person answers all of the questions correctly by the deadline, a drawing will be held to determine the winner. Only one prize will be given for the crossword puzzle.

Name \_\_\_\_\_

Address \_\_\_\_\_



Last month's crossword winner is Marge Richart of Wever.

## ACROSS

- 1 Our Youth Tour representatives learn about these pressing things facing our legislators.
- 7 Seven children a day sustain injuries from this shock.
- 8 We ensure that we have these type of procedures to safeguard your information.
- 10 You can submit photos that have this as the subject to win \$50 in our contest.
- 12 Both youth tour representatives thought the trip was this.
- 13 We have many experts who will do this to the EPA proposed rules.
- 14 Be sure to vote on this for your Articles of Incorporation at the annual meeting on August 5th.
- 16 EPA released their draft rules on generating plants that do this to carbon.
- 18 Bags of this can be used in your freezer to help you save energy.
- 21 This act is one of the reasons we make sure you have access to the cooperative By-laws.
- 23 EPA has released unrealistic draft rules to do this to greenhouse gases.
- 24 Be sure your gas dispensing facilities have a safe one of these for wiring.

## DOWN

- 1 Our fixed facilities charge includes expenses associated with this for your meter.
- 2 By signing up for these type of media communications with our coop, you could win \$50.
- 3 What we do with our eyes.
- 4 To bend in a vertical position
- 5 Keeping your frig organized and not having a lot of these that are unidentifiable could save you energy.
- 6 This monitor could help you measure what your appliances are using for energy.
- 9 This can be done by 4 degrees to your thermostat by using ceiling fans.
- 10 Both of our youth tour representatives did this on describing their trip as an experience of a lifetime.
- 11 We did this to you on Facebook for our annual meeting. RSVP there and win \$50!
- 15 Visit our booth at the Iowa State Fair to get the information you need about this.
- 17 Because the EPA draft rules affect your energy bill directly, you need to become engaged in this.
- 19 Worn on the foot to protect it.
- 20 Using your grill instead of this can help you save energy.
- 22 Abbreviation for Senior.



Do you know of an event in southeast Iowa you would like to see posted on our website?

Do you have something you would like to sell?

Go to our website [www.accessenergycoop.com](http://www.accessenergycoop.com) to submit your event or classified item or send it to [mktg@accessenergycoop.com](mailto:mktg@accessenergycoop.com) and we can do it for you.

The featured recipe winner who submitted this recipe will receive a \$10 electric bill credit. Check out our recipe section at [www.accessenergycoop.com](http://www.accessenergycoop.com) for a new recipe or to submit your favorite recipe. Or mail us your recipe and we will post it for you.



## EASY CHICKEN A LA KING

From the Kitchen of Nancy Cailey

- 1/4 cup butter or margarine
- 1/3 cup all-purpose flour
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 cup chicken broth
- 1 cup milk
- 2 cups cooked, diced chicken
- 1 small can sliced mushrooms, drained
- 1 - 2 oz. jar pimentos, drained
- 2/3 cup cooked peas (optional)
- 1 hard boiled egg, chopped (optional)

**DIRECTIONS:**  
In a medium saucepan, melt butter; blend in flour, salt, and pepper. Add chicken broth and milk all at once and cook stirring constantly until sauce is thick and bubbly. Add remaining ingredients and heat thoroughly on low heat. Serve over toast points or puff pastry shells. Serves 4-5.

[www.accessenergycoop.com](http://www.accessenergycoop.com)