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BACK-TO-SCHOOL TIME IS A GOOD TIME TO TEACH Electrical Safety!

There's no better time than "back to school" time to teach your children well about electrical safety. Electricity is a dynamic power source. We live our lives surrounded by it, but sometimes we forget just how dangerous electricity can be. Many home electrical fires, injuries and electrocutions can be prevented when we understand and practice electrical safety. This is especially true for our youngest co-op members.

Throughout the year, Indian Electric Cooperative offers value-added benefits to help teach youngsters about electricity. For example, safety demonstrations at local schools. But as your child's first and most important teacher, perhaps it's time to have a talk with your sons and daughters to reinforce those lessons.

Start at an early age, teaching them about the physical dangers associated with electrical components and how to handle electrical plugs, outlets, switches and other devices. Keep in mind, talking to your children about electrical safety should also include fun activities and facts about the basics—what is electricity, the need to respect its power and how to use it efficiently as they study, work and play.

As we all know, kids will be kids. Getting them to show interest in some of these lessons won't be easy. Just remember that what your children learn from you today can be a lifesaver later when they encounter potential hazards like downed power lines in their path, play hide-and-seek behind those big metal electrical boxes in the neighborhood or are tempted to clamber up a utility pole.

Gather your youngsters around the kitchen table or on the front porch—some of the best teachable moments about electrical safety can happen in and around your home. Look around. There are plenty of opportunities to demonstrate safety that are as close as the electrical outlet on your living room wall. For example, show young children how plugs work, and let them know that even if they are curious about the slits of an electrical outlet, nothing else should be placed inside. Each year about 2,400 children end up in the emergency room after suffering injuries caused by inserting objects—paper clips, pens, screws, nails, forks, hair pins, coins and more—into electrical receptacles. That's about seven children a day who sustain injuries ranging from electric shock to burns.

Help keep home safe — teach your children the basics of electrical safety.

But this isn't the only electrical mishap that impacts youngsters. Our reliance on electronics and gadgets have left both youngsters and their parents at risk when they overcrowd electrical outlets, continue to use frayed wires, place devices near liquids or leave electronics on for long periods of time.

Some of the same guidelines IEC offers to protect adults also help protect children. We should all set good examples for our youngsters.

Supplement your lessons at home with resources galore; including those provided by IEC. The Electrical Safety Foundational International (www.esfi.org) is among the many national organizations offering free kits, videos and interactive online tools that make learning and practicing electrical safety fun for you and your children. And as they grow older, remember to keep teaching them about the power of electricity and how to use it safely.

IEC
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918-295-9500 www.iecok.com

ENERGY EFFICIENCY

During high temp months like August, our homes can be extremely hot, making living conditions uncomfortable. Before you fire up your air conditioner, try cooling off with a ceiling fan first. Using ceiling fans can actually raise your thermostat setting by 4 degrees and still feel just as comfortable.

Source: U.S. Department of Energy

CONNECTING WITH COMMUNITIES: It's time for Pawnee Bill Rodeo. See page 3.

Oklahoma Women in Agriculture & Small Business Conference Aug. 7-8

OKLAHOMA CITY, Okla. – Oklahoma's Statewide Women in Agriculture and Small Business Conference will take place Aug. 7-8 at the Moore-Norman Technology Center.

"The focus of the two-day conference is to assist women and producers to successfully manage risk for their agricultural enterprises or small businesses," said Damona Doye, Oklahoma State University Cooperative Extension farm management specialist.

Cost is $50 per participant if registering by Aug. 1 and $60 thereafter. Registration includes two breakfasts, two lunches, all refreshment breaks, conference materials and an optional post-conference training Aug. 8 from 2-5 p.m. on farm transitions and estate planning.

Registration forms and additional information are available at http://www.OKWomeninAgandSmallBusiness.com on the Internet, or by calling the OSU Department of Agricultural Economics at 405-744-9826.

The Moore-Norman Technology Center is located at 13301 S. Pennsylvania Ave. in the Oklahoma City metropolitan area.

A number of concurrent sessions will be offered during the conference. Sessions will focus on a variety of high-profile topics about agriculture, alternative enterprises and business and finance. Participants will be able to attend sessions of most interest and value to them.

"The conference is a great resource to learn the latest information on topics that empower women to solve issues and concerns of importance to them, their families and communities," Doye said. "A particular strength of the conference is the ability of participants to personalize their experience."

Keynote speakers are Jane Jenkins-Herlong, a professional speaker, Amazon "best-selling" author and humorist, and Matt Rush, a fourth-generation farmer and cattle rancher and professional speaker who conducts leadership and motivational seminars.

