



Watt's Going On

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When you drive by the cooperative's office, make sure you look at the 11 kW solar array that is being constructed. As of this writing, at the end of September, the solar panel wiring is near completion and soon an outbuilding will be built. Housed in that building will be inverters that will convert the power from the solar array into a usable form of energy. A wireless antenna has also been installed so that we can monitor the output of the system inside our office. In our front office, we will have a screen mounted on the wall for you to view the system's production. Stop by and check it out when the project is complete.



Mid-September, the Environmental Protection Agency (EPA) proposed an emissions standard rule on new coal-fired power plants that will ultimately ban future construction of new coal-fired power plants. Most coal-fired power plants won't meet the proposed standards without costly technology, which is not available at this

Adult Scholarships Available

Jackson Electric Cooperative is offering \$250 scholarships to adults who are continuing their education at an accredited technical school, college or university, credit or non-credit course(s). The student must be an active member of Jackson Electric Cooperative (name of student must be on the billing account), 25 years of age or older, and must display a strong desire to obtain a secondary education or advance in his or her career. Applicant cannot receive a scholarship more than once in a 12-month period.

Applications are available at Jackson Electric Cooperative or www.jacelec.com. Deadline is December 2, 2013. ■



time, to capture and store carbon emissions. President Obama has stated this country needs an "all of the above" approach to energy, not taking any technology choice off the table. The new EPA rules fail to meet this test.

It is feared that on the near horizon will be a similar rule proposed by the EPA for existing coal-fired power plants. President Obama has directed the EPA to propose a standard for existing power plants by June and finalize it in 2015. If similar carbon emission standards are applied to existing power plants, it is expected that nearly half of our nation's electric generation capacity will be limited or retired. This will cause a huge economic impact in the Midwest, as members' electric bills will skyrocket over time.

Coal-fired power plants provide 87 percent of your electricity at your home or business.

EPA's strategy to restrict, and ultimately eliminate, the use of our country's single largest domestic energy resource is a high-risk strategy that may affect reliability and have financial consequences.

With all this being said, give thanks this Thanksgiving for the convenience electricity provides you. Think about the items that use electricity in your home. This Thanksgiving you may be roasting your turkey in an electric roaster, baking potatoes in the electric oven, keeping food items cold in electric-operated refrigerator, brewing coffee with an electric coffee pot, and viewing football on your TV.

Have a good Thanksgiving, and hunters, be safe!
Safety always! ■

Dual Fuel Test November 20

Jackson Electric Cooperative members on the dual fuel heating program will experience an interruption in their electric heat on Wednesday, November 20, starting at 5 p.m. At 8 p.m., a gradual restoration of heating systems will begin, with all heating systems back on by 10:30 p.m. **Please make sure your backup heating system is operational before this date.** If you have any questions regarding this test, please contact Steve or Don at the cooperative office. ■



“Walking through our door is sometimes the most difficult step to take in improving your health,” states Tammy Stemper, owner of River Country Fitness, LLC of Black River Falls. “Once you’re here, you get inspired and we work with you to meet your fitness goals, no matter what your age is or fitness level.”

River Country Fitness, LLC opened its doors in 2006 just east of Black River Falls on Hwy. 12 with the goal of helping people improve their overall health. Tammy’s desire is to help individuals meet their fitness goals, not only through exercise, but also self-improvement. Complementing her business is a variety of additional services to boost overall health, including skin therapy and massage. Nevertheless, dear to Tammy’s heart is the SilverSneakers program.

SilverSneakers is an innovative health, exercise, and wellness program that helps older adults live healthy, active lifestyles. Tammy became certified through the Arthritis Foundation and the SilverSneakers program and has been teaching this class to older adults for more than four years. Participants range in age from 70 to 89 years young and Tammy takes pleasure in working with them.

“I enjoy watching them improve their overall health

and fitness levels,” says Tammy with a smile.

Designed to help older adults increase muscular strength and improve their range of movement, the SilverSneakers program utilizes hand-held weights, elastic tubing with handles, and exercise balls to achieve an individual level of success. The SilverSneakers class is not a hard-core exercise program by any means. In addition to working out, Tammy says the older adults enjoy the social aspect of the class.

“Friendships develop and they enjoy socializing with each other during and after class,” says Tammy.

Tammy says she also has professional speakers attend River Country Fitness throughout the year to discuss health issues and nutrition with the SilverSneakers class. Other members may attend the presentation, but most of the attendance has been by older adults.

If you want more of a sweaty, hard-core workout, River Country Fitness facility houses various pieces of exercise equipment. Tammy says the most popular piece of equipment is the recumbent stepper. Other equipment includes ellipticals, treadmills, stationary bikes, selector-

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River Country Fitness, LLC will be having an Open House on Saturday, December 7, from 8 a.m. to noon. Specials will be offered and valid only during the Open House hours. Stop by and learn how you can get a jump-start on your New Year’s Resolution to improve your overall health.

Hours of Operation: Monday–Thursday, 5:30 a.m. – 8:00 p.m.; Friday, 5:30 a.m. – 7:00 p.m.; Saturday, 7:00 a.m. – noon; Sunday, noon – 5:00 p.m. (Nov. 1–April 1)



Left: The recumbent stepper is one of the most popular pieces of equipment at the fitness center. Center: Free weights are available for use. Right: Exercise equipment used for the SilverSneakers program and other fitness classes.

