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NINNESCAH RURAL ELECTRIC COOPERATIVE

Watts Ahead

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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.

Reflect and Honor: May is Military Appreciation Month

May is Military Appreciation Month, and in the words of John F. Kennedy, “As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

I hope you will join me this month in pausing to reflect on those who gave the ultimate sacrifice so we can enjoy the freedoms their service affords us in this great country. It’s also timely and appropriate to thank those who are integral to our country’s response in times of crisis.

Early on as the coronavirus was declared a pandemic, U.S. military bases quickly transitioned to quarantine quarters for individuals returning to the U.S. from abroad. U.S. Army researchers at Army Medical Research and Development Command and Fort Detrick in Maryland and the Center for Infectious Disease Research at Walter Reed Army Institute of Research have been involved in conducting research on a potential coronavirus vaccine. And the National Guard in many states, including Kansas, continues to respond to the pandemic by providing transportation and logistics support, distributing food and essential supplies and working to protect the health and safety of all Americans.

The Department of Defense is

one of the largest energy consumers worldwide and the single largest energy consumer in the U.S. We, like other electric co-ops across Kansas and the country, work closely with military installations, providing electricity and partnering on various projects.

At Ninnescah Rural Electric, we are proud to serve active military, veterans and their families within our service territory. At the national level, we support the Vets Power Us program, which is aimed at employing and honoring veterans, active military and their spouses. This effort helps veterans understand potential career paths with electric co-ops and in turn, provides co-ops with best practices in attracting, onboarding and retaining veterans.

Not only do we pause on Memorial Day to remember the sacrifice and service of those who gave all, but the month also holds several other military anniversaries and events, including Military Spouse Appreciation Day on May 8, and Armed Forces Day on May 16.

Ninnescah Rural Electric is proud to be a part of the electric cooperative network that honors and supports activity military and veterans of all ages, ranks and branches of service. Please join us in taking a moment to show your appreciation to them — not just this month, but every month.

IT CAN WAIT

AVOID ALL DISTRACTIONS WHILE DRIVING

Our crews often work roadside. Please pay attention when approaching a work zone and respect and obey orange work zone signs. Slow down, move over, and follow any other instructions when approaching and moving through a work zone.

According to the U.S. Department of Transportation's National Highway Traffic Safety Administration:

- ▶ **9%** of fatal crashes in 2017 were reported as distraction-affected crashes.
- ▶ In 2017, there were **3,166 people** killed in motor vehicle crashes involving distracted drivers.
- ▶ **6%** of all drivers involved in fatal crashes were reported as distracted at the time of the crashes.
- ▶ Ages **15-19** have the largest proportion of drivers who were distracted at the time of the fatal crashes.
- ▶ In 2017, **599 pedestrians, bicyclists and others** were killed in distraction-affected crashes.

Electrical Safety: What Your Teen Should Know

Parents of teens can relate: You want to share important information with your teen but he or she braces for the next lecture. Your teen may give you the quintessential eye roll, but sharing the following safety information could help save his or her life.

So when the time is right, relay this information to your teenager to prevent electrical shock.

At Home

- ▶ Do not use a cell phone near the bathtub or sink or with wet hands while it is plugged in and charging. Do not use an extension cord in the bathroom to extend your phone's reach closer to the tub. Teens have died after a charging phone dropped into bathwater.
- ▶ Do not sleep with your charging cell phone under your pillow or in bed with you. The phone can overheat, causing bedding to catch on fire or burns to the skin. Also, a short in the charging cord can cause electrical shock when you are using your phone. This is especially a risk when using generic or incompatible charging equipment. Always replace charging equipment with brand name/matching items. They cost more, but they are less likely to malfunction.
- ▶ Do not charge your cell phone, tablet or other devices on soft surfaces such as a blanket, pillow or bedding.

On the Road

- ▶ **THIS ADVICE CAN SAVE YOUR TEEN'S LIFE:** If you are in an accident involving a downed power line or damaged pad-mount transformer or other electrical equipment, **DO NOT** get out of your car. Call 911, warn others to stay away and to wait for assistance.
- ▶ Only exit if there is smoke or your car is on fire. If that is the case,

make a solid jump out of the vehicle without touching the car and hop with feet together as far as you can.

DO NOT WALK. If there is damaged power equipment, the ground and anything else the lines touch could have electrical current running through it.

- ▶ If you approach an accident with a downed power line, **DO NOT** attempt to help the victims and do not go near the scene. Instead, call 911 and warn others not to approach the area.

Outside

- ▶ Do not use plugged-in devices (e.g. a charging cell phone) near water like a pool or hot tub or in damp conditions.
- ▶ Sometimes electrical currents can leak into water and can cause electric shock drowning. If you feel odd sensations in a wading pool, hot tub or swimming pool, get out. If you are swimming in a lake and feel odd sensations in your body, such as tingling or zaps, swim away from the dock or other source of electricity (e.g. lights).

In the Dorm Room

- ▶ Do not hang decorative light strands with metal tacks or nails.
- ▶ Do not overload outlets or extension cords.
- ▶ Do not run extension cords under a rug or use them if they are frayed or cracked.
- ▶ Use extension cords with care, they are for temporary use only.
- ▶ Use reputable laboratory-tested cords.
- ▶ Only use appliances allowed by your dorm/campus.

Although you can't cover all these tips with your teen in one sitting, they are important to convey and could prevent injuries and save lives.