"Opportunities for informal networking between participants and interaction with conference experts often lead to personal and professional inspiration, ideas and solutions, as do the informational booths and women-owned businesses featured in the mini-mall," Doye said.

The two-day event is sponsored by the U.S. Department of Agriculture's Risk Management Agency, Oklahoma Cooperative Extension Service and numerous sponsors who have helped keep costs low to participants.

Post-conference training features will include the Farm Transition workshop, led by OSU agricultural economists Rodney Jones and Shannon Ferrell. The workshop is for family farmers and ranchers interested in learning about the components of a successful farm transition. The workshop is free for conference participants.

"The Statewide Women in Agriculture and Small Business Conference really is the place to be in August," Doye said. "Think of it as one-stop shopping to build awareness and skills."

Additional information is available at http://www.OKWomeninAgandSmallBusiness.com on the Internet, or by contacting Doye by e-mail at damona.doye@okstate.edu or Sara Siems, project manager, by email at sara.siems@okstate.edu.

Summer energy efficiency: myth vs. fact

Myth: When I'm not home, keeping my air conditioner at a lower temperature throughout the day means it doesn't have to run harder to cool my home when I return.

Fact: To save energy, set your thermostat to a higher temperature during the day, and lower it when you return home.

Myth: Closing vents on my central air conditioning system will boost efficiency.

Fact: Closing vents can cause the compressor to cycle too frequently and the heat pump to overload. You'll also use more energy.

Myth: Time of day doesn't matter when it comes to running my appliances.

Fact: Time of day does matter when running electrical loads. For example, take advantage of the delay setting and run your dishwasher at night to avoid peak times of use and save energy.

Myth: Bigger is always better when it comes to cooling equipment.

Fact: Too often, cooling equipment isn't sized properly and leads to higher electric bills. A unit that's too large for your home will not cool evenly and might produce higher humidity indoors.

Keep your refrigerator humming

The refrigerator is one of the home's biggest energy hogs. But you can help it run more efficiently by:

• Keeping it level. A fridge on an uneven floor can lean forward just enough to prevent the door gasket from sealing tightly when the door is closed.

• Checking gaskets. Even on a level floor, a refrigerator's door gasket can wear out over time. If your door isn't closing tightly, replace the gasket.

• Filling it up. A full refrigerator and freezer work more efficiently than a half-empty one. If you don't have enough food and beverages in the refrigerator, fill it with jugs of water until about two-thirds of the empty space is taken. Same goes for the freezer: Pack bags full of ice and scatter them around in the freezer so it's at least three-quarters full.

• Cooling food before refrigerating it. Putting hot food into a refrigerator or freezer forces the unit to adjust its temperature to compensate for the heat.

• Covering food before storing it in the fridge. Uncovered food and liquids release moisture and can force the compressor to work harder.

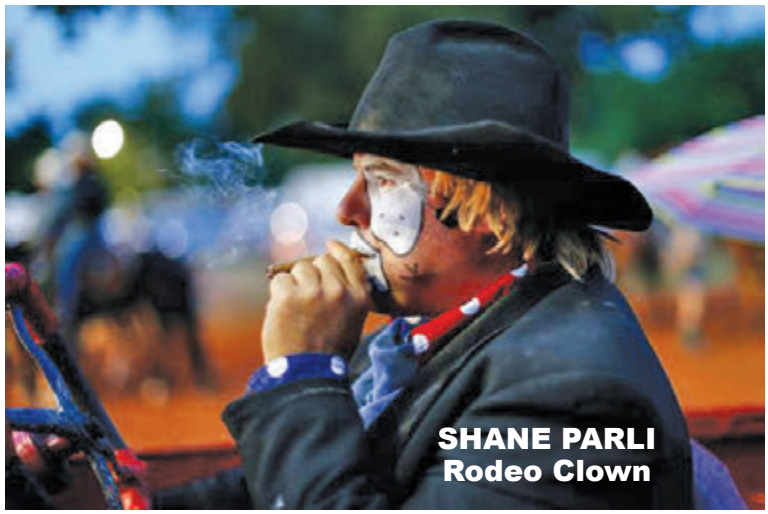
• Moving the unit out of the sunlight and away from the oven. It has to work harder to keep everything cool when the outside of it is exposed to heat.

• Leaving it some breathing room. So it can properly ventilate, a refrigerator needs some clearance between its top and the cabinets above it and between its sides and the walls. Likewise, don't use the top of a refrigerator for storage. Cartons and other items can restrict airflow.

• Cleaning it. Regularly wipe dust, dirt and cobwebs from the top of the fridge and from the coils behind it.

