

## President's Report



William R. Dodds  
President/CEO

## Bundle up for winter storms

By Abby Berry

Are you ready for winter's cold grasp? Snow and ice are inevitable when dealing with winter storms, but being prepared can make a world of difference. Spoon River Electric recommends the following tips to help you prepare for wintery blasts.

### Winterize your home

Winter storms wreak havoc on your home. By winterizing your living space, you'll be prepared for extreme cold and hazardous conditions.

- Remember to maintain and inspect heating equipment and chimneys every year to ensure they're working safely and properly.
- Caulk and weather strip doors and windows to make the most of your heating system.
- Freezing temperatures often cause water pipes to burst. Remember to insulate pipes with insulation or newspapers and plastic. Allow faucets to drip during extreme cold to avoid frozen pipes.
- Consider installing storm windows for better insulation. You can also cover windows with plastic (from the inside) to keep the cold out.
- Make sure everyone in your family knows where the home's fire extinguisher is located and how to use it properly. House fires occur more frequently during winter months as people tend to use alternative heating methods that may not be safe.

### Prepare a winter survival kit

Severe winter storms often bring heavy accumulation of ice and snow, which can lead to downed power lines and extended outages. Spoon River Electric crews will

work hard to restore power, but having a winter survival kit on hand is a smart idea.

- **Food:** Store food that does not require cooking, such as canned goods, crackers, dehydrated meats and dried fruit. Keep a large supply of water on hand. Ready.gov recommends five gallons per person.
- **Medication:** Be sure to refill all prescriptions in the event of a major power outage.
- **Identification:** Keep all forms of identification handy, such as driver's licenses, photo IDs and social security cards. Bank account information and insurance policies are also good to have on hand.
- **Other items:** First Aid Kit, blankets, flashlight, battery-powered radio and extra batteries.

### Stay warm and safe

If an outage occurs, you should plan for an alternate heating source. A fireplace, propane space heater or wood-burning stove would be sufficient. Fuel and wood-burning heating sources should always be vented, and make sure carbon monoxide and smoke detectors are working properly. Always practice extreme caution when using alternate heating sources.

If you decide to use a portable generator during an outage, make sure it is placed outside the home for proper ventilation. Be careful not to overload the generator. Use appropriate extension cords that can handle the electric load.

Follow these tips, and your family will stay warm in the event of a power outage. For more information on preparing for winter storms, visit [www.ready.gov](http://www.ready.gov).

# Spoon River Electric Cooperative

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## *President/CEO*

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Taryn Mellert  
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## Spoon River Electric Cooperative – By the Numbers

Miles of line energized: 1,272  
Number of members served: 5,022  
Number of power poles  
in territory: 29,361

# 10 Quick Tips to Avoid High Winter Bills

Looking to lower your bills this winter?  
Use the 10 tips below to conserve energy.

-  Seal air leaks and insulate well to prevent heat from escaping and cold air from entering your home.
-  Reduce waste heat by installing a programmable thermostat.
-  Turn off lights when not in use.
-  Lower your water heater temperature. The Dept. of Energy recommends using the warm setting (120 degrees) during fall and winter months.
-  Unplug electronics like kitchen appliances and TVs when you're away.
-  Open blinds and curtains during the day to allow sunlight in to warm your home.
-  Close blinds and curtains at night to keep cold, drafty air out.
-  Use power strips for multiple appliances, and turn off the main switch when you're away from home.
-  Wash clothes in cold water, and use cold-water detergent whenever possible.
-  Replace incandescent light bulbs with LEDs, which use at least 75 percent less energy.

Source: U.S. Dept. of Energy

## Mark Your Calendar



2018 Annual Meeting  
June 14, 2018  
Farmington High School



## Achievable resolutions *By Allison Goldberg*

Do most new years speed past as resolutions are forgotten? You are not alone. Setting large, difficult goals and making strong initial progress that fades as the weeks go by happens to everyone. Don't worry; small changes can have big impacts and be easier to maintain. Here are some reasonable resolutions to help you make healthy, positive changes.

If you want to eat better but find you cannot adhere to a strict, restrictive diet, try making more nutritious choices one at a time.

