

Guys' guilt - free cake recipe

Guys, impress your wife or significant other with this simple guilt-free cake recipe. I call it guilt-free because it really is a low-calorie dessert, so you can have two pieces without feeling guilty.



David Hamilton

First, I want to make it clear that I am not really very handy in the kitchen at my house. My wonderful wife, Teresa, is definitely the cook. About all I do is grill on the Webber during the summer. But men, you may find yourself in need of dessert, and this is about as easy as it gets. Bake this one for your wife's birthday and she will be impressed.



Cake recipe

1 box white cake mix
1 12oz. can of diet orange soda

Using a mixer, blend cake mix with orange soda until batter is smooth. Spray bottom of 9 X 12 baking pan with cooking

spray. Dump batter into pan. Cook according to directions on box.

Icing

1 8 oz. tub of fat-free whipped topping (Cool Whip)
1 .3 oz. box of sugar-free orange Jell-O

Pour sugar-free Jell-O into tub of whipped topping and blend until smooth. Wait until the cake cools to apply icing.

HAPPY THANKSGIVING
Offices will be closed
for the holiday **November 25 & 26**

Electricity is a good value!

\$250
\$225
\$200
\$175
\$150
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\$100
\$75
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\$25
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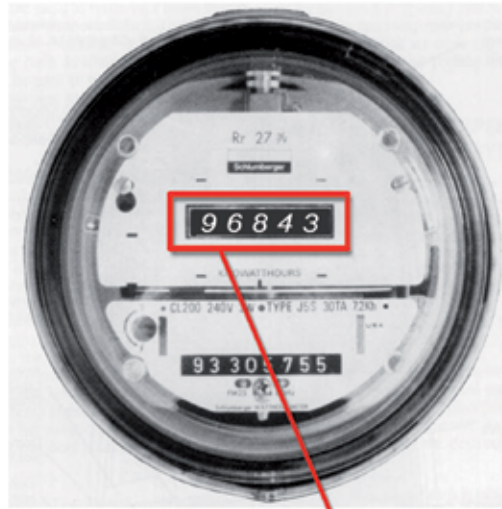
Kenergy's
Average Residential Bill
\$93.37 per month.

Average Single Cell Phone
Bill **\$63.00 per month.**



A reminder about meter reading

Kenergy's residential customers have digital cyclometers, which read like car odometers. The numbers on the cyclometer should be recorded in the blocks on the payment stub just as they appear on the meter.



Meter Number	Account Number
88515489	8-195-11-009-01-3
Previous Balance:	85.00
Payment Due: 10/07/10	Amount Due: 85.00
Delinquent After: 10/11/10	Amount Due: 87.00
Current Meter Reading:	9 6 8 4 3
Date Read:	10 / 03 / 2010
95756	21

Members are required to write the date they read their meters on the line provided. The reading and date should be returned to the co-op when members pay their monthly bills. Or meter readings may be submitted via the co-op's Web site at www.kenergycorp.com or by telephone. Members should call 800-844-4832 and follow the telephone prompts.

When a member fails to submit a monthly meter reading, the bill is estimated – based on the account's history. This is indicated as ESTIMATED on the bill. After six consecutive months of estimating a member's bill, a Kenergy employee will come to the house to read the meter. A charge for this service is added to the member's bill.

Meters with demand devices – three-phase service only – are read monthly by Kenergy personnel.

As winter approaches, there are some things you need to know about meter reading during severe or wide-spread outages, such as the September 2008 Hurricane Ike incident or the January 2009 ice storm. It may be necessary for the co-op to estimate meter readings during natural disasters.

For more information, please call 800-844-4832 and talk with a customer-service representative.

The FOCUS

November 2010



Monthly Newsletter for Kenergy Members

Daviess County schools are Energy STARS

DAVIESS COUNTY – A new Energy STAR plaque hangs in the foyer of Southern Oaks Elementary.

This building is one of six in the Daviess County Public Schools' system so honored with the Energy STAR distinction, which requires a score of 75 or better from the government-backed energy conservation program.



Jim Barr, Daviess County Public Schools' energy manager, stands in a room that houses Southern Oaks Elementary's geothermal pumps. The school earned a 92 percent ranking from Energy STAR, a government-backed program that promotes conservation.

Southern Oaks, a newly constructed elementary just south of Owensboro on Highway 431, scored 92 out of 100 for its energy efficiency.

Jim Barr, energy manager for the school district, estimates that fewer than 10 Kentucky schools would rank as high as Southern Oaks.

Other Daviess County schools that earned Energy STAR certification are Country

Heights, Tamarack, Deer Park, Sorgho and East View.

Most of those were built in the last 20 years and have geothermal heating and cooling systems, which depend on a series of pipes in the ground that take advantage of the earth's constant temperature. Country Heights and Tamarack don't have geothermal systems.

About two years ago, the district formed a "green team." Its mission is to conserve energy and start recycling programs or other measures that enhance the environment.

"As a district, we want to be as efficient as possible," Barr says.

