

November 2018

WATT'S HAPPENING

SCENIC RIVERS ENERGY COOPERATIVE

LANCASTER, DARLINGTON AND GAYS MILLS, WISCONSIN

2018 Member Appreciation



Thank you to everyone that came out to see us!

We answered many questions, but if you still have questions, please give us a call at 1-800-236-2141.

Mark your calendars for our Annual Meeting on Saturday, April 13th at the Youth & Ag Building in Lancaster.



Strategies for Stress

Life is stressful. Competing priorities like work, family and other responsibilities can leave you little time to focus on your state of mind. Many people experience stress due to the demands of modern life; you are not alone. But ignoring stress can result in physical and mental consequences such as fatigue, unstable relationships, substance abuse and depression.

Here are some ways to relieve stress:

Change your diet. Rather than turning to traditional comfort foods such as pizza and ice cream while stressed, healthier (but still delicious!) food options such as fatty fish, carrots and nuts are known to reduce stress levels. According to Prevention magazine, drinking tea can help calm your nerves, too.

Get active! Many find it useful to go on a run or walk to clear their mind and reduce stress. Any type of exercise can reduce stress as your brain releases chemicals such as endorphins and dopamine, which make you feel happier.

Meditate. Meditating for just a few minutes a day can help ease stress and lower anxiety levels. According to Dr. Elizabeth Hoge, a psychiatrist and assistant professor at Harvard Medical School, simple mindful meditations, which focus on your breathing, have been shown to quell anxiety symptoms and control stress.

Get involved in community service. Donate your spare time to help your community - increase your impact by bringing a friend or family member. Volunteer at a local soup kitchen, visit your local animal shelter or help people in your community who may need an extra hand or some company. These simple acts will brighten someone else's day, as well as your own.

Find support. It's important to share your problems with others rather than keep them bottled up inside. Depending on the issue you are facing, talking to a trusted friend or family member can help, or perhaps exploring group

counseling which can provide an opportunity to benefit from speaking with others who are facing similar challenges.

Organize your living space. Living in an unorganized environment can sometimes create more stress by allowing things like bills or laundry to pile up to the point of being overwhelming. Find some time to organize your living space to live a less cluttered life.

Speak to your doctor. Stress and depression are major health issues, and it's important to get professional medical help. Over 40 million adults in the United States suffer from anxiety, and over 16 million suffer from depression. You're neither abnormal nor alone.

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SAFE DÉCOR FOR A HAPPY HOLIDAY SEASON

It's almost time to deck those halls! Statistics show that home fires and electrical accidents typically increase during winter months, so keep these holiday lighting tips in mind for a safe holiday season.

- Carefully inspect all electrical decorations before you use them. Cracked or damaged sockets and/or loose or exposed wires can cause serious shock or start a fire.**
- Consider purchasing LED lights, which use less energy and run cooler than traditional incandescent lights.**
- Never mount or support light strings in a way that might damage the cord's insulation.**
- Make sure that cords are not pinched in doors, windows or under heavy furniture, which could damage the cord's insulation.**
- Always unplug electrical decorations before replacing bulbs or fuses.**
- Turn off all indoor and outdoor electrical decorations before leaving home or going to sleep.**

Source: Electrical Safety Foundation International

continued. . . Strategies for Stress

Need help managing stress, anxiety or answering other questions about mental health? The National Alliance on Mental Health can answer questions about treatment and symptoms, and make referrals to local options; reach them Monday through Friday, 10 am to 6 pm (ET), at 1-800-950-6264 or at info@nami.org.

¹ Healthline. "The Effects of Depression in Your Body." <https://www.healthline.com/health/depression/effects-on-body#1>.

² Zuckerbrot, Tanya M.S., R.D. "https://www.mensjournal.com/food-drink/eat-to-beat-stress-10-foods-that-reduce-anxiety." *Men's Journal*. Web. 25 July 2018.

³ Glassman, Keri M.S., R.D., C.D.N. "https://www.prevention.com/life/a20444221/13-healthy-foods-that-reduce-stress-and-depression." *Prevention Magazine*. N.p., 22 May 2014. Web. 25 July 2018.

⁴ <https://www.brainmdhealth.com/blog/7-ways-to-boost-dopamine-focus-and-energy>. "7 Ways to Boost Dopamine, Focus and Energy." *Brain MD Health*. Web. 25 July 2018.

⁵ Cortis, Julie. "https://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967" *Harvard Health Blog*. N.p., 03 October 2017. Web. 25 July 2018.

