

Stay Cool Through Heat's Homestretch



MESSAGE FROM
**GENERAL MANAGER AND
CHIEF EXECUTIVE OFFICER DARRYL SCHRIVER**

SUMMER'S SWELTER HAS ENGULFED MOST OF THE STATE BY NOW, with its warm mornings and scorching afternoons. It's especially important during this time of year to stay cool, but you don't have to spend a lot to stay comfortable throughout these languid few months.

The most effective way to beat the heat is to stay indoors and harness the combined cooling power of air conditioning and fans. Fans help you feel cooler and allow you to set your thermostat higher, saving you energy and money. Better yet, install a programmable thermostat to increase the temperature when you're sleeping or away from home. Automating energy-saving behaviors can have a big impact on your electricity bill and takes one small thing off your mental daily to-do list.

To keep cool air inside your home, use caulk and weatherstripping around windows and doors. And close curtains and blinds during the hottest part of the day to keep solar heat outdoors. 800591170

In the evenings, once the heat has likely at least modestly relented, shake off the day's torpor and enjoy a picnic or cookout in your backyard or perhaps at a park. Cooking outdoors keeps heat from the oven and stove out of the



kitchen, lessening the burden on your home's cooling system. If you do opt to cook indoors, try using a slow cooker, air fryer or pressure cooker to minimize energy use and avoid adding residual heat to the air in your home.

Indoors or out, wear lightweight, breathable fabrics and drink plenty of water. Try to limit outdoor work to morning hours, before it really heats up. Take frequent breaks and avoid caffeine and alcohol, which can cause dehydration.

Know the warning signs of heat exhaustion, which include dizziness, fatigue, nausea and muscle cramps. If you begin experiencing these symptoms, stop what you're doing and get somewhere cool immediately. Left untreated, heat exhaustion can progress to heatstroke, which can be fatal.

Finally, as the heat crests over these next several weeks, please keep a watchful eye on friends and neighbors, especially those who are elderly, ill or lack access to cool places of respite. We can weather the heat best when we all work together.



Nighttime Energy Use Helps Reliability

INSTEAD OF RUNNING YOUR DISH-washer right after dinner, consider waiting until bedtime to turn it on. Same with the clothes dryer. And how about charging your phone and other rechargeables while you sleep?

Most people use their electric appliances at the same times every day: early in the morning, when they're getting ready for work; right after dinner; and at midday. That means there's a lot of demand on a limited amount of electrical capacity all at the same time.

In the summer—when everyone's also running their air conditioner—that can tax the electrical system. It can even bring about a rotating outage, although that's rare. But it could put so much pressure on the system that new power plants will be needed, and that's expensive.

A better solution: Spread your energy use out. Do the laundry and the dishes at midmorning, while everyone else is at work, or late at night, when most people are sleeping.

Be Efficient in the Kitchen With No-Bake Recipes

COOKING IN THE SUMMER CAN BE UNBEARABLE, AND THE LAST THING YOU WANT TO DO on the hottest, most humid days is turn on the oven to make dinner. Your air conditioner works extra hard during summer months to keep your home cool, so why not give it a break with easy, efficient no-bake recipes? The recipes below are meant to help you make a delicious meal for your family—without breaking a sweat!

Stay cool, and happy cooking! 2402288001

Chicken Salad on Sourdough

2 cans (10 ounces each) chicken in water
½ cup low-fat sour cream
½ cup Greek yogurt
2 stalks celery, finely chopped
2 tablespoons Dijon mustard
2 teaspoons seasoned salt
½ cup sliced almonds
½ cup dried cranberries
8 slices sourdough bread
½ cup spinach leaves
1 large tomato, sliced (optional)

1. Combine chicken, sour cream, yogurt, celery, mustard, salt, almonds and cranberries in a large bowl and mix well.
 2. Top 4 slices of bread with chicken mixture and spinach leaves. Add sliced tomatoes if desired. Top with remaining bread and serve immediately.
- Serves 4.

