An early season storm roars in, story on page 6
Cooperation: That’s a key word for electric cooperatives and a concept vital to the success of our form of business. If you’ve heard the old saying that there is power in numbers, then you understand why Cooperative Principle No. 6, Cooperation Among Cooperatives, is a key one for us. This principle states that cooperatives serve their members best and strengthen the cooperative movement when working together.

DEMCO does that in numerous ways. At the most basic level, electric cooperatives support one another in times of crisis. When a storm or other disaster impacts us or one of our sister electric cooperatives, help is available as part of a Mutual Aid Agreement. With more than 900 fellow electric cooperatives across the country, crews are available and willing to assist when needed.

The power of numbers also gives us a louder voice at the state capitol and in Washington, D.C., when legislators make decisions about rural and urban energy issues. We also have a louder voice at the state capitol and in Washington, D.C., when legislators make decisions about rural and urban energy issues. We also share training resources and expertise through the association’s Safety and Loss Control Division.

Our Association of Louisiana Electric Cooperatives membership on things like the printing and production costs of this magazine because of the economies of scale among statewide cooperatives. We also share training resources and expertise through the association’s Safety and Loss Control Division.

Working together in our local communities and amongst our sister co-ops nationwide exemplifies cooperation among cooperatives.

DEMCO is one of 900 members of the National Rural Electric Cooperative Association (NRECA), an organization that not only has the ears of Washington decision-makers, but also helps represent cooperative interests to regulatory bodies. Through its Cooperative Research Network, we receive information about new technologies that can help us control costs, improve productivity and deliver superior service. Working together in our local communities and amongst our sister co-ops nationwide exemplifies cooperation among cooperatives. The power of our collective voices helps each and all of us provide our co-op members with the very best service at the lowest price possible.

**Energy Efficiency**

**Tip of the Month**

Cookware Tip: Copper-bottomed pans heat faster on the stove. In the oven, ceramic and glass dishes are better than metal. With ceramic and glass dishes, you can turn the oven down about 25 degrees, and your meal will cook just as quickly.

*Source: energy.gov*

**DEMCO Participates in Blood Drive**

A total of 42 DEMCO employees donated blood in the VITALANT Blood Drive on Tuesday, July 9 and Wednesday, July 10 at the Central District Headquarters office. Blood donations are used to save around 12,000 lives a day and just another way that DEMCO gives back to the local community. Locally, 250 donations are needed each day to meet the needs of people throughout south Louisiana. DEMCO also hosts another blood drive for its employees during the annual health expo scheduled in late September.
DEMCO Receives Statewide Awards

During the recent Association of Louisiana Electric Cooperatives (ALEC) Annual Meeting held in Baton Rouge in July, DEMCO’s General Manager/CEO Randy Pierce along with Frank Fowler and Blake Sullivan received recognition and accolades for a job well done, a commitment to the safety of all DEMCO employees, and for fostering the education of our youth.

Each year since the late 1970s, DEMCO has sent students on the National Rural Electric Cooperative Association’s (NRECA) Youth Tour trip to Washington, D.C. Every year the students travel to our nation’s capital with other students from all over Louisiana. The Louisiana Youth Tour group selects one student to represent them on the national Youth Leadership Council.

This year DEMCO-sponsored delegate Ethan Savario was chosen by his peers to represent the state of Louisiana at the NRECA’s Annual Meeting. Because DEMCO sponsored this opportunity for Ethan, ALEC recognized DEMCO’s commitment to educating our youth with the ALEC Torch Award.

DEMCO was also honored by Mike Bergeaux, the Director of Safety and Loss Control at ALEC, with a plaque for working over 799,873 man hours without a lost-time accident since August 2017. While accepting the plaque, Pierce thanked his directors and staff: “It takes a commitment to safety starting with our directors all the way to our employees and their families. It is always an honor to be recognized by our peers at a statewide level for a job well done, but the real award is when our employees go home to their families safe each and every day. It’s a dangerous business, and that’s why we have to look out for one another.”

In addition to the no lost-time award, Frank Fowler and Blake Sullivan were given ALEC Good Samaritan Recognition plaques. “Both Fowler and Sullivan are shining examples of our concern for community,” said Pierce. “Our safety program at DEMCO exemplifies one of our cooperative principles: Concern for Community.”

