



## From the desk of Travis Mathes, Manager of Member Services

“Time flies the older you get,” is a phrase we have all heard for years, but have you stopped to think that in today’s electronic device driven, multi-tasking world that time seems to fly by no matter what your age? I read an article recently by Anne Lamott that stated, “Almost everything will work again if you unplug it for a few minutes, and that includes YOU.” Lamott cleverly captures the benefits of “unplugging” in today’s society. Keeping up with work, family, school activities, and civic commitments can be overwhelming, and then add in most peoples desires to keep up with trends on social media makes most of us feel compelled to constantly check our electronic devices. I know I sure fall victim to it and don’t even realize it until my family points it out.

Summer is a great time to take a family vacation or even a staycation at home, but it’s also a good opportunity to unplug from your devices and enjoy time with family and friends. Research has shown that we all need downtime after a busy day to recharge – even though most of us resist it. Take some time this month to slow down and enjoy some peaceful time away from technology. I remember the feeling of panic that I experienced last year when my family and I arrived at a campground in the mountains of Colorado and I realized that I had not internet or cell phone service. The daily habit of reaching for my I-phone all the time had to be adjusted. Emails, phone calls, and text messages went unanswered for a few days. Take a moment to slow down and enjoy some peaceful hours away from technology this summer.

While you are unplugging from your devices, take a look around your home to identify electronics that consume energy even when they are not in use. TVs, gaming consoles, phone chargers, and computers are some of the biggest culprits. Most of the time if you leave it plugged in, it is causing phantom energy consumption, which is costing you money. Many children and grandchildren will be home this summer and that phantom load will increase. Did you know that the coffee pot setting on the counter that you never unplug is costing you money? Anything with a timer, clock, instant-on capabilities, or charging capabilities is constantly drawing electricity and therefore is drawing money from your wallet.

Get the younger generations involved in helping you identify phantom loads this summer. Make it into a scavenger hunt if need be. Not only will it save you money in the long run, it will also teach them how to conserve energy. Make energy conservation and efficiency fun and a full family project. Don’t let time and your money fly on past you this summer. Do yourself and your family a favor. Put down the electronic devices for a minute, unplug those idol energy users, and enjoy life before it passes by you in a flash.



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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary of Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov).

Lewis County Rural Electric Cooperative is an equal opportunity employer.

*Follow us on Facebook to hear what is going on at Lewis County REC and learn about programs to benefit you, our member/owners.*

**Mark your calendars for  
Lewis County REC’s  
82nd Annual Meeting  
Thursday, August 1, 2019  
at Knox County High School,  
Edina, MO.**

### TO REPORT AN OUTAGE

**CALL (TOLL FREE) 1-888-454-4485  
(LOCAL) 215-4000**

**24 HOURS A DAY**

**CALL THE TOLL FREE NUMBER  
DURING REGULAR BUSINESS HOURS (7:30 a.m. to 4 p.m.)  
FOR ALL OTHER SERVICES**

**Before calling:**

- Check your breakers or fuses
- Check with your neighbors to see if they have power
- When calling please give the following information:

*Your name • Meter Number • and/or location number*

# Seven Cooperative Principles

## Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

## Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote) and cooperatives at other levels are organized in a democratic manner.

## Members' Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

## Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

## Education, Training, and Information

Cooperatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public, particularly young people and opinion leaders, about the nature and benefits of cooperation.

## Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

## Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

## Online Bill Pay

Online bill pay is available at Lewis County REC. For more information on how to pay your bill online visit our website [www.lewiscounrec.coop](http://www.lewiscounrec.coop) or give us a call at 573-215-4000.

## Cooperative needs life support information from members

Lewis County REC always does its best to keep the power on all of the time, but severe storms and high winds can cause outages for several hours. Once in a while, some lines need maintenance that require the power to be shut off for a while. For most members this is just an inconvenience, but for those who depend on electricity to power life support equipment, an outage can present a severe hardship.

Lewis County REC keeps a list of all members who depend on electricity for life support so they can be notified about planned outages and can be given priority when restoring power after a storm.

If you or any member of your family depend on electrically powered life support equipment, please let us know. Please fill out the form below and return it to our office as soon as possible.

**YES! THERE IS SOMEONE IN MY HOME WHO REQUIRES LIFE SUPPORT EQUIPMENT. PLEASE PLACE US ON YOUR PRIORITY LIST.**

Meter Number: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Name of person on life support: \_\_\_\_\_

Telephone: \_\_\_\_\_

Type of Equipment used: \_\_\_\_\_

Time of Use:

\_\_\_ Continuously

\_\_\_ Time used during day \_\_\_\_\_ to \_\_\_\_\_

\_\_\_ Other use \_\_\_\_\_

Do you have a method of backup generation?

\_\_\_ Yes

\_\_\_ No

**Mail to:**

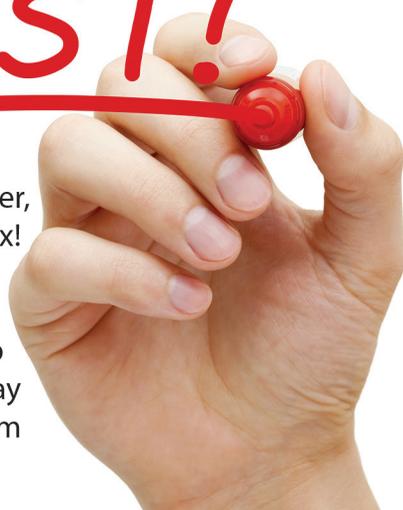
Lewis County REC

P.O. Box 68

Lewistown, MO 63452

# SAFETY FIRST!

Summer fun revolves around water, but water and electricity don't mix! Be sure your pool or boat dock are ready for summer with an inspection by an electrician. Keep any electric-powered devices away from water and never handle them with wet hands.



## Energy Efficiency

### Tip of the Month

Fans may be old-school technology for summer cooling, but they can help cut your electric bill down to size. Turning on a ceiling fan or a box fan allows you to raise the thermostat and take some of the load off of your air conditioner. Just be sure your ceiling fan is set to force air downward and be sure to turn off fans when you leave the room.