Juddi's Pimento Cheese

1 pound longhorn or mild or sharp cheddar cheese, grated
6 ounces chopped pimiento
½ cup minced onion
½ cup chopped green olives
3 teaspoons capers
⅔ cup mayonnaise
Use the following ingredients to your taste: hot sauce, fresh lime juice and minced pickled jalapeño peppers or other peppers.

1. Mix all ingredients and spread on bread to make sandwiches or use as a dip with crackers.
- Serves 4.

Two-Ingredient Hummus

1 can (15 ounces) chickpeas or white beans, drained and rinsed
1 jar (6 ounces) marinated artichoke hearts, undrained
Salt, to taste
Olive oil, to taste
Pita chips, for serving

1. Combine the chickpeas (or beans) and artichoke in a food processor and purée until smooth. Add salt and/or olive oil if needed to achieve desired taste.
 2. Serve with pita chips or flatbread. Leftovers can be stored in a refrigerator up to 3 days.
- Makes about 2½ cups.

Broccoli Salad

4 cups chopped broccoli (florets only)
½ cup golden raisins
½ cup sunflower seeds
1 small onion, chopped
¼ cup bacon bits or pieces
2 tablespoons chopped red bell pepper
½ cup sugar
½ tablespoon apple cider vinegar or white wine vinegar
½ cup regular or fat-free mayonnaise

1. Mix broccoli, raisins, sunflower seeds, onion, bacon and bell pepper in a large bowl.
 2. In a small bowl, mix sugar, vinegar and mayonnaise, then pour over broccoli mixture and blend well.
- Serves 4–6.

Lemon Truffles

2½ cups lemon cake mix
8 tablespoons (1 stick) butter, melted
2 tablespoons lemon juice
Zest of 1 large lemon

FOR LEMON CAKE MIX:

2¾ cups cake flour
1¾ cups sugar
2 teaspoons baking powder
¾ teaspoon salt
Zest of 2 lemons

1. Combine the cake mix ingredients in a large bowl and stir gently to combine.
 2. Add the butter, lemon juice and lemon zest. Use your hands to combine until the flour is moist and flaky.
 3. Roll dough into 2-inch balls, roll in sugar and refrigerate 1 hour to set before serving.
- Makes about 3 dozen truffles.

Water, Water Everywhere— But Not Near Electricity

DURING SUMMER MONTHS, YOU'RE LIKELY TO TAKE MORE SHOWERS THAN USUAL SINCE there's more swimming, sports and yardwork going on. That makes it a good time to make sure your bathroom is a safe place.

The bathroom is one of the few places in the home where electrical appliances and water have a great chance to meet—and a great chance to cause electrical shock or death. If you have kids, the bathroom can be a room of hazards, electrical or otherwise, waiting to happen.

But it doesn't have to be. **Try these tips to dampen the danger:**

- ▶ All power outlets in the bathroom should be equipped with ground-fault circuit interrupters, which can sense when an electric current is improperly grounding and automatically shut down the power, potentially preventing a nasty shock.
- ▶ Use a bathmat with a nonskid bottom and use a nonslip mat or decals on the floor of the tub.
- ▶ Keep medications and vitamins in their original containers to avoid confusion, and always choose child-resistant caps. Keep medications and cleaning supplies locked away if there are small children in the home.
- ▶ Make a storage space under the counter and out of the way for hair dryers, curling irons and other electrical appliances that could be hazardous with water contact. Educate children on the dangers of mixing water and electricity.
- ▶ Never handle electrical appliances when your hands are wet or you are standing in water. 800753278
- ▶ Any exposed or frayed wiring in the bathroom—and anywhere else inside or outside your home—should be addressed and repaired immediately.
- ▶ Check the temperature of bathwater and turn the tap off before putting children in the tub. Tap water can instantly scald if it is too hot. Lower the temperature on your water heater to 120 degrees to guard against burns, but keep bathwater at 100 degrees or lower. Also, never leave children unattended during bath time.
- ▶ If you have toddlers, use toilet seat locks to prevent drowning.
- ▶ Use only electrical appliances and cords that bear the label of an independent testing laboratory, such as UL.



