

■ OPPORTUNITY FOR TEENS

Youth Tour Inspires Teens

Enter Kay Electric's essay contest for a life-changing experience.



Tennis shoes. Check. Bottled water. Check. An eagerness to learn and lead. Check, check. If you're a high school junior looking for the experience of a lifetime, the Electric Cooperative Youth Tour is the trip for you.

Imagine touring the capital for one week, meeting with more than 1,500 students from across the U.S. and visiting the nation's most significant memorials and museums. The best part? It won't cost you a penny.

Youth Tour will take place June 8-14. On the itinerary are stops at the Lincoln Memorial, Jefferson Memorial, Vietnam Memorial, the Washington Monument, and scores of other historic monuments and sites.

Students also visit Capitol Hill, where they meet with Oklahoma's congressional representatives and staff. Some teens are so inspired by the experience that they later serve as interns on the Hill; others have gone on to pursue careers in politics.

To be considered for the trip, Kay Electric asks eligible juniors to write a 500-word essay on the topic "If the world's electricity was permanently turned off tomorrow, how would it impact you?" The deadline for entries is Friday, February 16.

Eight top-scoring finalists will be honored at a banquet on March 21 where they will present their essay in speech form and answer a few questions from judges. The top two winners will represent Kay Electric on Youth Tour. Second place winners win a free trip to Cooperative Youth Leadership Camp in Steamboat Springs, Colo. The remaining finalists receive cash prizes.

Contest materials will be delivered to local high schools in January.

For more details on Youth Tour including competition guidelines and entry forms, please visit www.kayelectric.coop, or call Cyndi Mitchell, Kay Electric Youth Tour coordinator, at **800-535-1079**.

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www.kayelectric.coop



Convenient Bill Paying Options

-  Pay online using our secure site at www.kayelectric.coop
-  Pay via telephone during office hours by using a major credit card at **800-535-1079**
-  Pay in person at KEC or use our 24-hour payment drop box in Blackwell



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■ ATTENTION EIGHTH GRADERS:

Energize Your Summer!

YouthPower Energy Camp gives teens a crash course in leadership by teaching them key cooperative principles in the awesome surrounds of Oklahoma's Red Rock Canyon.

Kay Electric will select two teens to attend camp. Find contest details at kayelectric.coop, or call your co-op at **800-535-1079**. Hurry, the entry deadline is February 16!



HELP US HELP YOU

Keep Your Contact Info Up-To-Date

Have you recently tied the knot, gotten divorced or become widowed? If your name, address or telephone number has changed for any reason, please let Kay Electric know.

Up-to-date, accurate information makes it easier for you to conduct business with your co-op when you call. It also helps Kay Electric keep you informed about important co-op business and ensures your capital credits are properly applied.

When updating your records, please make sure to include the names of any individuals who are approved to discuss your account with us. Federal laws prevent us from discussing account details with anyone not listed on your account.

It's easy to update your records. Simply fill out the change of address stub that accompanies your electric bill and return it to Kay Electric. If you prefer online convenience, you can update your records by logging on to SmartHub at www.kayelectric.coop and clicking on My Profile, or call Kay Electric with your information at **800-535-1079**.

Thank you for helping us serve you better!

HIDDEN ACCT#1396201

\$25 is hiding in this issue!

Please read your newsletter carefully. If you spot your account number hidden in these pages, please contact Kay Electric immediately to claim a \$25 credit on your electric bill. If no account numbers are claimed, the prize money will carry over to the next month for a maximum bill credit of \$50.

800-535-1079
contact@kayelectric.coop

Prepare Now For Winter Storms

Stock your home with an emergency outage kit

It may be hard to predict the weather, but thank goodness it's easy to prepare for it. Kay Electric encourages you to plan ahead for power outages that can accompany winter storms.

