Pictured L to R: Eric Ho of The Runnels School, Lindsay Miller of Woodlawn High School, Rhianna San Soucie of St. Joseph’s Academy, and Ethan Savario of Zachary High School; Story on Page 6
By reading this column and the other information in this month’s issue, you are helping DEMCO fulfill one of the seven principles all cooperatives strive to follow – Principle No. 5: education, training and information.

You are holding one of DEMCO’s primary conduits of education and information, Along These Lines newspaper. Through these pages, we communicate directly with each member on important co-op business.

In this issue, you will learn about two cost-saving measures that we will soon initiate with co-op members in order to more efficiently and effectively manage your co-op. (story on page 7)

We also pass along energy-saving tips that could save you money, and provide safety information, hurricane preparedness advice and back-to-school tips. This month, we also highlight an employee who was in the right place at the right time, able to deliver life-saving CPR to save his neighbor. (story on page 8)

We use this newspaper to share developments in the industry to equip our employees to keep them informed about the latest electric system management and to teach them the intricacies of electric system management. (story on page 9)

Our education efforts also extend to our employees. We encourage and support them in taking courses through the Association of Louisiana Electric Cooperatives state organization, the National Rural Electric Cooperative Association and Touchstone Energy – all to help improve their on-the-job skills. We know that the better trained employees become, the more valuable they are to the co-op. (photo of recent linemen training graduates on page 9)

Our annual commitment to send four student delegates on an all-expenses-paid trip to Washington, D.C., to learn about electric co-ops and to experience our nation’s capital. (story on page 6)

Board directors also undergo an extensive series of courses designed to teach them the intricacies of electric system management and to keep them informed about the latest developments in the industry to equip them with the knowledge necessary to make the best decisions possible about your electric service.

America’s electric cooperatives subscribe to the core principle that education, training and information are all well worth it. Well-trained employees serving co-op members joined by communities and leaders and educators – all working to educate and train and inform – will forever be a part of the fabric that is DEMCO.

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DEMCO crews work throughout the year to ensure that any damage caused to our electrical system from high winds and severe weather conditions is properly repaired. Our aim is to restore electricity as quickly and safely as possible. When a storm has the potential to threaten our service areas, DEMCO stands up our internal storm command center which initiates certain protocols, actions and responses.

In severe storms, we activate ‘Emergency Mode’ on the DEMCO website and continuously post outages and updates on restoration progress.

For bad weather systems passing through the DEMCO service areas, our DEMCO storm center has many resources available to help our members prepare for storms. On your phone or computer, log on to www.DEMCO.org/storm-center to access safety tips and learn the process for restoring power.

Anyone can also log on to www.DEMCO.org and view our live Outage Map. Members can report an outage directly using the free DEMCO phone app, by submitting an outage report on the DEMCO website or by calling 1-800-262-1160.

When the storm is over, serious dangers still exist! Remember to use extreme caution when removing debris from your yard. Tree limbs and other debris conduct electricity and can also hide downed power lines. If you find lines dangling or on the ground, assume they are energized. Call 3-1-1 for dispatch of the appropriate public service authorities.

If you use an emergency generator, follow all manufacturers’ instructions, and keep the following important tips in mind:

- Never run a generator indoors as they produce carbon monoxide from the exhaust which is deadly!
- Never plug a generator directly into a socket.
- Main breakers should be opened to avoid feeding power back into DEMCO’s lines which creates a life-threatening hazard for the public and power line workers.
- Always consult a qualified electrician to hook up a generator to your home.

Lucky Account Number Contest

The Lucky Account Number Contest continues this month with four winners included in this edition of Along These Lines. Before you continue looking through this edition for your winning number, look for your account number printed above your mailing address. Locate this number anywhere in this issue and win the $25 prize. To claim your prize, please call 225-262-2160.

Smokey Bear Birthday Challenge

Smokey Bear turns 75 on August 9, 2019. The Louisiana Department of Agriculture and Forestry (LDAF) recently took part in a social media challenge to throw Smokey a pre-birthday bash.

“When you’re everyone’s favorite bear, you deserve to party all year long! Funny thing is, Smokey doesn’t look like he’s aged one bit,” said Commissioner Mike Strain, D.V.M. According to the U.S. Forest Service, Smokey Bear was born when the Forest Service and Ad Council decided a fictional bear would be used as the symbol to promote forest fire prevention. In 1947, Smokey’s slogan became “Only YOU Can Prevent Forest Fires!” In 1950, a bear cub was caught in a burning forest in New Mexico. The bear found refuge in a tree but was badly burned. Firefighters who rescued the bear named him Smokey. The bear was given a new home at the National Zoo in Washington, D.C., until his death in 1976. He also played an important role in messaging that promoted wildfire prevention and forest conservation.

