



A Touchstone Energy® Cooperative 

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www.twinvalleyelectric.coop

TWIN VALLEY ELECTRIC CO-OP

NEWS

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FROM THE CEO

Shift Timing, Shift Savings

As we settle into the heat of July, our homes naturally use more electricity. Air conditioners run longer, refrigerators work harder, and daily routines — from cooking dinner to doing laundry — often overlap during the warmest parts of the day. That's also when the demand for electricity across our community is at its highest.

At Twin Valley Electric, our top priority is delivering safe, reliable and affordable power whenever you need it. But during peak energy hours — **3 TO 7 P.M.** — there's added pressure on the grid as homes and businesses require larger amounts of electricity, all at the same time. On the hottest days, that strain can be significant.

The good news is that small changes at home can make a meaningful difference.

Think of our electric grid like a highway system. During rush hour, traffic is heavy, congestion builds and everything slows down. But when drivers adjust their schedules, even slightly, it helps ease the bottleneck. The same principle applies to energy use.

By shifting some of your high-energy activities to off-peak hours — like doing laundry later in the evening, running the dishwasher before you go to bed, or cooking meals earlier in the day — you're helping spread out



Angie Erickson

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Respect the Heat

Soak up the sunshine but remember summertime heat can get intense. Unlike hurricanes, floods and tornadoes, the dangers of extreme weather strike without much notice. An average of 702 heat-related deaths occur each year in the United States, according to the Centers for Disease Control and Prevention (CDC).

Whether you're out and about enjoying your community, watching children take part in summer sports or simply taking a dip in the pool, watch for signs of heat-related illnesses. In a matter of minutes, situations can go from fun-in-the-sun to alarming.

HEAT-RELATED ILLNESSES

Hot weather is associated with an increase in heat-related illnesses, including cardiovascular and respiratory complications, renal failure, electrolyte imbalance, kidney stones, negative impact on fetal health and preterm birth, according to the CDC. Death rates increase during and after heat waves, which is why the number of deaths is attributed to heat-related illnesses.

HEAT-RELATED DEATHS RESULT FROM:

- ▶ Heat stroke and related conditions.
- ▶ Cardiovascular disease.
- ▶ Respiratory disease.
- ▶ Cerebrovascular disease.

DEATHS FROM HEAT EVENTS

The National Weather Service (NWS) reports that 105 fatalities per year are directly related to extreme heat (based on a 10-year average). Both the NWS and the CDC agree that extreme summer heat events are increasing in the U.S.

Anyone can be at risk of the health effects of heat, but some are more vulnerable, according to the CDC. Those more vulnerable include:

- ▶ Pregnant women.
- ▶ People with heart or lung conditions.
- ▶ Young children.
- ▶ The elderly.

- ▶ Athletes.
- ▶ Outdoor workers.

HEAT STROKE

Heat stroke is the most serious heat-related illness, as it restricts the body's ability to cool itself. Body temperature can reach 106 degrees or higher within 10 to 15 minutes, according to the CDC.

Heat stroke can cause permanent disability or death if emergency treatment is not initiated. Symptoms of heat stroke include confusion, altered mental status, slurred speech, hot/dry skin or profuse sweating, seizures, very high body temperature and coma.

If someone is experiencing heat stroke, act quickly to treat the person.

- ▶ Call 911.
- ▶ Stay with the person until help arrives.
- ▶ Move the person to a shaded, cool area.
- ▶ Remove outer clothing.
- ▶ Cool the person with water.
 - ▶ Place cold cloths on the skin.
 - ▶ Soak clothing in cool water.
 - ▶ Concentrate on cooling the head, neck, armpits and groin.
- ▶ Circulate air around the person.

HEAT EXHAUSTION

This type of heat-related illness is the body's response to an excessive loss of water and salt, usually due to excessive sweating. Heat exhaustion is most likely to affect the elderly, people with high blood pressure and those who work outdoors.

Symptoms include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, elevated body temperature and decreased urine output.

If someone is displaying symptoms of heat exhaustion, do the following:

- ▶ Take the person to a clinic or emergency room.
- ▶ Call 911 if medical care is unavailable.
- ▶ Stay with the person until he or she is evaluated.

How to Help Someone Who's Having a Heat Stroke:



- ▶ Call 911.
 - ▶ Stay with them until help arrives.
 - ▶ Move them to a shaded, cool area.
 - ▶ Remove outer clothing.
 - ▶ Place cold cloths on the skin.
 - ▶ Soak clothing in cool water.
 - ▶ Circulate air around the person.
- ▶ Remove the person from the heat.
 - ▶ Give the person liquids to drink.
 - ▶ Remove unnecessary clothing, including shoes and socks.
 - ▶ Use cold compresses to cool the person's body.
 - ▶ If compresses are not available, splash cold water on the head, face and neck.

