

October 2015

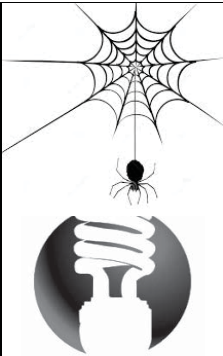
# Hot Watts

Published monthly by Cookson Hills Electric Cooperative, Inc.

Your Touchstone Energy® Cooperative 

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### Energy Efficiency

#### Tip of the Month

Don't let vampires suck the life out of your energy efficiency efforts! Unplugging unused electronics – otherwise known as “energy vampires” – can save you as much as ten percent on your electric bill.

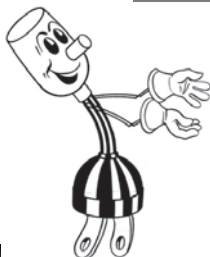
Source: [energy.gov](http://energy.gov)



Congratulations!

**Don Elwick**

is our online survey winner.



## CHEC Celebrates National Cooperative Month

October is National Cooperative Month, and Cookson Hills Electric Cooperative, Inc. (CHEC) – and all co-ops across the U.S. – are celebrating the benefits and values that cooperatives bring to their members and communities.

While co-ops operate in many industries and sectors of the economy, 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.

“Your electric cooperative team has a core mission, which is to deliver safe, reliable, and

affordable power to you, your family, and your business,” says Kendall Beck, General Manager of CHEC. “Co-ops go beyond by investing in their local communities through various outreach programs.”

CHEC is proud to be part of America's cooperative network, which includes more than 47,000 cooperative businesses.

Electric co-ops provide power for many Oklahoma residents, with CHEC serving 17,760 meters.

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

To learn more about CHEC, visit our website at [www.cooksonhills.com](http://www.cooksonhills.com).



## Reminder:

The Cookson Hills Electric Cooperative's 67th Annual Meeting is scheduled for Saturday, October 3, 2015, at the Sallisaw High School Gymnasium. Registration will open at 10:00 a.m. with the business meeting starting at 11:00 a.m. We hope to see you there!

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Cookson Hills Electric Cooperative, Inc. welcomes members to submit photos, and articles which will be subject to editing. Cookson Hills reserves the right to publish or modify any article. Companies and individuals featured in the Hot Watts newsletter do not necessarily reflect the official policy, position, or view of Cookson Hills.

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If You Find Your Account Number  
Hidden in This Issue of the *Hot Watts*,  
You'll Receive a \$25 Credit on  
Your Electric Bill

# Electrical Safety Tips for Kids

By Kaley Lockwood

At CHEC, we understand your child's health and well-being are your top priority. With more than 140,000 electrical fires occurring each year, knowledge of electrical safety is necessary to ensuring your loved ones stay safe. Here are a few tips you can share with your little ones:

Electrical fires are caused when a wire or electrical device overheats. It is important to make sure your children understand that water cannot extinguish this type of fire. Only fire extinguishers can be used to remedy this situation.

In addition to the previous tip, it is never a good idea to mix water with electricity. Keep blow dryers, radios and any other electrical devices away from all water, especially those used in a bathroom.

Keep metal objects out of appliances and plugs. If a piece of toast gets stuck in the toaster, never use a metal knife to retrieve it. Unplug the toaster, and use a different tool or utensil to remove the toast. Remember, only plugs should go in outlets. Sticking fingers or other objects in outlets may result in an electrical shock.

It's always a good idea to turn lights off when they are not in use. This will save your family money on your electric bill and prevent electrical fires from overheated bulbs.

Kids will be kids, and they love the great outdoors. Remind them to avoid overhead power lines. Whether they are climbing trees or flying kites or remote-controlled toys, they should always be mindful of what is above.

Talk to your children about the importance of electrical safety, and more importantly, lead by example – because you never know who's watching. For more information about electrical safety, visit [esfi.org](http://esfi.org).

*Kaley Lockwood writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.*

## Round Up Assists Local Fire Department

Maple Fire Department was recently approved by the Cookson Hills Electric Foundation, Inc., to receive a grant through Operation Round Up. Maple Fire Department used the money from the grant to purchase a new Automatic External Defibrillator (AED). The new unit provides the most current standard of care and is capable of providing care for both adults and children. This unit will replace an older AED. For more information about Operation Round Up or to obtain an application, visit CHEC'S website at [www.cooksonhills.com](http://www.cooksonhills.com) or call 800-328-2368.



