

FARMERS Open Lines

ELECTRIC COOPERATIVE

MONTHLY NEWSLETTER

JANUARY 2023



Energy Efficiency Tip of the Month

Did you know that insulating your electric water heater can reduce standby heat loss by 25% to 45%? This could save you 7% to 16% on annual water heating costs. Insulating your electric water heater is an easy, inexpensive project that can improve energy efficiency and save you money each month. The Dept. of Energy rates this project as medium difficulty, meaning most homeowners can tackle this project on their own. You can purchase pre-cut jackets or blankets for about \$20 at most home improvement stores. Visit energy.gov for project tips and additional considerations.

Source: energy.gov



Farmers Electric Cooperative, Inc.

A Touchstone Energy Cooperative

P.O. Box 330

Greenfield, IA 50849

FarmersREC.com | (800) 397-4821

ENGAGING OUR YOUTH:

Apply Now for 2023 Youth Tour!

We're looking for the next generation of rural Iowa leaders with a passion for government and public service to apply for a chance to win a once-in-a-lifetime trip to our nation's capital in June.

One high school junior will be selected from eligible candidates to attend the 2023 Youth Tour in Washington, D.C., from June 17-23 along with 40 other student leaders from Iowa. All trip expenses will be paid by Farmers Electric.

The Iowa Youth Tour group will join with hundreds of students from across the country as they learn more about electric cooperatives and American history and come home with a greater understanding of their role as an American citizen.

Students will also learn about U.S. government and meet with their members of Congress. On the trip, students take in the sights of D.C. as they visit monuments, museums and

historical landmarks. They also learn about the cooperative principles and business structure by forming their own mock cooperative. It's a week of fun, learning and making friendships that last a lifetime.

Process and Deadlines

Feb. 20: Application due to the cooperative. The application can be downloaded on our web site, farmersrec.com. Once the application is received, the candidate will be sent a packet of materials to study and be asked to complete a 50-question open book test.

March 6: Deadline to return test to the cooperative. Four applicants who receive the top scores will be notified and interviewed by a panel of judges about the material covered in the test. A winner will be selected following the interviews. Three semi-finalists will receive a gift. Parents are invited to attend the interview.

For more information, visit www.farmersrec.com/youth-tour.



Students can apply now for
a trip to Washington, D.C.,
from June 17-23!

High school students interested in
public service and government are
encouraged to apply! Learn more
at IowaYouthTour.com



Should I Change My Charging Habits?

If you ever find yourself fretting over your device's power levels, here are a few tips on striking the right balance between battery health and how you work and play. If you're someone who wants your devices to last longer, these tips can help prolong battery life.

Keep your battery about 40% to 80% charged. Up until about 20 years ago, batteries benefitted from running the battery down until the device shuts off. But because of different materials used in batteries today, that's not true anymore. Some devices offer even more flexibility, pointing out that modern rechargeable

batteries are designed to last for years. They recommend rather than worrying about the battery, just focus on using and enjoying your device.

Overnight charging can add stress to some batteries. Charging your device to 100% or letting it drain to 0% puts extra stress on the battery and can shorten its life. That's why it's better to charge your devices occasionally throughout the day rather than keeping them plugged in while you sleep.

Keep it cool, but not cold. One absolute in battery care is don't let your device get warmer than 95 degrees. Keep it out of the sun, and never leave it in a hot

vehicle. If the device does get hot, don't go to the other extreme and put it in the freezer. Just place it in the shade or take the cover off for a while.

Use less power. It sounds simple, but one of the easiest ways to put less stress on the battery is to use less power. Close energy-draining apps when you're not using them, and activate energy-saving settings like putting the device to sleep sooner.



Required Statement of Nondiscrimination

In accordance with Federal civil rights law and U.S. Dept. of Ag (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs).

Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign

Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter

addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter by: (1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov USDA is an equal opportunity provider, employer, and lender.



New Year, New Savings.



Visit our website to learn about programs to help you save energy and money.

Farmers Electric Cooperative, Inc.
A Touchstone Energy Cooperative
www.farmersrec.com

Required Notice of Complaints

The Iowa Utilities Board requires that all non-rate regulated utilities post the following notice to its membership. If a member has a problem with his/her service, please call or write Farmers Electric Cooperative, Inc., P.O. Box 330, Greenfield, IA 50849 or call (800) 397-4821.

If your complaint is related to service disconnection, safety or engineering standards, or renewable energy and Farmers Electric does not resolve your complaint, you may request assistance from the Iowa Utilities Board by calling (515) 725-7321, or toll-free (877) 565-4450; by writing to 1375 E. Court, Room 69, Des Moines, IA 50319-0069; or sending an email to customer@iub.iowa.gov.

Need Help with Heating Bills?

The 2022-2023 Low-Income Home Energy Assistance Program (LIHEAP) has been established to help qualifying low-income Iowa homeowners and renters pay a portion of their primary heating costs for the winter season.