- Listen to weather forecasts or check Kay Electric's Facebook page for updates when severe weather is pending that could damage power lines.
- Prepare an outage kit that contains: a battery-powered radio, fresh batteries, a flashlight, candles, matches, a wind-up clock, bottled water, and paper plates and plastic utensils.
- If you take prescription medication, be sure you have enough to last several days if the roads become impassable.
- Keep a stock of canned food in your cupboard, along with a manual can opener. Consider buying a camp stove and fuel that you can use (outdoors only) if you can't cook on your electric stove.
- Keep your cell phone and tablet charged so you can use these tools to communicate during an outage.
- Tape Kay Electric's number (**800-535-1079**) and your co-op account number on your refrigerator so it will be handy if you must report an outage. For fast outage reporting, call Kay Electric and sign up for outage texting, or report trouble using our SmartHub app or by logging on at www.kayelectric.coop.
- Pile a few extra blankets and sweaters together so you can find them easily if the heat goes off. Dress in layers to stay warm.
- Stay away from fallen or sagging power lines! They could be energized and dangerous, even if the power is out.
- If a major outage occurs, please remember Kay Electric will restore your service as quickly as possible. Your cooperation and patience are always appreciated!

HIDDEN ACCT #1128705

Energy Efficiency

TIP OF THE MONTH

Looking for an easy way to make your home cozier? Try using an area rug to increase the insulation levels of your floors. Area rugs are stylish and can keep cool air from entering through your floors. Your toes will thank you!

SOURCE: ENERGYSTAR.GOV



Own a Portable Generator?

Install a transfer switch before operating

If you rely on a portable generator or a standby generator for emergency power during a power outage, please make sure your unit has a transfer switch installed before you operate it.

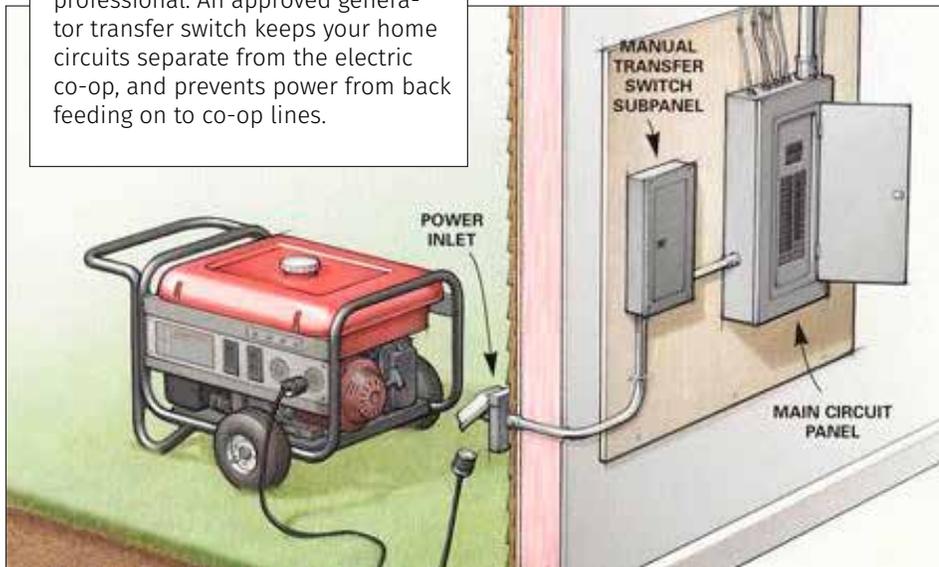
Why is this so important? The transfer switch links your standby or portable generator to your circuit panel in one cable. Skipping it could cause damage to your appliances, endanger Kay Electric linemen, and damage the generator. Furthermore, operating a generator without this important safety enhancement is a violation of the National Electrical Safety Code.

Every year, utility workers are injured or killed because improperly wired generators back feed electricity onto power lines. When that happens, power line workers—or anyone else coming into contact with the re-energized line—is electrocuted.

A transfer switch prevents this tragedy from happening by isolating the new, temporary power source from the main power lines feeding your home.

How It Works

Standby generators should have a transfer safety switch installed by a professional. An approved generator transfer switch keeps your home circuits separate from the electric co-op, and prevents power from back feeding on to co-op lines.



KNOW THE DIFFERENCE?

Gasoline-powered portable generators typically power a few appliances for a few hours at a time. Portable generators can power a variety of essential items and can be used for other activities such as camping or tailgating.

Home standby generators are permanently installed and can keep the power flowing when the primary power source goes out. This allows you to run more appliances, such as air conditioners, heaters, refrigerators, washers/dryers and lights. Standby generators use your home's existing fuel source — propane or natural gas — and turn on automatically.

