

A MONTHLY NEWSLETTER FOR MEMBERS OF OTERO COUNTY ELECTRIC CO-OP

January 2011

Power-Gram



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Keeping Your New Year's Resolutions

I Do Hereby Resolve To...

Ah yes. 'Tis the season to make resolutions (and try to stick to them throughout the year). And two of the most common New Year's resolutions involve fitness: to exercise and to lose weight.

Why do so many people make—and then break—these resolutions each year? And what can you do to make sure you stick to your guns? Making the resolution is the easy part; however, the average person only keeps their resolution for two months!

The biggest key to keeping your New Year's resolution is to set reasonable goals. Second, you need to have an action plan. Some positive thinking and accountability don't hurt either.

Don't just proclaim: "I am going to get fit this year!" or "I'm going to lose 20 pounds!" Come up with a plan outlining steps to achieve this goal. Perhaps you can plan to attend two aerobics classes a week? You can take this even one step further and decide which classes you're going to take (i.e. I resolve to take a cycle class on Monday mornings and a strength training class on Wednesday evenings). Even if you don't lose the 20 pounds, you are bound to be more fit than when you started—and that is a real accomplishment.

Defining a reasonable resolution

One of my resolutions this year is to start competing in bike races—rather than just running races. The first thing I did was decide what my ultimate goal for the year was—and that is to do a century ride. So I went online and found a century ride that appealed to me—offered in a timeframe that allowed plenty of training. As soon as registration opens, I'm signing up. By signing up (and putting money down) way in advance, I'm much less likely to back out.

Having an Action Plan

Now that I know my goal, how do I make it happen? I need a plan. For me, that means writing out a weekly training schedule to prepare for the race. Once I have a schedule, I'm much better at follow-through. Another way of assuring I will reach this goal is by committing to do at least a few shorter races before attempting the big one.

Accountability

As soon as I decided on my goal, I told all my friends that a century ride was my next physical challenge. I even sent them the website of the one I wanted to do. Now there's no chance I'll back out! Once I say I'm going to do something—especially to a lot of people—I do it. Now friends will check-in—see how my training is going. It will keep me honest. (If you can actually talk a friend into participating in your particular goal—even better).

Can-do Attitude

Finally, this is something I WANT to accomplish...and something I KNOW I can accomplish. I just have to stick with my plan. Having a positive attitude about your resolution can do wonders towards achieving it. A lot of people say they want to lose weight and get in shape, but you really have to want it badly enough to do it. You have to be committed.

The Diet

For many, the goal of losing weight typically involves dieting. And believe me, there are a lot of crazy fad diets out there. Instead of eating cabbage soup for two weeks, why not take some small steps towards developing healthy eating habits. If you now eat dessert every night, try cutting back to one or two nights a week. If you eat red meat several times a week, try replacing it with fish or chicken for all but two meals. How about eating your dinner on a smaller plate or just resisting seconds?

Keeping a food diary is another way to eat healthier. You'd be amazed at how much you actually put in your mouth each day once you see it in writing.

A final thought on food...skipping meals and starving oneself is NOT the way to lose weight and stick by your New Year's resolution. Feed your body when it is hungry. It keeps the metabolism in check. Just feed it healthy foods. Instead of heading to the vending machine, pack a granola bar, veggies or fruit.

Here's wishing you a happy and healthy New Year. May all your resolutions come true!

INFORMATION YOU CAN FIND AT OUR WEBSITE ~ www.ocec-inc.com

- Make a payment with your credit card, debit card, or e-check
 - Check your balance, payment history, consumption history and other detailed billing information
 - Online Energy Audit
 - Kids Corner for educational purposes
 - Regulatory Information & Existing Rates
 - Products and Services offered by OCEC
 - Job Opportunities
 - Net Metering Information
 - Contacts at OCEC
 - Energy Calculator & Energy Library
 - Information on Co-op Connections Card
- Check it out today and see what's available!



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The power of human connections[®]

OCEC LOBBY HOURS
8 AM - 4 PM
Monday-Friday
Excluding Holidays, which
will be posted separately.

**INFORMATION REQUESTED BY
COOPERATIVE**

When you as a member of Otero County Electric Cooperative, Inc. perform some type of improvements around your home or property and you add electrical load, please notify OCEC so we can be assured that the equipment we have at your location is sized properly. Failure to do so may result in damage to your equipment and also the cooperative's equipment. So to avoid unnecessary outages or damages to equipment, please contact the cooperative office when you add a load at your location.

**USING LESS ENERGY TO
KEEP THINGS CLEAN**

Your ENERGY STAR-qualified clothes washer or dishwasher operates very efficiently. That's likely one of the reasons why you bought it.

But there are simple ways to further reduce how much electricity each of these appliances consumes. Selecting a lower water temperature—a cold wash/cold rinse setting, for example—on your washing machine will save energy dollars. You can also choose a lower water level for smaller loads, trimming water use. Some ENERGY STAR clothes washers even boast extra energy-cutting features such as pre-soak and “suds saver.”

Much of the energy used by your dishwasher—as much as 80 percent—goes for heating water. An ENERGY STAR-qualified dishwasher with a booster heater allows you to set the temperature on your home's water heater at a lower 120

degrees.

In addition, many ENERGY STAR dishwashers offer efficiency settings, such as “energy-saving” and “short-wash” cycles that shave both energy and water consumption. Most models come equipped with an air-drying option that helps lower electric bills.

TIP OF THE MONTH

Feel around doors and windows for air flow. Adding weather stripping or caulk around a leaky door or window can lower energy bills by keeping your heating system from working too hard to compensate for air leaving your home.



Source: U.S. Department of Energy

CHILI

Submitted by OCEC Member, Wanda Felten

Brown & drain 1 pound of hamburger and 1 chopped onion.

Transfer to a large Dutch oven or stock pot pan.

Add 1 large can cut up tomatoes and 1 regular can of drained kidney beans.

Add enough tomato juice to make it soupy.

Season with salt & pepper to personal taste.

Add 1 tablespoon McCormick Chili Powder for each pound of hamburger.

Simmer and serve.

Optional Ingredient: Add cooked macaroni when the soup is done simmering for a chili mac version.



**OTERO COUNTY ELECTRIC
COOPERATIVE, INC.
PO BOX 227
CLOUDCROFT, NEW MEXICO 88317**

- Lobby hours are 8:00 AM to 4:00 PM Monday through Friday. If service is interrupted, check your fuses and circuit breakers. If all your service is off, check with your neighbors.
- Report promptly if you think the trouble is on Otero County Electric Cooperative, Incorporated lines.
- When problem is on consumers side of the meter, the consumer will be charged for a false call for service.
- Please examine this bill carefully as it will be considered correct if we are not notified within 30 days.
- The statement enclosed does not include payments made after billing date.
- If you desire information on the use of electricity for any job, large or small, do not hesitate to call your Cooperative, come by the office, or write for information at any time.
- FOR EMERGENCIES OR POWER OUTAGES CALL (800) 548-4660.