



Light Reading

January 2008

South Central
Indiana REMC

"Member owned and operated since 1939"

What's inside ...

- Time to Start Your Low Carbon Diet!
- What is Your Carbon Footprint?
- Simple Steps Toward Progress
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- Willie Wiredhand Cookbooks
- Energy Advisor Program

Don't forget to look for the account number hidden in one of this month's stories. If it's yours, call us. You'll win \$50!

Lose 5,000 pounds in six months!

Time to Start Your Low Carbon Diet!

Have you ever heard of carbon footprints, CO₂, greenhouse gases, or global warming and climate change?

These topics are in the news quite a bit lately. The reason is that many scientists believe our earth is gradually warming up and that human activities are a prime cause.

This warming is thought to happen because we are burning fossil fuels like oil, gasoline, coal and natural gas. When burned, these fuels release several gases, including a good bit of carbon dioxide (CO₂).

We call these gases "greenhouse" gases because they act like a blanket around the earth that traps the sun's heat. Without this blanket of greenhouse gases, more of the sun's heat would escape to space, and not cause global warming.

The typical American household generates 55,000 pounds of carbon dioxide annually, compared to the typical German household who contributes 27,000 pounds

and the average Swedish household's contribution of only 15,000 pounds.

Climate control laws are currently being considered in Washington, DC, and it is the cooperative's responsibility to participate in the debate of these

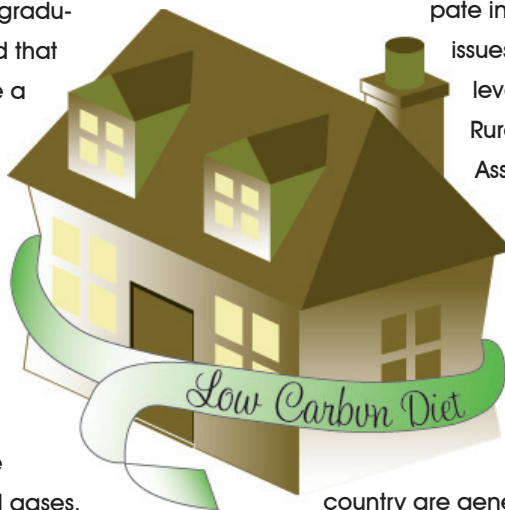
issues at the national level through the National Rural Electric Cooperative Association (NRECA), as well as at the state and local levels.

We can all help reduce releases of greenhouse gases. Since the largest users of energy in this

country are generating electricity and transportation, these are good places to start looking for ways to save.

The next six issues of the Light Reading will include helpful tips, fun activities, and educational information on what you can do to help reduce your own carbon footprint and help the environment.

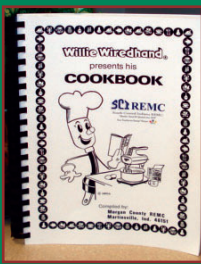
In turn, South Central Indiana REMC will lead the way in residential and commercial energy efficiency improvements to help you save money. Together, we can make a difference!



Now Available!

Willie Wiredhand Cookbooks

Published originally in 1974 by South Central Indiana REMC, this bound volume includes 282 pages of recipes, including many favorites from members and employees alike.



While some of the recipes may need to be modified slightly to include today's healthy lifestyle ingredients, the cookbook itself makes great reading, has wonderful recipes to try, and will create fond memories of recipes of the past that grandma used to make! Cost is just \$15 each, with all proceeds going to the American Cancer Society's Relay For Life. Cookbooks should be ordered ahead by calling us at 800-264-7362 or 765-342-3344 or email paulas@sciremc.com. You may also order your copy online by going to SCI's website at sciremc.coop, or by mailing the coupon (at right) to Willie Wiredhand Cookbook, 300 Morton Avenue, Martinsville, IN 46151. Please add \$4.95 for shipping for each cookbook purchased.



What is Your Carbon Footprint?

Your carbon footprint is the amount of carbon produced by all of your activities. For instance, most forms of electricity produced that powers your big screen TV, computer, and refrigerator puts carbon dioxide into the atmosphere. Carbon dioxide (CO₂) is also given off when you ride in a gasoline-powered car.

You can think of your carbon footprint as a measure of your impact on the environment. Having a small carbon footprint is better than having a large one, and a good goal is becoming what is known as "carbon neutral." That's when the combination of all your activities releases the same amount of CO₂ as they absorb, and typically includes using energy more efficiently. When you are "carbon neutral," your carbon footprint is zero. An added advantage of using energy more efficiently is it can save money, too!