Before the next storm strikes, please make sure your generator is properly installed and includes a transfer switch.

If you have questions about your generator or how to operate it, please give Kay Electric a call at **800-535-1079**. Keeping you safe is our top priority.

GOOD TO KNOW:

Kay Electric is a licensed Generac dealer and installer. Please call us at **800-535-1079** for more details or to schedule a free on-site evaluation.

Generator Safety Tips:

- Never plug a portable generator directly into a home outlet or electrical system. Use an extension cord to plug appliances into an outlet on the generator.
- Make sure nothing is plugged into the generator when you turn it on. This prevents a power surge from damaging your generator and your appliances.
- Don't overload the generator. Powering too many appliances could damage them. It's also a fire hazard. If in doubt, don't add the extra load.
- Never operate a generator in a confined area, even if the area is ventilated. Generators produce deadly carbon monoxide that is nearly impossible to detect until it's too late.
- Install battery-operated or plug-in (with battery backup) carbon monoxide (CO) alarms in your home.
- Generators pose electrical risks, especially when operated in wet conditions. Protect the generator by operating it under an open, canopy-like structure on a dry surface where water can't puddle or drain underneath it. Be sure that your hands are dry before touching the generator.

Gift Gadgets Add To Your Monthly Bill

Stay connected without draining your energy budget.

No doubt someone in your home received at least one electronic gadget for Christmas. From electronic toys to smart TVs, today's homeowner is officially "plugged in" in more ways than one. What most consumers fail to consider, however, is that these plug-in devices will continue to pull energy when they're not in use.

Experts say simply unplugging battery chargers when our mobile devices are fully charged is an important step toward saving energy and money.

Kay Electric recommends plugging devices into power strips to easily turn off the power, or using a "smart" power strip that automatically cuts off power when electronics are not in use.

Other tips include unplugging battery chargers when finished charging, and using the energy-saving features built into your computer.

Other "energy hogs" include computers, printers and other electronic office equipment on standby; digital TV converters and cable TV equipment; DVR, VCR and DVD/Blu-ray players; video gaming systems; and other equipment with lights/indicators or digital clocks. If you've got any of these devices in your home—and we know you do—don't underestimate their effect on your bill. Unplug them or power "off" using a smart power strip.

For more advice on saving energy or to visit with a specialist about your home or business energy use, please contact your co-op at **800-535-1079**, or visit us online at www.kayelectric.coop.



Recipes

Chicken Burrito Bowls

Contributed by Patty Moore, Deer Creek.

INGREDIENTS

- 2-3 boneless skinless chicken breasts
- 3 bell peppers, any color, sliced
- 1 large red onion, sliced
- 2 T. olive oil
- 1 pkg. taco seasoning
- Salt and pepper
- 1 jar salsa
- 3 cups cooked brown rice, divided
- 1 can black beans, drained and rinsed
- 2 cups frozen corn
- 1 cup shredded cheddar cheese
- 1 lime, sliced into wedges
- Fresh cilantro to garnish

DIRECTIONS

Preheat oven to 400° F.

Line a baking sheet with foil. Place the chicken, peppers and onions on the baking sheet and drizzle with oil.

Sprinkle the taco seasoning evenly over both sides of the chicken breasts. Salt and pepper the peppers and onions, tossing to coat. Top each chicken breast with a generous pour of salsa.

Bake in a preheated oven for 25 minutes. Rest chicken for 10 minutes before slicing into strips.

Add a base of brown rice to 4 food storage containers. Top each with a scoop of black beans, corn, additional salsa, cheddar cheese, cooked peppers, onions and sliced chicken. Garnish with fresh cilantro and a lime wedge.

Serves 4-6. Can be kept refrigerated for up to 4 days. HIDDEN ACCT #1566800

Many Ways To Pay

Kay Electric offers several payment options including online bill payments via SmartHub, automatic draft, or pay by phone, mail or in person using a credit card or personal check. We also offer payment plans such as our Average Monthly Payment Plan that will help you avoid seasonal highs and lows.

For details, please visit www.kayelectric.coop or call **800-535-1079**.

