

Five tips for better indoor air quality

We spend a lot of time indoors. In fact, the Environmental Protection Agency estimates the average person spends 90% of their life indoors.

Additionally, our homes are becoming more energy-efficient. They're better insulated and sealed, which is great for our energy bills, but not so great for our indoor air quality.

The thought of breathing pollutants can be scary, but indoor air pollution is common and simply unavoidable. The good news is there are ways you can easily improve the air quality of your home.

Here are five tips to help you breathe a little easier:

- 1. Change your air filter often.** Clogged, dirty filters reduce the amount of airflow and the HVAC system's efficiency. When a filter becomes too clogged, the excess dirt and dust are sent through your air ducts, adding unnecessary allergens and other unwanted particles into your living space. During the cooling season, the U.S. Department of Energy recommends replacing your air filter every month or two. This is one of the easiest ways to promote better indoor air quality and energy efficiency.
- 2. Regularly vacuum carpet and rugs, especially if you have furry friends.** The cleaner the home, the healthier the home. Vacuuming carpet and area rugs once a week can greatly reduce the accumulation of pet dander and dust inside your home. Frequently clean other areas that collect dust, like drapes, bedding and cluttered areas.
- 3. Use vents to remove cooking fumes.** Those exhaust fans aren't just for when you burn the bacon. Fans help remove fumes emitted while cooking and eliminate unwanted moisture and odors. They may be a bit noisy, but these handy tools can help you improve indoor air quality while you're preparing that culinary masterpiece - or even a grilled cheese sandwich.

- 4. Get a handle on humidity.** Summer months typically bring more humidity than we'd like. Moisture in the air can carry bacteria and other unwanted particles. Dehumidifiers work to remove that moisture from the air, reducing the amount of bacteria, mold and other allergens in your home.

- 5. Incorporate air-purifying plants into your living space.** There are several varieties of indoor plants that can help detoxify your home from dust and germs found in a variety of home products, furniture and other materials. A few low-maintenance, air-purifying plants to consider are snake plants, aloe vera plants and pothos plants (also known as devil's ivy). These vibrant, lush plants are eye-catching and beneficial for any home. Remember to review care conditions and think about placement for any new plants you add to your home.

Taking simple steps to purify indoor air can improve health and overall quality of life. With a little effort, you can improve the indoor air quality of your home and breathe a bit easier. ■

Breathe Easier.

Regularly changing your cooling system's air filter provides multiple benefits.

- Improved indoor air quality
- Cleaner home
- Fewer indoor allergens
- Improved system efficiency



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Rural Development Finance Corporation awards grant



Lower Yellowstone Rural Electric Cooperative is a member of the Rural Development Finance Corporation (RDFC). As a result, communities in our service area were eligible to apply for a grant of up to \$2,000 for community-based projects. RDFC is making these funds available, so more people become aware of its larger loan program that funds community-based

projects and nonprofit entities with low-interest loans. RDFC recently granted \$2,000 to the Sidney Volunteer Fire Department in Montana. The grant funds will be used to help the Sidney Volunteer Fire Department purchase a new tanker to assist in its firefighting needs. ■



Lower Yellowstone Rural Electric Cooperative (LYREC) is able to offer its members a discount by being a Touchstone Energy® Cooperative member. Simply call 1-800-MEDORA-1 and give the discount code of "Touch 2022" for a 15% discount on any of the following during any night of the season:

- THINGS TO DO:**
- Medora Musical
 - Pitchfork steak fondue
 - Bully Pulpit Golf Course

- LODGING AT ANY OF THE FOLLOWING:**
- Elkhorn Quarters
 - Badlands Motel
 - Rough Riders Hotel

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*MEMBERS' ECONOMIC PARTICIPATION *AUTONOMY & INDEPENDENCE
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CO-OP 101: WHAT DOES 'NONPROFIT' REALLY MEAN?

Did you know that electric cooperatives return money to their members in the form of capital credits? While you may like receiving those capital credit checks from Lower Yellowstone Rural Electric Cooperative, you may not be sure exactly why you get them. It's simple, really.