Pawnee Rodeo: Three Days Of Excitement

The Pawnee Bill Memorial Rodeo is set for August 7, 8 and 9 at the Lakeside Arena in Pawnee and according to Ronnie Jestes, chairperson of the Pawnee Lake Rodeo Foundation, this 29th annual edition of the rodeo will build on what has made it successful while making small changes designed to enhance the experience for both fans and participants.



SHANE PARLI
Rodeo Clown

"We've added some seating and improved access to those seats as well as having made some changes to the stock handling areas that should make the performances flow more smoothly," Jestes stated, crediting the rodeo's sponsors and fans for making these improvements possible.

"Our longtime sponsors and friends have stayed with us through the years and new sponsors have been eager this year to become a part of our rodeo. That support is helpful and very gratifying," Jestes said.

Trick Rider Lindy Nealey

The Hampton Rodeo Company, Springdale, Ark., 16-consecutive time International Professional Rodeo Association (IPRA) stock contractor of the year, returns to Pawnee to produce the rodeo.

Appearing with the Hampton Company is rodeo announcer Danny Newland, Dennard, Ark., a seven-time selection as announcer at the International Finals Rodeo in Oklahoma City, and Miss Rodeo USA, Elisa Swenson, of Lakeside, Calif., the 51st such representative of the IPRA. She will also assist with the Pawnee Bill Memorial Rodeo Queen Pageant, the winner of which is eligible to compete for the 2015 Miss Rodeo USA title.

Lindy Nealey, Bloomington, Ill., winner of the IPRA Contact Acts Showcase 2014, appears at the Pawnee Bill Memorial for the first time, Nealey, 22, is a trick rider who has been performing since the age of 10, most recently in the film Dakota's Summer.

Shane Parli, Morrison, Okla., performs nightly as clown and barrelman. Parli is returning to the Pawnee Bill Memorial, but appears for the first time as a headliner. He has previously appeared with his father Gary, a longtime PRCA and IPRA rodeo clown who recently retired.

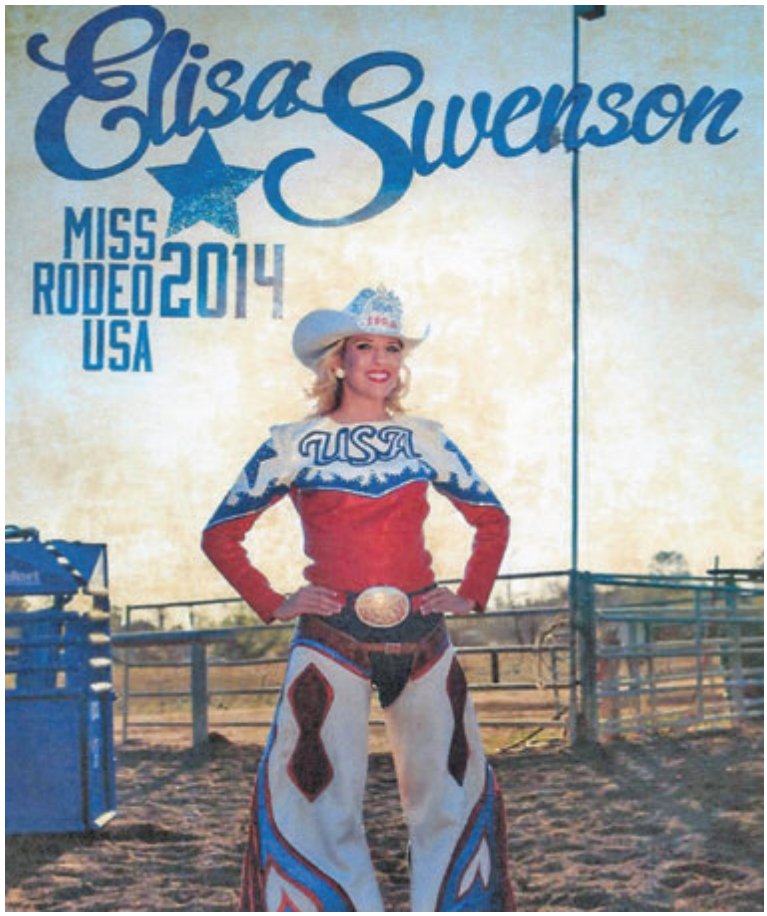
Peggy Coleman, a driving force behind the rodeo for most of its 29 years, is the 2014 Rodeo Honoree. Recognized for her selfless contributions to the rodeo and the Pawnee community in general, Coleman will appear nightly at each go-round and will marshal the rodeo parade at noon, Saturday, Aug. 9.

