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HIGH VOLTAGE

A quarterly publication from CEL&P



9 Safety Tips for Driving in Winter Weather



Winter driving is not for the faint of heart. That's why it's always best to stay home when snow and ice make driving potentially hazardous. But for those times when you must venture out regardless of the road conditions, these tips will help ensure that you return safely.

Before you leave

- **Make sure your gas tank or EV battery is at least half full.** If you get stuck in traffic or heavy snow, you may need more fuel than normal to get home or to stay warm.
- **Equip your vehicle with an emergency kit.** It should include a blanket, flashlight, ice scraper, small snow shovel, cell phone battery charger, water and snacks. Also include an abrasive substance, such as salt or sand, to place under the tires if you're stuck.
- **Maintain your vehicle.** Tires and batteries are especially susceptible to the ills of winter weather (tire tread is worn if it's less than 1/16-inch deep). Windshield wipers should be in good condition, along with plenty of wiper fluid for clearing the ice and slush.
- **Remove snow and ice from your vehicle.** For greater visibility, clear off your windows, headlights and brake lights, roof and tailpipe. Keep in mind that it's illegal in some areas not to clear the snow from the roof of your vehicle as it could fall off and create a hazard for other drivers. A snow-clogged tailpipe could allow deadly carbon monoxide gas to build up inside your vehicle.

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This issue:

9 Safety Tips for Driving in Winter Weather

Energy-Light Cooking

Stay Warm & Save This Winter

Celebrate Black History Month

Teaching Kids About Energy Safety

On the road

- **Take it slow.** Not only will you need extra time to stop on snowy, icy roads, but it's important to accelerate slowly as well. This is the best way to gain traction and avoid skids. As a general rule of thumb, following distances should increase from three to six car lengths on dry pavement to at least 10 car lengths in wintry conditions.
- **Brake wisely.** Chances are, your vehicle has anti-lock brakes (ABS). These were designed to keep you from skidding when the brakes are firmly applied. With ABS, it's not necessary to pump your brakes. Instead, when the car feels like it's vibrating, that's a sign that the anti-lock braking system is in control and that it's pumping for you. Don't have anti-lock brakes? Then start pumping.
- **Avoid spinning your wheels.** This only melts the ice and snow beneath your tires, making the surface even more slippery. Instead, accelerate just enough to make the car move. Proceed up hills at a slow, steady pace because stopping and starting on a snowy incline is one of the most challenging situations to maneuver.
- **Travel a safe distance behind snow plows.** Snow plows make wide turns, move slowly and may kick de-icing materials or slush into your field of vision. Don't get too close or drive beside them.
- **Drive with your lights on.** This increases visibility in dreary weather and ensures that other drivers can see you as well.

Don't wait for wet, icy conditions to get ready for winter driving. Prepare your vehicle and review these safety tips before the snow flies.

ENERGY-LIGHT COOKING



Serving size: 4

Total time: 1 hour 20 minutes

Ingredients:

- 1 lb. short rib

FOR RUB:

- 2 tbsp olive oil
- Pinch salt
- Pinch pepper
- 1 tsp chili powder

FOR BRAISE:

- 1 clove garlic, minced
- 1 cup beef broth

FOR CHILI:

- ½ cup onions, diced
- 1 14-oz can tomatoes
- 1 14-oz can chili beans
- 1 tbsp chili powder
- ¼ tsp cilantro
- 1½ tbsp brown sugar

Directions:

- Step 1:** Turn multicooker to sauté.
- Step 2:** Add oil to short rib and rub with spices on all sides.
- Step 3:** Sear short rib on all sides, 1 minute each.
- Step 4:** Put lid on and pressure cook 30 minutes on high.
- Step 5:** Take out short rib with tongs and set aside.
- Step 6:** Add the rest of the ingredients into the pot and mix them together.
- Step 7:** Use fork or fingers to shred short rib and add back into the pot.
- Step 8:** Cover and cook on low for an additional 30 minutes.
- Step 9:** Remove top and let it cook for an additional 10 minutes.
- Pro tip:** Top with sour cream and chives.

Enjoy!



CELEBRATE BLACK HISTORY MONTH



The history of Black History Month

1915

Carter G. Woodson and **Jesse E. Moorland** founded the **Association for the Study of Negro Life and History (ASNLH)** to research and promote the achievements of Black Americans and others of African descent.