The Louisiana Department of Agriculture and Forestry and Commissioner Mike Strain have challenged the Arizona Department of Forestry and Fire Management to throw Smokey the next party. To check out the LDAF party festivities, visit www.ldaf.la.gov.
Pad-mounted transformers route large amounts of electricity, and you should stay away from them. Only professional lineworkers and crews should be near them.

Avoid the Big Green Box

Please stay away from pad-mounted transformers (the big green box). While safe, they are not meant for touching, climbing or playing. Pad-mounted transformers carry high voltages of electricity that serve many homes in our communities.

- Never touch, climb or play on pad-mounted transformers.
- Never put fingers, sticks or other objects through cracks in the transformer.
- Keep areas surrounding the pad-mounted transformer clear so that workers can safely maintain transformers as needed. Keep shrubs and structures at least 10 feet away from the transformer doors and 4 feet away from the sides.
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Electricity might flow into your neighborhood over your head or under your feet. It’s easy to spot wires on top of those wooden poles and figure out how electricity gets delivered by overhead lines. But there’s also a way to deduce that you have underground lines – look for green metal boxes about the size of a mini-fridge in your neighborhood. Those metal boxes should be locked with a bolt and padlock that secures the lid shut, and the boxes should have warning signs on them.

They’re called pad-mounted transformers, and they do the same thing as those gray cans up on top of the poles – step higher-voltage electricity down so it’s more useful and safer for your home. The major difference is a pad-mounted transformer connects to underground power lines.

To a lot of people, underground lines look better. But they’re more expensive to install – as much as five or 10 times the cost, according to the U.S. Energy Information Administration. And while falling trees and cars crashing into poles can knock out above-ground power lines, underground problems can be more difficult to pinpoint and correct.

These boxes may be located in your front yard or near your home. It is important that you stay away from this electrical equipment and teach your children to do the same. Those locked boxes are routing a lot of electricity, so only expert lineworkers with the proper personal protective equipment should be near the equipment.

Never use pad-mounted transformers as benches while waiting for the school bus, and kids should never play on or near them. Don’t plant landscaping around pad-mounted transformers because our crews may need to get to them, and roots can interfere with the underground wires. Never dig near a pad-mounted transformer – remember to dial 8-1-1 for any outdoor projects that require digging. (Account Number 80212059003)

If a transformer in your neighborhood has been damaged or compromised, call 3-1-1 for dispatch of the appropriate public service authorities.

Remember, whether you’re around underground or overhead utility equipment, the same safety rules apply. You should stay at least 10 feet away from power lines and electrical equipment.
Get Prepared for Peak Storm Season

There is still a long way to go before hurricane season is over on November 30. Typically, the peak of storm season is during August and September along the gulf coast. The recent tropical storm Barry provided an early and unwelcome reminder of the need to prepare early.

It is important to gather what you will need to survive for several days without electricity or being able to leave your home after the storm makes landfall. If you are in the direct path of the storm and officials are urging you to evacuate, you should make arrangements to find another location to ride out the storm.

Here are some suggestions for things you can do before the threat of a storm, so you will be ready when one approaches:

- Update phone numbers, addresses, meeting locations, and priorities in your family disaster plan, and make sure everyone is aware of the plan – particularly how you will make contact if you are forced to evacuate.
- Bring or secure copies to vital documents and important papers.
- Check and refresh your stash of life’s necessities such as food, water and medications. Keep enough on hand to last through the storm and its aftermath.
- Check and refresh your gear for primitive living. Make sure you have such items as flashlights, fresh batteries, lanterns and lantern fuel, insect repellent, sunblock, matches, battery-powered radio, first aid kit, ice chest, disposable plates and utensils, hand wipes or liquid hand sanitizer, and a manual can opener.
- If you have a generator and plan to depend on it if the power goes out, make sure you also have fuel to operate it for several days. Extra oil and load-rated extension cords are also wise investments.
- Collect any items you want to bring if you have to evacuate or at least make a list of items you plan to pack. Pack lightly and don’t forget clean clothes, important paperwork, spare keys, cash/credit cards, toiletries, and identification.
- Locate your window protection panels, or consider having storm shutters installed.
- Keep your vehicle’s gas tank full. Also keep a tire repair kit, shovel and maps nearby.
- Start bringing unsecure items indoors or securing them outside. If it doesn’t need to be in the yard, store it.
- If you are in an area that may flood, use blocks to lift all furniture and important items off the floor.