Through the years, the school district has learned many tricks to shave energy costs. Some of them are common-sense measures. For example, faculty and staff use the district's most energy-efficient buildings for large events and meetings, such as professional development for teachers or speech contests for the UK Extension office.

Geothermal pumps that used to run constantly now are programmed to operate at a reduced capacity when possible or to shut off when not needed.

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Henderson members climb Mt. Kilimanjaro

HENDERSON, Ky. – On a recent Saturday morning, Kurt Wilson sat in his breezeway, enjoying a cup of coffee.

He wore a navy T-shirt with a small logo that read: Mt. Kilimanjaro. While the logo is small, Mt. Kilimanjaro looms large in Wilson's memory. In early July, he was one of 17 who scaled Africa's tallest peak.

They did it to test their sense of adventure and intestinal fortitude, but also to benefit Young Life, a nondenominational Christian ministry that spreads the gospel to teens around the world.

"You feel connected to the earth," Wilson says, recalling the six-day climb to nearly 20,000 feet above sea level. "You get to see something in a different way ... Things are different, but in some ways, the same."

Wilson, a Kenergy Corp. member, is a dentist who owns Audubon

Dental Center in Henderson and Owensboro. The worldwide group of 17 who climbed Mt. Kilimanjaro included his older daughter, Emily Caroline; brother and fellow Kenergy member, Cass Wilson; and nephew, Will Wilson.

Their journey raised \$27,000 for Young Life schools, camps and other services in Africa.

In many ways, their climb up Mt. Kilimanjaro is an everyman story. Like Kurt Wilson, most members of the group stay trim and physically active, but they are not hard-core athletes. Some were as young as 18. The oldest was 62.

Scaling Mt. Kilimanjaro does not require special gear, such as rock-climbing shoes, harnesses and ropes, or superhuman strength.

The feat is, however, a test of resolute tenacity. The group's mantra: Failing is not an option.

The last 500 feet of the climb
Continued on page 3 ... **Mt. Kilimanjaro**



Pictured atop Mt. Kilimanjaro are (left to right) Emily Caroline Wilson; Kurt Wilson of Henderson, Kenergy member; Ben Johnston of Henderson, Kenergy member; Levi Johnston; Cass Wilson of Henderson, Kurt Wilson's brother and another Kenergy member; and (sitting) Will Wilson, Kurt Wilson's nephew.

Energy-efficiency rebate program

Members can receive \$1,000 incentives for building ENERGY STAR houses

HENDERSON, Ky. — Kenergy offers \$1,000 energy-efficiency rebates to the first 20 members who construct ENERGY STAR homes.

The program is set to end Sept. 30, 2011.



To qualify for the rebate, homes must meet guidelines that make them 15 percent to 30 percent more efficient than standard houses. A certified ENERGY STAR rater will work closely with the homebuilder's general contractor throughout construction and complete a final analysis, ensuring energy efficiency criteria are met.

To earn the ENERGY STAR certification, a home must meet one of the following requirements.

- It must achieve a home energy rating — or HERS score — of 85 or below. A home built to code earns a HERS score of 100. Each 1-point decrease in the HERS Index corresponds to a 1 percent reduction in energy use. Therefore, a home with a HERS Index of 85 is 15 percent more efficient than a standard home.
- Install prescriptive measures outlined in a Prescriptive-Builder Option Path. This option allows the builder to follow a prescribed checklist to achieve the required efficiency.

Here is how the program works:

- The builder enters into a partnership agreement with ENERGY STAR and selects a home energy rater, who will work to qualify the home.
- The builder submits the architectural plans to the home energy rater for review and analysis.
- With the energy-efficient features selected, the builder constructs the home, and the rater performs a series of inspections and diagnostics to verify proper installation of features and overall energy performance.

- Once the rater determines all requirements have been met, he or she will provide the builder with an ENERGY STAR label, which is placed on the home's circuit breaker box.

For more information on this rebate program, go to www.kenergycorp.com or call Scott Heath, technical services adviser, at (800) 844-4832, extension 6156.

ENERGY STAR refrigerator rebate

Also, up to 150 members will be eligible to receive a \$50 gift card for buying ENERGY STAR refrigerators.

Members must provide all of the following as proof of purchase: an invoice from the dealer, UPC code from the carton and the Energy Guide showing ENERGY STAR certification of the new refrigerator. The removal and recycling of the old refrigerator by the dealer is required to receive the rebate. The dealer must certify on the invoice that he or she has removed and recycled the old unit.

A leaky duct system is losing more than air

Did you know that your home's duct system could be losing as much as 20 percent of its air? Here's a tip from Kenergy that can help your heating and cooling system work more efficiently — and save you money.

A leaky duct system wastes energy, increasing your utility bill. So it makes sense to find and eliminate those leaks. According to TogetherWeSave.com, sealing the air ducts in your home can save you up to \$177 a year.

