

Get Your A/C Ready for Summer *p. 4*

Heading to the Nation's Capital

Three Area Juniors Begin Their Summer Having Fun and Making Memories

Making memories and new friends, while having lots of fun, is how three area young people are going to begin their summer. The three are winners of VVEC's Youth Tour competition, and the prize is an all-expense paid week in Washington, D.C.

Those winners are Madison Abbott, Claremore High School; Jacob Boyce, Catoosa High School; and McKenzie Loffer, Collinsville High School.

Abbott is the daughter of Shelly Abbott; Boyce is the son of Lori Preslar and Ed Boyce; and Loffer is the daughter of Eric and Kimberly Loffer.

Since the Youth Tour program began 50 years ago, it has been an essay contest. But VVEC changed the program this year, offering students the choice of writing an essay or taking a test. Abbott and Loffer submitted essays while Boyce took the test.

Almost 100 juniors from high schools throughout the service territory participated in the competition.

Youth Tour is June 14 through June 19. Abbott, Loffer and Boyce will join more than 60 other young people their age who are winners of other Oklahoma co-ops' Youth Tour competition as they tour the nation's capital.


While in Washington, the group will visit such famous sites as the Jefferson and Lincoln Memorials, Vietnam Wall, WWII Memorial, and the Iwo Jima



McKenzie Loffer, Madison Abbott and Jacob Boyce look over information on their trip to Washington, D.C. as winners of VVEC's Youth Tour competition. The trio will spend six days touring the nation's capital in June.

Memorial. They will also tour the U.S. Capitol, Smithsonian Museums, Holocaust Museum, Arlington Cemetery, and the Kennedy Center.

Plus, they will take a riverboat cruise down the Potomac, and meet with Oklahoma's Congressional delegation, in addition to numerous other fun and memorable activities.

Youth Tour competition is open to any junior attending a high school, or who is home-schooled, in VVEC's service territory. Participants' parents do not have to be members of VVEC. 

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VVEC offices will be closed Monday, May 26 in recognition of Memorial Day. Please call 918-371-2584 or 1-800-870-5948 if you need to report an outage.

Summer Residential Rates

April through September usage,
May through October billing

Customer Charge \$20.20

Energy Charge

1st 2,000 kWh \$0.0809/kWh
Over 2,000 kWh \$0.0860/kWh


A power cost adjustment (PCA) will be applied to all bills when the actual cost of power purchased exceeds or is less than 55.993 mills per kWh.

In addition, a gross receipts tax of 2% of revenue will be included, plus additional taxes if applicable.

An Award-Winning Publication

VVEC *Power Circuit* was recently recognized with an award of merit for best overall content in the Oklahoma Association of Electric Cooperatives' (OAEC) annual newsletter competition.

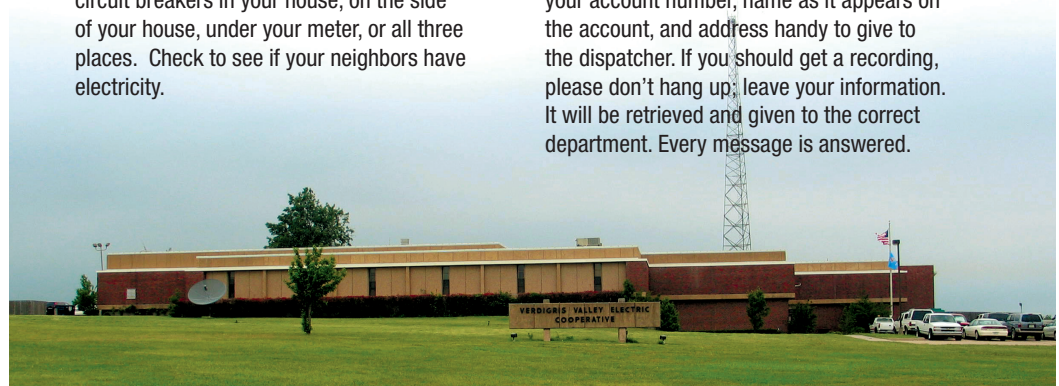
Oklahoma Living Editor Anna Politano (left) presented an award and certificate to VVEC *Power Circuit* Editor Kay Rabbitt-Brower at OAEC's annual meeting in Norman, OK.

Newsletters from many of Oklahoma's electric cooperatives participated in the competition. 



What to do if Your Power Goes Off

1. Check your fuses or circuit breakers. Every service is different. You may have fuses or circuit breakers in your house, on the side of your house, under your meter, or all three places. Check to see if your neighbors have electricity.
2. Call the Co-op at 371-2584, or 1-800-870-5948 if the call is long distance for you. Have your account number, name as it appears on the account, and address handy to give to the dispatcher. If you should get a recording, please don't hang up; leave your information. It will be retrieved and given to the correct department. Every message is answered.



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Storm Season: Prime Time for Generator Sales

Only Mother Nature knows if Spring is going to be stormy or calm, but it's a good idea to think about backing up your electricity with a

home generator.

Generators come in two styles: portable and permanent.

Small portable generators that


cost a few hundred dollars typically can power a few appliances at a time – like a small refrigerator, a TV or a hair dryer. Larger portable generators can keep the TV, water heater and sump pump running if you lose electricity during a storm.