For more helpful tips visit the Storm Center at www.DEMCO.org. To stay up to date during a storm, download the free DEMCO phone app.
Four DEMCO-member high school students recently took a trip of a lifetime to Washington, D.C., through their participation in DEMCO’s annual essay contest. Eric Ho of The Runnels School, Lindsay Miller of Woodlawn High School, Rhianna San Soucie of St. Joseph’s Academy, and Ethan Savario of Zachary High School traveled in June to our nation’s capital to participate in leadership training, learn about electric cooperatives, engage in one-on-one conversations with their elected officials, tour the sites, museums and monuments in Washington, and begin to build their network of peers.

These students participated in the annual Youth Tour Essay contest sponsored by DEMCO, and each received the award of an all-expenses-paid trip to Washington, D.C.

The National Rural Electric Cooperative Association has worked with electric cooperatives to bring high school students to our nation’s capital for the last 55 years. More than 2,000 students come together from around the nation for a week-long experience on Capitol Hill. (Account Number 80105818001)

“The board of directors and I are proud to support this endeavor,” said Randy Pierce, DEMCO CEO and General Manager. “These students gain a first-hand understanding of the legislative process and make connections with peers from across the country that will last a lifetime. This experience also gives them excellent perspective about America’s rural electric cooperatives and the principles such as democracy that govern us.”

DEMCO receives hundreds of essays from area high school students each year in application for the annual June trip. Three judges read the essays and select 12 finalists. The finalists then compete by presenting an oral version of their essays, and four winners are selected in front of family, friends and educators. Although only DEMCO members are eligible for the trips to Washington, D.C., all students who enter are eligible for prizes awarded for the best written essays. Entry submissions begin in November with a deadline in January. For more information about the Youth Tour program and Essay Contest, visit www.demco.org/community/essay-contest.
It’s a new school year and kids of all ages are getting ready for a fresh year of learning! From kindergarten through college, students attend school to gain knowledge about a broad variety of subjects and learn new skills that will prepare them for the future. In a similar way, DEMCO is continually learning in order to always improve the operations of your electric co-op. Our aim is to do better by and for you, our members.

DEMCO works hard to keep abreast of industry trends. On the consumer front, people are looking for ways to manage their energy use with smart technologies. Americans are also stepping up to the global challenge to monitor and responsibly consume limited resources, reduce energy consumption and be more environmentally responsible now and for future generations.

Electric co-ops all over the country – and right here at home in Louisiana – know that we must continue to learn and improve for the overall operational benefit of our local co-op, and for the benefit and improved experience of our co-op members. Change is continuously underway to reduce costs of running your co-op and to improve our services so that our members can enjoy new technologies, efficiencies and benefits.

In the last few months, DEMCO has identified two specific cost-saving opportunities that will benefit both the member and the co-op. Soon, DEMCO staff will be visiting with members at our district offices to launch both initiatives. (Account Number 80284628002)

First, DEMCO will campaign to promote our free mobile app and the many resources available to members who use it. DEMCO members who use the app can easily access multiple convenient electronic payment methods at their fingertips and can also subscribe to get a daily energy usage report and relevant outage information.

Second, DEMCO will transition to a paperless billing system through a campaign that asks members to Go Green with DEMCO. "Our co-op mails 104,000 paper bills every month," says Mike Johnson, DEMCO Vice President of Finance. More information coming soon!

As we ready our children for back-to-school learning, DEMCO invites you to hop on the bus with us to implement improvements needed as we respond to ongoing learning. Help us continue to improve for the benefit of your co-op. Download the DEMCO app and Go Green with DEMCO! For help, call 1-800-262-0221 or visit a DEMCO district office.
Given the statistic that about 90 percent of people who experience an out-of-hospital cardiac arrest die, it’s a real blessing to be able to share this story about someone who beat the odds, and the DEMCO employee who made it possible.

It was Memorial Day weekend and DEMCO Connector Blake Sullivan was out working in his yard with his two-year-old son. About to use the edger, Blake walked his son back to the house and was startled by a noise. “Even with an earplug in one ear, I heard a loud thud,” he said.

Blake looked around and noticed that his neighbor who was also outside moments ago was no longer in sight. He called out to him and heard nothing, so he banged on the door for his wife to take their son and then ran over to assess the situation.

He found his neighbor laying on the concrete ground with a bloody head and a very weak pulse and gently breathing, so he banged on the door for his wife to take their son and then ran over to assess the situation.

Blake recalled that he decided to just keep giving compressions until help came, no longer stopping in between intervals to reassess.

The Walker Police Department showed up, then the Fire Department arrived with an AED. The swap was finally made from Blake’s manually administered compressions to the AED when first responders took over.

