

# Watts Ahead

P.O. Box 967, Pratt, KS 67124 • 620-672-5538 • 800-828-5538 • www.ninnescah.com

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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.

## Don't Blow it in a Storm

The months of April through July represent the most active months for severe storms, lightning strikes, and tornadoes.

Ninnescah Electric wants to remind everyone of a few tips to stay safe before, during and after severe storms.

### Before the Storm

- ▶ **Assemble a kit of essentials, like battery-operated flashlights and radios.** Keep a list of emergency phone numbers that includes the electric utility. Be prepared for the possibility of a prolonged outage due to power line and electric equipment damage.
- ▶ **Fill spare containers with water for washing, and keep a supply of bottled drinking water on**



Keep family and friends away from all downed power lines.

**hand.** Maintain a supply of non-perishable food items, along with a hand opener for canned food.

- ▶ **During an outage, switch off lights and appliances to prevent overloading circuits and damaging appliances when power**

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## Blasi Receives Merchant Job Training Recognition

**PAT BLASI** has successfully completed one of the most comprehensive training programs for power line personnel. The Merchants Job Training Safety (MJTS) Program is administered to line personnel in 38 states of the United States. MJTS is under contract with NRECA International, Ltd supplying a Spanish program for use around the world.

The academic program is administered online using computers and fax ma-

chines for immediate response including assistance through a web site. Each utility has an acting Training Coordinator assisting their trainees by administering testing. The coordinators manage their own people throughout the training process from rules set by MJTS and the statewide association.

Ninnescah Electric congratulates Pat on his successful completion of the Merchant Job Training program.



Pat Blasi

## Play Up Outdoor Electrical Safety to Children

Warm, sunny days beckon the child in all of us to head outside and play. Ninnescah Electric Cooperative recommends that families review and stress to children to follow simple electrical safety rules for safe outdoor play.

Help keep your kids out of harm's way when they play outdoors. Children often do not understand the dangers of electricity. Make them aware of overhead power lines and electrical equipment, and emphasize they should never climb or play near them.

We recommend that children be taught to follow these rules:

- ▶ **Never climb trees near power lines.** Even if the power lines are not touching the tree, they could touch when more weight is added to the branch.
- ▶ **Fly kites and model airplanes in large open areas like a park or a field, safely away from trees and overhead power lines.** If a kite gets stuck in a tree that's near power lines, don't climb up to get it. Contact your local electric cooperative for assistance.
- ▶ **Never climb a utility pole or tower.**
- ▶ **Don't play on or around pad-mounted electrical equipment.**
- ▶ **Never go into an electric substation for any reason.** Electric substations contain high-voltage equipment, which can be deadly. Never rescue a pet or retrieve a ball or toy that goes inside. Call your local electric cooperative instead.

When designing an outdoor play area for your children, do not install playground equipment or swimming pools underneath or near power lines. Protect all family members from serious shock and injuries by installing and using outdoor outlets with ground fault circuit interrupters (GFCI). Use portable GFCIs for outdoor outlets that don't have them. Be careful using electrical appliances outdoors, even if plugged into GFCI-equipped outlets.

Water always attracts kids, but water and electricity never mix. Teach older children to exercise caution before plugging in a radio, CD player, or any electrical gadget outdoors, and keep all electrical appliances at least ten feet away from hot tubs, pools, ponds, puddles and wet surfaces.

Make sure all of your family members know to stay away from downed power lines and wires, and tell children to report to an adult any fallen or dangling wires.

# Don't Blow it in a Storm

*Continued from page 20-A* ▶

**is restored.** Leave one lamp or switch on as a signal for when your power returns.

- ▶ **Tune into your local weather station if you suspect severe weather is brewing.** Understand the National Weather Service warning classification system. A tornado or severe storm watch means that conditions are favorable for those weather conditions forming. A warning means that dangerous weather conditions are developing and imminent.
- ▶ **Consider having Ground Fault Circuit Interrupters (GFCIs) professionally installed or purchasing a portable GFCI.** GFCIs can cut off power if there is a problem and are recommended for outdoor outlets and areas of the home that are prone to water exposure such as basements, bathrooms, kitchens, laundry rooms, etc.
- ▶ **Lightning can travel up to 10 miles away from a storm, so seek shelter as soon as you hear thunder.**

## After the Storm

- ▶ **When venturing outside after a severe storm, stay away from downed power lines and be alert to the possibility that tree limbs or debris may hide an electrical hazard.** Assume that any dangling wires you encounter are electrical, and treat all downed or hanging power lines as if they are energized. Warn others to stay away and contact the electric utility.
  - ▶ **If you are driving and come upon a downed power line, stay in your vehicle, warn others to stay away and contact emergency personnel or electric utility.**
- Also when driving, be careful at intersections where traffic lights may be out. Stop at all railroad crossings, and treat road intersections with traffic signals as a four-way stop before proceeding with caution.
- ▶ **Before re-entering storm-damaged buildings or rooms, be sure all electric and gas services are turned off.** Never attempt to turn off power at the breaker box if you must stand in water to do so. If you can't reach your breaker box safely, call your electric utility to shut off power at the meter.
  - ▶ **Never step into a flooded basement or other area if water is covering electrical outlets, appliances or cords.** Be alert to any electrical equipment that could be energized and in contact with water. Never touch electrical appliances, cords or wires while you are wet or standing in water.
  - ▶ **Cleaning up and using water-damaged appliances also carry safety risks.** Electric motors in appliances that have been drenched or submerged should be thoroughly cleaned and reconditioned before they are put back into service. It may be necessary to repair or replace electrical appliances or tools that have been in contact with water. Do not use any water-damaged appliance until a professional has approved it for use.
  - ▶ **When using a generator, follow all manufacturers' recommendations to avoid tragedy.** Keep the generator dry and never plug it into a wall outlet or directly into the home's wiring. This could inadvertently energize the utility lines and injure yourself or others working to restore power.

