

# CURRENTS

## JNEC's January 2026 Newsletter



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### Save money with a DIY home energy audit

Want to cut costs and make your home more comfortable? A DIY home energy audit can uncover hidden energy drains, like leaky windows, drafty ducts and inefficient appliances. Identifying trouble spots now can set you up for savings and comfort year-round.

#### Your step-by-step efficiency guide

Before you dive in, grab a few basic tools: flashlight, dust mask, tape measure and something to take notes (your phone works great!). We'll start with simple, no-cost changes you can do right away, then move on to tasks that take a little more effort.

#### Step 1: Adjust your thermostat

- Revisit your thermostat settings each season. Lowering the temperature at night or when no one is home is a simple way to cut costs.
- Use a smart thermostat for even greater savings. It automatically adjusts based on your schedule.
- Check with your utility provider for rebates or discounts on smart thermostat upgrades. [Editor's note: add specialized details here if applicable]

#### Step 2: Lower water heater temperature

- Lower your water heater temperature to save money and reduce the risk of scalding burns. Some water heaters are factory-set to 140 F, but most households only need 120 F.

#### Step 3: Find and fix energy vampires

- Shut off energy vampires — devices that draw electricity even when turned off. This idle load can account for 23% of your home's energy use.
- Unplug appliances when not in use and fully power down devices like computers or gaming consoles.
- Use a smart power strip to shut off multiple electronics at once — it's an easy way to stop energy waste at the source.

#### Step 4: Check your lighting

- Swap out older bulbs, like incandescent or CFLs, for LEDs. They use less energy and last longer. Lighting can account for about 10% of your electric bill.
- Add dimmers or timers to cut down on wasted electricity.
- Don't overlook outdoor fixtures. Choose LEDs with features like daylight shut-off or motion sensors for even more savings.

#### Step 5: Review major appliances

- Look for the ENERGY STAR label when buying new. If your refrigerator, washer, dryer or heat pump is more than 10 years old, it may be worth replacing rather than repairing. Newer appliances are more energy-efficient and can often pay for themselves in savings within a few years.
- Check your heating and cooling systems. Their lifespan can range from 10-30 years depending on the type and maintenance. If yours is older, start planning ahead for an upgrade.
- Replace air filters to keep your system running efficiently.

#### Step 6: Seal leaks

Air leaks can waste 10-20% of your home's energy each year, but they're often simple to fix. Here's where to look and how to seal them.

- Check baseboards, floor edges and wall-to-ceiling joints indoors.
- Focus on where different materials meet outdoors.
- Pay special attention to windows, doors, light fixtures, plumbing and outlets.
- Use caulk for gaps around windows, doors and baseboards.
- Add weatherstripping to doors and operable windows.

#### Step 7: Inspect insulation

Check attic insulation:

- Grab your dust mask and tape measure to check the depth of the insulation. It should be at least 12 inches deep, but you may need more depending on the type and your climate. Check EnergyStar.gov for recommended R-values.
- Spread insulation evenly. Loose-fill or blown-in insulation should be fluffy with even coverage, while rolled batt insulation should fit snugly with no gaps.

Inspect exterior walls:

- Check insulation by turning off the power, removing an outlet cover or switch plate and shining a flashlight into the cavity. Many homes built before the 1960s have little to no insulation, and houses from the 1960s-70s often need more.
- Call a professional to blow in insulation (from the outside or inside) if wall insulation is missing.

For renters: You may not be able to make major upgrades, but you can ask your landlord to seal leaks or start small with temporary fixes. **Enjoy your energy savings!**

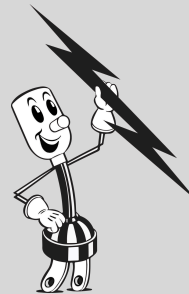
Don't forget  
**APPLICATION DEADLINE**  
for all of the following:

**ETREYS**



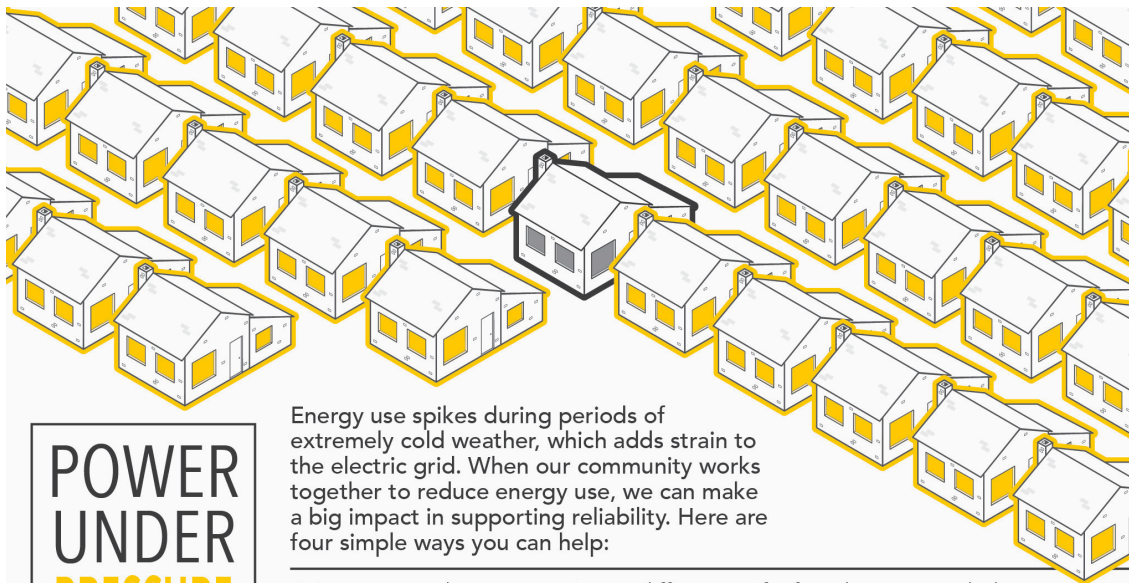
Due to the Kirbyville JNEC Office by  
**5PM, February 6, 2026**

HAPPY NEW YEAR  
2026



## TIPS TO AVOID **ENERGY SCAMS**

Beware of “winter bill relief” energy scams. Scammers often exploit high winter bills by offering fake discount or relief programs. They may ask for upfront payments or personal details to lower your rate. Legitimate utilities never demand gift cards, wire transfers or payment through apps like PayPal or Venmo. Always verify offers directly by calling your utility’s phone number located on your energy bill—do not call any phone numbers provided in a suspicious email or text. Remember to take time to confirm before you pay; real savings programs won’t pressure you for immediate action.



## POWER UNDER PRESSURE

Four Ways to  
Ease Grid Strain  
This Winter

Energy use spikes during periods of extremely cold weather, which adds strain to the electric grid. When our community works together to reduce energy use, we can make a big impact in supporting reliability. Here are four simple ways you can help:

1. Lower your thermostat. Even a difference of a few degrees can help.
2. Delay using large appliances. Run them in the evenings or midday when demand is lower.
3. Lower your water heater to 120 degrees and avoid back-to-back showers.
4. Unplug unnecessary devices. Electronics and lighting add up. Unplug any unused items.

