



NINNESCAH RURAL ELECTRIC COOPERATIVE

# Watts Ahead

## Ninnescah Rural Electric Co-op, Inc.

### Board of Trustees

**Ronald Schultz**  
President

**Glen Honeman**  
Vice President

**Paul Unruh**  
Secretary

**Edwin D. Lenkner**  
Treasurer

**Michael Christie**  
Trustee

**Bryan Francis**  
Trustee

**Lori R. Jones**  
Trustee

**Ruth Teichman**  
Trustee

**Kenneth E. Unruh**  
Trustee

### Staff

**Teresa Miller**  
General Manager

**Robert Lamatsch**  
Manager of Operations

### In Case of an Outage

If your electricity is off for more than a few minutes, please call 800-828-5538. The office hours are 8 a.m. to 5 p.m., Monday–Friday. After hours, calls will be answered by dispatch and forwarded to our on-call personnel.

## Latest and Greatest in Smart Home Tech

Today's smart home has grown to near Jetson-esque capabilities. The applications for home automation are racing ahead, fueled by the greater availability of wireless technology and the growth of the "internet of things."

The actual smart home gadgets and technologies continue to evolve, but mobile apps seem to be taking the lead. Let's catch up with the advances in some key areas.

Smart thermostats deserve top billing as they were truly the first smart device to become mainstream. Product choices abound with smart options for baseboard electric are being developed, while the focus remains solidly on convenience, energy savings and peace of mind.

Geofencing—GPS technology that

creates a virtual geographic boundary—is one of the best enhancements in this category. Link your smart thermostat to your smart phone, set a radius around your home, and whenever you cross that boundary your thermostat goes into away or return mode, depending on which way you are heading.

Smart security is surging. Smart door locks were the first entrants in this category. More recently, video doorbells have entered the fray where you can see who is at the door from wherever you are. Very slick.

Wireless cameras have dropped in price, allowing you to canvas your home and property to keep an eye on things anywhere. Get an alert? Open the app on

**Continued on page 16C ▶**

## SMART HOME TECH APPS

Smart home technologies are continuously improving, and companion mobile apps take the convenience to a new level. Check out some of the latest app functionalities.

### 1 Smart Thermostat Apps

Use geofencing on your smartphone to set a boundary around your home. When you leave the boundary, the thermostat will change to away or return mode.

### 2 Smart Security Apps

Video doorbells allow you to keep a watchful eye from anywhere, and smart security apps can send alerts to signal activity outside your home.

### 3 Smart Smoke and CO Sensor Apps

These apps have the ability to send alerts, conduct status checks and silence alarms.

### 4 Smart Appliance Apps

App functionality depends on the appliance. Refrigerator cameras allow you to see what needs to be stocked, and smart dryers can sense when electric use is high and turn off.

### 5 Smart Lighting Apps

Control lighting options for individual rooms. You can adjust brightness and color all from the convenience of your smartphone.



## ELECTRIC COOPERATIVE YOUTH TOUR

# Ninnescah Sends Trey Fisher to Nation's Capital

**TREY FISHER**, St. John, was awarded the opportunity to attend the 58th annual Electric Cooperative Youth Tour with 1,800 peers from across the nation from June 7 through 14. Ninnescah Electric selected Fisher as our representative through a quiz and an interview process.

Fisher joined other teens from across Kansas and Hawaii to spend a week touring Washington, D.C. There, delegates learned how to become community leaders.

"The biggest impact was the atmosphere. There were so many people and so much to do," Fisher said. "Coming from a place where the tallest building is a grain elevator to seeing skyscrapers everywhere was overwhelming."

While in D.C., the students toured the White House, the U.S. Capitol, the Holocaust Memorial Museum, the Smithsonian museums, Mt. Vernon, Arlington National Cemetery, the National Cathedral and many memorials and historical sites. The students also attended a professional baseball game, a theater performance at the John F. Kennedy Center for Performing Arts and saw the pandas at the National Zoo.