Jack Phipps holding the new AED.  
*Photo courtesy of Maple Fire Department.*

## Taming Energy Vampires in Your Home

You may be surprised to discover that many appliances use energy and cost you money — even after you have turned them off. An array of household appliances often referred to as energy vampires, which include everything from microwave ovens to phone chargers, can continue to leech power from your home even while they are in standby mode. The Energy Education Council shares information to help consumers identify and tame these vampires.

According to J.M. Burgett in the March 2015 issue of the *Journal of Energy Research and Social Science*, among some of the worst culprits are digital video recorders at 27 watts, cable boxes (with no built-in DVR) at 15 watts, and wireless routers at 6 watts. These numbers represent how much energy is expended in standby wattage per hour. It is easy to see how just a handful of appliances, even on standby mode, can end up costing upwards of around \$100 annually.

Some other common household energy vampires include:

- Microwave – 3 standby watts/hour
- Printer – 2.8 standby watts/hour
- DVD Player – 2.3 standby watts/hour
- Desktop PC with speakers – 2 standby watts/hour
- Video gaming system – 1 standby watt/hour

Even if an individual device consumes only a single watt per hour, the cumulative effect of every appliance can really add up. According to energy.gov, these energy vampires can add 10 percent or more to your household's monthly electricity bill and consume between 4 and 12 percent of the total energy used by your home. Most modern appliances are built with improved efficiency standards that reduce their energy usage whether they are on or off.



A good way to judge the energy efficiency of a product is to look at its Energy Star rating. This rating can be found on many consumer goods such as computers, televisions, laundry machines, and refrigerators. Appliances with an Energy Star mark can be as much as 30 percent more efficient than required by federal regulations.

There are a few other easy steps that can help reduce wasted electricity. “One of the most effective things that someone can do to reduce their utility bill is to use a power strip and turn it off when it’s not in use” says Molly Hall, Executive Director of the Energy Education Council and its Safe Electricity program.

A power strip can easily be turned off at the flick of a switch 2521502 and is a good option if you have multiple appliances plugged in. For an even more convenient solution, you can purchase a smart strip, which automatically cuts power to devices that are not in use. Most strips require less than 1/4 of a watt when in standby mode, and one watt when in full operation. Smart strips are a practical option if you want to effortlessly stop energy vampires from draining power and your wallet.

For more information about stopping energy vampires and reducing your monthly utility bill, visit [EnergyEdCouncil.org](http://EnergyEdCouncil.org).

**EEC**  
Energy Education Council

beware of the **Energy Vampires**

**Don't Let Energy Vampires Drain Your Wallet**

The average home uses up to 10% of its energy powering devices that are turned off or not in use! The average number of watts used by the following devices while off or in standby mode:

Set-top cable box with DVR	43.46
DVD/VCR (on, not playing)	14.5
Subwoofer (not playing)	10.7
TV (rear projection – off by remote)	6.97
Notebook computer (power supply only)	4.42
Microwave (door closed)	3.08
Cordless phone with answering machine	3
Cell phone charger (on) charged	2.24
Portable stereo (off)	1.66
LCD computer monitor (sleep mode)	1.38
Multifunction Inkjet printer (off)	1.26
Game console (off)	1.01

Those are wasted watts each hour – adding up to wasted energy dollars!  
Tame your “Energy Vampires” by unplugging rarely used electronics and using power strips to turn off multiple components with a single switch.  
Learn more at [EnergyEdCouncil.org](http://EnergyEdCouncil.org)



## Newsletter Survey Winners

In the July issue of the Hot Watts, CHEC inserted a survey for our members to complete. These surveys tell CHEC what services you are utilizing and what your preferences are so that we may better serve you in the future.

CHEC members responded in large numbers. Five members of CHEC won credits on their accounts. The winners are: Kyle Hyer - \$100 winner, William Duncan - \$25 winner, Karen Kinsey - \$25 winner, Thomas Shade - \$25 winner, and Carl Treadwell - \$25 winner.

Thank you to all members who took the time to complete and return their survey!

# Halloween Safety Tips

## **Walk Safely**

- Cross the street at corner, using traffic signals and crosswalks.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.

## **Trick or Treat with an Adult**

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.

## **Keep Costumes Creative and Safe**

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.

## **Drive Extra Safely on Halloween**

- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert to kids during those hours.

## Look But Don't Touch.

Your electric meter is a necessary part of the system; after all, reading your meter tells you how much electricity you're using. But while looking at it is encouraged, opening or tampering with it is not.

Attempting to adjust an electric meter exposes you to two risks, the most immediate being the danger of potentially lethal electric shock. The second risk becomes clear when you realize that tampering with an electric meter is illegal. Use a hands-off approach to avoid both kinds of trouble.



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