1926

That organization, now known as the **Association for the Study of African American Life and History (ASALH)**, sponsored a national **Negro History Week** in the second week of February.



1976

Black History Month was first officially recognized by President **Gerald Ford**.



Black energy pioneers

Lewis Latimer invented the **carbon filament**, a crucial part of the light bulb, in 1882. He also designed an early air conditioning unit and helped draft Alexander Graham Bell's patent for the telephone.



Stay Warm and Save This Winter

Keeping your home comfortable in colder temperatures seems as simple as cranking up the thermostat, but that may not be the best solution once you see the increase in your energy costs. But don't panic; there are things you can do to stay cozy and save this winter.

Make the most of your heating system

Everyone in your home may have different temperature preferences, so it's best to pick a temperature and stick with it. Adjusting the temperature too often won't make your home more comfortable — it just wastes energy.

But that's not all. Maintaining a comfortable and efficient home is easy with these tips:

- Change your air filter regularly according to the manufacturer's instructions.
- Reverse the airflow direction of ceiling fans to push warm air down.
- Open blinds on south- and east-facing walls during the day to let warm sunshine in and close them at night.
- Check for gaps that may be letting conditioned air escape and seal them.
- Have a qualified professional inspect and clean your HVAC system to ensure efficient operation.

Don't let your heating costs send a cold chill down your spine. A few adjustments can keep your family safe and warm while saving energy.

Teaching Kids About Energy Safety



Keeping children safe should always be a top priority. Children don't always know what can be dangerous, so it's our responsibility as adults to teach them how to be safe around electricity and natural gas.

Electricity

To keep children safe from electrical hazards, follow these guidelines.

George T. Sampson developed America's first automatic clothes dryer in 1892. His design allowed people to dry clothes in any weather without fear of setting them on fire, and it was the standard for more than 30 years.



Alice H. Parker was an inventor who patented a natural gas-fueled central heating system in 1919. Her design led to the modern heating zone system and thermostats we use today.



Lonnie G. Johnson is an aerospace engineer working on the Johnson Thermoelectric Energy Converter, which converts heat directly into electricity. He is also known for inventing the super soaker.



- Teach kids to never touch a power line or anything that may be touching a power line. This includes tree limbs, kite string or anything else that's in contact with a line. Make sure children never climb trees, build tree houses or fly kites near power lines.
- Never allow children to play on or around green pad-mounted transformers that may be in their neighborhood.
- Keep all electrical products out of the reach of children.
- Use plastic outlet caps when there are young children in the home.
- Always keep power tools and electric lawn tools away from any sources of outdoor water, including sprinklers and pools.
- Never bathe children with a plugged-in electrical appliance like a radio or hair dryer nearby.
- Always unplug small appliances when not in use.

Visit [KidsCorner](#) from the Electrical Safety Foundation International for fun tips, cartoon and games about electrical safety.

Natural Gas

These tips will help keep children safe around natural gas.

- Teach kids to recognize the odor of natural gas.
- Explain that if they smell that odor in their home, they should get everyone out immediately. They should go to a neighbor's home or another safe location and have the neighbor call 911 and notify the gas company.
- If they smell a gas leak, they should never use anything in the home that might create a spark. This includes using the phone or cell phone, or opening an electric garage door, or starting a vehicle in an attached garage. Just leave.
- Teach them not to play with gas stove burner knobs. Consider installing child proof knob covers. Use the back burners whenever possible and keep pot handles turned inward.
- If you have a gas fireplace, keep your fireplace vents or exhaust clean. Install a carbon monoxide alarm. If you have glass doors, teach children to stay away to prevent burns. For babies, install a fence around the perimeter of the fireplace and hearth or put them in a playpen. Always supervise your children when the fireplace is being used.

Following these guidelines will help keep your children safe around these important energy sources.

DID YOU KNOW?

Carter G. Woodson selected February for Negro History Week to honor Abraham Lincoln and Frederick Douglass.

Canada designates February as Black History Month, while the United Kingdom, Ireland and the Netherlands celebrate in October.

Use **#BlackHistoryMonth** on social media to join the conversation, celebrate Black achievements of the past, and connect with Black leaders of today and tomorrow.

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