

Teach Your Children Electrical Safety



MESSAGE FROM GENERAL MANAGER AND CEO JERRY D. WILLIAMS

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. It is amazing to me how we expect our children to know about electricity, yet we don't take the time to teach them. They are like sponges; they can understand a lot more than we often give credit for. Our children need to hear from their parents.

Throughout the year, Lamar Electric Cooperative offers many opportunities to help teach youngsters about electricity. But as your children's first and most important teacher, perhaps it's time for you 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 appliances and how to handle electrical plugs, outlets, switches and other devices. Keep in mind that talking to your children about electrical safety should also include fun activities and facts about the basics—what electricity is, 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 are tempted to climb up a utility pole, encounter potential hazards like downed power lines in their path, or play jump rope with an extension cord that is still plugged into the outlet.

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. Many folks fill every electrical outlet with those child safe plastic covers to keep hairpins and other objects from being inserted. The sad part is that the child is never told why the plastic covers exist, and why they should remain in place.

Show your children both ends of an extension cord; explain why it is used and what it does. Explain the difference between an extension cord lying on the grass for your hedge clippers and a power line that falls on the ground from a broken tree limb. Point out power lines; explain why they exist and how

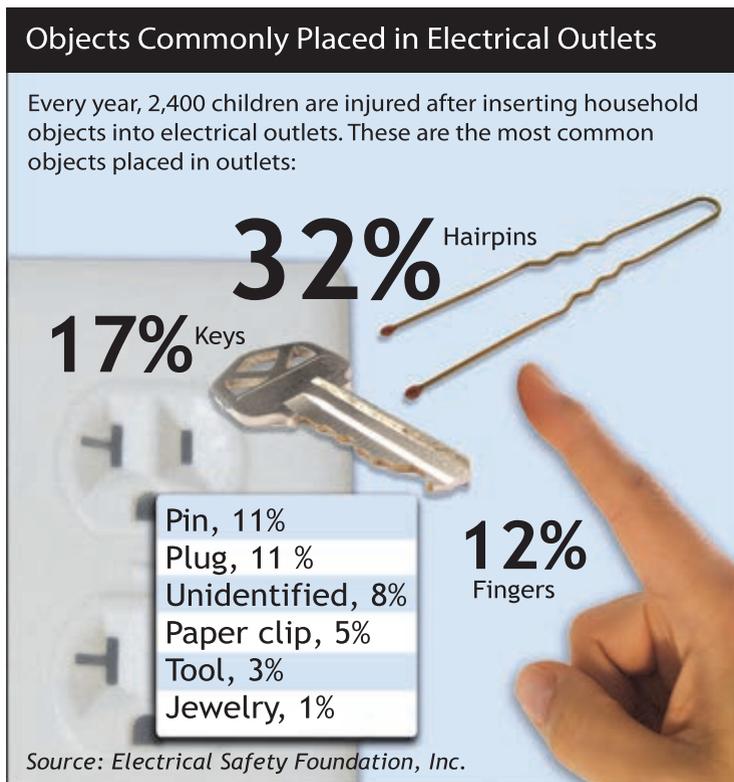
they make our life better but how dangerous they can be if they do not remain in the air.

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, hairpins, coins and more—into electrical receptacles. That's about seven children a day who sustain injuries ranging from electric shock to burns.

But this isn't the only electrical mishap that affects 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. Many of the same guidelines we offer to protect adults can also help protect children. We should all set good examples for our youngsters.

And as they grow older, remember to keep teaching your kids about the power of electricity and how to use it safely. Supplement your lessons at home with resources galore, including those provided on our website, lamarelectric.coop.





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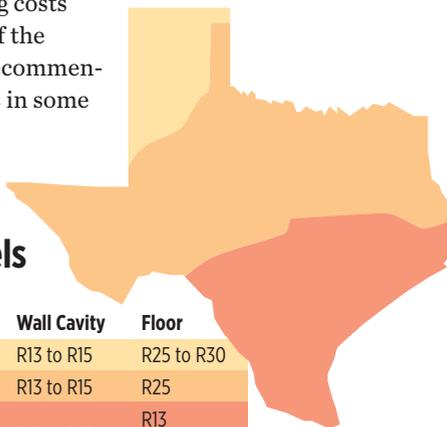
Insulate for Comfort and Savings

BY JAMES DULLEY

Checking your home’s insulating system is one of the fastest and most cost-efficient ways of using a whole-house approach to reduce energy waste and maximize your energy dollars. A good insulating system includes a combination of products and construction techniques that provide a home with thermal performance, protect it against air infiltration and control moisture. You can increase the comfort of your home while reducing your heating and cooling needs by up to 30 percent by investing just a few hundred dollars in proper insulation and weatherization products.

Adequately insulating a home saves money for homeowners every month. It also helps conserve vital energy resources—energy-efficient houses help lower air pollution emissions from the combustion of fuels for heating, air conditioning and ventilation.

Check the insulation in your attic, ceilings, exterior and basement walls, floors and crawlspaces to see if it meets the levels recommended for your area. Insulation is measured in R-values—the higher the R-value, the better your walls and roofs will resist the transfer of heat. The U.S. Department of Energy recommends ranges of R-values based on local heating and cooling costs and climate conditions in different areas of the nation. The map at right shows the DOE recommendations for your area. State and local codes in some parts of the country may require lower R-values than the DOE recommendations, which are based on cost-effectiveness.



