



# City of Wayne Newsletter

City of Wayne  
Utilities

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## ENERGYWISE TIP ~ Cooking Efficiency



The U.S. Department of Energy states average households use about three percent of their annual energy for cooking. While that sounds like a minor amount, note we also use more than seven percent for refrigeration, about one percent for dishwashing, one percent for lighting the kitchen and one-quarter of a percent for food preparation. Combined, that adds up to one-eighth of the total energy we use in our homes!

For those of you who consider yourselves expert culinarians, the following tips may seem rudimentary. But, for those who use the smoke alarm as a kitchen timer or declare a cooking success when you get the pop tart to the table in one piece.

Seasoned chefs know the secret to excellent cooking is applying the right type of heat, in the right manner, amount and length of time. Most often, this is also the secret to optimizing your cooking energy efficiency. Though cooking equipment provides you countless options, how you use it may save you the most energy and money.

**First, consider what you are cooking and which appliance you'll use to cook it to perfection.** Meatloaf? Use a small oven that minimizes the area that must be heated for an hour or more. Soups and stews? Since they require long cooking periods, a crockpot will save a substantial amount of electricity, as it maintains a low-temperature heat over a long period of time.

Remember, full-sized ovens are not very efficient when cooking small quantities of food. If you are frequently only cooking for one or two, consider investing in a toaster oven. Similarly, when using the range or cooktop, select the smallest pan necessary to do the job. Select a burner with a diameter as close to the bottom of the pan's as possible. A six-inch pan on an eight-inch burner wastes more than 40 percent of heat produced.

**Second, consider your cookware**

**choices.** Most people aren't interested in spending hundreds of dollars on pots and pans. However, higher-quality cookware offers energy efficiency benefits and better control over the quality of food you ultimately put on your plate.

Now, think about skillets used on the stovetop. The best skillets and frying pans have slightly concave bottoms that, when heated, expand and flatten out. The same applies to pots and kettles. Direct contact with the face of the burner optimizes the transfer of heat. In contrast, a warped-bottomed pot can be used for boiling pasta water, but it may use 50 percent more energy to get your noodles to "al dente" than a flat-bottomed pot.

Using appropriate cookware can also result in more evenly-cooked food. Copper-bottomed pans heat up faster than regular pans and are excellent for frying. In the oven, glass or ceramic pans typically provide "browning" more quickly than metal. Often, you can turn down the temperature 25°F using glass and ceramic pans and cook foods just as quickly.

**Third, keep your cooking equipment in top shape.** On the stove top or range, metal pans under the burners that catch spills can become blackened from heavy use. As they do, they absorb a lot of heat, which reduces burner efficiency. The same can be said for microwaves. Food particles from previous meals can absorb energy intended for your current recipe and "bake on" over time, making cleaning more difficult later.

**Fourth, consider food prep prior to adding heat.** Defrost frozen foods in the refrigerator or microwave before cooking so your oven or stovetop doesn't have to thaw food before cooking it. The closer you can start food to the temperature where you will finish cooking usually provides better quality in addition to reduced cooking times and efficiency.

Do you really need to preheat an oven? Try to keep preheat times to a minimum. Don't set it and forget it! In fact, unless you're baking breads or pastries, you probably do not need to preheat the oven at all. Oven broilers achieve high temperatures in a matter of minutes and provide intense heat requiring high energy input. When it achieves the necessary temperature, stick the pan in!

Inside the oven, remember foods will cook more quickly and efficiently if air can circulate freely. Don't lay foil on racks. If possible, stagger pans on upper and lower racks to improve airflow. Avoid peeking into the oven as you cook, as each time you open the door, a significant amount of heat escapes. Use your oven light and inspect through the oven door's window, instead.

Finally, remember it takes much less energy to reheat food as it does to cook it. Consider cooking double portions and refrigerate or freeze half for another meal. The microwave can often provide a piping hot meal with a tiny fraction of the energy needed to make the meal in the first place.

