

P.O. Box 967, Pratt, KS 67124
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www.ninnescah.com



NINNESCAH RURAL ELECTRIC COOPERATIVE

Watts Ahead

Ninnescah Rural Electric Co-op, Inc.

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In Case of an Outage

If your electricity is off for more than a few minutes, please call 800-828-5538. The office hours are 8 a.m. to 5 p.m., Monday–Friday. After hours, calls will be answered by dispatch and forwarded to our on-call personnel.

SAVE THE DATE

ANNUAL MEETING

85th
ANNUAL

Tuesday, March 21, 2023

at the Pratt Municipal Building

- ▶ Registration at 5 p.m.
- ▶ Dinner at 6 p.m.
- ▶ Meeting to follow.

Don't Miss This Year's Events!

- ▶ Announcement of trustees and scholarship winners.
- ▶ Co-op reports.
- ▶ Door prizes.

Ballot Mailing

Your ballot will be mailed with your annual meeting information. Please mail it back or drop it by our office.

Join us
for a **FREE**
dinner!



Electric Co-ops Go the Extra Mile for You

Kansas electric co-ops
serve an average of

3 consumer-members
per mile of power line.

Other electric utilities serve
32 consumers per mile.

Even though we serve fewer
consumers along the lines,
that won't stop us from
going the extra mile for you,
our members, who we're
proud to serve.

ENERGY EFFICIENCY Tip of the Month

Do you have a home office?

Set equipment like printers and
scanners to automatically
switch to sleep or
energy-saver mode
when not in use.

In addition to
saving energy, the
equipment will stay
cooler, which will help
extend its life.

Another way to save in
the home office is to use
energy efficient lamps for task
lighting. Small lamps use less
energy than whole-room lighting.



Beat the Peak

If you look around your home, you likely have more devices and equipment that require electricity than ever before. Our connected lives are increasingly dependent on more electricity to function. At the same time, as demand for electricity rises, Ninnescah Electric must deliver an uninterrupted 24/7 power supply — regardless of market conditions or other circumstances.

As you would expect based on your family's habits, electricity use fluctuates throughout the day based on consumer demand. Ninnescah Electric must provide enough electricity to meet the energy needs of all members during times of highest energy use or "peak hours." These peak times are typically in the morning as people start their day and in the evening as people return to their homes.

What you may not know is that electric utilities including Ninnescah Electric typically pay more for electricity — either from a power plant or from another utility with excess power — during those morning and evening "energy rush hours." In addition, the demand for electricity is even higher when it's especially cold outside, when heating systems must run longer to warm our homes.

If the "peak times" concept is a bit puzzling, here's an easy way to think about it, and it's similar to a major concert. We know costs go up when there is strong demand for tickets (or electricity), and both are subject to the basic economic laws of supply and demand. When a lot of people want the same thing, it's more expensive.

When they don't, it's cheaper — like a bargain matinee or an "early bird" special at a restaurant.

Peak periods established by our power supplier occur daily between 4-6 p.m. during the months of June-September.

During peak periods when the cost to produce and purchase power is higher, we encourage you to take simple steps to save energy, such as turning your thermostat down a few degrees, turning off unnecessary lights and waiting to use large appliances during off-peak times.

You can also save energy by plugging electronics and equipment such as computers, printers and TVs into a power strip, then turn it off at the switch during peak hours. If you have a programmable thermostat, adjust the settings to sync up with off-peak periods. When we all work together to reduce energy use during periods of high electricity demand, we can relieve pressure on the grid and save a little money along the way.

Another benefit of this time-of-use approach to electricity use allows greater control over your bill. Reducing the peak impacts the power-supply cost to every co-op member. This is particularly noticeable as energy costs have risen across the U.S. Collectively, everyone conserving energy and making small changes can truly make a difference.

Remember, taking simple steps to save energy throughout the day and shifting energy intensive chores to off-peak hours is a smart choice for you and our community.

Welcome New Members

Kenton J &/or Rachel E Fisher – *St. John*

KanEquip Inc – *Wamego*

Kevin Wegerer – *Cunningham*

Riffey Farms Inc – *Sawyer*

Megan Schnoebelen – *Belpre*

Sleep is Good Medicine

11 tips for healthier sleep

Sleep can sometimes feel like self-care that can wait or a reward you need to earn. However, the opposite is true. When it comes to your health, sleep is just as important as physical activity and nutrition.