## Recipes from Ninnescah's Members

Thank you for submitting and sharing  
**YOUR** favorite recipes!

### PINEAPPLE SHEET CAKE

<b>Cake</b>	1 ½ c sugar	½ c brown sugar	<b>Glaze</b>
2 c flour	1-20oz can of crushed pineapple	¼ c nuts	1 stick oleo
1 t soda			¾ c sugar
2 eggs			¾ c milk

Stir above together and spread on sheet cake pan—don't grease or flour your pan. Then sprinkle with brown sugar and nuts on top of dough. Bake until light brown at 350.

Boil oleo, sugar and milk for three minutes. Add 1 t vanilla and pour over cake while hot.

*Submitted by Jannetta Swafford, Pratt*

### GROUND BEEF CASSEROLE

1 lb ground beef	1 can celery or mushroom soup	¾ soup can of milk
½ small onion, chopped	1 can cheddar cheese soup or 1 ½ c shredded cheese	Potato chips
Salt & pepper to taste		1 c cooked macaroni
1 t to 1 T taco seasoning		

Brown beef, onion, salt, pepper to taste—when done add taco seasoning. Stir well. Add all of the rest of the ingredients except potato chips. Stir well. Pour into greased casserole dish and top with crushed potato chips. Bake at 350 for 30 minutes. Sprinkle a little chili powder on each serving.

*Submitted by Carolyn Keller, Medicine Lodge*

## Attention—Please Continue to Send Your Recipes

We would love to be able to feature 2 -3 recipes every month.  
Thanks so much for helping us keep our local recipe page.

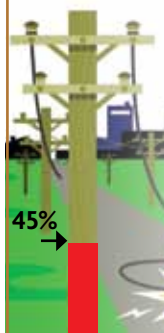
### How to Submit

To submit your recipe please send the following information:

- ▶ Your name
- ▶ Contact information
- ▶ 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 e-mail to naschenbrenner@  
ninnescah.com

### FEMA Rebuild Update



As of April  
30, we have  
completed  
183 miles of  
FEMA rebuild  
work.

### Welcome New Members

**Bradley W. Ransom—Pratt**

**Andrew Unruh—Greensburg**

**Alan D. Cutright—Preston**

**Anita R. Ewing—Wichita**

**Nex-Tech Wireless—Hays**

### Holiday Closing



When you see a veteran, just say two little words that mean a lot more to them than any medals they were awarded, "thank you".

Ninnescah Electric office will be closed in observance of Independence Day on Monday, July 5.

### Happy Father's Day

Don't forget  
your dad  
this  
Father's Day,  
Sunday,  
June 20.



## ENERGY EFFICIENCY TIPS

# Bigger isn't Better! BY DOUG RYE



Doug Rye

“If it is worth doing, do it right.”

Bigger isn't better! What is the proper size heating and cooling system for your house or business? The answer is—the size that will heat your structure on the coldest winter night and cool it on the hottest summer day.

That sounds simple enough, but you might be surprised to learn that most houses and other structures have a much larger unit than they need. Oversized systems have several disadvantages.

- ▶ **No. 1:** Oversized units cost more.
- ▶ **No. 2:** Oversized cooling systems don't run enough to remove humidity, thereby allowing the air to feel sticky and giving mold the chance to form. It takes an air conditioner compressor about seven minutes of run time to reach its maximum efficiency. It uses the most energy when it first starts. That's the reason lights dim in some buildings when the air conditioning unit kicks on.
- ▶ **No. 3:** Oversized units simply require more electricity to operate than do smaller units.
- ▶ **No. 4:** Oversized units have a shorter lifespan than one that is properly sized.

On the other hand, properly sized units have many advantages.

First of all, they provide a better, more even air comfort level (no one needs sudden hot or cold blasts of air). When it comes to heat pumps, it is absolutely essential that they

be sized properly for the air to feel sufficiently warm during cold weather.

So what size system do you need? Beats me! The bad news is, I need to know a lot of things about your home or business to answer that question. I need to know the location of the structure (South Texas or North Michigan?), the direction the house faces (west is the hot side), ceiling height, insulation values, air infiltration problems (fireplaces, vents), type of windows, number of people in the structure and heat producing equipment (stoves, popcorn machines).

Yes, many things affect the size of your system. The good news is that it isn't that difficult to calculate. Now, please heed my advice. Don't let Bubba, Doug Rye, or anyone guess at the size heating and cooling system you need. Instead, make sure your contractor takes the time to calculate the proper size unit you need.

Like my daddy said, “If it is worth doing, do it right.” If you need help sizing your system, call me at the office at 501-653-7931. I'll be glad to help.

**DOUG RYE** is a licensed architect and the popular host of the “Home Remedies” radio show. You can contact Doug at 888-Doug-Rye. Source: Arkansas Electric Cooperatives Corporation.



## Working *on the* LINE

Ninnescah Rural Electric apprentice lineman, Robert Lamatsch (second from left), discusses electrical safety at the Pratt Regional Medical Center Health Fair.