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Energy Pop Quiz

AT OUR COMMAND, THROUGH THE FLIP

of a switch, push of a button or turn of a knob, electricity rushes to fulfill our needs.

We've come to rely on this helpful resource to handle many tasks around the house as well as to provide entertainment through TVs, computers and video games.

This servant is always at the ready, but do you know how much energy these electric helpers use? Take this quiz to see how much you know.

Rank the following appliances by their average annual energy consumption, 1-12

(1 uses the most energy, 12 the least):

- ___ Halogen lamp
- ___ Dishwasher
- ___ Coffee maker
- ___ Wi-Fi router
- ___ Clothes washer
- ___ LCD TV
- ___ Laptop
- ___ Microwave oven
- ___ Smartphone charger
- ___ Vacuum cleaner
- ___ Refrigerator
- ___ Low-energy lightbulb

Answer: 1. refrigerator, 2. dishwasher, 3. clothes washer, 4. halogen lamp, 5. LCD TV, 6. laptop, 7. Wi-Fi router, 8. vacuum cleaner, 9. microwave oven, 10. coffee maker, 11. low-energy lightbulb, 12. smartphone charger.



Stay Back and Stay Safe

WORKING WITH ELECTRICITY CAN BE A DANGEROUS JOB, ESPECIALLY for lineworkers. In fact, *USA Today* lists line repairers and installers among the most dangerous jobs in the U.S. That's why, at Tri-County Electric Cooperative, safety is our No. 1 priority. This is not an empty slogan: Over time, we have created a culture of putting our crews' safety and that of the community above all else.

Yes, we strive to deliver affordable and reliable electricity to you, but more important, we want our employees to return home safely to their loved ones. This requires ongoing focus, dedication, vigilance—and your help!

Distractions Can Be Deadly

While we appreciate your kindness and interest in the work of our crews, we ask that you stay back and let them focus on their task at hand. Even routine work has the potential to be dangerous, and it takes their full attention and that of their colleagues, who are also responsible for the team's safety. Distractions can have deadly consequences. If a lineworker is on or near your property during a power outage, for vegetation management or for routine maintenance, please allow them ample room to work. These small accommodations help protect our crews—and you.

If you have a dog, try to keep it indoors while lineworkers are on or near your property. While most dogs are friendly, some are defensive of their territory and can't distinguish between a burglar and a utility worker. Our crews work best without a pet "supervising" the job.

We recognize that for your family's safety, you want to make sure only authorized workers are on or near your property.

You will recognize Tri-County EC employees by their uniforms and the co-op's logo on our service trucks. You may also recognize our lineworkers because they live right here in our community. 800714630

Slow Down and Move Over

In addition to giving lineworkers space while they are near your property, we also ask that you move over or slow down when approaching a utility vehicle on the side of the road. One work zone crash occurs every 5.4 minutes across the U.S., and 70 of those each day result in injuries. There is one fatality each week from these accidents. The lineworkers' focus is on the work at hand, not on the road, so we need you to watch out for them.

Also, never text and drive—around work crews or at any other time. That message can wait, and the momentary distraction can change lives forever.

Keep Poles Clear and Safe

Nails, staples and other attachments to utility poles not only get in lineworkers' way when they are trying to climb poles, but these foreign objects can also damage the workers' safety gear, exposing them to possible shock or electrocution. Never post signs or attach anything to utility poles.

Guy wires may occasionally be inconveniently located, but please leave them alone. The wires provide support for poles, and removing or modifying them can weaken the system, causing poles, power lines and possibly lineworkers to come crashing to the ground.

Tri-County EC's employees are looking out for you. Help them stay safe by returning the favor.



Don't Touch That Dial

IT'S SO TEMPTING TO TURN THE THERMOSTAT DOWN TO FREEZING COLD WHEN YOU walk into a warm house on a hot day. Don't do it.