The assistance is based on household income, household size, type of fuel, and type of housing. If you're not sure where to apply, dial 2-1-1 or visit <https://humanrights.iowa.gov/dcaa/where-apply> to contact your local community action agency.

Applications are accepted through April 30, 2023.

We're Looking for Future Leaders

What do 1,500 high school students, our nation's capital and electric cooperatives have in common? The Electric Cooperative Youth Tour, of course!

The 2023 Youth Tour will occur June 14-18 when hundreds of electric co-ops across the country send students to Washington, D.C., for a chance to learn about the cooperative business model and a full week of sightseeing.

While in D.C., students have a chance to meet with their elected officials. A special treat for participants from Iowa is an optional 4 a.m. run with Sen. Charles Grassley who, at 89, continues his daily fitness regimen.

Farmers Electric is now accepting applications for the 2023 Youth Tour. See the article on pg. 1 or visit our Web site for more information.

If you are a high school junior interested in traveling to Washington, D.C. to experience the trip of a lifetime, I highly recommend you apply!

Youth Tour is so much more than a sightseeing trip. Students have repeatedly shared that this experience has helped them grow into successful professionals. It has also benefited our local communities. Youth Tour participants return home with a deeper understanding of what it takes to be a leader, and apply it to their local community.

Help us find the next generation of leaders by sharing the Youth Tour opportunity with a promising student.



HOLI WESTON
CEO

PLEDGE TO SAVE ENERGY

It's a new year, and that means it's time to think about how you'll make a positive impact in 2023! You can help the planet by saving energy at home and at school. Take the pledge to save energy by completing the form below. Post it on your refrigerator or at school to remind others about easy ways to save energy and help our environment.



I Pledge to Save Energy

Name: _____

I pledge to do my part to save energy and help our planet. Every day, I'll do the following to save energy at home and/or at school.

My Daily Energy-Saving Plan:

1. _____
2. _____
3. _____

Need some ideas to help you get started?

Here are a few easy ways you can save energy every day.

- Turn off all lights when you leave a room.
- Unplug phone and other device chargers when they're not being used.
- Turn off running water while brushing your teeth.
- Remind family members to wash clothes in cold water.
- Turn off ceiling fans when you leave a room.

NEW YEAR



NEW YOU

Crispy Baked Chicken Nuggets

- 1 1/2 c. Panko breadcrumbs*
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. onion powder
- 1 tsp. paprika
- 1/2 tsp. garlic powder
- 1/4 tsp. cayenne pepper
- 2 large eggs
- 2 T. milk*
- 1 lb. boneless, skinless chicken breast cut into 1" cubes
- Nonstick Cooking Spray

Preheat oven to 400. Spread breadcrumbs on a large baking sheet and spray with nonstick olive oil cooking spray. Bake 2 minutes, stir, then bake for 2-3 more minutes or until golden brown. Transfer breadcrumbs to a medium bowl, and stir in spices. In separate medium bowl, whisk together eggs and milk. Place oven safe wire rack on baking sheet and spray with nonstick cooking spray. Dip each chicken cube into egg mixture, then use tongs to transfer to breadcrumb mixture and coat each piece completely. Place on wire rack, about 1" apart. Generously spray the tops of the chicken nuggets with nonstick spray. Bake 15-20 minutes until cooked through and meat thermometer reads 165 degrees. Serve with favorite dipping sauce.



ambitiouskitchen.com

**Can use gluten-free breadcrumbs; and substitute regular milk with almond milk for a healthier option. Calories: 227; carb: 19g; protein 29.2g; fat: 4.7g.*

Ranch Roasted Chickpeas

- 1 15-oz. can low-sodium garbanzo beans
- 1-2 T. olive oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. dried dill
- 1/2 tsp. dried parsley
- 1/2 tsp. salt



hearthealthygree.com

Preheat oven to 400. Drain and rinse chickpeas in strainer and discard any skins that may come off. Let chickpeas air dry completely. Line a baking sheet with parchment paper lightly sprayed with nonstick cooking spray. Spread dried chickpeas evenly on baking sheet. Cook 20-30 minutes, stirring every 10 minutes until golden brown. While chickpeas are roasting, combine all spices in medium bowl and set aside. While still hot, add chickpeas to bowl, along with 1 T. olive oil and toss to coat. Store in air tight container or serve immediately.

Calories: 36; carb: 4g; protein 1g; fat 2 g; saturated fat: 1g.

Want a chance to get \$5 off your next electric bill? Enter our recipe contest each month!

Mail your recipe with your bill to: P.O. Box 330, Greenfield, IA 50849; or e-mail to: HWeston@farmersrec.com. Send recipes by the 15th of each month to be included in the newsletter.

FEBRUARY: In Love with Chocolate
MARCH: Brunch



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Open Lines is a monthly publication of
Farmers Electric Cooperative, Inc.

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The mission of Farmers Electric Cooperative, Inc., is to deliver safe, reliable, affordable electricity and other services to improve the quality of life within our communities. This institution is an equal opportunity provider and employer.