Capital credits reflect each member's ownership in the cooperative. Electric cooperatives do not earn profits. Instead, any margins or remaining revenue after all expenses have been paid are returned to the cooperative's members in proportion to their electrical usage.

How are capital credits returned to you, the member?

STEP 1: ALLOCATION

An allocation determines your share of the cooperative's margin in a particular year. Margins are "allocated" or assigned to members who belong to the cooperative during the year in which a margin is generated. The allocation is based on the member's proportion of electrical usage for that year. Each

member's portion is referred to as a "capital credit allocation."

STEP 2: RETIREMENT

Once capital credits are allocated, they are retained by the co-op for a certain time. Capital credits are the most significant source of equity for the cooperative. Equity is used to help meet the expenses of the co-op, such as paying for new equipment to serve members and repaying debt. Capital credits help keep rates at an affordable level by reducing the amount of funds that must be borrowed to grow and maintain a cooperative's existing electric system.

Upon completion of the rotation period, the board of directors will review the cooperative's financial health and can declare a retirement (your cash payment), and a portion of your capital credits are returned to you.

If you have questions about capital credits, contact Lower Yellowstone Rural Electric Cooperative. ■

Prepay metering offers convenience

Prepay metering is as simple as it sounds. Members pay for electricity before it is used, then use the electricity until the credit is depleted. The program puts you in the driver's seat for purchasing electricity. It's like filling your car with gasoline. You monitor the fuel level and decide when you should refill. Adding money to your account allows you to "refuel." You simply pay for electricity before it is used.

Benefits include:

- No monthly bill
- No security deposits
- No late fees, disconnect or reconnect fees
- Receive balance notices via email, text or both
- Conveniently view usage and pay online

If you would like more information on prepay metering, go to www.lyrec.coop or call our office at 406-488-1602. ■



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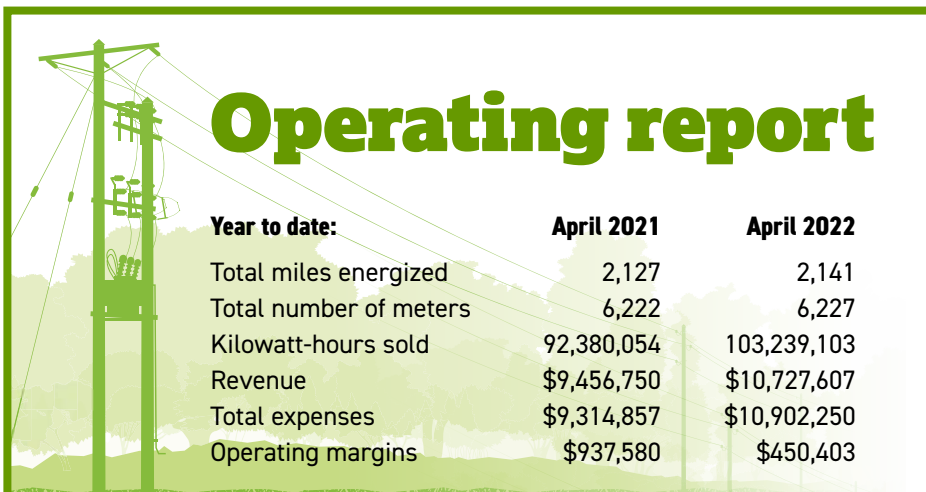
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 Jeremy Reese Information Technology Technician
 Edwin Gatzke Line Locator/Groundsman
 Justin King Warehouse Supervisor

Your Touchstone Energy® Cooperative 



Operating report

Year to date:	April 2021	April 2022
Total miles energized	2,127	2,141
Total number of meters	6,222	6,222
Kilowatt-hours sold	92,380,054	103,239,103
Revenue	\$9,456,750	\$10,727,607
Total expenses	\$9,314,857	\$10,902,250
Operating margins	\$937,580	\$450,403