

THE LAMP

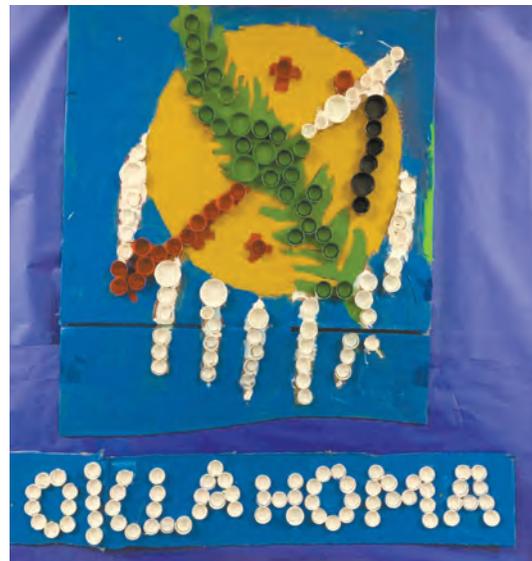
Supplement to
Oklahoma Living

NOVEMBER
2020



ENERGY EFFICIENCY TIPS OF THE MONTH

Keep cold air out to save energy. Seal air leaks around pipes and any gaps around chimneys and unfinished spaces behind cupboards and closets.
www.energy.gov



HAPPY BIRTHDAY, OKLAHOMA!

On November 16, 1907, Oklahoma became the 46th state to enter the union and 113 years later, fourth grade students (pictured above) created a unique piece of bulletin board art to convey an important message to their fellow citizens during this statehood month. The students, who are involved in Cleveland Intermediate School's LEAP program, used bottle lids to create a piece of art that asks citizens to help protect Oklahoma's nature. The letter explained the children's love for wildlife and encouraged everyone to recycle. In order to protect Oklahoma's lakes and rivers, the children suggested placing water bottles, along with their lids, in recycling bins. The students' clear emphasis was their desire to see animals, birds, fish, turtles, etc. protected from being harmed by plastic pieces that shouldn't have been left out in nature to begin with. "All of us are trying to keep Oklahoma healthy and as good as we can be, so throw your trash away and recycle!" one student wrote. Serious about their message, students at CIS are encouraging each other to carry reusable bottles at school since a water filling station is now available.

PHOTOS BY THE STUDENTS' TEACHER
ANJA JOHNSON

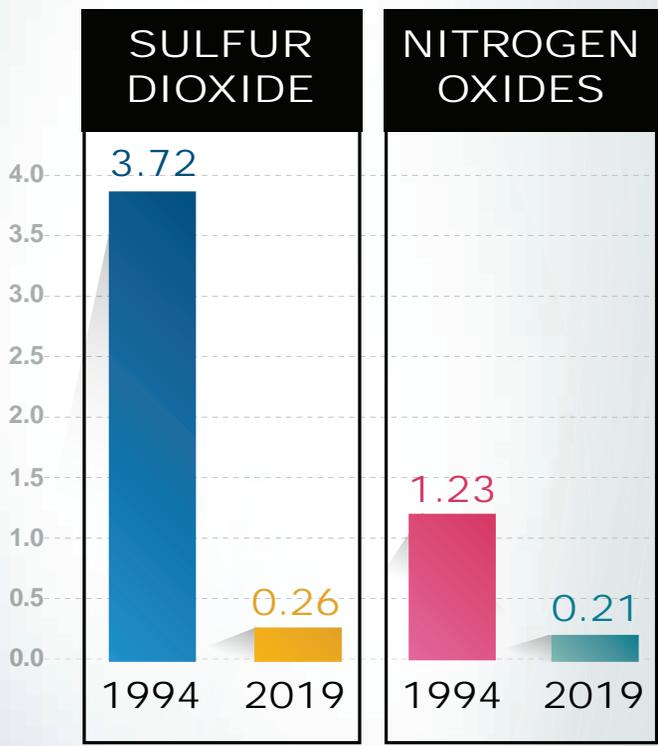
The people behind your electrical power: Last in a series inside!

RESPONSIBLE GENERATION

ASSOCIATED ELECTRIC
*Member-owned,
member-focused*

Taking care of the environment is a way of life for Associated Electric

AECI POWER PLANT EMISSIONS, 1994 & 2019



by Mark Viguet | info@ruralmissouri.coop

An old saying states that people who live and work in rural America are the original environmentalists. After all, communities so connected to the land, air and water for their well-being are naturally tuned to safeguard them today and for future generations. When it comes to power generation for member-consumers, Associated Electric Cooperative reflects the values of the people who receive its electricity. Generating power responsibly is a key priority.

Power generated the right way

Balancing reliable and affordable electricity with environmental responsibility is a longstanding commitment Associated Electric makes to those receiving its electricity. By adding significant amounts of wind power to diversify generating sources, investing in environmental controls and staying up to date with regulations and technologies, Associated continues to comply with environmental regulations at an affordable cost for members. This requires teamwork throughout the generation cooperative.

