

Halloween is Over, but is a (Power) Vampire Still Lurking in Your House?

Secretly, while you are at work or in bed, your appliances are stealing from you. Yes, it's true.

Your computer, TV, iPod and cell phone charger are all vampires, sucking money out of your wallet and wasting precious energy resources. The only way to stop them – just unplug them!

What is vampire energy?

Vampire energy is a phenomenon that prowls around at night like a vampire, but it's happy to drain your wallet at any hour of the day. Also known as standby energy, it has been aptly named because it sucks energy from your home even when you think electronic equipment has been turned off.

Where are the vampires?

They lurk in the dark in your kitchen, living room and even your bedroom while you sleep. They look like little glowing red fangs on televisions, game consoles and

other household electronics and appliances. You might know them as standby lights, but these lights are pesky little energy stealers also known as power vampires.

The most likely power vampires in your household are plasma TVs; home computers, monitors and printers; DVRs; cell phone chargers; and coffeemakers.

Here's a scary thought: Power vampires draw small amounts of electricity whether your electronic device is on or off. According to the U.S. Department of Energy, the average U.S. household spends \$100 per year to power electronics and appliances while they are off or in standby mode.

Some estimates put vampire energy use at 10 percent of the average family's annual electric usage. By unplugging the energy-sucking vampires in your house, you'll save money and help the environment.

Your PC is not all that "PC"

Turn off your computer when you're

not using it. Even if your PC is in "sleep" mode, it still draws power. A computer monitor with the screen saver on is drawing as much power as one in use. Turning off your entire system does the most good – the computer, monitor, printer, fax, scanner, etc. You can even turn your modem off.

Worried about convenience? It takes only an average of 90 seconds to power up. For convenience and to avoid damage to delicate circuits, plug all components into one or two power strips and turn the strips off when the appliances are not in use.

Your big screen = big energy hog

According to the U.S. Department of Energy, a plasma TV with a cable hook-up, DVD player and remote can consume roughly \$185 of standby power per year. Turning it off can save \$15 per month on your electric bill. Plug these into power strips as mentioned above.

Cell phone charger to nowhere

These small appliances are one of the worst vampires. Hook your phone up at night to charge it and in the morning – rushing to get out the door – you forget to unplug the cell charger. Current still flows to the charger and out to nowhere. This goes for iPod and battery chargers as well.

Your lonely appliances

Unless you use the clock on your

coffeemaker as an alarm, you're better off unplugging it after you've had your morning cup. The same is true for your toaster oven, food processor, juicer and any other appliance you aren't using. The fancier the appliance (or the older), the more energy it sucks out of your wallet.

Every appliance that is plugged in uses some power.

This might be a good time to think about upgrading appliances like your refrigerator or washing machine. Newer models are designed to use less energy. Look for the "Energy Star" label when making your purchase. You also might get a nice rebate from your utility company or a tax break for buying it.

Want to know exactly how much your vampires are using and how much you can save? Several devices can assist you in measuring the power each appliance is consuming.

One is called Kill A Watt EZ by P3 International. More information is available at www.p3international.com/products/p4460.html. This device frequently is available to borrow from your local library or you can purchase one online or at your local hardware store.

Contact the Siletz Tribal Energy Program at 800-922-1399, ext.1276, or 541-444-8276 for more information on ways to save power and money. The first Tribal member to call on or after Nov. 8 wins a prize designed to save energy and money!

LIHEAP Funding Will Be Here Soon

The Low-Income Home Energy Assistance Program (LIHEAP) soon will be available for all Siletz Tribal households to help with home energy bills.

Applicant must be an enrolled Siletz Tribal member or the parent/guardian of a Siletz child, live within the 11-county service area and meet the annual income guidelines:

Household	Annual Income
1	\$16,245-\$21,093
2	\$21,855-\$27,583
3	\$27,465-\$34,073
4	\$33,075-\$40,563
5	\$38,685-\$47,053

Items needed to apply:

1. Application
2. Tribal identification card or CIB
3. Social Security cards for all persons in household
4. Recent copy of utility bill (applicant's name on the utility bill must be included in household composition)
5. Income verification for every household member age 18 or older (payroll stub, child support, award letter for GA, SSD, unemployment, pension funds, etc.)

For questions or to schedule an appointment, contact your local Siletz Tribal area office or call 800-922-1399, ext.1311, or 541-444-8311 for assistance.



Courtesy photo from Siletz Tribal Head Start staff

Head Start students in Lincoln City enjoy visiting the local fire station.

November USDA Distribution Dates

Siletz

Monday	Nov. 1	9 a.m. – 3 p.m.
Tuesday	Nov. 2	9 a.m. – 3 p.m.
Wednesday	Nov. 3	9 a.m. – 3 p.m.
Thursday	Nov. 4	9 a.m. – 3 p.m.
Friday	Nov. 5	9 a.m. – 3 p.m.

Salem

Monday	Nov. 15	9 a.m. – 7 p.m.
Tuesday	Nov. 16	9 a.m. – 7 p.m.
Wednesday	Nov. 17	9 a.m. – 3 p.m.

Ham, Corn and Potato Chowder

Ingredients

- 5 medium potatoes
- 1/3 cup minced onion
- 2 tbsp. butter
- 1 1/2 cups canned evaporated milk
- 8 oz. leftover ham, diced
- 1 can cream of mushroom soup (10-3/4 oz.)
- 1 can cream-style corn

Directions

Peel and dice potatoes, put in pan, cover with water, bring to boil. Boil until potatoes are just soft and tender.

In a large skillet, melt butter, sauté onion for 5 minutes. Drain potatoes, set aside.

In a pot, add onions, milk, ham, cream of mushroom soup and potatoes. Cook over medium-low heat for 20 minutes, stirring occasionally. Add cream-style corn, salt and pepper. Bring to boil, reduce heat and simmer for 20 minutes. Add more salt and pepper to taste, if needed.

This is an easy chowder made with leftover holiday ham and what you probably already have on your shelves.

You can reach us at our Siletz warehouse at 800-922-1399, ext. 393 and ext. 279, or you can call direct at 541-444-8393 and 541-444-8279.

Joyce Retherford

USDA Food Program Director

Derek Simmons

USDA Food Program Clerk

USDA Schedule for November

In the month of November, our distribution times will be adjusted for the Siletz Tribal Restoration Day holiday on Nov. 18. We will begin serving clients on Monday, Nov. 15, at 9 a.m. Our last scheduled client will be on Wednesday, Nov. 17, at 3 p.m. We set appointment times in October for our regular clients and new clients can call the Siletz office at 800-922-1399, ext. 1279, to set up an appointment for intake. Please have all your necessary documentation, i.e., Tribal ID or CIB; one full month of income verification for all household members (per capita is considered income); Social Security cards or the number for all household members; and if you receive or pay child support or child care, we need that verification.

If you need assistance with transportation to your appointment or you would like us to deliver to your area, we can arrange that. Just give us a call and we will do our best to help you.