Don't Trim Trees Near Power Lines

There's really no other way to say it: Trimming branches or limbs near power lines can kill.

If you look the other way, get distracted when deciding which limb to trim next or lose your footing, you could inadvertently make contact with a power line. You might think you have a steady hand, but moving a few inches off course could be the last thing you do. No one is ever perfectly stable on a ladder, especially while carrying equipment.

It doesn't take contact with a wire to cause a fatal shock — electricity will jump to find the quickest path to the ground. Keep yourself, your tools

and your equipment more than 10 feet away from lines.

Did you know trimming within 10 feet in any direction of a power line is illegal? Only OSHA-certified line clearance workers are authorized to trim near power lines. So when hiring a tree trimmer to trim near power lines in your yard or on your property, make sure the person you hire is certified to do so.

REMEMBER: Keep yourself safe by hiring an OSHA-certified line clearance worker to trim your trees near power lines. It's the law and helps protect you. Trimming trees within 10 feet of a power line can be fatal or cause serious injuries.

Welcome New Members

Joseph S. Wylie &/or Emily Sarber
– Greensburg

Betty Gardner – Macksville

Gregory E. Fields – Pratt

Kay L. Stimatze – Kingman

Burke Jorns – Turon

Vernon &/or Betty Chinn – Pratt

Leland Wilson – Pratt

Bear Petroleum LLC – Haysville

STAY SAFE

WHEN STORMS ROLL YOUR WAY

If thunder roars, go indoors! Ensure you're practicing safe procedures during storm season. The National Weather Service recommends staying inside for at least 30 minutes after the last thunderclap.



Energy Efficiency Tip of the Month

When the weather is nice, put your grill to use! During summer months, cooking outdoors is a great way to save energy and eliminate unwanted heat from cooking indoors.

Source: [energy.gov](https://www.energy.gov)



We will be
CLOSED
on Memorial Day

In observance of the
Memorial Day holiday on
Monday, May 25, our office
will be closed.

Recipes

from Our
Members' Kitchens

We are sad but this will be our last recipe page as we have run out of recipes to share. Thank you to everyone who has shared their favorite recipes. If we receive recipes we will be glad to bring this page back!



Jalapeño Rolls

- ▶ 1 envelope of dry yeast
- ▶ 1 ¼ cup lukewarm water
- ▶ 2 Tbs. shortening
- ▶ 2 tsp. salt
- ▶ 2 Tbs. sugar
- ▶ 3 cups flour
- ▶ 3 Tbs. melted butter
- ▶ 4-6 jalapeño peppers, chopped
- ▶ 1 cup shredded cheddar cheese

Dissolve yeast in lukewarm water in bowl. Add shortening, salt, sugar and 1½ cups flour, mixing until smooth. Stir in remaining flour. Let rise in warm place until doubled. Punch down, stir about 25 times. Knead on floured surface until smooth and elastic. Roll into a rectangle. Brush with butter, sprinkle with peppers and cheese. Roll like a jelly roll, sealing ends and sides. Cut into slices – floss works really well for cutting. Place in greased 9x13 inch pan. Let rise until doubled. Bake at 375 F. in oven for 20 minutes or until golden brown. (If you spray waxed paper with cooking spray, it works really good for covering yeast items while rising.)

Brenda Head, Byers



Easy Breadsticks

- ▶ 3 Tbs. melted butter
- ▶ ¼ tsp. garlic salt
- ▶ 110 ct. can of biscuits
- ▶ 2 Tbs. flour

Combine butter and garlic salt; pour into an 8x8 inch baking pan. Roll biscuits into 5- or 6-inch strips on floured surface. Place in pan. Bake at 400 F. for 10-12 minutes or until golden brown. (I sprinkle mozzarella cheese on mine.)

Brenda Head, Byers

Want to share your recipe?

To submit your recipe please send or email the following information:

- ▶ Your name, contact information and Ninnescah account number
- ▶ The recipe (clearly printed or typed)

Send your entry to: Ninnescah Electric, Attn: Recipes, P.O. Box 967, Pratt, KS 67124 OR email to: naschenbrenner@ninnescan.com

We hope you are enjoying the recipes from your neighbors.

4 COMMON CULPRITS OF ELECTRICAL FIRES

Outdated wiring and overloaded circuits are the most common causes of electrical fires. Check the following areas of your home to ensure your home's electrical safety is up to par.



ELECTRICAL OUTLETS: Faulty electrical outlets are a leading cause of home fires. As outlets age, so do the wires behind them that you can't see. Loose, damaged or warm-to-the-touch outlets should be repaired or replaced.



ELECTRICAL WIRING: Outdated wiring is another common cause of electrical fires. Frequently tripped breakers, flickering lights and burning smells are clear warning signs. Homes older than 20 years may not be able to handle today's increased power load. If you suspect your home's wiring is outdated, contact a qualified electrician.



OVERLOADED CORDS AND OUTLETS: Extension cords are not permanent solutions. If your big-screen TV, computer and other electronics are plugged into one extension cord, it's time to call an electrician and install additional outlets.



OLD APPLIANCES: Older appliances are more likely to have loose or damaged wiring, which means they're more likely to catch fire. Check older appliances for damage and determine if it's time to upgrade or replace. Also check to ensure you're using appliance-grade outlets. A qualified electrician can help with installation.