For additional ideas on how you can save energy while taking on daily life at home, contact your local electric utility or visit [www.nppd.com](http://www.nppd.com). You may even find you are eligible for EnergyWiseSM incentives to help with the cost of energy-saving home improvements.

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**CITY COUNCIL MEETINGS**

November 6th  
November 20th

**NEW CITY HALL OFFICE HOURS**

Effective  
November 1, 2018,  
City Hall office hours  
will be:  
7:30 a.m.  
until 4:30 p.m.



**REMINDER**

**City Offices will be closed Monday, Nov. 12th for Veteran's Day; Thursday, Nov. 22nd and Friday, Nov. 23rd for the Thanksgiving Holiday.**

## Department News ~

### Wayne Public Library ~



**Board Game Night** is Thursday, November 1st, beginning at 6:30 p.m. Come and join in to play games and enjoy snacks as a community together! Many new games have been purchased lately, great selection!

**Knitting**— Join in the fun at any level. Come and learn to knit or to improve your skills! The group meets weekly on Thursday evenings here at the Library, except the last week of the month which is at the WSC Conn Library. Bring your own needles and yarn. You are welcome to join in anytime between 6 and 8 p.m.—just drop in.

**QuickBooks Basics Workshop** is offered on Thursday, November 1st, from 5-8 p.m. for free! The Agenda: create customer accounts, enter sales and income, write checks and track expenses, generate reports and use other QuickBooks features. Registration was required by October 23rd. Instructor: Diann Ballard, REAP. The program is offered by the Center for Rural Affairs in conjunction with The Wayne Public Library, REAP, and SBA.

**Teen/Adult Escape Room** is on Saturday, November 3rd, 10 a.m. – 2 p.m. Can your team of 4-10 players solve our spooky puzzles and escape the haunted high school with your lives? Be sure to register at the circulation desk. Each session is one hour in length.

Enjoy a relaxing evening! **Adult Coloring Night** on Tuesday, November 13th, from 6 to 7:30 p.m. at the Library. All supplies are provided, plus a light snack will be available at this FREE event sponsored by Pac-N-Save. Coloring Nights are open to men and women 18 and older. Coloring benefits people by lowering stress & anxiety levels, helping a person focus on the present to achieve mindfulness, and giving the brain relief by entering a meditative state. So join us to give it a try!

Monday, November 12th, at 6 p.m. the Library will

host **Smart Phone 101**-This just the basics. You will learn about what kind of phone you have, learn how to answer your phone, text, email and talk about what apps are. You'll need the passwords for your phone and emails, and you will need to have an email connected with your phone. We will also discuss what using your data means. Chele Meisenbach is the instructor. Bring your questions!

A Free **Advanced Microsoft Excel workshop** is offered on Thursday, November 15th, 5-8 p.m. This workshop will cover: better utilized formulas, handy tips and tricks for more efficiency, how to link cells, how to group worksheets, and other features. Registration is required by November 13th by calling the Library or emailing [headley@cityofwayne.org](mailto:headley@cityofwayne.org). Instructor: Diann Ballard, REAP. This program is offered by the Center for Rural Affairs in conjunction with the Wayne Public Library, REAP and SBA.

Join us for an **Adult Craft Night** on Tuesday, November 20th, at 6:30 p.m. We will be making Christmas Tree Ornaments from canning jar rings. Registration is required by November 10th and the cost will be \$6 per ornament.

Attention Teens! Yes, you get a Craft Event all for you! Join us on Saturday November 17th, at 2 p.m. for **Teen Crafts**. Register by November 7th at the circulation desk to allow time to get the materials needed. We will be making woven bracelets for you to enjoy and share with friends!

In celebration of Board Game Week, we are hosting **Puzzle and Game Days**. Be sure to come to the Library on Wednesday, November 21, and Saturday, November 24th for our Puzzle and Game Days. Lots of variety to choose from! Snacks provided!