Environmental commitment delivers results

“Making sure our power generation activities safeguard air, water and land is a big responsibility. Our track record shows Associated delivers meaningful results members can be proud of,” says Brent Ross, Associated’s managing director of environmental, health and safety. “It’s a team effort.”

Ross and his staff keep up with complex federal and state regulatory changes, conduct safety and environmental training and audits, and monitor employee safety. They also handle reporting to state and federal agencies, permits, plus monitor and take samples of water, air and soil to ensure Associated continues to be a good steward of natural resources.

Significant investments make the difference

More than \$1.1 billion has been invested by Associated to reduce air emissions since 1994, resulting in tremendous improvements in air quality. Emissions from Associated’s coal power plants have dropped 80 to 90 percent, depending on the specific emission being monitored. While the current results are impressive, compliance with new and



Cow Branch Wind Farm helps diversify energy sources.

photos courtesy Associated Electric Cooperative

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— **Brent Ross, Associated’s director of environmental, health and safety**

changing land, air and water regulations is an ongoing priority.

“We understand how important our environment is to everyone we serve, so making a difference with measurable results is what we strive for each day,” Ross said.

Wind power diversifies generation sources

Associated was the first utility provider in Missouri of large-scale wind power and remains a leader. Already receiving power from seven wind farms, an eighth wind farm later this year means Associated will have 1,240 megawatts of wind power delivered from 626 wind turbines across three states. Locking in long-term, fixed-cost wind power helps Associated diversify its generation sources for years to come.

Electric cooperatives comply with net metering laws

While large utility-size solar installations have yet to make sense for Associated, about 30 megawatts of solar power is being produced by member-consumers connected to Associated’s member systems. Net metering laws mandate the process for local cooperatives to purchase any excess energy produced by the solar systems located at the homes and businesses of member-consumers.

A legacy of environmental excellence

Associated Electric received the U.S. Department of Interior’s highest honor for its innovative, successful reclamation that improved water quality and transformed 1,000 acres that previously served as a coal mine into productive pasture, wetlands and forest.

Today, the land features ponds that provide fishing and wildlife habitat, woodlands that provide shelter for many species, land leased to neighboring farmers for pasture, soil and crop research and planted habitat for Monarchs and other pollinators.

Responsible generation for today and tomorrow

Whether the challenge is managing generation sources or making investments to ensure land, air and water are protected, Associated Electric takes its responsibilities seriously. Members wouldn’t have it any other way.

For more information about Associated Electric and its environmental efforts, visit www.aeci.org.



Employees plant Monarch habitat

TURKEY LOAVES

A Time-Saving Family Meal



By Family Features

Cooking a turkey seems synonymous with November — but here's a different way to make turkey a part of your November dinner line-up. With so many people leading a busy lifestyle during this hectic time of year, there's not always time for spending hours in the kitchen, and these Mystic Mini Turkey Loaves can be made in advance and frozen for later use. Perfect for simplifying busy evenings, they are made with mushrooms, yellow onions, oat milk, pumpkin pie spice and almond milk yogurt. This and other kid-friendly recipes are part of Dole's healthy-living alliance with Disney's Frozen 2. For more details and recipes, visit dole.com/Disney.

Mystic Mini Turkey Loaves

Prep time: 25 minutes

Cook time: 40 minutes

Serves: 8

- 1 large egg
- 2 pounds 93% lean ground turkey
- 1 medium DOLE® Yellow Onion, finely chopped
- 1/2 cup oat milk
- 1/2 cup whole-wheat panko breadcrumbs
- 2 teaspoons pumpkin pie spice
- 1 teaspoon salt, divided
- 1 tablespoon olive oil
- 1/2 package (8 ounces) Dole Mushrooms, sliced
- 2 cups unsalted chicken stock

- 3 tablespoons whole-wheat flour
- 1/4 cup plain almond milk yogurt
- 1/4 teaspoon ground black pepper
- 1 tablespoon chopped fresh parsley

- Heat oven to 350 F. Line rimmed baking pan with parchment paper.

- In large bowl, whisk egg; gently mix in turkey, onion, oat milk, breadcrumbs, pumpkin pie spice and 1/2 teaspoon salt.

- Form turkey mixture into

eight (4-by-2 1/2-inch) loaves; place on prepared pan.

- Bake loaves 40 minutes, or until internal temperature reaches 165 F.

- In large skillet over medium-high heat, heat oil; add mushrooms and cook 5 minutes, or until tender, stirring occasionally.

- In medium bowl, whisk chicken stock and flour; add to skillet and cook 3 minutes, or until thickened, whisking occasionally. Whisk in yogurt, pepper and remaining salt.

- Serve loaves topped with gravy and sprinkled with parsley.

- **Tip:**
To freeze loaves, prepare turkey loaves but do not bake; freeze 2 hours, or until frozen. Wrap loaves tightly with plastic wrap and freeze in freezer-safe, zip-top plastic bags up to 3 months. Thaw loaves in refrigerator overnight then bake on parchment-lined rimmed baking pan at 350 F 40 minutes, or until internal temperature reaches 165 F.

Proceed with remaining instructions.

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