⁶ UC Davis Student Health and Counseling Services. "Six Benefits of Group Counseling." <https://shcs.ucdavis.edu/blog/archive/healthy-habits/six-benefits-group-counseling>.

⁷ Anxiety and Depress Association of America. "Facts and Statistics." <https://adaa.org/about-adaa/press-room/facts-statistics>.

Demetra Zuras writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56 percent of the nation's landscape. ■

TIPS FOR PURCHASING NEW APPLIANCES

When shopping for new appliances, there are two price tags you should consider:

1. Purchase price of the appliance (think of this as a down payment)

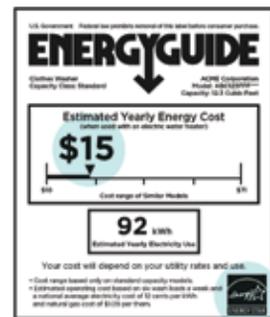


2. Cost to operate the appliance over its lifetime (how much energy the appliance uses)



That second price is important because you'll be paying for the appliance's energy use for the next 10 to 20 years.

- Look for the ENERGY STAR® label. ENERGY STAR-qualified products exceed the federal minimum standards for efficiency and quality.
- Carefully review the EnergyGuide label on the appliance. The label provides information about how much energy an appliance uses compared to similar models.
- Once you choose your make and model, compare prices. Keep in mind, many retailers will match a lower price offered by competitors.
- Recycle or sell your old appliance. Ask the retailer if they'll pick up your old appliance, or you can sell it yourself. Either option is better than the landfill!



Source: Department of Energy

Energy Efficiency Tip of the Month

Got holiday leftovers? When possible, use the microwave to reheat food. Microwaves use as much as 80 percent less energy than a standard oven.

Source: energy.gov



Recipes

Thank you Cathy Skaife (Platteville) for sharing your Cornbread and Cherry Kuchen recipes!

Cornbreads

- 1 1/2 cups flour
- 1 1/2 cups cornmeal
- 1/4 cup sugar
- 1 1/2 tablespoon baking powder
- 1 teaspoon salt
- 3/4 teaspoon baking soda
- 1 1/2 cups milk
- 1/2 cup vegetable oil
- 3 eggs



Whisk together flour, cornmeal, sugar, baking powder, salt, and baking soda. Store in a tightly sealed container in a cool, dry place for up to 3 months. When ready to bake, preheat oven to 350 degrees. Transfer mixture to a large bowl. Whisk in milk, oil, and eggs until evenly combined. Pour batter into a lightly greased (8 1/2 x 4 1/2 inch loaf pan.) Bake for 55 to 60 minutes. Let cool slightly before serving. Serve with butter and honey.

Cherry Kuchen

- 1 cup sugar
- 1 cup oil
- 4 eggs
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 can cherry pie filling (21 oz can of pie filling)



Mix sugar, oil and eggs together. Add flour, baking powder and vanilla. Put 3/4 of this dough in a greased 13 x 9 baking pan. Cover with cherry pie filling and then spoon the rest of the batter over the cherries. Bake at 350 degrees for 30 to 35 minutes or until done. Drizzle with powdered sugar frosting. You can also substitute blueberry pie filling. This recipe is very easy and delicious. This recipe was given to me by Carolyn Gehrke.

Vegetation Management

Zielie's Tree Service continues to trim on the Beetown Substation in Grant County.

DJB Inspections LLC continues to inspect underground cabinets and transformers on the Gratiot and Lamont Substation in Lafayette County.

All pole testing for 2018 has been completed. Our crews will continue to stake and change out rejected poles located in Grant and Crawford County.

It is important for SREC to maintain its rights-of-way for the following reasons:

- Accessibility for field crews, vehicles and equipment
- Fire prevention
- Reliable electric service
- Quality service with the reduction of outages and blinks
- Safety for workers and the public
- Meeting state and federal code requirements

On a daily basis, SREC employees and contractors are working throughout the area, at times on your property, to operate and maintain the electric system and our rights-of-ways. We appreciate your cooperation. If you have questions, please contact Jay at jgardner@srec.net or call 800-236-2141, ext. 566.

WATT'S HAPPENING

Watt's Happening is published monthly as an information service to the member-owners of Scenic Rivers Energy Cooperative.

Any questions or comments can be directed to *Watt's Happening*, c/o Heidi Pierce, Editor, Scenic Rivers Energy Cooperative, 231 North Sheridan, Lancaster, WI 53813 or telephone (608) 723-2121 or toll free 800-236-2141.

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