As part of the National Rural Electric Cooperative Association's National Youth Day on June 11, all of the state groups convened to learn from inspirational speakers. This year's keynote speaker was Mike Schlappi, a four-time Paralympic Medalist and two-time world wheelchair basketball

champion, who shared his inspiring message, "Just because you can't stand up doesn't mean you can't stand out!"

Ninnescah Electric is proud to have sponsored students on this trip.

"Youth Tour is a great opportunity that can change these students' lives," said Nancy Aschenbrenner, Ninnescah Rural Electric Youth Tour coordinator. "After touring our nation's capital, meeting our senators and congressional representatives and learning firsthand about how our government operates, they return home with a greater knowledge and memories that will last a lifetime."

To learn how you can participate in the Youth Tour program, contact Nancy Aschenbrenner at 800-828-5538. For more information about Youth Tour, visit [www.youthtour.coop](http://www.youthtour.coop).



Trey Fisher tours Mt. Vernon on the 2018 Electric Cooperative Youth Tour.



Thirty-nine delegates from Kansas and Hawaii stand in front of the White House during their tour of Washington, D.C., June 7-14.

**I will always remember walking to dinner the first day and not knowing anyone, but putting myself out there and making friends that will last a lifetime.**

**TREY FISHER**

## Latest and Greatest in Smart Home Tech

Continued from page 16A ▶

your mobile device and find out what's going on at home.

Smart smoke and carbon monoxide sensors are key in the safety sector, with the capability of sending alerts to your phone, allowing remote status checks and silencing alarms from the app—all without sacrificing that awful, ear-splitting alert we have come to know and love.

Smart appliances are slowly grinding forward. Refrigerators with cameras allow you to check for needed items while at the grocery store, and dryers sense when electric use is highest and turn off—talk about demand response! Even HVAC systems, including window air conditioners, are sporting mobile apps these days.

There is not a huge amount of automation for stoves and cooktops. Controlling this appliance remotely seems too dangerous unless the feature is to turn it off. In that case, chalk up another one for peace of mind by resolving that nagging vacation worry, “Did I turn the stove off?”

Smart lighting seems to have become a convergence of mood, efficiency, convenience and security. This is where a centralized hub and its software might make sense. Setting up a coordinated lighting schedule is easier from a single interface. Create “scenes” for individual rooms or for the whole house. For security, grab a scene that gives your castle a lived-in look.

Perhaps the coolest new entrants are the voice-controlled assistants. These are receiving a lot of attention and, depending on the capabilities they are given, have the potential to command everything via voice, freeing you from the tedium of opening an app to control something.

The smart home circa 2018 is a lot closer to the cartoon vision of the Jetsons. With the ease of installation, programming and use enabled by wireless technology and smart phone apps, anyone not already engaged with smart home tech should at least consider dipping a toe in the water.

## Welcome New Members

Riley D. Wadel – Greensburg

Brian E. Kirkpatrick – Stafford

Quintin Brennförder &/or Victoria Simonsen – Pratt

Jerry D. Shelton – Jenks, OK

Cimarron River Ranch – Haviland

Gold Standard Farms LLC – Waucoma, IL

Trevor Rosenbaum &/or Bethany N. Fickle – Pratt

Marvin L. Schmidtberger &/or Randy C. Huitt – Pratt

William B. Robinson – Preston

Matthew K. &/or Marci C. Wooster – Byers

## 5 STEPS FOR SAFE DIGGING

Working on an outdoor project? Always call 811 first, because you never know what's below. Here are five easy steps for safe digging:

Source: call811.com

### 1. NOTIFY

Call 811 or make a request online two to three days before you start.



Know what's below.  
Call before you dig.

### 2. WAIT

Wait two to three days for a response to your request. Affected utilities will send a locator to mark any underground utility lines.



### 3. CONFIRM

Confirm that all affected utilities have responded by comparing the markers to the list of utilities the 811 call center notified.



### 4. RESPECT

Respect the markers provided by the affected utilities. They are your guide for the duration of your project.