OTHER HEAT-RELATED ILLNESSES

Other illnesses related to heat stress include rhabdomyolysis, heat syncope (fainting or dizziness), heat cramps and heat rash. Rhabdomyolysis is a medical condition associated with heat stress and prolonged physical exertion. The condition causes the rapid breakdown, rupture and death of muscle. People who have this condition and experience symptoms (muscle cramps, weakness, dark urine) should seek immediate care at the nearest medical facility.

SEVERITY SCALE

Heat stroke is the most serious, followed by heat exhaustion and heat syncope (both severe), and then heat cramps and heat rash (less severe).

If you suspect someone is experiencing heat stroke, act right away by calling 911. Heat exhaustion also requires medical evaluation and treatment. In both cases, cool the body as quickly as possible.

Shift Timing, Shift Savings Continued from page 12A ▶

demand. That reduces pressure on the grid during those critical peak hours.

HERE ARE A FEW SIMPLE STEPS YOU CAN TAKE TO LOWER ENERGY USE DURING PEAK HOURS.

Smart technology can be a valuable partner in saving energy. A programmable or smart thermostat can automatically adjust your home's temperature when demand is highest, helping you stay comfortable while using energy more efficiently. Even a small adjustment of a few degrees during peak hours can make a difference.

In the kitchen, simple swaps can help, too. Using a slow cooker, air fryer or outdoor grill instead of the oven keeps your home more comfortable and reduces the need for additional cooling during the warmer parts of the day. And when it comes to laundry, air-drying clothes or spacing out loads can cut down on both energy use and indoor heat.

Don't overlook the power of ceiling fans, either. They can help you feel several degrees cooler, allowing you to raise your thermostat setting without sacrificing comfort.

These actions may seem small on their own, but together, they add up. When many members make mindful choices about when and how they use electricity, it helps reduce peak demand, eases strain on the grid and supports more stable energy costs for our local communities.

That's the cooperative difference. As a member, you're not just a customer — you're part of a community working together to power our future. Every effort you make contributes to a stronger, more resilient system.

This summer, I encourage you to take a closer look at your daily routines. A few simple shifts can go a long way in keeping your home comfortable, your energy use efficient, and our grid running smoothly — no matter how high the temperatures climb.

How to SAVE ENERGY in your HOME OFFICE

Small changes = lower bills + more comfortable workspace

BRIGHT IDEAS FOR LIGHTING

- ▶ Swap old bulbs for LEDs.
- ▶ Use task lighting such as a desk lamp.
- ▶ Turn lights off when you leave and use daylight when possible.

CUT ALWAYS-ON POWER

- ▶ Use a power strip or smart strip to shut off power.
- ▶ Avoid leaving printers on all day.
- ▶ Unplug chargers and equipment when not in use.

USE POWER MANAGEMENT SETTINGS

- ▶ Reduce screen brightness.
- ▶ Use sleep mode on computers and monitors.
- ▶ Skip screen savers; they don't save energy.

! **TIP:** Laptops use less energy than desktops.

! **SAFETY TIP:** Don't overload outlets or daisy-chain power strips. Use a surge-protector power strip.

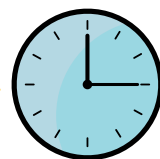


SOURCE: WWW.SAFELECTRICITY.ORG

SAME ENERGY. DIFFERENT IMPACT.

The demand for electricity is typically highest in the late afternoon during peak energy hours. You can help lower demand by shifting when energy-intensive activities happen.

SHIFT APPLIANCE USE TO OFF-PEAK HOURS.



- ▶ Start the dishwasher right before you go to bed.
- ▶ Use the oven earlier or later (during off-peak hours.)
- ▶ Space out use of major appliances.

USE A PROGRAMMABLE OR SMART THERMOSTAT.



- ▶ Automatically adjust the temperature setting during peak hours.
- ▶ Schedule home cooling cycles for efficiency.
- ▶ Use ceiling fans for additional cooling instead of lowering your thermostat.

OPT FOR LOW-ENERGY ALTERNATIVES DURING PEAK HOURS.



- ▶ Use small appliances like slow cookers or air fryers — or fire up the grill — instead of the oven.
- ▶ Air-dry clothes instead of using the dryer.

