



A Touchstone Energy® Cooperative 

P.O. Box 790, 509 E. Carthage, Meade, KS 67864

620-873-2184 or 800-794-2353

[www.cmselectric.com](http://www.cmselectric.com)

**CMS ELECTRIC COOPERATIVE**

# The Enlightener

## CMS Electric Cooperative, Inc.

### Board of Trustees

**Ron Oliver**  
President

**Michael Johnson**  
Vice President

**Linda Tomlinson**  
Secretary-Treasurer

**Wes McKinney**  
Trustee

**Chad McMillin**  
Trustee

**Don Nighswonger**  
Trustee

**Keith Randall**  
Trustee

**R. Gary Warden**  
Trustee

### Lightbulb Winners

Congratulations to this month's lightbulb winners:

- ▶ Ryan Madden
- ▶ Tom McAmis
- ▶ Frances Glaze
- ▶ Ronald Hageman
- ▶ Gary Jarnagin
- ▶ Gary Jellison

Contact us today for your free lightbulbs!



### Nondiscrimination

This institution is an equal opportunity provider and employer.

## Beat the Peak This Summer

As temperatures begin to spike, there are steps you can take to save money on energy bills this summer.

According to the Department of Energy, a typical home uses a whopping 48% of energy expenditures just on the heating, ventilation and air conditioning system (HVAC) system. Although a majority of that figure is spent on heating, Americans still spend \$29 billion every year to power their air conditioners.

Aside from replacing your central air conditioner with a newer, high-efficiency model, there are some things you can do to increase efficiency and reduce your energy bills.

Besides weather stripping and caulking around windows and doors in your home (always a good idea regardless of the time of year), consider the following:

- ▶ Close curtains, blinds and shades during the hottest part of the day. Not only is about one-third of a

home's energy lost around windows, but about 76% of sunlight that falls on standard double-pane windows enters the home to become heat, according to energy.gov.

- ▶ If you don't already have one, install a programmable or smart thermostat. You can save up to 10% a year on heating and cooling by adjusting your thermostat 7 to 10 degrees from its normal setting for 8 hours a day, according to energy.gov.
- ▶ Clean the filter and get your unit inspected by a HVAC professional.
- ▶ Consider changes to your landscaping. Greenery that includes shade trees and plants that insulate the foundation can reduce energy costs.
- ▶ Ventilate the attic and check insulation. Adequately sized vents and an attic fan can help prevent hot air from building up. If your attic has less than 6 to 8 inches of insulation, consider adding more. By addressing air

*Continued on page 12C ▶*

HAPPY

---

**4<sup>TH</sup> OF JULY**

---

INDEPENDENCE DAY

Our office will be closed on Monday, July 4, for the holiday.

# 10 Easy Ways to Save

## Habits you can tweak to save energy

1. Use cold water to wash your clothes.
2. Unplug battery chargers when not in use.
3. Skip the heat-dry setting on your dishwasher.
4. Unplug appliances and electronics not in use.
5. Run full loads of laundry instead of several smaller ones.
6. When drying clothes, include a dry towel for the first 20 minutes.
7. Keep your refrigerator at 35-38 F and your freezer at 0 F.
8. Reduce the setting on your water heater.
9. Use smart power strips that shut off power to items not in use.
10. When buying new appliances, consider Energy Star versions.



## Tips to Reduce Grocery Bills

Grocery shopping is something everyone must do, but there are many ways to get the job done. Kansas State University food scientist Karen Blakeslee says a few sensible ideas can help consumers save money on their grocery bill.

“Shop your pantry, refrigerator and freezer before you go to the store,” Blakeslee says. “Then make a list of needed items; or even better, make a weekly meal plan and stick to it.”

Then, Blakeslee says, grab a snack before hitting the aisles.

“Don’t shop on an empty stomach,” she advises. “That tempts you to make impulse buys and can add to your bill.”

Another money-saving idea: buy alternatives to the brand names. Blakeslee says store brands often taste just as good, or they have premium products that are very similar to the name brand items.

“Have you ever tried a blind taste test to compare?” Blakeslee asks. “You

may find your family will not even notice a difference.”

Reducing food waste will also eventually save money on groceries, Blakeslee says. Some tips include:

- ▶ Stretch meat with plant proteins. Adding beans to meat-based soup or casseroles can help make meat last longer and add beneficial nutrition.
- ▶ Store fruits and vegetables properly and use them in a timely manner.
- ▶ Ripe fruit can be used in other ways such as smoothies, cobblers, quick bread and crisps.
- ▶ Only shop in bulk when it is necessary and the most affordable option. Checking the unit price of an item can help in deciding when to buy in bulk. “Shop alone and stay focused,” Blakeslee says. “Include others in creating the shopping list, help them make choices, and help them learn about costs to become better shoppers.”

### Tips to Reduce Your Grocery Bill

#### Stretch Meat with Plant-Based Proteins



Adding beans to meat-based soup or casseroles can help make the whole meal last longer.

#### Switch to Private Label Alternatives



Buying private label alternatives can save shoppers 10-40%.