Recommended Insulation Levels

New, Wood-Framed Homes

Heating System	Attic	Cathedral Ceiling	Wall Cavity	Floor
All	R38 to R60	R30 to R38	R13 to R15	R25 to R30
All	R30 to R60	R22 to R38	R13 to R15	R25
Gas, Oil, Heat Pump Electric Furnace	R30 to R60	R22 to R38	R13 to R15	R13 R19 to R25

Where to Insulate

Adding insulation in the attic and to walls, floors, basements and crawlspaces may be the best way to improve your home’s energy efficiency.

Insulation Types

Insulation can be made from a variety of materials, but it usually comes in one of four forms—batts, rolls, loose-fill and rigid foam boards. Each type is made to fit in a different part of your house.

Batts are made to fit between the studs in your walls or between the joists of your ceilings or floors. Batts are usually made of fiberglass or rock wool.

Rolls or blankets are also usually made of fiberglass and can be laid over the floor in the attic.

Loose-fill insulation, usually made of fiberglass, rock wool or cellulose, is blown into the attic or walls. Cellulose is made from recycled materials treated with fire-retardant chemicals.

Rigid foam boards are lightweight and provide structural support, and they generally have an R-value of 4 to 7 per inch. Rigid board insulation is made for use in confined spaces such as exterior walls, basements, foundation and stem walls, concrete slabs and cathedral ceilings.

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Jerry D. Williams

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A day on Capitol Hill



Miranda and Trey at the Capitol



If you are in D.C., it's a must to take a picture with George Washington.

2014 Government-in-Action Youth Tour Winners Return From Washington

Miranda McNabb and Trey Scudder were the winners of Lamar Electric Cooperative's 2014 Government-in-Action Youth Tour essay contest.

The two winners were among approximately 150 students from other cooperatives in Texas who made the trip to the nation's capital June 12-20 for a tour of its many historic sites.

Miranda is the daughter of co-op members Michael and Glynese McNabb of Paris. Trey is the son of Scott and Tracy Scudder of Powderly. Both students attend North Lamar High School.

The Youth Tour was born from a speech given at the 1957 National Rural Electric Cooperative Association Annual Meet-

ing by then-Sen. Lyndon B. Johnson. He was a longtime advocate of electric co-ops, having lobbied for the creation of Pedernales Electric Cooperative in 1937 as a young politician in Texas. "If one thing comes out of this meeting, it will be sending youngsters to the national capital where they can actually see what the flag stands for and represents the future," Johnson said.

With that encouragement, Texas electric co-ops began sending summer interns to work in the senator's Washington, D.C., office. In 1958, an electric co-op in Iowa sponsored the first group of 34 young people on a weeklong study tour of the nation's capital. Later that same year, another busload came to



Visiting with Congressman Ralph Hall



...But first, let me take a selfie.
#whitehouse #TreyandMiranda



Wow! The statues sure have changed at the Smithsonian.

Washington from Illinois. The idea grew, and other states sent busloads of students throughout the summer. By 1959, 130 students were sponsored by electric co-ops to visit Washington, D.C., and see their government in action. The program has steadily grown in popularity since its beginning 50 years ago.

This year the tour originated in Irving for Texas' participants. From there, the group flew to Washington, D.C., where they met with approximately 1,500 other students from across the nation. Once in Washington, the tour participants got to see and tour many historic places such as Mount Vernon and the U.S. Capitol, where they visited with Texas Congressman Ralph Hall and toured the House and Senate chambers.

Also included on the tour were historic sites like the National Cathedral, Ford's Theatre and the Smithsonian museums, the Washington Monument, FDR Memorial, Kennedy Center, Kennedy's grave, the Tomb of the Unknown Soldier at Arlington Cemetery and Mount Vernon, as well as the Jefferson Memorial, Lincoln Memorial, Korean War Veterans Memorial and Vietnam Veterans Memorial.

Lamar Electric sponsors two area students on this trip each year. To be eligible for the Youth Tour contest next year, a student must be a sophomore, junior or senior in high school and live in a home served by Lamar Electric or attend one of the four high schools served by Lamar: Detroit, Prairiland, Roxton and Faith Christian Academy. Home-schooled students in homes served by Lamar Electric are also eligible.



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POWER TIP

Save ENERGY • Save MONEY

During summer months, our homes can be extremely hot, making living conditions uncomfortable. But while you're putting your air conditioner to work, try adding a ceiling fan into the mix—fans can help you raise your thermostat setting by about 4 degrees and still feel just as comfortable.

But remember to turn fans off in unoccupied rooms. Fans cool people, not rooms, and you're wasting energy by leaving them on if there isn't anyone in the room.

Did You Know?

ALEKSANDR-MANSUROV-RU | ISTOCK | THINKSTOCK

Before the Rural Electrification Administration and electric cooperatives came to Texas in 1936, only 2 percent of the farms and ranches in the state had power.

Today, electric cooperatives light up the farms, ranches, homes and businesses of more than 3 million people across the state.