



GENERAL
MANAGER

BRAD
BIERSTEDT

Resolve To Save Energy in 2022

THE START of the new year always seems to bring about the inevitable lists of resolutions to improve one's life: Lose weight, stop smoking, exercise more ... conserve electricity.

Well, that last one maybe isn't actually on your resolutions list, but it can be just as important as any personal health goals—both to your financial bottom line and the overall health of our cooperative and the state's electricity system.

As one saying goes, it takes 21 days to create a new habit. During that time, it may take a conscious effort to change your behavior—for instance, remembering to switch off lights as you leave a room. But, you may find, after a few repetitions of a new behavior, you won't even have to think about it. You'll turn off the lights automatically.

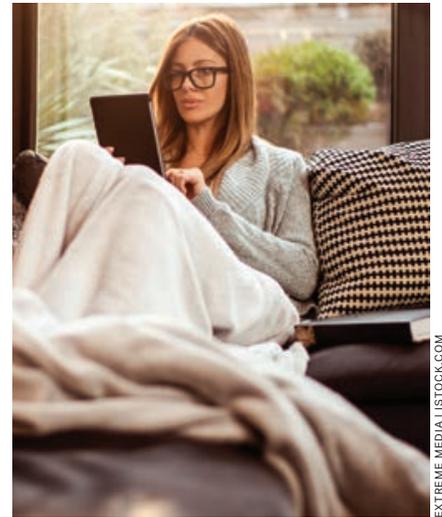
Here are some other energy-saving resolutions that you might consider for 2022:

- ▶ Unplug computers, TV sets and phone chargers, plus the coffeemaker and other kitchen countertop appliances, when you're through using them. These items draw electricity as long as they are plugged in, even when they're turned off.

- ▶ If any of the overhead fixtures, table lamps or outdoor lights around your home or business still have those old, inefficient incandescent lightbulbs or CFLs, change them to LEDs, which use less electricity and can reduce your power bill.

- ▶ Install a programmable thermostat. Use it to lower the heat by a few degrees when the family leaves the house every day and to raise it back up just before everybody gets home. You won't feel any less comfortable at home, but you'll notice a dip in your energy bill.

If everyone in Karnes Electric Cooperative's membership embraced just one or two of these ideas, or took other energy efficiency measures, the effect would be greatly magnified. And if everyone in Texas embraced even the simplest of these ideas, like turning off unused lights, it could add up to significant savings and perhaps help keep the lights on for all of us. ■



EXTREME MEDIA | ISTOCK.COM

Energy Efficiency All Year Long

2022 BRINGS A fresh start. If you can focus on mastering one energy-saving habit a month, your power bill will be better for it.

January: Turn off ceiling fans when you leave the room.

February: Instead of turning up the heat, put on an extra layer of clothing or get under a cozy blanket.

March: Turn off lights when you leave a room.

April: Plant a tree to shade your home in warm months.

May: Decorate your backyard or porch with solar-powered lights and keep outdoor electric lights off.

June: Take short showers instead of baths.

July: Dry heavy linens outside on a clothesline instead of using the dryer.

August: Set a reminder to change the air conditioner filter every 60–90 days.

September: Turn off running water when you brush your teeth.

October: Unplug energy vampires, including gaming consoles and computers.

November: Wash clothes with cold water.

December: Decorate for the holidays with LED lights. ■

Karnes EC Scholarships Available for Members

SCHOLARSHIPS WILL AGAIN be available through Karnes Electric Cooperative this year, thanks to a law enacted September 1, 1997, that allows nonprofit electric cooperatives to put unclaimed funds previously collected by the comptroller's office for the state general fund to use for student scholarships.

The Karnes EC Board of Directors has approved 10 \$1,500 scholarships to be awarded this year. These scholarships will go to graduating high school students who are legal dependents of active Karnes EC members receiving electric service from the co-op. Eight of the scholarships will go to students who will attend a qualifying four-year university, and two scholarships will go to students who will attend a qualifying two-year or vocational college.