SOURCE: [HTTPS://WWW.CNN.COM/2022/03/22/BUSINESS/GROCERY-STORE-PRICES-SAVING-MONEY-INFLATION/INDEX.HTML](https://www.cnn.com/2022/03/22/business/grocery-store-prices-saving-money-inflation/index.html)

#### Ripe Fruit Can be Used in Other Ways



Fruit that is nearing its end-life, can be used in smoothies, cobblers, quick bread and crisps.

#### Shop Seasonally



Shopping for in-season fruits and vegetables can save shoppers 25-30%.

SOURCE: [HTTPS://WWW.CNN.COM/2022/03/22/BUSINESS/GROCERY-STORE-PRICES-SAVING-MONEY-INFLATION/INDEX.HTML](https://www.cnn.com/2022/03/22/business/grocery-store-prices-saving-money-inflation/index.html)

# Beat the Peak This Summer Continued from page 12A ▶

leaks around your home and adding insulation, homeowners can save around 10% annually on energy bills, according to energystar.gov.

- ▶ Get a pre-season checkup by a professional HVAC technician, which could help your air conditioner run more efficiently.
- ▶ Make sure your outdoor condenser unit is clean and free from debris. Ideally, the unit should be in the shade.
- ▶ Use your clothes dryer and oven during the cooler parts of the day.
- ▶ Consider a professional energy audit to reveal where your home is inefficient, including air leaks and exposed duct work.

Increased summer electric demand not only affects the monthly budget, but it can also seriously strain your home's electrical system, which can create dangerous shock and fire hazards. Flickering or dimming lights or frequent circuit breaker trips are signs of an overloaded electrical system or

faulty wiring that should be checked immediately by a qualified electrician.

To schedule an energy audit, contact CMS Electric Cooperative at 620-873-2184. For more information on electrical safety, go to SafeElectricity.org.

## ENERGY EFFICIENCY Tip of the Month

The combined use of large appliances like dishwashers, clothes dryers and washing machines account for the largest percentage of electricity use in the average U.S. home. Take small steps to save energy. Only run full loads in the dishwasher, and thoroughly scrape food from dishes before loading. Dry towels and heavier cottons separate from lighter-weight clothing, and clean the lint screen after every use. Wash clothing in cold water to save energy used to heat water.

**SOURCE: ENERGY INFORMATION ADMINISTRATION AND DEPT. OF ENERGY**



# 2022 SCHOLARSHIP Winners

## District #1

**LOGAN MILLER**, Liberal, graduated from Liberal High School. He is the son of Curtis and Sonya Miller. Logan plans to attend Kansas State University to study business including marketing and finance.

**CHARLIE WETTSTEIN**, Liberal, graduated from Hugoton High School. He is the son of Rustin and Ashley Wettstein. Charlie plans to attend NCK Tech to become a certified welder.



**LOGAN MILLER**  
Liberal High School



**CHARLIE WETTSTEIN**  
Hugoton High School

## District #2

**BRIAN REIMER**, Meade, graduated from Meade High School. He is the son of Carl and Mary Reimer. Brian plans to attend Wichita State University to study music education.

**SAGE WAGGONER**, Fowler, graduated from Ashland High School. She is the daughter of Delbert and Jamie Waggoner. Sage plans to attend West Texas A&M University to study animal science.



**BRIAN REIMER**  
Meade High School



**SAGE WAGGONER**  
Ashland High School

## District #3

**KAYDEN BOND**, Coldwater, graduated from South Central High School. He is the son of Beth Bayne. Kayden plans to attend Salina Area Technical College to study diesel technology.

**AUSTIN GOODNIGHT**, Englewood, graduate from Ashland High School. He is the son of Greg and Pixie Goodnight. Austin plans to attend Wichita State University to study aerospace engineering.



**KAYDEN BOND**  
South Central High School



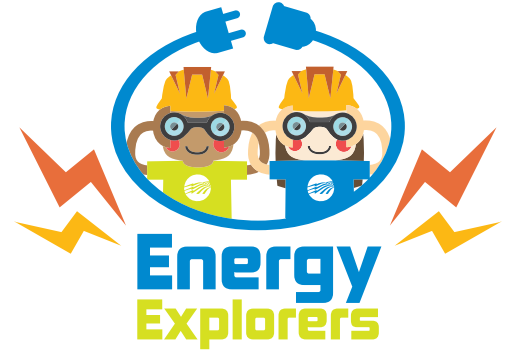
**AUSTIN GOODNIGHT**  
Ashland High School

# COOPERATIVE FILL-IN-THE-BLANK

As a member of an electric cooperative (also known as a co-op), you're part of something special!

Read the facts about co-ops below and use the word bank to fill in the blanks.

Check your work in the answer key.



Co-ops don't have customers. Instead, they have \_\_\_\_\_.

Co-ops are local organizations and businesses, so they understand the local \_\_\_\_\_ they serve.

All co-ops are guided by the same set of cooperative \_\_\_\_\_.

\_\_\_\_\_ are led by the members they serve.

You're a member of an \_\_\_\_\_ co-op, but there are also housing, grocery and other types of co-ops.

## Word Bank:

Electric  
Principles  
Members  
Communities  
Co-ops

Answer Key: 1) members 2) communities 3) principles 4) co-ops 5) electric