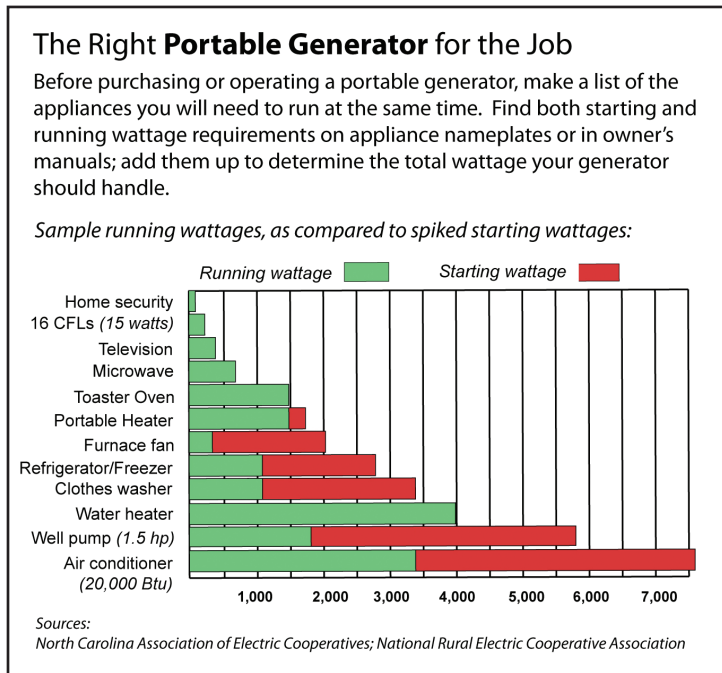
Inverter generators, which are portable but

cost about three times more than the standard model, are designed to run sensitive electronic equipment, like computers and home theater equipment.

Permanent, standby generators cost a few thousand dollars, but they can run large appliances. Larger ones can run all of the electrical devices, including the air conditioning system, while you're waiting for power to be restored.

Most permanent generators are connected to the home's power supply through the electrical panel and will automatically turn on when the lights go out. A caution: A qualified electrician is the only one who should connect a generator to your home's electrical panel. Installed incorrectly, the switch that makes the connection can "backfeed" electricity into a "dead" power line, and anyone who is touching the line – such as a co-op lineman – could be electrocuted.

Don't wait until the power goes out to decide which kind of generator you need. If you do, you'll probably wind up with the only unit that's left on the store's shelves during the middle of a storm – and you won't get what you really need. 



4 Reasons to Buy Food from Local Growers


The fruits and vegetables you buy at your local farmer's market are probably more nutritious than the kind you get at a chain grocery store. Here's why:

Fruits and veggies that are shipped to supermarkets often are chosen because they're grown in large quantities and can handle the long trip to the store. The produce you buy from a local farmer most likely was hand-picked more for taste and nutrition than durability.

Local growers might be more likely to use cover crops and composted manure for fertilizer instead of chemicals, and that's better for the soil they grow in. The better the soil, the healthier the plant—and the more nutritious.

So the garden yield will be colorful and crunchy by the time it reaches your kitchen, growers who supply supermarket chains harvest some crops long before they're ripe. Some fruits, like apples, nectarines, melons, apricots, peaches and tomatoes, continue to ripen after they are detached from the stem. But studies show that their nutritional value is higher when they're picked ripe.

If you buy pre-cut veggies from the store, they've already lost some of their nutrients and will spoil quicker than the whole vegetable.

Area farmers markets are opening this month, so visit the one nearest you. You will get fresh, nutritious food, and you will be supporting area farmers. It's a win-win deal! 

Correction

In the page 1 article on the upcoming rate increase in the April issue of VVEC Power Circuit, there is an incorrect amount.

After the rate increase in June, the small commercial class customer charge will be \$30.00 and not \$30.30 as is printed.

I apologize for the error.

KRB

Get Your Home Ready with Summer A/C Check

Even if your air conditioning system ran perfectly last summer, it's a good idea to call an HVAC professional to give it a once-over before it gets hot outside.

Like any machine with moving parts, your air conditioning system needs regular maintenance.

Before the weather heats up, find out if yours will survive another summer.

A pre-season tune-up won't guarantee that nothing will go wrong once the temperatures start to soar, but it will reveal any obvious problems; normal wear and tear; or the

need for maintenance and replacement parts.

Don't let your A/C surprise you by conking out on the hottest day of the summer. Make that phone call.



May is Electrical Safety Month

May is National Electrical Safety Month, and VVEC is joining with the Electrical Safety Foundation International to raise awareness about potential home electrical hazards.

- Make sure entertainment centers and computer equipment have plenty of space around them for ventilation.
- Heavy reliance on power strips is an indication that you have too few outlets to address your needs. Have additional outlets installed by a qualified, licensed electrician.
- Keep liquids, including drinks, away from electrical items such as televisions and computers.
- Use extension cords as a temporary solution, and never as a permanent power supply.

RECIPE

Grilled Cheese-Stuffed Jalapenos



- 1 cup (4 oz.) shredded Jack cheese**
- 4 Tbsp. Hidden Valley® Spicy Ranch Dressing**
- 4 tsp. KC Masterpiece® Spicy Original Barbecue Sauce**
- 8 (¾ lbs.) jalapeno peppers**

Mix cheese and Hidden Valley® Spicy Ranch dressing together in a small bowl; set aside.

Place peppers on heated grill; roast about 4 minutes per side or until peppers begin to blister. Remove from heat and allow to cool about 10 minutes.

Reserving stem end, cut peppers in half lengthwise and remove seeded core. Spoon cheese mixture into peppers. Arrange stuffed peppers in a small heat-proof skillet or pan. Return to grill and heat 5 minutes or until cheese is melted.

Drizzle with KC Masterpiece® Spicy Original Barbecue Sauce.

NOTE: For variety, consider adding bacon bits, cream cheese or Tabasco Sauce to the cheese mixture, or wrapping the peppers in bacon when grilling.