

Owned by the  
Members We Serve

BROWN-ATCHISON  
ELECTRIC COOPERATIVE

# NEWS



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## FROM THE MANAGER

### Baby, It's Cold Outside!

I hope you are staying warm so far in 2023. Being a bit of a numbers geek (I can hear the board sarcastically saying: “ya think?...”), I like to keep track of the temperatures in a month. Temperature has a great impact on our members’ bills. In Horton, December was the coldest December of the 11 years of data that I have. Baby, it was cold outside — but hopefully things are warming up. Here are some warm thoughts to get you out of the cold.

Let’s start with the Brown-Atchison Annual Meeting. You have probably already received our annual meeting booklet and official notice. The annual meeting will occur on Thursday, Feb. 23 at the cooperative office in Horton. Registration starts at 10:30 a.m. with a barbecue lunch at 11 a.m. The business meeting starts at 12:30 p.m. There will

be some special announcements and of course, some prize drawings too. Ahhh — and it warms the heart to visit with friends, neighbors and guests — some that you may not have seen since last year.

There is something else that we think is downright hot! There will be an extra prize drawing at the annual meeting this year. This prize is reserved for members that want to help all members by lowering the cost of the power we purchase. And it is smokin’ easy to do. All we ask is that you share your cell phone number so that we can send you a text when peak demand is high. We will do this ONLY in the months of July and August. We will send no more than 10 texts in each



Michael Volker

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## 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.





## IDENTIFY HAZARDS IN THE WORKPLACE

Speaking up about unsafe or hazardous work conditions help keep everyone safe. Workplace hazards can be chemical (such as a spill), physical, biological (e.g., bloodborne pathogens) or ergonomic.

### The National Safety Council Recommendations:

- ▶ Wear proper personal protective equipment.
- ▶ Avoid distracted walking.
- ▶ Use caution in high-traffic areas.
- ▶ Store heavy objects on the floor.
- ▶ Check workstations for exposed cords.
- ▶ Ensure cups and glasses have spill-proof lids.
- ▶ Replace burned out lighting.

### In addition:

- ▶ Immediately report/address unsafe conditions.
- ▶ Always observe lockout/tagout procedures.
- ▶ Use tools, equipment and machinery properly.
- ▶ Be aware of your surroundings.

SOURCE: NATIONAL SAFETY COUNCIL

## Baby It's Cold Outside! Continued from page 12A ▶

of those months. The texts will simply ask you to lower your energy consumption between the hours of 3 and 6 p.m. on those hot July and August days. Cutting back your usage is completely voluntary. The point is to ask you to shift your energy consumption because your cooperative is experiencing very high demand for power.

By lowering our use during these handful of peak demand hours — it lowers costs for Brown-Atchison all year-round. This will lower bills for all cooperative members! There is an extra ticket included with the registration form for the annual meeting. Just fill in the information and bring it to the annual meeting registration to be included in the special drawing.

How about another warm thought: helping a kid pay for college. This year, Brown-Atchison will provide three \$500 scholarships to high school seniors living with a cooperative mem-

ber. One scholarship will be awarded in each of the three regions that we serve: Brown County, Atchison and Doniphan counties, and Nemaha, Jackson and Jefferson counties. Members and their students should contact us if they plan to continue their education whether at a technical school or a four-year university. The preference would be on a student interested in a career with a utility, but that is not a requirement.

One last thing to keep in mind: While it remains the dead of winter — and the possibility of severe weather always present in northeast Kansas — please know that our crews are always ready. It's not just what we do — it is who we are. We are your neighbors, friends and family. We will always do whatever it takes to get you out of the cold as soon as possible. From all of us at Brown-Atchison Electric Cooperative — stay warm!



## 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.

# 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](http://www.sleepisgoodmedicine.com).

## Electric Co-ops Go the Extra Mile for You

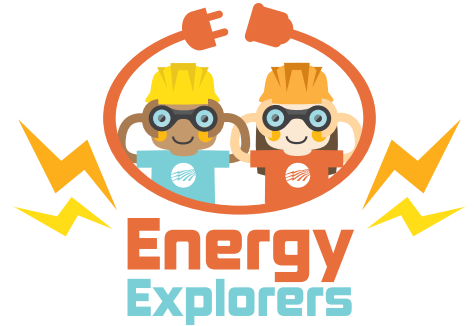
Kansas electric co-ops serve an average of **3 consumer-members** per mile of power line.

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.

# 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.

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

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

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

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

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▶ Electricity and **rwtea** never mix.

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