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Members We Serve

BROWN-ATCHISON  
ELECTRIC COOPERATIVE

# NEWS



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## FROM THE MANAGER

### Guest DJ for 'Beat the Peak'



**Michael Volker**

We have had great success at Brown-Atchison Electric Cooperative signing up members for our Beat the Peak program. Still, some have not

heard of the benefits Beat the Peak can bring to ALL our members by lowering our wholesale power costs. So, similar to KNZA turning the radio station over to the listeners, I thought I'd turn this KCL article over to one of our members. Specifically, Angie Kreider, an employee of Rainbow Telecommunications, and her husband John and family who have signed up for Beat the Peak.

So, with special thanks to the Kreider family, here we go!

**MV:** Angie, thanks for letting us interview you! We appreciate all that you and Rainbow Telecommunications do for northeast Kansas. Even more, we appreciate you being a member of Brown-Atchison Electric Cooperative and participating in "Beat the Peak."

#### Questions:

**MV:** What is Beat the Peak?

**AK:** Beat the Peak is a new program offered by our local Brown-Atchison Electric Cooperative that allows members to help with keeping our utility costs down by voluntarily conserving energy use when electricity demand is very high.

*Continued on page 12B ▶*

## ENERGY EFFICIENCY Tip of the Month

Summer is a prime opportunity to enjoy the great outdoors. To reduce home energy use, avoid using your oven and use a grill instead. Not only will cooking outdoors eliminate the electricity used to power the stove, but it will also avoid raising the temperature inside your home, reducing the need for air conditioning or cooling.

You can also avoid using the oven with tasty no-bake recipes. (Check out Page 20 in the magazine for no bake recipes this month.) **SOURCE: WWW.ENERGY.GOV**



# FREE & EASY ways to save energy

(Spoiler Alert: Your clothes and dishes won't know the difference)

Major home appliances account for approximately 16% of an average home's energy consumption.



- ▶ Run full loads of laundry instead of several smaller ones.
- ▶ Use cold water to wash your clothes.

- ▶ Keep your refrigerator at 35-38 F and your freezer at 0 F.
- ▶ Regularly defrost manual-defrost freezers and refrigerators.



- ▶ Skip the heated dry setting on your dishwasher.
- ▶ Fully load your dishwasher before washing.

- ▶ When buying new appliances, consider Energy Star® versions.
- ▶ Unplug appliances you're not using.



Time to replace that old appliance? Replacing older versions with energy-efficient models can save the average household more than

**\$500 per year.**

SOURCES: NATIONAL RESOURCES DEFENSE COUNCIL, U.S. ENERGY INFORMATION ADMINISTRATION

## Guest DJ for 'Beat the Peak' *Continued from page 12A*

**MV:** How did you first hear about Beat the Peak?

**AK:** I first heard about this great program at the Brown-Atchison Electric Annual Meeting back in February.

**MV:** When does Beat the Peak apply?

**AK:** From July 1 through Aug. 31. The hours are limited to Monday through Friday from 3-6 p.m. But even then, it is only on the hottest days of the month when demand for electricity is critically high. On those days, Brown-Atchison Electric will notify me around 1 p.m. via a text message that it's a Beat the Peak day and we can make sure we are intentional to conserve, save and help keep costs down for both our home and for our co-op. In addition, we will be helping our co-op keep their overall power usage stable, which will in turn help keep our electricity affordable.

**MV:** Great answers, Angie! Now, tell the readers what you and the Kreider

family are going to do to reduce consumption and help Beat the Peak.

**AK:** There are several things we plan to do to reduce our consumption during these summer months. We draw all the curtains and shades during the day while we are away at work. In addition, we have a smart thermostat that raises the temperature during the day, but then lowers it later on (after 6 p.m.) so we are still able to enjoy a cool comfortable home in the evenings. We also do a lot of grilling outside during the summer and use the stove/oven as little as possible by enjoying fresh produce and seasonal fruit instead of our winter-time cookies and baked dessert treats. I also like to utilize our outside clothesline during the summer. If I wash a load of clothes overnight and hang them on the line during the day, it saves running the dryer and our sheets and blankets smell like sunshine!