### 5. DIG CAREFULLY

If you can't avoid digging near the markers (within 18-24 inches on all sides, depending on state laws), consider moving your project.





# Recipes

from Our  
Members' Kitchens

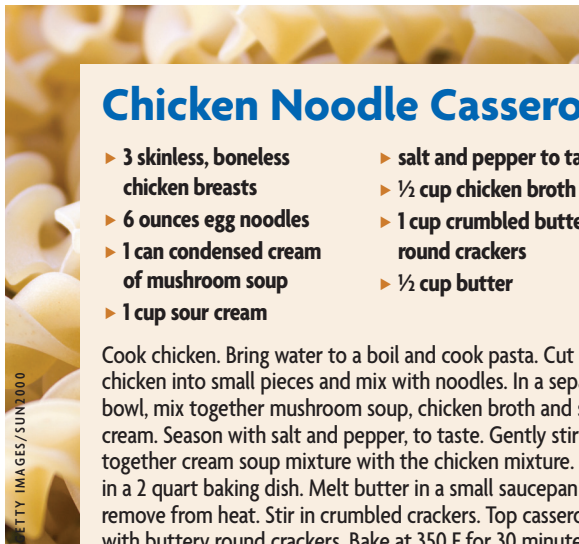


## Zucchini Casserole

- ▶ 2 cups chopped zucchini
- ▶ 1 cup chopped onion
- ▶ green pepper chopped
- ▶ 1 tsp. cumin
- ▶ 1 small can of green chilies (mild)
- ▶ chopped tomatoes
- ▶ garlic salt to taste
- ▶ 2 cups mozzarella cheese

Stir-fry zucchini, onion and green pepper till tender-crisp. Add garlic salt and chopped tomatoes. Stir and pour in casserole dish. Sprinkle with mozzarella cheese on top. Melt in oven. (I just leave mine in the skillet and cover with lid to melt cheese.)

*Nancy Aschenbrenner, Consumer Representative*

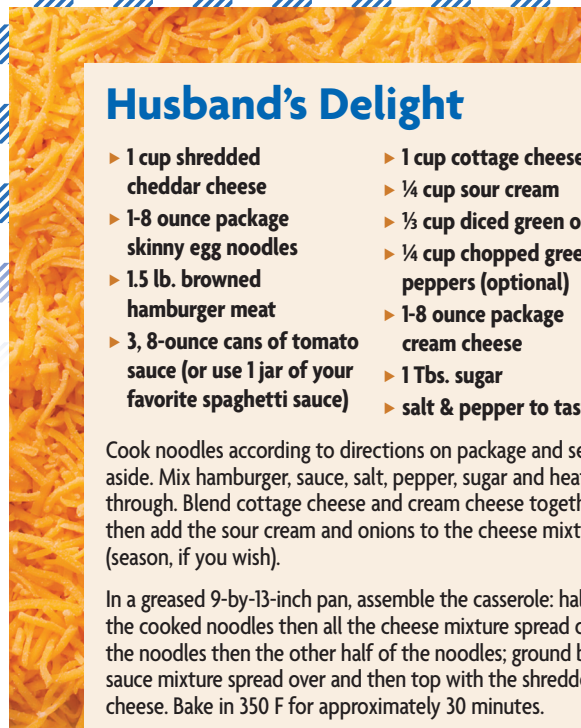


## Chicken Noodle Casserole

- ▶ 3 skinless, boneless chicken breasts
- ▶ 6 ounces egg noodles
- ▶ 1 can condensed cream of mushroom soup
- ▶ 1 cup sour cream
- ▶ salt and pepper to taste
- ▶ ½ cup chicken broth
- ▶ 1 cup crumbled buttery round crackers
- ▶ ½ cup butter

Cook chicken. Bring water to a boil and cook pasta. Cut chicken into small pieces and mix with noodles. In a separate bowl, mix together mushroom soup, chicken broth and sour cream. Season with salt and pepper, to taste. Gently stir together cream soup mixture with the chicken mixture. Place in a 2 quart baking dish. Melt butter in a small saucepan and remove from heat. Stir in crumbled crackers. Top casserole with buttery round crackers. Bake at 350 F for 30 minutes.