Saving money is one good reason to seal ducts. But there are other reasons, too. A leaky duct system affects your quality of life. It makes the rooms in your home stuffy and less comfortable — not cool enough in the summer or warm enough in the winter. And because insulation particles, dust and pollen



can enter a leaky system, they may affect your home's indoor air quality.

The first step is to find the biggest air leaks in your home. In the attic, the greatest duct leaks are typically found where the walls meet the attic floor, above drop ceilings and overhangs and behind attic walls. Look for insulation that is dirty or discolored, indicating that air has been moving through it.

In the basement, ducts are often located along the top of the basement wall. Duct runs that go through the basement ceiling to the floors above can be sources of leaks.

Next, you should seal any leaks you find.

For other tips on how to save energy — and money — visit Touchstone Energy's Web site or call Kenergy's energy expert Scott Heath at (800) 844-4832, extension 6156. Find out how the little changes add up at www.TogetherWeSave.com.

Mt. Kilimanjaro ... Continued from page 1

proved grueling. Headaches, nausea and nosebleeds were common. At times, some members of the group dropped to all fours.

The lack of oxygen at 15,000 feet and above made every step laborious. It took 1 ½ hours to climb the last 500 feet because the group could only take a few steps before stopping to rest.

"It's like being underwater and trying to move," Kurt Wilson says. "You learn to move only as much as you can breathe."

Once the group reached the summit, everyone had an hour to rest, celebrate and take pictures before heading back down.

Kurt Wilson had no expectations of what he might feel, do or say once he reached the top. Some in the group sobbed. "It was an emotional time," he says.

No great epiphany struck him at the summit. If anything, life reverted to a childlike simplicity. When he reached the top, Kurt Wilson felt a greater awareness of his daughter and a deep appreciation for strong bonds he formed with the group who made the journey beside him.

"I appreciate the value of relationships more," he says of lessons learned atop Mt. Kilimanjaro. "That's something I took away."

Some information in this story came from an Aug. 14 article that was published in The Gleaner.

DAVISS COUNTY ... Continued from page 1

Today, many classrooms are heated and cooled by individual units. They provide savings, in part, because the district no longer runs a huge chiller or boiler to cool or heat an entire wing when only one classroom is needed after hours.

Also, individual classroom units do not require long sections of ductwork, which lead to heating and cooling losses. Instead, individual units pump air directly into classrooms.

Buildings are put in a "coast" mode a half hour prior to closing. That simply means the heat and air slows or shuts off a half hour before everyone goes home. Barr relies on well-insulated buildings to retain their temperature for that 30-minute period.

Finally, Barr uses a Web-based energy management system to drive the heating and cooling for the district's 18 schools and four administrative offices, which offers savings similar to a programmable thermostat in a home.

Other cost-saving measures may be coming. For example, hot water for locker rooms presently comes from large tanks that are heated continuously whether they are in use. In-demand units, which only heat water as it is needed, may prove more efficient, Barr says.

Energy conservation in schools today requires a different mindset. Thirty years ago, for example, schools operated primarily during instruction time. With so many extra-curricular activities today, schools remain open more hours than ever, which means more energy is used. Therefore, a strong emphasis on conservation is vital to control expenses, Barr says.

Holiday tips

If you don't plan to stay at home during the holidays, Kenergy Corp. offers some advice to help your electric consumption be efficient and safe while you are away. These tips will not only lower your energy bill, but will help keep your home safe in your absence:

- Unplug some of your household appliances — Your home has many items that always use electricity when they are plugged in, even when turned off. Unplugging these items will not only save energy, but in some cases, can prevent possible fire hazards. Some of the more common items include: television sets, DVD players, VCRs, cable TV boxes, microwave ovens and toasters.

- Adjust the refrigerator control to a warmer setting — The fridge can be as high as 40° F without spoiling food; the freezer can reach 5° F. On these settings, you can save up to 40 percent of the refrigerator's electric usage. If you are going on an extended trip, consider emptying the fridge and turning it off (remember to leave the door open to prevent mildew).

- Set the thermostat higher or lower than the typical comfort level — You should consider lowering your thermostat, but to no lower than 55° F. Typically, by doing this, you can save 10 to 30 percent on your heating costs. You can shut off the air conditioner during your absence, or at least consider setting it to a higher-than-normal temperature, such as 80° F. A programmable thermostat can make these adjustments automatically.

- Turn down the water heater — A large percentage of the cost of running a water heater comes from just keeping the water at the selected temperature. If you are going on a lengthy trip, turn down the water heater's temperature to the lowest setting. This can save up to \$10 a month.

This information was taken from www.safeelectricity.org

Follow Kenergy on
twitter

To improve communications, Kenergy has activated Twitter on its Web site's home page. If you would like Tweets when the co-op experiences an outage or posts other valuable information, go to www.kenergycorp.com and sign up as a co-op Twitter follower.

Only outages that number 500 customers or more will appear on Twitter, so you won't be inundated with Tweets.

During severe outages, Kenergy will update Twitter every two hours.

For more information, call 1-800-844-4832 and ask for Renee Beasley Jones, communications manager.