Applications are available on the Karnes EC website, karnesec.org, as well as through counselors at all high schools in the Karnes EC service area. Applications must be received by 5 p.m. March 11. Applications received after that deadline will not be eligible. Recipients will be announced within 60 days of this date.

Karnes EC is excited to be able to provide these scholarships. Check with your school counselor if you or someone you know is interested and meets the qualifications. For more information, contact the KEC office at 1-888-807-3952 and ask to speak to Kimberly Sanchez or email ksanchez@karnesec.org. ■

Karnes Electric Cooperative

CONTACT US

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24/7 Outage Reporting

TOLL-FREE

1-888-807-3952

ONLINE

At karnesec.org using your SmartHub account, or use the SmartHub app on your mobile device.

Please be prepared to provide your account number and meter number.

PAYMENT OPTIONS

- Online or via the SmartHub app
- 24-hour pay-by-phone
- Auto bill pay
- Mail
- In person
- Night drop
- Kiosk

OFFICE LOCATIONS

Open Monday–Friday, 8 a.m.–5 p.m.

Karnes City Headquarters

1800 N. U.S. Highway 181, Karnes City

Pleasanton Member Service Center

1824 W. Goodwin St., Pleasanton

MISSION STATEMENT

Providing quality service to empower communities and improve lives.



Check us out at
TexasCoopPower.com/karnes

MARK YOUR CALENDAR

New Year's Day

Saturday, January 1

Our offices will be closed Friday, December 31, for the holiday.

Martin Luther King Jr. Day

Monday, January 17

Our offices will be closed Monday, January 17, for the holiday.

Holocaust Remembrance Day

Thursday, January 27

LIFESTYLEVISUALS | ISTOCK.COM



Make Eating Healthier Meals Tasty

ONE OF THE MOST common New Year's resolutions is to lose weight. And like most resolutions, success is challenging. This year, instead of focusing on what you can't eat, try adding a few new habits to make your meals healthier.

Add more vegetables the easy and tasty way. Grab microwaveable steam bags from the freezer section and garnish with your favorite herbs or a sprinkle of cheese to make them tastier.

Don't enjoy soft veggies? Grab fresh vegetables like broccoli, cauliflower, carrots or sweet potatoes. Wash, cut into bite-size pieces; toss in a little olive oil, salt, garlic and herbs; then roast at 425 degrees for 20–25 minutes for crunchy-tender veggies.

Sautéed veggies, like peppers, onions and mushrooms, can add flavor to your eggs and provide nutrients to power your day.

Add avocado to your sandwich for a dose of healthy fats and good cholesterol.

Still can't stomach greens? Consider hiding your veggies in foods like pasta sauce, meatballs and more. Search for "hidden vegetable recipes" online.

Instead of refined flour pasta, try whole-grain or legume-based pastas like chickpea, black bean or red lentil varieties. These are higher in fiber, which can help you feel fuller longer. You can even mix them with traditional pasta.

Add more protein and fiber to your diet by trying quinoa

instead of rice. Though the calorie counts are similar, quinoa has more protein and fiber than brown rice.

When sautéing, replace butter or coconut oil with olive oil to trade saturated fats for healthier fats.

Beat the midafternoon sugar craving. Keep apples, tangerines, berries or other favorite fruits on hand to satisfy your need for sweets. Eat your fruit with peanut or almond butter for extra protein and fat to keep you feeling full. If you're craving chocolate, try Greek yogurt with some dark chocolate chips and nuts or berries. You'll feel like you're indulging while giving your body important nutrients such as probiotics, calcium, and an array of vitamins and minerals.

Drink more water. Increasing your water intake can help curb cravings, boost your energy and support every single system in your body, including your immune system. By drinking more water, you'll likely think more clearly and digest food more easily, and your joints and muscles will feel better. Try adding fruit or mint leaves to your water or cut your favorite juices by mixing them with an equal amount of sparkling water. ■

4 Tips for Winter Safety

WINTER MONTHS bring increased potential for fire risks and electrical safety hazards. That's because during the coldest months, folks pull out space heaters, electric blankets and portable generators for added heat.