“Sullivan, an employee of DEMCO for 17 years and connector in the Livingston District office. All DEMCO employees receive CPR training. (Account Number 80304654001) According to 2014 data, nearly 45 percent of out-of-hospital cardiac arrest victims survived when bystander CPR was administered. Bystander CPR (cardiopulmonary resuscitation) is performed by a layperson who is not part of the organized emergency-response system in a community. Such a person is known as a CPR bystander. Since most cardiac arrests occur outside health care institutions, bystander CPR is an essential part of the chain of survival.
DEMCO Linemen Receive Certification

Seven DEMCO linemen completed the comprehensive staking technician certification program designed to educate and equip the staking technician in designing electrical distribution facilities that serve the customers of the utility. The classroom and field training are divided into three phases of four domains, each taught in three separate five-day seminars. To achieve their certification, each lineman attended all seminars and passed a test for each of the 12 domains.

Back-to-School Safety Tips

As the school year starts back up, life gets more hectic than it was during the lazy summer days. Traffic gets heavier. School zones are back in effect. Children are standing and playing on the side of the street while they wait for their buses. Yells of “Mom, I forgot my homework!” can be heard. You know all the fun stuff that comes with a new school year. Don’t let getting adjusted to the newer, faster pace of the school year become a hazard to you and others. The National Safety Council wants to remind you of these safety tips:

Walkers
• Walk on the sidewalk; if there is no sidewalk and you must walk in the street, walk facing traffic
• Before crossing the street, stop and look left, right and left again to see if cars are coming
• Never dart out in front of a parked car
• Parents: practice walking to school with your child, crossing streets at crosswalks when available
• Never walk while texting or talking on the phone
• Do not walk while using headphones

Bike Riders
• Always wear a helmet that is fitted and secured properly
• Children need to know the rules of the road: ride single file on the right side of the road, come to a complete stop before crossing the street, and walk the bike across
• Watch for opening car doors and other hazards
• Use hand signals when turning
• Wear bright-colored clothing

Bus Riders
• Teach children the proper way to get on and off the bus
• Line up 6 feet away from the curb as the bus approaches
• If seat belts are available, buckle up
• Wait for the bus to stop completely before standing
• Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers

Drivers Share the Road
• Don’t block crosswalks
• Yield to pedestrians in crosswalks, and take extra care in school zones
• Never pass a vehicle stopped for pedestrians
• Never pass a bus loading or unloading children
• The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus

Cell Phone Users
• Never walk while texting or talking on the phone
• If texting, move out of the way of others and stop on the sidewalk
• Never cross the street while using an electronic device
• Do not walk with headphones in your ears
• Be aware of your surroundings
• Always walk on the sidewalk if one is available; if you must walk on the street, face oncoming traffic
• Look left, right, then left again before crossing the street
• Cross only at crosswalks

By following these helpful safety tips and teaching your children how to be safe, you will be off to a great start for the new school year. For more back-to-school safety tips, visit www.nsc.org.
Recipe by: George Graham
AcadianaTable.com

INGREDIENTS
4 boneless skinless chicken breasts
1 cup diced yellow onions
1 cup diced celery
½ cup diced green onion tops
1 tablespoon minced garlic
1 tablespoon cumin
1 tablespoon chili powder
1 teaspoon Bijol seasoning or annatto powder
1 teaspoon garlic powder
1 teaspoon ground white pepper
1 tablespoon freshly squeezed lime juice
1 (14.5-ounce) can chopped tomatoes
½ cup yellow corn
6 cups chicken stock
2 cups tortilla chips
4 boneless skinless chicken thighs
½ cup cilantro leaves
1 cup chopped avocado
Lime wedges
Tortilla strips

INSTRUCTIONS
1. Preheat your oven to 350ºF.
2. Sprinkle both sides of the chicken breasts with salt and pepper. Place in an aluminum foil-lined pan and bake until a meat thermometer registers 175ºF. Remove to a cutting board and slice into bite-size chunks. Reserve for later use.
3. In a large pot with a heavy lid over medium-high heat, add the olive oil. Once sizzling, add the onions, celery, green onions, and garlic. Sauté just until the onions turn translucent, about five minutes. Season with cumin, chili powder, Bijol, garlic powder, and white pepper. Add the lime juice, tomatoes, corn, and chicken stock, and stir to combine. Lower the heat to a simmer.
4. In the container of a blender, add the tortilla chips and a cup of water. Blend on high until the chips are pulverized. Add to the pot.
5. Add the chicken thighs and cover the pot. Simmer for 45 minutes until the chicken is tender. With two forks, shred the thigh meat and add the reserved chopped chicken breast meat. Taste and season with salt and pepper.
6. Just before serving, add the cilantro leaves and stir. Ladle the soup into bowls and garnish with chopped avocado, a lime wedge, and tortilla strips.

NOTES
The toppings are up to you: perhaps a bit of grated pepper jack cheese, sliced jalapeños, or a swirl of sour cream; get creative with this one.

Serves: 4-6
Prep time: 40 mins
Cook time: 1 hour
Total time: 1 hour 40 mins
great looks & long-lasting performance

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