

President's Report



Josh DeWees
President/CEO

Stay safe in winter weather

Ice and other severe weather can result in power outages.

When severe winter weather hits, power outages can occur. Roadways can be dangerous. Do all you can to prepare your pantry, home and car for the next severe winter storm. Once you are ready, watch and listen for weather bulletins mentioning winter storms, blizzard warnings or wind-chill dangers.

Supplies for the storm: At home, have enough nonperishable food, water and medical supplies/medicines for 72 hours. The Federal Emergency Management Agency and the Centers for Disease Control and Prevention suggest storing one gallon of water per person per day. Have cell phones and chargers, as well as backup charger sources, ready. Gather important documents and medical records. Protect your pets and make sure you have enough supplies for them as well. Also have these items ready: a first-aid kit, a flashlight and batteries, hand sanitizer, blankets and warm clothing.

Readying the house: Weatherproof your home ahead of winter by caulking windows and doors and looking for other air leaks that need attention. Inspect chimney flues for wood stoves or wood-burning fireplaces. Install smoke and carbon monoxide detectors on each floor of your home. Protect pipes from freezing.

Prepare your vehicle with an emergency kit: According to Consumer Reports, it can be cheaper to buy a prepared emergency kit than to purchase items individually. A kit typically includes battery booster cables, an ice scraper, a portable shovel, flashlights, a signaling cone, backup batteries for the flashlight, roadside triangles, a reflective vest, a basic first-aid kit (add in what is needed for individual needs) and a cell-phone charger.

In addition, your car or truck should also be stocked with gloves, a blanket, a rain poncho, wipes, rags, boots and a hat. It cannot hurt to also have bottled water and nonperishable snacks in your vehicle in case you get stranded.

Prepare your vehicle: Complete annual maintenance, test the car battery and cooling system, use winter tires and replace them if the tread is less than 2/32 of an inch, check tire pressure and wiper blades, add wiper fluid rated for less than minus 30 degrees and keep the gas tank at least half full.

Know that when the power goes out, we work hard to restore it safely and efficiently. For more information about electrical safety or storm preparation, visit SafeElectricity.org.



Spoon River Electric Cooperative

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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

HOLIDAY EFFICIENCY CROSSWORD PUZZLE

The holiday season is a fun, festive time of year! It's also a time when we use more electricity.

Complete the crossword puzzle below to learn how you and your family can be more energy efficient this holiday season.



1. **DOWN:** Decorate your _____ with energy-saving LED lights.

2. **ACROSS:** Smart or programmable _____ can help control heating costs if you're traveling during the holiday season.

3. **DOWN:** Save energy by using a _____ to turn off holiday lights at night.

4. **ACROSS:** If you have a fireplace, ask an adult to close the damper when a _____ is not burning.

5. **DOWN:** Open blinds and curtains during the day to let natural _____ in to warm your home.

6. **ACROSS:** Lower the thermostat when your family has _____ visiting during the holidays.

ANSWER KEY

1. DOWN: TREE
2. ACROSS: THERMOSTATS
3. DOWN: TIMER
4. ACROSS: FIRE
5. DOWN: SUNLIGHT
6. ACROSS: GUESTS



\$6,050 donated to local organizations through Spoon River Electric's Operation Round Up



The Spoon River Electric Operation Round Up Committee recently donated \$6,050 to six local organizations within our service territory. \$1,500 was donated to Westview School, Friends of Westview, and the Little Giant Care Closet; \$1,000 was donated to the Canton Buddy Bags Program and the Spoon River Pregnancy Center;

\$550 to the Schuyler County Humane Society; and \$500 to the HELP Center Rushville Food Pantry.

These donations are made possible by the generous members of Spoon River Electric who voluntarily make the decision each month to round up their electric bill to the next dollar and donate the extra change directly to the

Operation Round Up program. All the funds collected are donated back into our communities as charitable grants. The average donation a member makes annually ranges from \$6 to \$12.

For more information about the Operation Round Up Program, visit our website at srecoop.org or call Taryn at 309-647-2700.



