

**High West Energy, Inc.**  
**PO Box 519**  
**Pine Bluffs, WY 82082-0519**

**BOARD OF DIRECTORS**

- District 11 - Troy Freeburg PH #308-673-5336**  
**Bushnell, NE**
  - District 12 - Don Wisroth PH #245-3454**  
**Pine Bluffs, WY**
  - District 13 - Clinton Farrar PH #547-3435**  
**Hillsdale, WY**
  - District 14 - Jerry Burnett PH #970-895-3386**  
**Hereford, CO**
  - District 15 - Dan Acheson PH #308-235-2300**  
**Kimball, NE**
  - District 16 - Wayne Child PH #632-5401**  
**Cheyenne, WY**
  - District 17 - Russ Nielsen PH #308-879-4262**  
**Potter, NE**
- The monthly board meeting is held on the 4th Monday of each month.**

**MANAGER: Don Brunner**  
**EDITOR: Tamara McNamee**

**OFFICE HOURS**

**Mon-Fri - 7:30a.m. - 5:00 p.m.**  
**Open During Noon**  
**Closed Weekends - Holidays**

**PHONE NUMBERS**

**Outage calls 24 hours a day**  
**Laramie County 245-3261**  
**Toll Free 1-888-834-1657**

**WEBSITE INFORMATION**

**[www.highwestenergy.com](http://www.highwestenergy.com)**  
**[www.TogetherWeSave.com](http://www.TogetherWeSave.com)**  
**[www.ourenergy.com](http://www.ourenergy.com)**  
**[www.touchstoneenergy.com](http://www.touchstoneenergy.com)**

**BILLING QUESTIONS**

**Local 245-3261**  
**Toll Free 1-888-834-1657**

**High West Energy**  
**Your Touchstone Energy® Partner**

We are now selling **CFL** bulbs and devices to help you determine what uses the most electricity in your home.

**CFL LIGHT BULBS**

300w replacements 65w CFL	\$12.00
120w replacements 32wCFL	\$ 1.70
100w replacements 23wCFL	\$ 3.50
75w replacements 19wCFL	\$ 2.50
Yellow CFL bug lights	\$ 3.25
ENVI Real Time Energy Monitor	\$130.00

Wall Plate switches with built in digital thermometer are great for keeping track of individual room temperatures. **\$ 7.80**  
Kill-A-Watt EZ **\$48.00**

**Contact Chad Schaefer at 245-3261 or**  
**1-888-834-1657**

**GET THE FACTS.....continued**

The grid is a complex, interrelated machine and some costs may need to be incurred for studies or upgrades to preserve safety, reliability, or quality of power. Your co-op may be able to help you estimate what those costs might be in advance and help you find additional opportunities for energy efficiency that could further reduce your electric bills.

To find out what incentives may be available in your state, go to the Database of State Incentives for Renewables and Efficiency at [www.dsireusa.org](http://www.dsireusa.org).

*Bob Gibson manages research programs in renewable energy and energy efficiency for the Cooperative Research Network, a service of the Arlington, Va.-based National Rural Electric Cooperative Association.*



**APRIL DATES TO REMEMBER:**

- April Fool's Day - 1st
- Easter - 24th
- Administrative Professionals Day - 27th

**April Awareness Calendar**

Alcohol Awareness Month, Autism Awareness Month, Cancer Control Month, Child Abuse Prevention Month, Counseling Awareness Month, Donate Life Month, Facial Protection Month, Humor Month, Occupational Therapy Month, Sexual Assault Awareness Month, STD Awareness Month, Women's Eye Health and Safety Month, Youth Sports Safety Month

- 4<sup>th</sup> - 10<sup>th</sup> - Public Health Week
- 24<sup>th</sup> - 30<sup>th</sup> - Infant Immunization Week
- Walk America March of Dimes - Weekend of the 23rd
- 2<sup>nd</sup> - YMCA Healthy Kids Day
- 7<sup>th</sup> - World Health Day
- 14<sup>th</sup> - Alcohol Screening Day
- 22<sup>nd</sup> - Earth Day



**Humor to Relieve Stress – by Larry Wilde**

Using humor to relieve stress is simple -- the benefits are simply wonderful. Follow these easy steps and you'll be on your way to defusing anxiety and frustration.