Ask Your Cooperative

Steve Meyer, Member Services Director



Q: What is Jackson Electric's Dual Fuel Program?

A: As the name dual fuel suggests, there are two heating fuel sources. The early dual fuel marketing slogan was "two can heat cheaper than one," and it's true: By using two heating systems, electric and another non-electric source of heat, you can save lots of money on your heating bills. Here is how the program works:

A dual meter socket is installed

by the electrician (see picture). The second (heat) meter is designated for heating and cooling loads only. The heating and cooling systems and water heaters on this second meter receive a special low dual fuel rate. That's where the money savings come



from. It's important to remember, however, that the dual fuel rate is an interruptible rate. That means the heating and cooling loads are switched off during peak control times, usually on the hottest and coldest days of the year, like the water heater load control program. You must have either a non-electric heating system or a heat storage system to use as a backup heating source during the load control periods. Cooling loads alone don't qualify for the program; there must be electric heat plus the backup system. Water heaters are allowed on the dual fuel meter.

Although the dual fuel heating rate is a money-saver with all types of electric heat, those members with either air source or earth source heat pumps save the most. Heat pumps provide both heating and cooling and are the most efficient heating and cooling systems available. When their high efficiency is combined with our low dual fuel rate, lower heating costs are unmatched by any other fuel types.

Members wanting more information on the dual fuel program or electric heating and cooling options are encouraged to go to www.jackelec.com or contact me.

If you have a question to ask Jackson Electric Cooperative, please submit to our office at P.O. Box 546, Black River Falls, WI 54615 or email cblaken@jackelec.com, and put in the subject line "Magazine Question." ■

Get the **GREEN** in your future Without the Panels



Support renewable energy by participating in Evergreen. A voluntary program offered by Jackson Electric Cooperative, you agree to pay a small extra charge, in addition to your monthly electric bill, to help offset the additional cost of renewable energy generation.

Sign up before **December 31, 2013**, and receive a reusable tote as our way of saying "thank you" for supporting renewable energy.

I support
Renewable Energy!
Sign me up for



- 1 block (\$1.50 per month)
- 2 blocks (\$3.00 per month)
- 3 blocks (\$4.50 per month)
- 4 blocks (\$6.00 per month)
- 5 blocks (\$7.50 per month)
- ____ blocks at \$1.50 per block per month

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Account #: _____

I understand that this amount is in addition to my monthly energy bill and I may cancel my purchase at any time.

www.jackelec.com

Jackson Electric Cooperative's office will be closed November 28 and 29 for the Thanksgiving holiday. If you experience an outage during this time, please call our toll-free outage only number at 855-222-DARK (3275).

Don't Fall Behind with Electric Payments

According to the Farmer's Almanac, it is predicted we will experience below average temperatures this winter. If that holds true, heating bills will be on the rise.

Jackson Electric Cooperative may arrange payment plans with members who are having difficulty paying their electric bill during the winter months. To avoid disconnect fees because of delinquent payments, it is important for the member to contact Jackson Electric Cooperative as soon as possible to discuss their situation. Energy assistance is available to those who need help in paying their electric bills. If you feel you would benefit from energy assistance, please contact the agencies listed to the right of this article.

By not paying your electric bill during the winter months, you only put off the inevitable until spring. Disconnection of your electric account may occur in April if sufficient payments have not been credited to your electric account during the winter months. In addition, late fees will add to the burden of paying off a delinquent account. ■

Convenient Bill-Paying Options

There are several options available to our members to pay their electric bill.

- Pay online using your bank account or credit/debit card. Go to www.jackelec.com and look for the "Your Online Bill Payment Service" tab. This is a secure site.
- Mail your payment. Please include your signed check and payment stub. Due to delays in the mail service, please allow enough time for your payment to reach our office.
- Pay in person at Jackson Electric Cooperative. Because of the federal Red Flags Rule, please be prepared to show your current electric bill or confirm your mailing address and the last four digits of your Social Security number. Our office hours are Monday-Friday, 7:30 a.m. – 4:00 p.m.
- Use the 24-hour secure drop box located at Jackson Electric Cooperative's headquarters.
- Pay by phone using your credit or debit card.

Energy Assistance Available

During times of hardship, there are programs available to help families and individuals financially endure the heating season. Western Dairyland Economic Opportunity Council, Inc. administers the low-income portion of Jackson Electric Cooperative's Commitment to Community for electric bill assistance and home weatherization. Contact (800) 782-1063, ext. 231, for more information.

Other Agencies That May Provide Assistance

Jackson County Health & Human Services.....	(715) 284-4301
Clark County Social Services	(715) 743-5233
La Crosse County Human Services	(608) 785-6050
Monroe County Human Services.....	(608) 372-8900
Monroe Community Action Program	(608) 269-5021
Trempealeau County Social Services	(715) 538-2311
Consumer Credit Counseling.....	(888) 771-4673
Energy Help Hotline	(800) 522-3014

River Country Fitness *(Continued from page 5)*

ized weight machines and free weights.

If you struggle with reaching your health goals or desire a more disciplined workout, a certified personal trainer is on staff at River Country Fitness for an additional cost. When you meet with the personal trainer, you will discuss your health and fitness goals. Once you establish where you want to be with your overall health, a customized training program is designed with one-on-one training.

You can learn more about River Country Fitness, LLC by contacting Tammy at (715) 284-7010 or at www.rivercountryfitness.com. ■



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