- ◆ Add an extra serving of nutritiously prepared vegetables every day, like steamed or roasted veggies as a side, salsa instead of butter on your baked potato or adding mushrooms to ground beef.
- ◆ Cut both sugary and artificially sweetened soft drinks to only one each week. Don't deny yourself. Make it a special treat!
- ◆ Replace sugary or refined snacks and breakfast foods with fruits, nuts and whole grains. Fresh fruit and nuts or nut butter. Avocado and cheese on whole grain toast. Lightly sweetened

granola in plain yogurt. Steel cut oats with berries. Delicious *and* nutritious.

If you resolved to use the gym but you're not going, find a way to make it engaging and hold yourself accountable.

- ◆ Find a gym buddy, go together and hold each other accountable.
- ◆ Try a resolution accountability app, like Pact, which attaches monetary value to your dedication.
- ◆ Make working out more social with fitness social media apps or support groups on social networks.
- ◆ Make it more social in real life by joining fitness classes or searching Meetup.com for groups that get together for fitness activities, both in the gym and outdoors.
- ◆ If the gym truly isn't for you, quit. Take a dance or self-defense class, riding lessons or outdoor survival course. Do what moves you, literally and figuratively.

If you resolved to get organized but find yourself still living in clutter, running late or not getting

enough sleep, tackle organization with small tasks.

- ◆ Section by section, put things away, dust or disinfect and do not allow yourself to re-clutter a cleaned area. Invest in attractive storage solutions and clean one section each evening until you finish every section.
- ◆ Decide if you pick up an object, you must put it down in its rightful place.
- ◆ Use your phone's calendar to track every appointment and block off time. Set reminders to provide enough time to get out the door and on the road. You can also use it to remind yourself to go to bed early, give the dog its medication, bake cookies for a bake sale or spend a few minutes tidying at the end of each day.
- ◆ Say no to unnecessary or unimportant requests that stretch your time and patience, to which you cannot give your full attention or that sound just plain terrible. Prioritize the people and activities you care about most, including yourself.



# ATTENTION 2017-2018 SENIORS!

## *Spoon River Electric Cooperative Is Awarding Three \$1,000 Scholarships to High School Seniors*

High school students who are seniors during the 2017-2018 school year and are the son or daughter of a Spoon River Electric member are eligible to apply for a \$1,000 Scholastic Scholarship, a \$1,000 Honorary Scholarship, and the \$1,000 Scott Parrish Memorial Scholarship, which will be awarded at this year's Annual Meeting on June 14, 2018.

Please fill out the form at the bottom of the page and return it to the Cooperative to participate. Applications must be turned in by **May 31, 2018** to be considered. Please see official rules and descriptions of scholarships below.

### OFFICIAL RULES

- **Applying students and their parent/legal guardian must be present at the Annual Meeting June 14, 2018 to win.**
- Students must be a son or daughter of a Spoon River Electric Cooperative Member.
- Students must be a high school senior during the 2017-2018 school year and begin college undergraduate studies in the 2018-2019 school year. Students must plan on attending a two-year or four-year accredited college or university, including vocational/technical schools.
- Scholarship winners must be full-time students (at least 12 hours) during the 2018-2019 academic year.
- Scholarships are for one year and are non-renewable.
- Past Spoon River Electric Cooperative scholarship winners are not eligible to receive another one.

### SCHOLASTIC AND SCOTT PARRISH MEMORIAL SCHOLARSHIPS

- The Scholastic and Scott Parrish Memorial Scholarships will be awarded based on an application detailing GPA, college entrance test scores, work and volunteer experience, participation in school and community activities, and a biographical statement.
- Semi-finalists will be notified by mail with a time and place for a personal interview.
- Those not chosen as semi-finalists for the Scholastic and Parrish Scholarships will be automatically placed in the Honorary Scholarship drawing.

### HONORARY SCHOLARSHIP

- The Honorary Scholarship will be awarded by a drawing as students are recognized at the Annual Meeting.
- All applicants are eligible for the Honorary Scholarship drawing except the Scholastic and Parrish Scholarship winners.



## Scholarship Participation Request

Name of Student \_\_\_\_\_

Address of Student \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

Telephone Number \_\_\_\_\_

Return To: Taryn Mellert  
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