While you sleep, your body is busy healing and repairing itself, learning and actively preventing chronic diseases. For most adults, getting healthy sleep means sleeping for at least seven hours each night without waking up frequently, going to bed and waking up at roughly the same times each day, and waking up feeling refreshed. Healthy sleep helps the body boost immunity, manage weight, reduce stress and lower the risk of chronic diseases such as diabetes, cancer, heart disease and Alzheimer's disease.

"We know chronic insufficient sleep can have a detrimental impact on personal health and increase the risk of many diseases," said Jennifer L. Martin, a licensed clinical psychologist and professor of medicine at the David Geffen School of Medicine at UCLA. "Healthy sleep is also important for mood regulation and mental health, helping to reduce the risk of problems such as anxiety and depression."

However, according to the Centers for Disease Control and Prevention, about 1 in 3 adults in the United States report getting less than seven hours of sleep per night. Your daily routine — what you eat and drink, the medications you take, how you schedule your days and how you spend your evenings — can significantly impact the quality and duration of your sleep.

These tips from the American Academy of Sleep Medicine's "Sleep Is Good Medicine" campaign — which aims to emphasize sleep as a key pillar of health, equivalent with nutrition and exercise — can help you create a healthy sleep routine to improve your health today and in the long run.

- ▶ Keep a consistent sleep schedule. Get up at the same time every day, even on weekends and during vacations.
- ▶ Set a bedtime early enough to get at least seven hours of sleep each night.
- ▶ Use your bed only for sleep and sex, or when you are sick. Watch TV and work outside the bedroom.
- ▶ Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.

- ▶ Reduce fluid intake before bedtime.
- ▶ Turn off electronic devices at least 30 minutes before bedtime.
- ▶ Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- ▶ Avoid drinking caffeine in the afternoon or evening.
- ▶ If you don't fall asleep after 20 minutes, get out of bed. Do a quiet activity without a lot of light.
- ▶ Avoid alcohol before bedtime.
- ▶ Keep a sleep diary. Over a two-week period, track when you go to bed each day, wake during the night and wake in the morning. Also track when you exercise, nap, take medication or have caffeine or alcohol.

Even if you don't think you have a sleep problem, talk to your doctor about your sleep and share your sleep diary. Together, you can figure out what healthy sleep looks like for you and how to get it. This can help prevent sleep difficulties before they become harder to treat.

Learn more about the role sleep plays in your health and find more tips to help improve your sleep habits at www.sleepisgoodmedicine.com.



5 Ways to Save During Winter

Winter weather typically means increased energy use at home. Keep your bills in check with these tips to save energy — and money!

MIND THE THERMOSTAT. If you have a traditional heating and cooling system, set the thermostat to 68 degrees or lower. Consider a smart or programmable thermostat for additional savings.

GET COZY. Add layers of clothing for additional warmth, and snuggle up under your favorite heavyweight blanket.

DON'T BLOCK THE HEAT. If your air vents or heating elements (like radiators) are blocked by furniture or rugs, your home isn't being adequately heated.

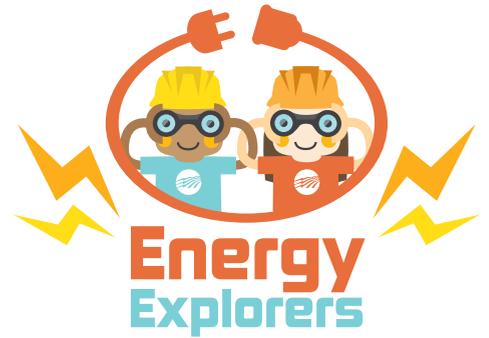
TAKE ADVANTAGE OF SUNLIGHT. Open window coverings during the day to let natural sunlight in to warm your home. Close them at night to block the chilly night air.

BLOCK AIR LEAKS. Seal windows and exterior doors with caulk and weather stripping to improve indoor comfort and decrease the amount of energy used to heat your home.

ELECTRICAL SAFETY WORD SCRAMBLE

Electricity is essential for our daily lives, but it can also be dangerous if you don't play it safe!

Read the safety tips below and unscramble the **BOLDED** text to complete the phrase. Use the answer key to double check your work.



- ▶ Never place extension **RDSOC** under rugs or carpet.

- ▶ Make sure electrical cords are not **YRAFDE** or broken.

- ▶ Smoke **MAALSR** should be tested every month.

- ▶ Place electrical cords in areas where you won't **ITPR** on them.

- ▶ Keep flammable items at least 3 feet away from space **SHETEAR**.

- ▶ Electricity and **rwtea** never mix.

Answer Key: 1. cords 2. frayed 3. alarms 4. trip 5. heaters 6. water