Setting the thermostat at a very low temperature won't cool your house any faster than setting it to the temperature that you regularly use to feel comfortable.

In fact, lowering the thermostat beyond the temperature you desire only makes your air conditioner run longer, not faster. You could end up paying more money for an uncomfortably chilly house. 7000036402

Here are a few other energy-saving tips for summer:

- ▶ Install a smart thermostat. It will "learn" your family's habits and adjust temperatures accordingly, setting the temperature higher for hours when the house is empty and lower during your at-home hours. It takes less energy to recool your home when you return than it does to keep it cool while you're gone.
- ▶ Set the thermostat at 78 degrees. You'll save about 15% on your cooling bill versus a 72-degree setting.
- ▶ Use ceiling fans (rotating counterclockwise) to provide additional comfort, but only run them when the room is occupied. Fans cool people, not rooms.
- ▶ Change or clean your heating, ventilating and air conditioning system's filter. Changing your air filter keeps the air in your home cleaner, improves cooling performance and lengthens the life of your HVAC system. Filters should be cleaned or replaced at least every three months (or more often, depending on system requirements). High-quality HEPA filters will yield the best results.
- ▶ Keep lamps and other heat-emitting devices—like TVs and large electronics—away from the thermostat. Most appliances heat up when you use them, so they can trick the thermostat into "thinking" the air is warmer than it really is, causing your HVAC system to keep running when the house is already cool.
- ▶ If you let the morning sunlight into your bedroom to help you wake up naturally, it could add to your energy bills during the day if you leave the blinds open for too long. Before you leave the house for the day, close your curtains and window shades to keep the sun's heat out.
- ▶ If you use room air conditioners, fit them snugly into window frames.



Fire Safety Helps Keep the Lights On

SUMMER FUN OFTEN MEANS USING FIRE outdoors—and that can lead to brushfires, which can cause power outages.

Along with endless other safety concerns, heat from brushfires can damage electrical lines and equipment, causing major power problems. Even smoke and ash can cause a high-voltage transmission line to trip, leaving sections of the power grid without electricity.

Arid summer weather increases the chance of wildfires, but so do unsafe practices.

When building a campfire, keep a bucket of water nearby to control a spreading fire. Surround the fire pit with rocks, not wood, and clear away leaves and other flammable materials that can quickly spread the flame. Never leave a campsite with a burning fire. Quench the fire with water to ensure the damp ashes cannot relight. 800814714

If you're using a charcoal grill, take extra care to completely extinguish embers and flames before leaving it unattended.

Snuff the burning coals in your charcoal grill by placing the lid on the grill and closing its vents. Most grills have a vent both on the lid and under the kettle. Leave it closed for at least 48 hours to ensure there is no fire danger.

Keep the power going and your community safe by practicing fire safety this summer.

Electricity 101: The Flip of a Switch

Have you ever wondered why they call it electricity?

IT'S NAMED AFTER THOSE TINY PARTICLES INSIDE ATOMS CALLED ELECTRONS, AND that's the place to start in understanding how power plants make something that reliably lights your home with the flip of a switch.

Getting all those electrons to march together inside a wire has been described as one of civilization's greatest and most complex engineering feats.

Just about all electricity starts with the same scientific phenomenon: Spinning a magnet inside a coil of wires generates electricity. That's why, deep inside most power plants, are large turbines turned by different means—the pull of gravity on water at a hydroelectric dam; the rising heat from burning coal or natural gas at a fossil fuel station; atomic energy at a nuclear power plant; or wind turning the blades of a wind turbine. One exception is solar energy, which uses materials that produce electricity when they're activated by sunlight.

Every one of those power plants is incredibly complicated—think about what you would do if you were handed a lump of coal and were told to make it run your refrigerator.

