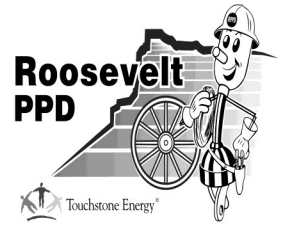


Roosevelt Public Power District

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SAVING ENERGY ON HOME ENTERTAINMENT

Many of the devices in your home entertainment system and your computer system use energy when they are turned off. This is commonly called parasitic load or vampire load. According to Lawrence Berkeley National Laboratory, the average home loses 8% of its monthly energy consumption to these energy vampires. Your devices use power when turned off because the electronics inside the device are still working. What these devices are doing and the amount of energy used when turned off varies. It could be that they are remembering the last channel that you viewed, remembering the language you speak, or trying to turn on faster. Devices such as TVs and DVD players will often have power settings in the setup menu. Try to find that menu and adjust the settings to save more power. Generally this will cause the device to take a few more seconds to start. Many manufacturers have power settings turned off by default.

Microwave ovens and alarm clocks, which use relatively small amounts of standby power, are acceptable to leave plugged in. A DVR uses a fairly significant amount of power when turned off, but if you record programs frequently, you will want to leave it plugged in too.

You don't have to worry about unplugging items with mechanical on/off switches, such as lamps, hair dryers or small kitchen appliances like toasters or mixers. They don't draw any power when turned off.

How do you slay other energy vampires? Try plugging household electronics like personal computers, monitors, printers, speakers, stereos, DVD and video game players and cell phone chargers into power strips. Not only do power strips help protect sensitive electronic components from power surges, but you can quickly turn off several items at once.

A variation on the power strip is a "smart strip". Smart power strips allow you to plug devices into a specially marked section of the power strip so they will still have power when turned off. Other devices that can be turned off safely are plugged into the rest of the strip. This allows you to turn off parts of a home entertainment system, such as the stereo or DVD player without losing the ability to record programs to a DVR or having to reprogram the television every time you want to watch a show.

Of course, there's always a catch. Some devices use standby power to make life more convenient. If you unplug your TV or cable/satellite receiver box, what happens? Often the device will have to run its initial setup program when plugged back in. Sometimes,

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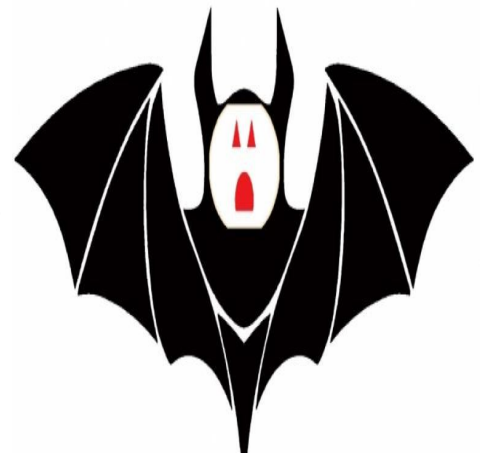
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FARMERS URGED TO BE AWARE OF ELECTRICAL HAZARDS

Farmers and farm family members face dangers every day. Although tragedies such as tractor rollovers and grain bin suffocation receive the most attention, electrocution and electrical burn accidents are frequent on farms. The simple movement of a portable grain auger from one bin to another can have tragic results if the individuals involved are not extremely careful. The use of tractors with large cabs and antennas and oversized grain wagons can also result in preventable electrocution incidents.

Electrical equipment around fields, such as power lines in the end rows may get overlooked during such a hectic time of year as harvest. However, failure to notice overhead power lines can be a deadly oversight. Most farmsteads could use a very careful overhead visual inspection of electric lines. The service many no longer meet the proper height codes because of age or damage to poles and pole guy wires. The sag may have increased over the years, while the height of today's machinery may be higher than in years past. Utility regulators require power lines to be 18.5 feet or more above the ground to provide adequate clearance. Today's farm equipment can have a long reach when extended; and even when collapsed for roadway transport, many pieces of equipment may exceed that 18.5 foot height. A daily check should be made of where equipment will be moving to ensure that it will clear power lines. A good rule is to maintain a 10 foot separation from a power line completely around it, whether you are driving underneath or passing near with equipment.

Rural Electric Nebraskan, September 2018

Maple Rosemary Pork Tenderloin

1 (2) lb boneless pork tenderloin	Salt
Pepper	2 lbs baby potatoes, quartered
1/2 c plus 2 tbsp olive oil, divided	1/4 c maple syrup
3 cloves garlic, minced	1 tbsp whole grain mustard
2 tsp freshly chopped rosemary, plus extra for garnish	
1/4 tsp red pepper flakes	

Preheat oven to 400. Season tenderloin all over with salt and pepper. Place potatoes in a 13x9 baking dish, and drizzle with 2 tsps oil and season with salt and pepper. Place tenderloin on top. In a separate small bowl, whisk together remaining 1/2 c oil, maple syrup, garlic, mustard, rosemary, and red pepper flakes. Season with salt and pepper to taste, and then brush over the tender-