

March 2019 | Oregon

Keep the savings flowing



With the average household using 30 gallons of water daily, installing an efficient showerhead is an easy way to drastically reduce water usage while maintaining strong water pressure. It's easy to save an estimated \$55 a year in energy and water costs by replacing a single standard showerhead with a WaterSense® model.



Visit your local retailer and receive an instant discount on qualifying purchases. Find participating retailers and qualifying models at energytrust.org/showerheads.



Salt of the earth

It has been said, "If you really want to make a friend, go to someone's house and eat with him...the people who give you their food give you their heart."

This sentiment is lived out at Fleur de Sel, an award-winning restaurant nestled in the Highlands neighborhood of Post Falls, Idaho. Featuring French bistro and Northern Italian cuisine, this welcoming fine-dining establishment serves creative and comforting fare, sprinkled with a healthy dose of sit-down-and-feel-at-home flair.

Owners Laurent and Patricia Zirotti believe that sitting around the table to share a meal is a great way to build community. And although, in their restaurant, connections are often made between a few people at a time, the Zirottis are passionate about building bridges to connect even larger numbers through food.

Once each month, Laurent carves out time to lead a Community Cooking Class in the Second Harvest Kitchen — an endeavor, he admits, that's done selfishly on his part simply because it feels so good to share joy and encourage other people to try new things, discover new flavors, and be fearless in the kitchen.

"When you ask people, 'What is your comfort food?' eight out of 10 people will tell you something from their childhood because it's about a feeling, a memory, more than a meal," Laurent explains. "My mother always made delicious food, seemingly from nothing. So, when I teach, I try to help people understand that even the most simple of dishes can be special, and delicious!"

Visit the Second Harvest Kitchen's website to learn more about all of the cooking classes they offer.

And get a taste of the Zirotti's incredible cooking, either at Fleur de Sel in Post Falls, or at the Fleur de Sel Creperie just south of downtown Spokane.



Know what's below: Excess Flow Valves



What is an Excess Flow Valve (EFV)?

An excess flow valve (EFV) is a device that automatically restricts the flow of natural gas if an underground pipe is punctured or severed. Such damage may result from excavation. The EFV is installed underground on the service pipeline that runs between the natural gas main (usually located near the street, alley, or easement) and the Avista meter on the customer's property. Generally, the EFV is installed as close as possible to the natural gas main.

EFVs have been installed on most new and replaced natural gas customer services since 2008, however, since April 2017, existing natural gas customers without an

EFV on their natural gas service may elect to have one installed at the customer's request and expense. Installation costs vary greatly due to different conditions within our service territory. Customers will be billed for actual labor and materials costs associated with the installation. Estimates for cost and timeframe for construction will be provided as requested on a case-by-case basis. There is no ongoing maintenance cost for the customer.

Whether you have an EFV installed or not on your service line, you need to call 811 to have all underground utility lines properly marked at least two business days before starting any projects that require digging.



If you would like to pursue having an EFV installed in your service line or if you would like to find out if you already have an EFV, please call us at (800) 227-9187 or email us at ask@myavista.com



The direct use of natural gas

"Direct use" refers to natural gas being consumed directly in appliances for heating and cooling, water heating, cooking and clothes-drying.

By contrast, many consumers use natural gas indirectly by consuming electricity generated with natural gas. In other words, when we use natural gas to create electricity, it is only about 30-40 percent efficient. Natural gas used directly in your home is about 90 percent efficient for space and water heating.

The direct use of natural gas is not only cost-effective, but it's also a good use of resources and it makes financial sense. A household with natural gas usually spends less on heating, cooking, and drying than one using any other fuel. A recent American Gas Association study showed that an average household with natural gas heating, cooking and drying appliances spends almost 30 percent less than a household with all-electric appliances for those purposes.

For more information, visit myavista.com/naturalgas.

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