What Drives CO₂ Production?

As of 2007, the world has more than 6.7 billion people living, working, and using energy on our planet. In our country alone, 300 million people use energy for many different activities, most of which fall into two major categories.



The largest energy-use category in this country is generating electricity. About 40% of all the energy used in this country goes toward making the electricity that makes our homes comfortable, provides light, and powers our computers, businesses and industry. The next largest category is energy being used for heating, followed by energy for transportation. When considering your own personal carbon output, these categories are the best places to start.

Source for articles on page 1-3: The Citizens Action Coalition Education Fund's Central Indiana Environmental Education Program and Apogee Interactive

Willie Wiredhand Cookbook order form

Name _____

Address _____

Phone # () _____

Please send me _____ copies x \$15 each \$ _____

Shipping and handling @ \$4.75 per book \$ _____

Total Enclosed \$ _____

Allow 7-10 working days to receive your order. Make checks payable to SCI REMC.

No cash please.

Starting Your Carbon Diet: Think Locally! Simple Steps Toward Progress

Now that you recognize the need to go on a carbon diet, and you want to help the environment while you save energy and money, you'll need a starting point.

Like all diets, starting too many things at once can be discouraging, so let's start simple with an easy part of your life: water. Using this natural resource efficiently

means you are using electricity efficiently, and saves on both your water and electric bill in one step. Listed below are a few things you can do to begin lowering your carbon footprint and reducing the CO₂ in the atmosphere and the associated annual carbon savings.

<i>Action</i>	<i>Pounds Carbon Reduced</i>
Reduce shower times to five minutes	300 lbs per person
Install low-flow shower heads	250 lbs
Set thermostat to 65-68 during day, 55-58 at night or when no one is home. (A programmable thermostat can help control the temperature automatically.)	1400 pounds

By doing these three simple actions, you could save more than 1900 pounds of carbon annually! These and other simple changes to all of our lifestyles can make a big difference as we all work together to reduce CO₂ in our atmosphere (hidden number 322709001). Watch for more information and suggestions for reducing your carbon footprint in future issues of *Light Reading*.

Still 'hungry' for more information about ways to reduce your carbon footprint? The internet is virtually 'weighed down' with information on this subject. Here are few of the websites we'd encourage you to visit:

www.eia.doe.gov
This site also provides the current average for a gallon of gas nationally.

www.eere.energy.gov
Aside from the cute rat dancing with the CFL light bulb, this site offers a huge resource for teachers and parents in a format both kids and adults can enjoy alike.

www.cacefindiana.org
Looking for more information on carbon dieting? Want to live 'lean and green'? This coalition offers workshops on living a reduced-carbon life.



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Happy
New
Year



From the
employees, staff
and Board of
Directors of
SCI REMC

Energy Advisor Program Promotes Good Will

High energy bills are often associated with the price you pay for your power, however, high energy bills can usually be traced to inefficient components of your home such as windows, heating and cooling equipment and duct installation, to name a few.

SCI REMC's Energy Advisor Program was recently launched to provide residential customers with energy efficiency assistance and to provide members with energy efficient steps to save money and reduce energy consumption. Ed King, SCI REMC's Energy Specialist, can assist you with your questions about making your existing home more comfortable and energy efficient and possibly save you money along the way.

The first place to begin if you suspect high energy bills or high energy usage within your home is to take the self-guided energy audit found on SCI's website at

www.sciremc.coop. After answering a few short questions, the Home Energy Audit compares your home to other similar homes and offers tips on ways to make your home more efficient.

If you are thinking about building a new home, ask our energy advisor about the Touchstone Energy Home program and be sure to consider Energy Star® appliances in your selection. These programs can provide you with cash incentives and energy efficient choices.

Our energy advisor is also available for in-home energy audits should you find additional needs for personal assistance. Energy audits range from a simple walk-thru to a more detailed approach where your home is evaluated from top to bottom. For more information on an in-home energy audit fill out the form on the website or contact us at: 765-342-3344 or 800-264-7362 or Email: paulas@sciremc.com.



SCI REMC's Ed King, energy audit specialist, reviews an energy audit with customer Julie Spurling. Energy audits provide detailed information on member's homes and suggest methods to improve energy efficiency.

Light Reading

Here when
you need
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2. Provide the address and telephone number of the outage location.
3. Tell us, if you know, how the outage occurred: tree or line down, ice, etc.