The National Fire Protection Association estimates that 47,700 home fires occur each year in the U.S. due to electrical failure or malfunction, resulting in 418 deaths, 1,570 injuries and \$1.4 billion in property damage. This winter, safeguard your loved ones and your home with these electrical safety tips from Electrical Safety Foundation International.

Don't overload outlets. Overloaded outlets are a major cause of residential fires. Avoid using extension cords or multi-outlet converters for appliance connections; they should be plugged directly into a wall outlet. If you're relying heavily on extension cords in general, you may need additional outlets to address your needs.

Never leave space heaters unattended. Turn them off before leaving the room. Make sure they are at least 3 feet away from flammable items, and remember that space heaters take a toll on your power bill.

Inspect heating pads and electric blankets. Look for dark, charred or frayed spots, and make sure the cord is not damaged. Do not place any items on top of a heating pad or electric blanket, and never fold them when in use.

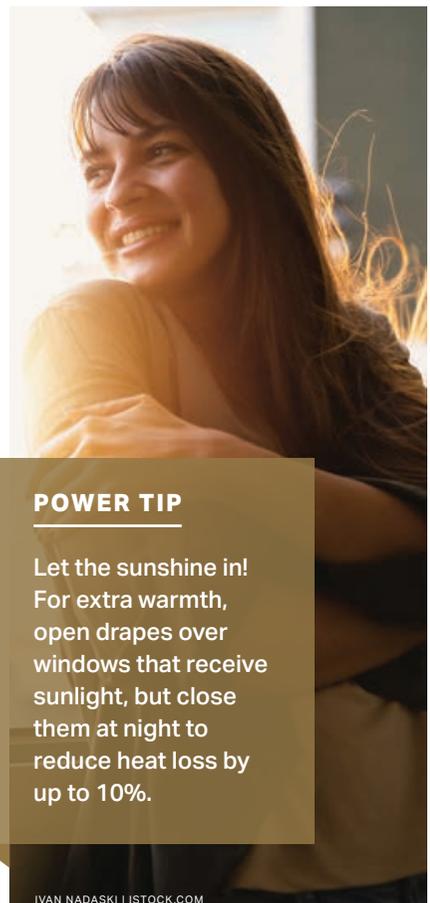
Use portable generators safely. Unfortunately, winter storms can cause prolonged power outages, which means many consumers will use portable generators to power their homes. Never connect a standby generator to your home's electrical system. For portable generators, plug appliances directly into the outlet provided on the generator. Start the generator before you plug in appliances and always run it in a well-ventilated area outside your home. ■



VLADDEEP | ISTOCK.COM

Hey, foodies!

Chet here! Join me at the all-new **TexasCoopPower.com** to learn about tasty Texas eats, including hundreds of recipes, and enter your recipe in our monthly \$500 contest.



POWER TIP

Let the sunshine in! For extra warmth, open drapes over windows that receive sunlight, but close them at night to reduce heat loss by up to 10%.

IVAN NADASKI | ISTOCK.COM



LAYLABIRD | ISTOCK.COM

Do-It-Yourself Home Energy Audit

INVESTING IN ENERGY EFFICIENCY may sound like it requires a lot of effort, time and money, but it doesn't have to. While there are certainly high-impact and high-cost measures, you can also take smaller steps to make your home more energy efficient, help you save money and live a more comfortable life.

Here are some simple measures you can take to conduct your own home energy audit.

Shut off your electronics, appliances and lights when they are not being used. Some electronics, such as TVs and smartphone chargers, can draw power even when turned off—what's known as phantom loads. To prevent these devices from wasting electricity, consider completely unplugging them or shutting off the power strips they're connected to.

Swap out incandescent bulbs with LEDs to use 75% less lighting energy. The features to pay most attention to with LEDs are lumens (how bright the bulb is) and color temperature (how warm or cool the light is). For example, a 10-watt LED can emit the same light as a 60-watt incandescent.

