



# TRI-COUNTY Electric Cooperative, Inc.

" A Commitment to Service and Savings "



Avoid distractions when operating a motor vehicle, always make operating your car the top priority.

## Driving Tips For Economy and Safety

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### Sensibly:

Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money. Avoid distractions when operating a motor vehicle, always make operating your car the top priority.

Fuel Economy Benefit: 5-33%

Equivalent Gasoline Savings: \$0.20-\$1.35 / gallon

### Observe the Speed Limit:



While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 m.p.h.. You can assume that each 5 m.p.h. you drive over 60 m.p.h. is like paying an additional \$0.30 per gallon for gas. Observing the speed limit is also safer.

Fuel Economy Benefit: 7 - 23%

Equivalent Gasoline Savings: \$0.29 - \$0.94 a gallon.

### Remove Excess Weight:

Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your M.P.G. by up to 2%. The reduction is based on the percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones. Keep tires properly inflated so they roll with less resistance.

Fuel Economy Benefit: 1 - 2% / 100 lbs

Equivalent Gasoline Savings: \$0.04-\$0.08 / gallon

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### Avoid Excessive Idling:

Idling gets 0 miles per gallon. Cars with larger engines typically waste more gas at idle than do cars with smaller engines.

### Use Cruise Control:

Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

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### Use Overdrive Gears:

When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.

### Plan Your Trips:

Combining errands into one trip saves you time and money. Several short trips taken from a cold start can use twice as much fuel as a longer multipurpose trip covering the same distance when the engine is warm. Trip planning ensures that traveling is done when the engine is warmed-up and efficient. With a little planning, you can avoid retracing your route and reduce the distance you travel as well. You'll not only save fuel, but also reduce wear and tear on your car.

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### Commuting:

If you can stagger your work hours to avoid peak rush hours, you'll spend less time sitting in traffic and consume less fuel. If you own more than one vehicle, drive the one that gets the best gas mileage whenever possible. Take advantage of carpools and ride-share programs. You can cut your weekly fuel costs in half and save wear on your car if you take turns driving with other commuters. Many urban areas allow vehicles with multiple passengers to use special High Occupancy Vehicle (HOV) lanes. Consider using public transit if it is available and convenient for you.

### Use the Smaller More Efficient Vehicle:

A roof rack or carrier provides additional cargo space and may allow you to meet your needs with a smaller car. However, a loaded roof rack can decrease your fuel economy by 5 percent. Reduce aerodynamic drag and improve your fuel economy by placing items inside the trunk whenever possible. Avoid carrying unneeded items, especially heavy ones. An extra 100 lbs in the trunk reduces a typical car's fuel economy by 1-2 percent.



Roof top carriers can free up additional space in smaller vehicles making them feasible for use on long trips. The additional weight and loss of aerodynamics can reduce fuel economy but in most cases the smaller vehicle will net you more miles per gallon.

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# Summer Time Fun & Safety Tips

Protecting yourself from sunburn may be the first safety precaution you think of when the summer heats up, and it's important! But it's also important to take precautions when you mix sunshine and electricity.



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Backyard swimming pools, community pools and area lakes provide cool relief from the summer sun but require some special safety considerations. To ensure the safety of your friends and family, have a professional check pool lighting and pumping systems. Check overhead clearance from power lines when using pool skimmers and related equipment. Keep electric radios and CD players clear of the pool area. Test ground fault circuit interrupters around the pool or hot tub area to make sure they work properly. Docks on area lakes should have the wiring inspected to make sure everything is in good order.

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Cookouts are a popular summertime activity, too. Electric grills are convenient for outdoor cooking and are completely safe when used correctly. Be sure your grill, especially the electric cord, is in good repair. Plug the grill into an outlet protected by a ground fault circuit interrupter. Keep the grill clean to prevent unwanted grease fires. Never

use a grill under a combustible covered porch or enclosed area. Make sure the ground is level and the grill stable. Keep young children at a distance to avoid burns.

Play it safe under the sun this summer. Enjoy the many conveniences electricity provides but be sure to respect and handle it properly. **And don't forget the sunscreen!**

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## It Pays To Stay Informed!

Find your account number in our Member Information Bulletin and you will receive a \$20.00 credit on your electric bill. Simply contact one of our offices and talk with a member services representative. **It pays to stay informed!**



**TRI-COUNTY**  
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## From The Cooperative Kitchen



This month's recipe was provided by Barbra Bass from Weatherford. She will receive a 60 Years of Home Cooking Cookbook, compliments of TCEC.



## Dessert Made with Zucchini

### ••• Main Ingredients •••

8 Cups of fresh zucchini

(About 3 lbs 2 large or 5 medium size green zucchini peeled, seeded and chopped)

1/2 - Cup lemon juice plus water to make 3/4 cup liquid

1 - Cup of white sugar

1/2 - Cup of flour

1 - Teaspoon of cinnamon

1/2 - Teaspoon of nutmeg

### ••• Crumble Topping Ingredients •••

1 - Cup of flour

1 - Cup Quaker Oats ( Not Quick)

1 - Cup of brown sugar

1 - Teaspoon cinnamon

1/2 - Teaspoon of nutmeg

2/3 - Cup soft butter or margarine

### ••• Instructions •••

Peel zucchini and cut in half slices. Spoon out and throw away the soft center with the seeds. Cut the zucchini into small chunks, it should look like green apples.

In a large saucepan over a medium low heat stir together the chopped zucchini and the lemon juice and water. Cook for about 20 minutes or until the zucchini is tender.

Then add the white sugar, cinnamon and nutmeg. Stir and simmer for about one minute and remove pan from heat. Stir in the flour and then spread the mixture into a 9 X 13 in. greased baking pan.

Prepare the crumbled topping by thoroughly mixing together the flour, oats, brown sugar, cinnamon, nutmeg and butter. Sprinkle topping over the top of the zucchini.

Bake at 375 degrees for 40 minutes or until topping is brown and the zucchini is bubbling. Serve warm or cold with hard sauce or ice cream. Most people will think it is an apple dish.