SOURCE: WWW.SAFELECTRICITY.ORG

Carbon Monoxide: A Silent Killer

Colorless, odorless and tasteless, carbon monoxide (CO) is a silent and dangerous gas responsible for killing at least 420 people in the United States each year, causing 100,000 visits to the emergency room and 14,000 hospitalizations, according to the Centers for Disease Control and Prevention (CDC). Of these deaths, approximately 85 are caused by portable generators. Some of the potential consequences of CO poisoning include permanent brain and heart damage, fetal death and miscarriage.

SYMPTOMS OF CO POISONING INCLUDE:

- ▶ Headache.
- ▶ Weakness.
- ▶ Dizziness.
- ▶ Nausea or vomiting.
- ▶ Shortness of breath.
- ▶ Confusion.
- ▶ Blurred vision.
- ▶ Loss of consciousness.

Knowing the symptoms is important (especially when a non-CO-exposed person is assessing someone who has been exposed). However, many times, CO poisoning overtakes a person before he or she realizes what is happening.

CO can be present anytime an appliance or motor vehicle uses combustion

fuel sources, such as gasoline, natural gas, oil, kerosene, propane, charcoal and wood. Usually, the amount of CO produced by these commonly used items is not hazardous. However, when they are used in an enclosed or partially enclosed space, CO can quickly build up, resulting in harmful levels in a matter of minutes.

The good news is that CO poisoning is preventable. To arm yourself against this deadly killer, follow these tips:

- ▶ Install battery-powered CO detectors on every level of your home and check them monthly to ensure they are working.
- ▶ If a CO alarm goes off or if someone is exhibiting symptoms of CO poisoning, call 911 immediately and take everyone outdoors to fresh air as quickly as possible.
- ▶ Consider installing a CO ventilation system, which combats carbon dioxide and CO by replenishing oxygen in the air.
- ▶ Have your heating system, fireplace, water heater and other combustion-run appliances serviced by a qualified technician every year.
- ▶ Read the instructions before using any combustion-powered appliance.
- ▶ Never use a charcoal grill, lantern or portable camping stove inside a home, tent or camper.

- ▶ Always open the garage door before starting or idling your vehicle, and make sure the door leading to your home from the garage is closed.
- ▶ Never use a portable generator with a combustion engine indoors or within 20 feet of your home or structure.
- ▶ Do not use a portable generator in a partially enclosed structure or area such as a basement, crawlspace, garage, porch, carport, tent, shed, camper or recreational vehicle.
- ▶ Carefully read all instructions when using a space heater that runs on gas or kerosene; always follow ventilation requirements.
- ▶ Avoid standing or swimming within 20 feet of generator exhaust while boating.
- ▶ Never leave a boat's engine running if there are swimmers in the water.
- ▶ Use proper fire prevention techniques and avoid smoke inhalation when possible.
- ▶ Carefully read the instructions and follow all safety precautions on the label when working with methylene chloride, commonly found in paint and varnish removers, which can break down into CO when inhaled.



Electrical Safety Around Water

Prevent shocks around pools, hot tubs, and spas before they happen.

- ▶ Check power line clearance with an electrician or your utility when installing pools, spas, and structures like diving boards, and have utilities marked before digging.
- ▶ Use a qualified electrician for any new pool, hot tub or spa wiring.
- ▶ Have an electrician show you how to shut off all power in an emergency and make sure the shut-off switch is labeled.
- ▶ Schedule periodic electrical inspections and upgrades for your equipment.
- ▶ Use covered outdoor outlets.
- ▶ Make sure outlets are GFCI-protected and tested monthly.
- ▶ Keep cords away from water. Don't use extension cords for pool equipment.
- ▶ Replace cracked outlet covers, frayed cords, loose plugs or damaged equipment.
- ▶ Choose battery-operated and waterproof TVs, radios and speakers.
- ▶ Don't handle phones, tablets, laptops or charging cords when you're wet, and keep them away from pools, spas and sinks.

KNOW THE RISKS: WET SKIN+WET SURFACES=INCREASED RISK WHEN ELECTRICITY IS PRESENT.

WARNING SIGNS OF SHOCK IN THE WATER:

- ▶ Tingling sensation.
- ▶ Muscle cramps.
- ▶ Restricted movement.

IF YOU SUSPECT ELECTRICAL SHOCK:

- ▶ Turn off all power immediately.
- ▶ Do NOT enter the water to rescue anyone.
- ▶ Use a non-conductive rescue tool (such as fiberglass).
- ▶ Call 911.

IF YOU FEEL A SHOCK IN THE WATER, MOVE AWAY FROM THE SOURCE AND GET OUT.

SOURCE: WWW.SAFEELECTRICITY.ORG