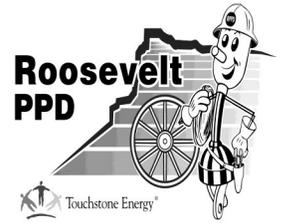


Roosevelt Public Power District

www.rooseveltppd.com



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SUMMER SWELTER & YOUR ELECTRICITY

The increased demand for electricity can strain a home's electrical system, increasing the likelihood of an electric shock or fire. During times of excessive heat, the high demand is coming from many homes and businesses, which can all add to the possibilities of electrical grid overloads and failures.

The Energy Education Council suggests ways that you can help lower the demand while staying cool when the weather gets hot this summer:

- ◇ Seal cracks around the house with weather stripping or caulk to keep cold air in and hot air out.
- ◇ Open your windows at night to let cool air in, then close them in the morning.
- ◇ Use curtains and blinds to keep the sun out on hot days.
- ◇ Consider shading your home by installing awnings over windows in direct sunlight.
- ◇ Operate ceiling fans in a counter-clockwise direction, which forces air down and creates a cooling effect.
- ◇ Ventilation is one of the most efficient ways to keep a building cool. Attic vents and fans can help to reduce energy costs.
- ◇ Set the thermostat as high as you comfortably can. Programmable thermostats allow you to easily cool your home when you are there and increase the temperature when you are not.
- ◇ If you are looking for a new air conditioning unit, be sure to check out an Energy Star rated model.
- ◇ If a new AC unit is out of the question, a routine annual inspection and regular maintenance can help. Turn off power to the air conditioner before you work on it. Clean or replace filters. Clear leaves and other debris away from the condensing unit. Hose off any accumulated dirt.
- ◇ Make sure your home has the insulation it needs. EnergySavers.gov has information about the best insulation to use in different geographical areas.

Prevent heat-related illnesses by seeking out cool environments, drinking lots of water, and wearing light clothes. Know the signs of heat exhaustion and heat stroke. If you or someone else experiences heavy sweating and weakness, immediately seek a cool environment, drink water, and apply a cold compress. If these symptoms progress to high temperature, vomiting, and unconsciousness, seek emergency medical attention.

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OUTDOOR SAFETY DURING A THUNDERSTORM

Lightning can strike up to 10 miles from the area in which it is raining, even if clouds are not visible. If you can hear thunder, you are within striking distance, and it is time to take safe shelter. When the storm is over, wait 30 minutes after the last lightning strike you see before going back outside. If caught outdoors during a thunderstorm and unable to take shelter in an enclosed building, take the following precautions:

- Try to take shelter in a vehicle with a solid metal roof. Close the windows, and avoid contact with electrical conducting paths-such as the steering wheel, ignition, gear shifter, or radio.
- Do not seek shelter under tall, solitary trees; canopies; small picnic or rain shelters; or in an open-frame vehicles such as jeeps, convertibles, golf carts, tractors, or mowers.
- Avoid water, high ground, and open spaces.
- Do not stand near power, light, or flag poles; machinery; fences; gates; metal bleachers; or even other people. If you are in a group, spread out so that you are at least 20 feet apart.
- If your skin tingles or your hair stands on end, lightning may be about to strike. Squat down low to the ground with your head between your knees making yourself the smallest target possible.

Easy No-Bake S'Mores Bars

8 tbsp. unsalted butter, softened

1 tsp . Vanilla

1 c. flour

1 14 oz can sweetened condensed milk

1 & 1/2 c. mini marshmallows

1 c. packed light brown sugar

2 c. graham cracker crumbs

1/2 tsp kosher salt

1 & 1/2 c. chocolate chips

Line a 13x9 pan with foil or parchment so it extends up the sides and spray lightly with nonstick spray. Beat the butter, sugar, and vanilla until light and fluffy (about 2 minutes). Beat in the graham cracker crumbs, flour, and salt. Beat in the condensed milk. Fold in 1 cup of chocolate chips and 1 cup of mini marshmallows.

Transfer the mixture to the pan and use a spatula to press down evenly. Sprinkle the top with the remaining chocolate chips and mini marshmallows, pushing down slightly so they stick! Cover with plastic wrap and chill until firm. Use the foil/parchment to lift the bars out of the pan in one piece. Cut into bite-sized squares. Store in an airtight container in the refrigerator for up to 5 days.

From turniptheoven.com