Replace air filters. A clean filter allows your heating system to run more efficiently and keeps the air in your home cleaner. Most air filters should be changed every one to three months, but during heavy use, changing monthly is a good idea.

Set your thermostat to auto and keep an eye on the temperature to ensure the heater is running only when it's

supposed to. Try to keep your thermostat to the coolest comfortable temperature in the winter and the warmest comfortable temperature in the summer. In the winter shoot for 68 degrees and in the summer 78.

Have your ductwork checked for leaks because leaks at the return, air handler and supply can be a major source of high bills. In mobile homes, check at the grille, crossover duct and down flow air handler.

Wash only full loads of clothes and dishes, and use cold water when possible. When dishwashing, try air drying instead of heat drying.

Invest in low-flow showerheads and faucets that use less water and can save money and energy by reducing demand on your water heater. Look for one with the WaterSense label, which indicates that the product meets criteria set by the U.S. Environmental Protection Agency to reduce energy use without compromising performance.

Look for appliances with the Energy Star label. This designation means the appliance has undergone testing to ensure it performs as expected and reduces energy consumption. ■

6 New Year's Resolutions for Your Home

THIS YEAR make New Year's resolutions that are easy to keep while benefiting your home and your family. Here are a few to consider.

Clean every appliance in your house. Your refrigerator's coils can get dusty and clogged, which makes it work harder and waste energy. The inside of your microwave oven should be spotless; if it's not, the machine is using energy to "cook" leftover food particles that nobody's going to eat. Even your dishwasher and washing machine need cleaning—inside and out—to prevent mold and clogs. Resolve to clean your appliances once a month for better performance.

Snake your clothes dryer's vent. Do this at least twice a year to rid it of lint and debris, which can catch on fire if it clogs the vent and prevents airflow. A clean vent will help your dryer run more effectively.

Clear the area around your water heater and your outdoor air conditioning unit. Appliances give off heat and take in air. If you've got boxes, suitcases, Christmas decorations or plants stacked up against them, they can't do their jobs efficiently. The best environment for these big-time appliances is clear of all obstructions.

Have your heating and air conditioning systems checked out by a professional, who can tell you if they need repairs. Change or clean the air filters regularly.

Change the batteries in all of your home's smoke alarms and carbon monoxide detectors. If you don't have those devices, move acquiring them to the top of your list of resolutions and install them today.

Invest in a programmable thermostat so you can set the temperature for optimal efficiency depending on whether you're at home or away. ■



MACHINEHEADZ | ISTOCK.COM



EZUMEIMAGES | ISTOCK.COM

Kale and Meatball Soup

- 8 ounces ground beef (sirloin or round)**
- 4 ounces ground pork**
- ½ cup diced onion, divided use**
- 1 clove garlic, minced**
- ¼ teaspoon coarse sea salt**
- ¼ teaspoon freshly ground pepper**
- ¾ teaspoon of your favorite herb or spice mixture, divided use**
- 1 slice white bread (crust removed)**
- 3 tablespoons milk**
- 8 cups beef or chicken broth**
- 1 can (15 ounces) small white beans, drained**
- 1 large carrot, diced**
- 3 cups kale, or more to taste, washed and chopped**

1. Heat oven to 350 degrees. Combine beef, pork, ¼ cup onion, garlic, salt, pepper and ¼ teaspoon of the spice mixture.

2. Moisten the bread with the milk and then add to the meat mixture. Roll the mixture into small (about 1-inch) meatballs and place them in a single layer on a rimmed baking sheet.

3. Bake the meatballs about 20 minutes, until firm and lightly browned. Drain excess grease from meatballs and pan.

4. Combine the broth, remaining onion, white beans, diced carrot and remaining ½ teaspoon of spice mixture in a soup pot and cook over medium-high heat. Bring the mixture to a boil, then add meatballs and chopped kale. Reduce heat and simmer about 15 minutes.

TCP Find this and more delicious recipes online at TexasCoopPower.com.