**What's the fuss about PEAK ENERGY USAGE?**

Peak energy demand is when energy consumption is at its highest.

In much of the U.S., energy use spikes in summer and winter due to increased energy demands for heating and cooling spaces.

**IN THE SUMMER:** Energy use spikes from mid- to late afternoon until evening.

**IN THE WINTER:** Energy use is higher in the early morning and then again in late afternoon/evening.

Adjusting when you use electricity can help even out energy use and avoid service interruptions caused by high demand.

SOURCE: U.S. ENERGY INFORMATION ADMINISTRATION

# 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.
- ▶ 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.

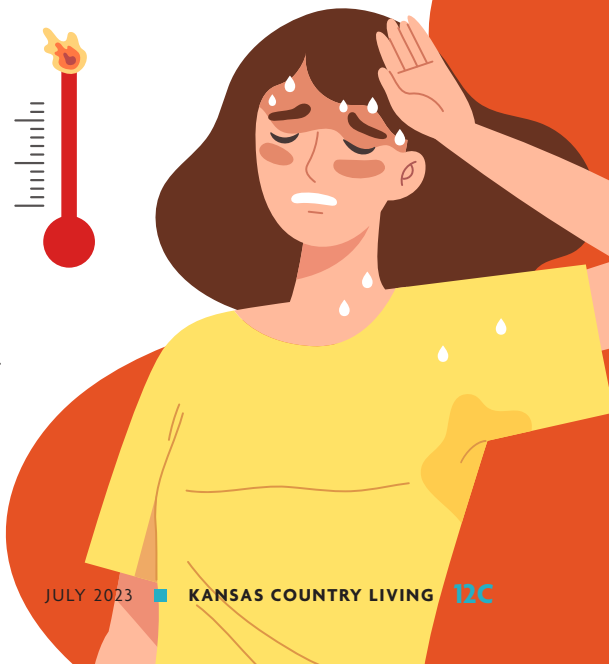
## Other Heat-Related Illnesses

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

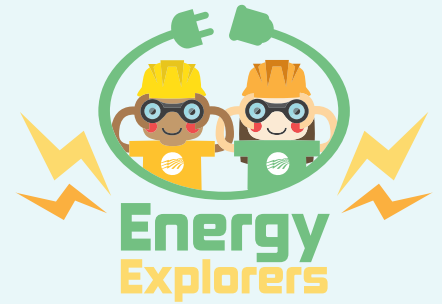
Heat stroke is the most serious, followed by heat exhaustion and heat syncope (both severe), and then heat cramps and heat rash (less severe).

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.



# HOW SOLAR PANELS WORK WORD SEARCH

Did you know energy from the sun can be used to create electricity? Read the following information about how solar panels work, then find and circle the **bolded** words in the puzzle.



- ▶ Solar panels contain **photovoltaic** cells that convert sunlight into electricity.
- ▶ **Sunlight** hits the **solar** panels and generates a direct current.
- ▶ The direct **current** flows to an inverter, which converts it to an alternating current. (This is the kind of electricity we use in our homes.)
- ▶ The alternating current flows from the **inverter** to the home's breaker box, where it's used to **power** appliances and electrical devices in your home.
- ▶ If the solar **panels** generate more **electricity** than the home needs, the unused electricity is sent back to the power lines.

C N B S T T G Z O V S U Y V K  
 I H Y I C T N H Z O V K W Z A  
 A B N G E O Z E L P L K K B R  
 T H T Q Y N P A R F N R C A E  
 L X O D W G R Q W R B Z S U T  
 O P K T X D S T O Y U T U Q R  
 V O U U O S L E N A P C Y S E  
 O F S W R V X E H Z P D W U V  
 T F B E X I O B Q G F P Y N N  
 O V W I W O N L E F P X V L I  
 H O Y C Z J K Z T A J F F I F  
 P R X S F Z K E U A D P Q G V  
 B K E L E C T R I C I T Y H G  
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