



COMMON Ground

NEMAHA-MARSHALL ELECTRIC CO-OP ASSN., INC.

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Nemaha-Marshall Electric
 Cooperative Association, Inc.

COINCIDENT PEAK

**APRIL 17
 AT HOUR
 ENDING 7 P.M.**

FROM THE MANAGER

Controlling Demand Costs



Kathleen O'Brien

Are you aware that the timing of your electricity usage is just as important as the amount you consume? In 2024, 66.2% of our Evergy power bill was based on power consumed during our 3 to 5 p.m. demand period. Together with our members, we hope to reduce power cost expenses, especially during the peak demand period of 3 to 5 p.m. Monday-Friday when electricity prices are highest.

Since Nemaha-Marshall is a not-for-profit entity, all these costs are passed back to you through the electric rates. To help with our wholesale costs, we

can do simple things to reduce demand for electricity during peak hours. This helps save wholesale costs and helps you save money on your bill. Adjusting when you use certain appliances to the late evening or early mornings can have a significant impact on these costs.

Some examples would be doing laundry or chores in the morning, precooling your home before 3 p.m., turning up your thermostat between 3 and 5 p.m., charging your electric car at night, watering your lawn in the morning, and considering a timer for your electric water heater so that it avoids heating the water during the afternoons.

If you have a programmable thermostat, adjust the settings so your heating/cooling system syncs with the off-peak rate periods. You can save up to 10% a year on heating and cooling by

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OUTAGES FOR APRIL 2025

Occasionally, a part or parts of the delivery system fail and an outage occurs. Below are the larger outages that occurred.

Date	Location	Substation	Number of Consumers	Outage Cause
March 31	22-6-09-13	Frankfort	34	Bad Underground Connector
April 2	09-6-10-09	Frankfort	12	Fuse Tap Tripped
April 2	08-4-13-01	Goff	161	Bad Breaker
April 2	09-6-10-09	Frankfort	12	Broken Arrestor
April 2	32-2-12-02	Seneca	1	Bad Cutout
April 3	12-1-09-01	Snipe Creek	1	Transformer Tripped
April 10	16-5-12-04	Centralia	1	Transformer Tripped
April 15	05-2-08-13	Lone Elm	23	Sprayer Hit Line

Heat Advisory: Protecting Workers From Heat Stress

Nationwide, we're experiencing hotter, longer and more frequent extreme heat events. Extreme heat is the leading cause of weather-related deaths in the U.S., according to the National Weather Service.

Heat can be dangerous for anyone, but some face greater risks. Outdoor workers face increased threat of heat stress due to hot temperatures, high humidity, intense radiation from full sunlight or limited access to air circulation or cooling. Those at risk include lineworkers, first responders, farmers, construction workers and landscapers.

People working indoors without air conditioning or near heat sources such as in kitchens, factories or foundries also face greater risks of heat-related illness.

While we can't control the weather, we can understand the hazards of heat stress and take precautions to ensure safety when temperatures and humidity are on the rise.

UNDERSTANDING HEAT STRESS

Heat stress occurs when the body cannot adequately cool itself through sweating. This can result from a combination of high temperatures, humidity, physical exertion and a lack of hydration. When the body overheats, it can lead to various heat-related illnesses, ranging from mild heat cramps to life-threatening heatstroke.

PERSONAL RISK FACTORS

Certain factors can increase an individual's susceptibility to heat stress, including:

- ▶ **AGE AND HEALTH:** Older workers and those with preexisting health conditions are at greater risk.
- ▶ **HYDRATION LEVELS:** Dehydration can impair the body's ability to cool itself.
- ▶ **ACCLIMATIZATION:** Workers who are not accustomed to hot conditions are more prone to heat stress.
- ▶ **CLOTHING:** Wearing heavy or non-breathable clothing can restrict heat dissipation.

HEAT EXPOSURE CAN AFFECT HEALTH IN A NUMBER OF WAYS

HEAT CRAMPS:

- ▶ **SYMPTOMS:** Muscle pain or spasms, usually in the arms, legs or abdomen.
- ▶ **RESPONSE:** Rest in a cool place, hydrate with electrolyte-rich fluids and gently stretch the affected muscles.

HEAT EXHAUSTION:

- ▶ **SYMPTOMS:** Heavy sweating, fatigue, nausea, dizziness, irritability, pale/cool skin and a rapid, weak pulse.
- ▶ **RESPONSE:** The condition is usually due to loss of water and salt from excessive sweating. Move to a cooler area, loosen clothing, sip water slowly and apply cold compresses or cool water to the skin. Seek medical attention if symptoms persist.

HEAT STROKE:

- ▶ **SYMPTOMS:** High body temperature, throbbing headache, hot/dry skin, confusion, slurred speech, rapid and strong pulse, and possible loss of consciousness.
- ▶ **RESPONSE:** Heat stroke can be fatal, as it restricts the body's ability to cool itself. Call 911 immediately. While waiting for medical help, move to a cooler environment, and lower body temperature with cool water or ice compresses. Remove any unnecessary clothing.