Fifteen 2023 IEC Memorial Scholarships available

Illinois electric cooperatives will award 15 scholarships in 2023 to financially assist deserving students in the electric cooperative family. The 15 scholarships, \$2,000 each, will be awarded through the Thomas H. Moore Illinois Electric Cooperatives (IEC) Memorial Scholarship Program.

Nine scholarships will be awarded to high school seniors whose parent(s) are an Illinois electric co-op member. A 10th scholarship, the Earl W. Struck Memorial Scholarship, will be awarded to a student who is the child of an Illinois electric cooperative employee or director. Four additional scholarships are reserved for high school seniors enrolling full time at a two-year Illinois community college

whose parent(s) are an Illinois electric cooperative member, employee or director.

The 15th scholarship, the LaVern and Nola McEntire Lineworker's Scholarship, will help pay for costs to attend lineworker school conducted by the Association of Illinois Electric Cooperatives in conjunction with Lincoln Land Community College, Springfield, Ill. Children of co-op members, relatives of co-op employees or directors, and individuals who have served or are serving in the armed forces or National Guard are all eligible for this scholarship.

"We hope to assist electric cooperative youth while honoring past rural electric leaders with these scholarships," says manager. "Cooperative

name and the other Illinois electric cooperatives are always seeking ways to make a difference in our communities. One of the best ways we can do that is by helping our youth and investing in them through programs like this one."

Deadline to apply is Dec. 31, 2022. The lineworker scholarship deadline is April 30, 2023. For more information regarding the scholarships, contact Cooperative Contact. Information has also been shared with area high school guidance counselors and is available online at aiec.coop/iec-scholarship.



Shedding light on winter blues

Although proclaimed “the most wonderful time of the year,” winter can be, well, less than festive and even dismal for many of us, especially for those who experience seasonal affective disorder (SAD) — an easy acronym to remember because it is how the disorder makes you feel.

As winter approaches, you might begin to feel less like your usual self. The culprit? Shorter days, which mean less exposure to sunlight and more time spent indoors. If you feel blue and the feelings persist, you are not alone. It is estimated that SAD affects 10 million Americans.

SAD is different from other types of depression in that episodes happen during the same season each year, according to *Psychology Today*. Sometimes dubbed the winter blues, it is most common for the disorder to appear in the fall or winter, with symptoms lessening in the spring.

Symptoms of the winter blues can include the following, according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5):

- Feelings of hopelessness and sadness
- Thoughts of suicide
- Sleeping more than usual (hypersomnia)
- A change in appetite, especially cravings for sweet and starchy foods
- Weight gain
- A heavy feeling in the arms or legs
- Decreased energy and fatigue
- Decreased physical activity
- Difficulty concentrating
- Irritability
- Increased sensitivity to social rejection
- Avoiding social situations

People with SAD who take in light from a light box—a very bright lamp minus the dangerous ultraviolet rays—for 30 to 60 minutes a day may experience some relief from their symptoms. In addition, treatment can include some combination of light therapy, vitamin D supplements, antidepressant medication and counseling. The disorder is four times more common in women than in men.

SAD can also occur during the summer, but it is less common. It is thought that the disorder is related to changes in the amount of daylight a person receives, and there is some evidence that it is related to the body’s level of melatonin. Two other possible contributors include unregulated serotonin levels and low levels of vitamin D, which are believed to play a role in serotonin activity.

For those who have SAD, self-care is important. Take care of yourself by monitoring mood and energy level, taking advantage of available sunlight, planning physical activities, scheduling events to look forward to and seeking help for symptoms.

Source: *Psychology Today*

Preparing for Storm Season?

DON'T FORGET TO READY YOUR CAR

According to the National Safety Council (NSC), every vehicle should have an emergency supply kit onboard. Kits should be checked twice a year and expired items should be replaced regularly. Emergency supply kits should include:

-  Snowbrush
Shovel
Windshield washer fluid
Cat litter for traction
-  Warm clothing
Blankets
Drinking water
Nonperishable foods
-  Properly inflated spare tire
Wheel wrench & tripod jack
Jumper cables
Fire extinguisher
-  Reflective triangles
Reflective vest
Brightly colored cloth (to tie on side mirror)
-  First-aid kit
Flashlight and batteries
Compass
Car charger for cell phone

Safe Electricity.org
Source: NSC