*Sarah Ezell, Accounting Assistant*



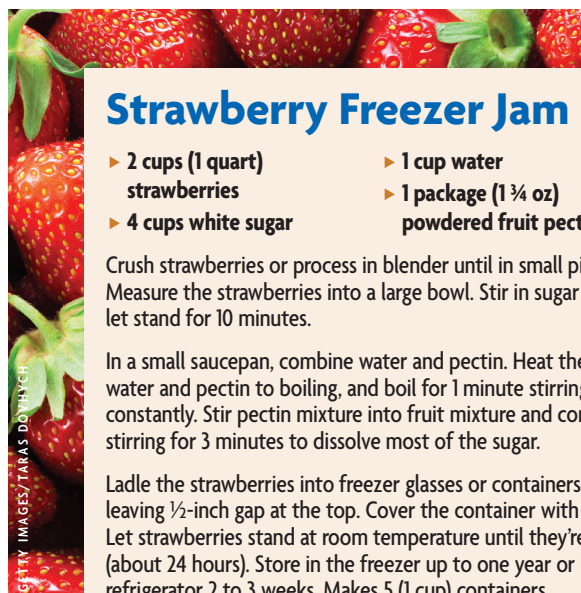
## Husband's Delight

- ▶ 1 cup shredded cheddar cheese
- ▶ 1-8 ounce package skinny egg noodles
- ▶ 1.5 lb. browned hamburger meat
- ▶ 3, 8-ounce cans of tomato sauce (or use 1 jar of your favorite spaghetti sauce)
- ▶ 1 cup cottage cheese
- ▶ ¼ cup sour cream
- ▶ ½ cup diced green onions
- ▶ ¼ cup chopped green peppers (optional)
- ▶ 1-8 ounce package cream cheese
- ▶ 1 Tbs. sugar
- ▶ salt & pepper to taste

Cook noodles according to directions on package and set aside. Mix hamburger, sauce, salt, pepper, sugar and heat through. Blend cottage cheese and cream cheese together, then add the sour cream and onions to the cheese mixture (season, if you wish).

In a greased 9-by-13-inch pan, assemble the casserole: half of the cooked noodles then all the cheese mixture spread over the noodles then the other half of the noodles; ground beef/sauce mixture spread over and then top with the shredded cheese. Bake in 350 F for approximately 30 minutes.

*Leslie Abbott, GIS Mapping Technician*



## Strawberry Freezer Jam

- ▶ 2 cups (1 quart) strawberries
- ▶ 4 cups white sugar
- ▶ 1 cup water
- ▶ 1 package (1 ¼ oz) powdered fruit pectin

Crush strawberries or process in blender until in small pieces. Measure the strawberries into a large bowl. Stir in sugar and let stand for 10 minutes.

In a small saucepan, combine water and pectin. Heat the water and pectin to boiling, and boil for 1 minute stirring constantly. Stir pectin mixture into fruit mixture and continue stirring for 3 minutes to dissolve most of the sugar.

Ladle the strawberries into freezer glasses or containers leaving ½-inch gap at the top. Cover the container with lids. Let strawberries stand at room temperature until they're set (about 24 hours). Store in the freezer up to one year or in the refrigerator 2 to 3 weeks. Makes 5 (1 cup) containers.

*Laura Wade, Work Order Clerk*

## Want to share your recipe?

We hope you enjoy these recipes.

In order to continue this page,

**PLEASE** submit your favorite recipes.

In your submission, include the following:

- ▶ Your name and contact information;
- ▶ Ninnescah account number; and
- ▶ the recipe (clearly printed or typed).

Email your entry to:

naschenbrenner@ninnescan.com or mail to  
Ninnescah Rural Electric Attn: Recipes  
P.O. Box 967, Pratt, KS 67124