PREVENTING HEAT STRESS

Prevention is key to protecting workers from heat stress. Here are some essential tips:

- ▶ Hydrate frequently. If you wait until you're thirsty, you've waited too long. You should drink water every 15-20 minutes. Consider adding electrolytes, and avoid caffeinated or sugary beverages and heavy, hot meals.
- ▶ Take frequent breaks. Schedule breaks in shaded, air-conditioned or cooler areas.
- ▶ Acclimatize and gradually increase heat exposure. Allow new or returning employees time to adjust.
- ▶ Adjust work schedules. Plan heavy activities for cooler parts of the day and gradually increase workloads to help workers acclimate to the heat.
- ▶ Wear appropriate clothing. Opt for lightweight, loose-fitting and light-colored clothing. While necessary for safety, be aware that personal protective gear can increase body heat.
- ▶ Wear sun protection, including a hat and sunglasses. Apply sunscreen regularly.

Know the signs and watch out for each other. Ensure all workers are aware of the risks, symptoms and treatments for heat stress.

OSHA's Heat Illness Prevention guide at www.osha.gov/heat offers resources for employers and workers about heat hazard awareness and prevention to keep workers safe. You can also download OSHA's Heat Safety App at www.osha.gov/heat/heat-app to calculate the heat index for a worksite and get reminders about protective measures that should be taken at that risk level to protect workers.

By understanding the dangers of extreme heat and implementing proactive measures, outdoor workers can significantly reduce the risk of heat stress. Staying informed, hydrated and vigilant can make all the difference in maintaining health and safety on the job.



Controlling Demand Costs *Continued from page 12A* ▶

adjusting your thermostat 7-10 degrees from its normal setting for eight hours a day, according to www.energys.gov. Use automatic timers to run hot tubs, pool pumps, water heaters and other appliances in the same way.

MORE TIPS TO REDUCE DEMAND.

- ▶ Close curtains, blinds and shades during the hottest part of the day. Not only is about one-third of a home's energy lost around windows, but approximately 76% of sunlight that falls on standard double-pane windows enters the home to become heat, according to www.energys.gov.
- ▶ Clean the filter and get your unit inspected by an HVAC professional, which could help your air conditioner run more efficiently.
- ▶ Add greenery to your landscaping, including shade trees and plants that insulate your home's foundation, to reduce energy costs.
- ▶ Ventilate the attic and check insulation. Adequately sized vents and the use of an attic fan can help move hot air from the structure. If your attic has less than 6-8 inches

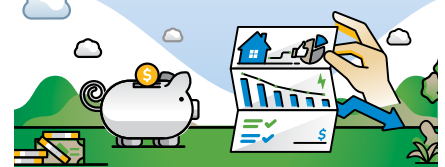
of insulation, consider adding more. By addressing air leaks around your home and adding insulation, homeowners can save approximately 10% annually on energy bills, according to www.energystar.gov.

- ▶ Make sure your outdoor condenser unit is clean and free from debris. Ideally, that unit should be in the shade.
- ▶ Schedule a professional energy audit to reveal where your home is inefficient, including air leaks and exposed duct work.
- ▶ Delay electricity usage until after 5 p.m.

One of Nemaha-Marshall Electric Cooperative's core principals is to provide value to its membership. If you have questions on energy usage, SmartHub, or any cost saving measure, please know that you can call our office to receive the help you need.

Finally, in June we honor our fathers, grandfathers, other father figures, and celebrate the first day of summer. Please enjoy family celebrations, and other outdoor activities, but always stay safe and watch out for electrical hazards.

STAY COOL THIS SUMMER without breaking the bank



Summer heat can strain both your comfort and your budget. As temperatures soar and energy demand peaks in the late afternoon and evening, it's time to take action.

7 cost-effective tips to help lower energy consumption:

- ▶ Request a home energy audit from your local utility to reduce energy loss.
- ▶ Change your air filter regularly to help your HVAC system work efficiently.
- ▶ Increase your thermostat by 2 degrees and set it to a higher temperature when you're away.
- ▶ Install a smart or programmable thermostat for automatic temperature control.
- ▶ Run dryers, washers and dishwashers during off-peak hours in the early morning or late evening.
- ▶ Wash full loads of laundry in cold water. Detergent, not hot water, cleans the clothes.
- ▶ Reduce indoor heat by limiting cooking and the use of heat-producing appliances during the hottest parts of the day.

SOURCE: WWW.SAFEELECTRICITY.ORG

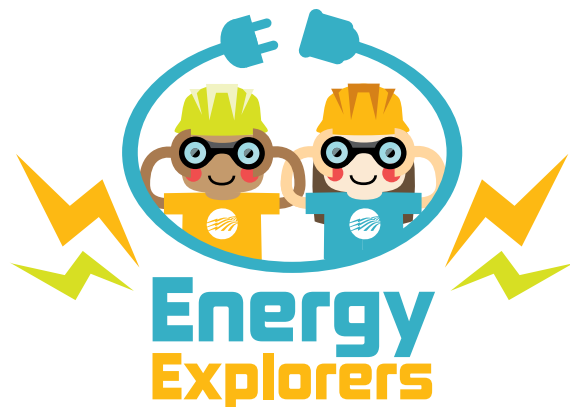




SOLAR ENERGY WORD SEARCH

Did you know solar panels turn sunlight into electricity? When the sun shines on the panels, tiny particles of light hit cells on the panels to create a flow of energy, like magic sunlight turning into power! The electricity then travels across power lines and can be used to light up homes, charge gadgets and more.

Can you find all the words associated with solar energy in the puzzle below?



WORD BANK

Solar	Renewable	Sunlight	Installation
Panel	Energy	Efficiency	Rooftop



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