**1. TAKE A HUMOR BREAK.**

Keep a book of jokes or cartoons handy. If it makes good sense to keep a first-aid kit for medical emergencies why not a mirth-kit to deal with stressful situations?

Ten minutes before a meeting or potentially stressful situation read some funny stories. A smile or chuckle will relax and better prepare you for a confrontation. A good laugh makes you feel good and allows you to think more clearly and quickly.

**Humor makes you more efficient -- it allows you to function better.**

**2. LAUGH AT YOURSELF.**

Dr. Meyer Friedman in his book, *Treating Type A Behavior and Your Heart*, points out that being able to laugh at yourself is healthy.

Dr. Friedman's research in heart disease leads him to conclude: "The person most effectively protecting himself against the continued progress of coronary artery disease is the person willing to see himself and his affairs as ludicrously unimportant in the planetary scheme of things." When you make fun of yourself it takes the sting out of what other people say. It is not necessary to constantly put yourself down in the workplace, but self-deprecating humor shows that you're human. It reveals that you are so self-assured, you can readily poke fun at yourself. And guess what? People like you more!

**Humor keeps you from taking yourself too seriously and makes dealing with others easier.**

**3. CREATE A FUNNY FILE ALL YOUR OWN.**

Find out what makes you laugh and nurture it. Each of us has an individual sense of humor. There are many life experiences we can look back on and laugh about uproariously. Childhood incidents, school situations, even marriage mishaps.

Remember the embarrassing moments that were so painful when they happened but are funny now when you think about them.

The next step in developing your funny file is to put together a humor library. Gather up your favorite cartoons, comedy records, joke books, funny video films -- anything that will bring a smile to your lips. Bookmark your favorite humorous websites. (See below for links to some amusing Websites.)

Marsha Sinetar, organizational psychologist and author of *Do What You Love*, mentions an executive who has a file folder reserved for cartoons, jokes and other humorous anecdotes. "I call this my mental health file," he explains. "When I'm down in the dumps, bored, uninspired, I flip through this folder. I'm always amazed at how a few laughs pick me up and change my perspective. It's interesting how a humor file can reach your inner spirit and remind you that the world's not such a bad place after all."

**Keeping your own humor collection provides comic relief when you need it most.**

Medical science has made us aware that there is now another way to cope with stress. People who may need a cure for one of the most depressing and debilitating maladies of our times can now access the newest and best prescription: **Humor.**

# Youth Energy Camp

July 11-15, 2011  
at the State 4-H Camp in  
Halsey, Nebraska

The Rural Electric Youth Camp involves about 65 highly motivated high school-aged men and women from Nebraska, Wyoming, South Dakota and Colorado whose rural homes are served by one of the Nebraska Rural Electric Association's member-systems. This year's camp, will be held July 11-15. Please accept this invitation from the NREA and High West Energy to attend this exciting and educational summer event for youth in grades 9-11.

Set in the beauty of the Nebraska National Forest at Halsey, the camp is casual, yet educationally and personally challenging. The camp program offers each participant the opportunity to grow socially and learn something important at the same time.

Through interesting workshops, fascinating demonstrations and presentations by regional experts addressing the many issues affecting the rural electric program, students learn about energy generation, electric safety and careers in the rural electric program. A highlight of the camp is the tour of the Gerald Gentleman Power Station near North Platte and the Kingsley Hydro-Electric Power Plant near Ogallala.

Your week at camp will be intermingled with many fun activities: including a dance and banquet, sporting activities, a cook-out and time to make many new friends.



Leadership is stressed when students compete to win a free trip to Washington D.C. as ambassadors and/or return to the next year's camp as a junior counselor.