In addition to the seven sanctioned IPRA events performed nightly, the rodeo also includes a wild horse race, wild cow milking, ranch bronc riding and the ring of fear. These locally organized events are open to all cowboys and cowgirls.

The rodeo performances are the culmination of a weeklong celebration in Pawnee of western heritage and the cowboy way of life. Beginning Saturday, Aug. 2 with an afternoon barbeque cook-off and Old Time Saturday Night, a community gathering at the courthouse square featuring music, dancing, conversation and a rolling stock show and parade of vintage cars, truck, hotrods, cycles and anything rideable. Monday night at the arena is the 4H play day. Tuesday night is the Youth Rodeo organized by Hope Roberts. Wednesday night is the Buchanan Brothers Memorial Ranch Rodeo and the IPRA go-rounds begin on Thursday.

Following each IPRA performance is a rodeo dance at the pavilion on the rodeo grounds. The Jason Favory Band will perform on Thursday and the Jason Stringfellow Band will perform on both Friday and Saturday.

Tickets for the rodeo are $8 in advance; $10 at the gate. Three day passes are $25; children under 5 are admitted free. Children ages 5 – 12 are admitted for $5. Tickets are available at merchants in Pawnee as well as from Little Britches contestants.



RSU TV Seeks Recipes For New Cookbook

(CLAREMORE) - RSU TV is seeking recipes from throughout its viewing area for a new cookbook. The cookbook will be offered as a pledge thank you during a special production airing during the Winter Festival 2014 pledge drive supporting RSU TV.

"In the Kitchen with Friends" is being produced in cooperation with the Tulsa County office of the Oklahoma Cooperative Extension Service. Recipes can be submitted online by going to the station's website at RSU.TV. A hard copy of the submission form is available by calling 800.723.8310. Submissions are due August 8.

Hosted by Amanda Simcoe, chef and host of the web series "Tasting Oklahoma", the show will feature a number of notable local chefs and personalities, including Valarie Carter; Minisa Crumbo; Jason Vaughn "Chef Jv"; Lou Pugliese; Remmi Smith, and Justin Thompson. The show will also feature RSU TV host Tim Yoder and Charlotte Richert.

According to station Program/Membership Manager Jennifer Sterling, "We have so many culinary choices today, but the most memorable meals are still those shared around a table with friends and family. These talented chefs will be sharing some of their personal family favorites with our viewers."

KITCHEN TIP:

Fill the fridge. Full refrigerators and freezers don't have to work as hard to cool the warm air that enters when you open the door. Use jugs of water or ice bags in the freezer to keep your fridge full and cool.

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Sensational Summer Dessert—Fresh Peach and Cherry Cobbler

"A creative way to use extra fruit!"

Kim Novosel

Temple, GA
(pop. 4,237)

Sweet, tart and oh so tasty is the perfect way to describe Kim Novosel's Fresh Peach and Cherry Cobbler. Once you try this cobbler, each year you will anxiously await peach and cherry season. And it will be worth the wait ... because this recipe is that good!

See step-by-step photos of Kim's recipe plus thousands more from home cooks nationwide at:

www.justapinch.com/cobbler

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

- Janet

Fresh Peach and Cherry Cobbler

What You Need

4 c fresh peaches (peeled and sliced thickly)
2 c fresh bing cherries (pitted and halved)
1/2 c water
1 stick unsalted butter
2 c all-purpose flour
1 1/2 tsp baking powder
1 tsp baking soda
1 1/2 c milk
1 c brown sugar
1 c sugar
Pinch salt
Cinnamon (optional)

Directions

- Preheat oven to 350.
- Combine peaches, cherries, brown sugar and water in a saucepan; mix well.
- Bring to a boil and simmer for 10 min. Remove from heat. Reserve a half cup of fruit liquid.
- Put the butter in a 9x13 baking dish and place in oven to melt.
- In a bowl sift sugar, flour, baking soda, baking powder and a pinch of salt.
- Slowly whisk in milk and the half cup of reserved liquid to dry ingredients.
- Pour mixture over melted butter in baking dish. Do not stir.
- With a slotted spoon, put fruit on top evenly.
- Gently pour remaining liquid over top of fruit.
- Sprinkle with cinnamon, if using.
- Place a pan under your dish. Bake for 30 to 45 min or until crust has risen to the top and is golden.
- Enjoy warm with a nice scoop of ice cream, or let it cool in fridge.

Submitted by: Kim Novosel, Temple, GA (Pop. 4,237)

www.justapinch.com/cobbler

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