**Book Club** read of the month is "Bean Trees" by Barbara Kingsolver about a spirited protagonist, Taylor Greer, who grew up poor in rural Kentucky with the goals of avoiding pregnancy and getting away. But when Taylor heads west with high hopes and a barely functional car, she meets the human condition head-on. Hers is a story about love and friendship, abandonment and belonging, and the discovery of surprising resources in apparently empty places. The Book Club will meet on Wednesday, November 27th, at 6:30 p.m. across the hall at the Senior Center.

We are hosting the monthly **Chamber Coffee** on Friday, November 30th, at 10 a.m. We hope all chamber members will join us for the hour with coffee and homemade goodies.

**Fall Story Time**—Saturdays at 10:30 a.m. on Saturday, November 3rd, 10th and 17th. Come enjoy stories, music and play time.

**Youth Book Club** — Saturdays at 11:30 a.m. for about half an hour to discuss a book all are reading, 5th grade through 8th grade are welcome.

**Toddler Time**—Wednesday morning at 10 a.m. on November 7th and 14th. Welcomes kids and caregivers of all ages with activities geared for children and infants through age 5.

Patrons can access many of our great **online resources** 24-hours a day. Ask at the desk for more information on Libby & Overdrive for eBooks and audiobooks that may be downloaded to your personal device! Or, learn a new language with Pronunciator.

#### WISE WORDS

*"The problem with being a leader is that you're never sure if you're being followed or chased."*

~ Claire A. Murray

#### TRANSFER STATION HOURS

Monday & Friday

9:00 a.m.—1:30 p.m.

Tuesday

11:00 a.m.—2:00 p.m.

Saturday

8:00 a.m.—Noon

Or by appointment  
Tuesday, Wednesday  
and Thursday

## Green Notes ~ How do I prevent contamination in recycling?



Although we live in a rural area, we have great access to recycling all kinds of stuff, and we do a pretty good job at it. Unfortunately, our efforts are wasted when contamination occurs. In particular, our recycling bins at parks and downtown saw a lot of contamination over the summer with food, straws, and even diapers, which meant entire loads of recycling had to be thrown away. It's important to read bin labels and know what is acceptable before tossing it in a recycle bin.

Here are some simple, universal tips for recycling at a public bin, your curbside bin, or the Wayne Transfer Station:

- ◆ Empty all containers.
- ◆ Rinse out containers that are dirty, soiled, or still contain food.
- ◆ Only place dry and non-greasy items in the recycling bin. (No pizza boxes with grease!)

- ◆ Stick with the list of accepted recyclables provided by your city or hauler, and contact them directly with any questions not covered on their list. (Recycle right!)

Recycling guidelines vary from one community to the next, so what is accepted in our city may be considered contamination in the next. **Remember, if in doubt, keep it out. Throw it in the trash.**

**Energy Efficiency 101 on November 13.** Join us at our monthly meeting on Tuesday, November 13, noon, for an Energy Efficiency 101 talk led by local experts and co-sponsored with the Wayne State College. Come learn about energy efficiency inspections, appliances and financial incentives. This special meeting will be held in the back room of Tacos N More in Wayne.

For more tips on the Green Path to the Good Life, like the Wayne Green Team on Facebook or visit [www.cityofwayne.org/greenteam](http://www.cityofwayne.org/greenteam).

The Fair Housing Act protects people from discrimination when they are renting, buying, or securing financing for any housing. The prohibitions specifically cover discrimination because of race, color, national origin, religion, sex, disability and the presence of children.

If you believe you may be a victim of housing discrimination, contact HUD 1-800-669-9777 or your local Fair Housing representative:

Wes Blecke  
306 Pearl Street  
Wayne NE 68787  
(402) 375-1733  
[wblecke@cityofwayne.org](mailto:wblecke@cityofwayne.org)

**YOUR CHOICE. YOUR RIGHT. YOUR HOME.**