To be eligible for the camp you must: currently be in the 9th, 10th or 11th grade and be sponsored by a Nebraska REA member-system. *Don't put off filling out the RSVP form below. Space is limited and this popular camp fills up fast.*

**Camp is FREE and transportation is provided!!**

**Complete the form below and mail or drop it by the main office by Friday, May 6th to:**

High West Energy, Inc.  
ATTN: Tamara McNamee  
6270 County Road 212  
PO Box 519  
Pine Bluffs, Wy 82082

## 2011 YOUTH ENERGY CAMP RSVP FORM (Please print)

Name \_\_\_\_\_ Age \_\_\_\_\_ Current Grade \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Phone # \_\_\_\_\_

Name of parents or guardian \_\_\_\_\_

Sponsoring rural electric system: HIGH WEST ENERGY, INC

# SPARKS

A Touchstone Energy® Cooperative

Your Electric Cooperative's Monthly Newsletter

APRIL 2011

## Get the facts before buying into wind power

By Bob Gibson

**More** and more people are attracted to the idea of generating their own electric power through the use of "backyard" renewable energy systems. Small wind turbines are one of the most popular choices, but careful study and assistance from your co-op can make sure you know the facts before buying one of these systems.

**The** spinning fan of a windmill pumping water from a well was once a common sight across rural America. When electric co-ops began lighting up the countryside in the late 1930s, farmers and rural residents began replacing the mechanical energy of the windmill with electricity from power lines.

**The** wind turbines seen today are distant cousins to those windmills. The essential difference is that today's wind systems—generally a three-blade rotor connected to a generator and tail and mounted on a tower—converts wind energy into electricity, rather than simply turning gears to lift water. The most popular residential-scale wind turbines can generate between 2 kilowatts of power—about one-third to one-half of what a typical home needs. In recent years, small wind turbines have become more reliable and, to a degree, prices have come down as more are built. More dealers are offering a better choice of products and more experienced installers are available to erect the units.

**So is installing** a wind turbine at your home a good idea? That depends on two basic factors: your motivation and your location.

**If your motivation** is to save money—(to spend less on electricity than you do today)—or to make money—expecting the small wind turbine will earn you a profit by selling power back your local electric co-op—proceed with care. Even though federal tax credits and utility incentives and rebates have helped lower the cost for some, in most parts of the country it remains difficult to generate electricity at a price equal to or lower than what you'll obtain from your electric co-op. While wind that blows through your property may be free, the equipment needed to capture that wind is not, and wind doesn't blow all the time.

**Electric utilities are** required by law to buy your excess power. But in many areas they are only required to pay the same price they pay any other power generator—what in utility jargon is called "avoided cost." But even where your bill might be credited for wind power at retail rates, called net metering, the sale of those kilowatts won't make you rich. Paying back the cost of installing a wind turbine, which runs from several thousand dollars to \$50,000, can take several years to several decades.

**You also need** to consider your location. In more densely settled areas, local zoning laws may prohibit the construction of a wind turbine. But in any location, you must know just how much wind you have, day after day. In these calculations, average wind speed becomes critical.

**While the federal** government has mapped out average wind speeds across the country ([www.nrel.gov/wind](http://www.nrel.gov/wind)), each specific site is unique, affected by factors such as elevation and obstruction from buildings and trees. Better wind speeds are found higher off the ground, and there can be a huge difference between wind speeds at the 300-foot heights that large-scale wind turbines have and the 80- to 100-foot height of a small wind turbine.

**Before** getting too far down the road at installing a small wind turbine, do your homework. That includes checking with your local electric co-op well in advance of making a purchase. Being aware of your co-op's policies and procedures associated with interconnecting a wind system to the grid will avoid headaches, disappointments, and unexpected costs. Policies, procedures and a sample calculator for costs and payback can be seen at [www.highwestenergy.com](http://www.highwestenergy.com) and then clicking the net metering tab.

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