Most large generating plants need large banks of transformers to boost the voltage of the electricity for the trip of hundreds of miles through wires held up by tall transmission towers. As it nears your neighborhood, the voltage is reduced at one of those fenced-in complexes of wires and transformers called a substation. Lower voltage makes the electricity appropriate for home energy use. As the electricity gets closer to your home or business, the



voltage is reduced again with smaller transformers, which you can typically see mounted on a nearby utility pole or inside a ground-level green box.

Beyond these basics, all that flowing electricity needs to be coordinated so it gets to the right house just as it's needed. That's where Tri-County Electric Cooperative comes in. With safety a top priority, our line crews take care of our distribution lines that bring the power to your home. These highly trained teams perform routine maintenance to keep the lines in good order and respond quickly to restore power when storms or other factors cause an outage. 800595771

When you think about it, that's a lot of power in the simple flip of a switch!

Tri-County Electric Cooperative

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SAVE
THE
DATE!

Please plan to join us for the
TRI-COUNTY ELECTRIC COOPERATIVE
**80TH ANNUAL
MEETING**

Tuesday, October 1, 2019 | 7 p.m.
Weatherford High School

Please plan to join us at Tri-County EC's annual meeting of the members! This year marks 80 years of serving you, our member-owners. In celebration of our membership, we will have entertainment, dinner, booths, demos, door prizes, bill credits and more!

**Do you live in the Seymour area and can't make it
to the Annual Meeting? No worries! We will come to you!**

Join us for a special State of the Cooperative
meeting to stay informed about your cooperative!

Tuesday, October 8, 2019
Seymour High School Auditorium



Help Neighbors Keep Cool

IT'S HARD ENOUGH TO ENDURE THE summer heat when you're healthy, fit and have an air-conditioned home. But not everyone is as prepared as you may be.

Keep an eye on your neighbors and others who might need help getting through the hottest summer days, which can put people at risk for heat-related illnesses and can exacerbate existing medical conditions.

Doctors recommend that you spend the hottest part of a sweltering summer day indoors enjoying the air conditioning.

But for those whose homes don't have air conditioning or who can't afford to turn it on, the risk is acute. That's especially true for the elderly and ill, who could be at risk for heatstroke or even death.

If you know someone whose house might get too hot to handle this summer:

- ▶ Call them or stop by to check on them every day.
- ▶ Arrange a phone tree so others can help check on neighbors who live alone when you're not able to.
- ▶ Encourage neighbors or family members to use air conditioners during the hottest part of the day or spend it in an air-conditioned public place, like a mall or library. 7000011605
- ▶ If you find someone in medical distress because of the heat, call 911.
- ▶ Show your neighbors you care enough to check in. You could save someone's life.

Symphony Bar Brownies

MRUNAL MODY | KELLER

1 plain brownie mix

Ingredients required for brownie mix

1 pound Hershey's Symphony chocolate bars
with toffee and almond bits

1. Make brownie batter according to the directions on the box.
2. Spray a 9-by-9-inch pan with nonstick cooking spray. Next, choose from two options using the candy bars:
OPTION 1: Pour half the batter into the pan. Arrange all chocolate bars on top so batter is covered. Pour the rest of the batter on top and spread evenly. This concentrates the candy bars in the middle of the brownies in a single, thick layer.
OPTION 2: Chop the candy bars into 1/2-inch pieces. Pour half the batter into the pan and evenly sprinkle half the chopped candy. Pour remaining batter and spread evenly. Sprinkle remaining chopped candy bar on top. This distributes the candy bar more evenly throughout the brownies.
3. Bake at the temperature and time listed on the box for a 9-by-9-inch pan and add 4 minutes. Let cool to room temperature before cutting. Enjoy!



Tri-County EC Member Recipe Submission Form

NAME

CITY

EMAIL or PHONE NUMBER

RECIPE NAME

Please return to:

Email: Please include the above information with your recipe and send to pr@tcectexas.com.

Mail: Please detach and submit this form with your recipe and mail to:

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Attn: Recipe Submission
600 NW Parkway
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