The Lucky Account Number Contest continues this month with four winners included in this edition of Along These Lines. Before you continue looking through this edition for your winning number, look for your account number printed above your mailing address. Locate this number anywhere in this issue and win the $25 prize. To claim your prize, please call 225-262-2160.
Did you know major appliances account for a large portion of your home’s energy use? Circle the names of all major appliances in the puzzle below. Use the word bank for clues!

**Word Bank**
- Refrigerator
- Dishwasher
- Air Conditioner
- Stove
- Washing Machine
- Microwave
- Oven
- Clothes Dryer
- Water Heater

**Appliance Word Search**

**Office Closures**

**Labor Day**

September 2

**Veterans Day**

November 11

**Affordable Clean Energy Rule to Reduce Power Plant Carbon Emissions**

Recently our nation implemented a new regulation called the Affordable Clean Energy (ACE) rule to reduce power plant carbon emissions. This new regulation requires power plants to work with state regulators to assess steps that can be taken to cut emissions through energy efficiency improvements. America’s electric cooperatives welcomed the new rule, noting that it is far preferable to an earlier and far costlier attempt to regulate carbon emissions that ultimately was put on hold by the Supreme Court.

“The ACE rule represents a more flexible path forward that will minimize the cost to consumers and preserve the reliability of the electric grid as electric co-ops work to promote a healthy environment and vibrant rural communities,” said Jim Matheson, CEO of the National Rural Electric Cooperative Association.

“Electric cooperatives have invested billions of dollars in diverse energy sources and emission-reduction technology to meet the electricity needs of their local communities while protecting the environment,” Matheson said. “The ACE rule gives electric cooperatives the ability to adopt evolving technology and respond to market and consumer demands while continuing to serve as engines of economic development for one in eight Americans.”

DEMCO works hard to minimize the cost of new regulations to reduce the impact on electric rates for our members. In this instance, the ACE rule is consistent with our mission to provide members with safe, reliable and affordable power while continuing to reduce emissions and meet other important environmental goals. Matheson stressed that the ACE rule will allow electric co-ops to ensure that affordable and reliable power remains available throughout communities served by our Louisiana electric cooperatives.

Power plant emissions have steadily declined due to market forces and evolving consumer expectations. Nearly 60 percent of the electricity supplied by electric co-ops comes from low- or no-emission energy sources. Electric cooperatives have reduced carbon emissions nine percent since 2009, even while increasing electric generation by more than 12 million megawatt-hours. And co-ops are investing in research to develop proven carbon capture, storage and reuse technologies that can extend the operation of coal-fueled power plants.
Time of Use Matters

Did you know you can help your electric co-op by simply glancing at the clock? The key to that help is a term used in the energy industry called “time of use.”

Electricity follows the basic economic laws of supply and demand – when a lot of people want something, it’s expensive; when they don’t, it’s cheaper. Energy is more expensive during certain times of the day because more people demand it.

The role you play can be as simple as washing and drying your clothes a couple hours later than usual. Why would you want to do that? One reason has to do with the fact that as a co-op member, you and your neighbors own your electric cooperative.

Peak times for power

By paying attention to times of energy use, DEMCO co-op members can more wisely plan and use energy that then translates into more affordable energy for you and your neighbors.

Helping with time of use can feel really great because it’s also conserving energy and in some cases environmental resources. But it can also mean real dollars in your pocket. To understand that, it helps to go to the basics of time of use, which involves the routines of our daily life. Mike Johnson, DEMCO chief financial officer, explains it this way:

“People wake up in the morning, they turn on their coffee makers, they take showers, they get ready to go to work, they go to work, then all the computers and buildings are powering up, and there’s this peak demand for electricity that has to be met. The infrastructure has to be there to serve that demand. Then later in the day, people go home, turn on their lights, eventually go to bed, and then they aren’t using as much power, but there still needs to be the infrastructure there for the next morning when they get up and start all over.”

DEMCO pays more for electricity during those morning and evening energy rush hours by actually paying more to purchase electricity from another utility with excess power at the time. And those peaks in energy use get even higher when it’s especially hot or cold outside, as air conditioners or heaters use extra power.

So, you can help level out that pattern of energy peaks and valleys by simply adjusting when and how you use electricity, especially during extreme hot or cold weather.

Depending on where you live, changing those energy use habits could even make a difference on your electric bill. Different parts of the country use different fuels to make electricity – some regions use more hydroelectric power, some use more coal or natural gas, some use more wind power. Those combinations allow electric co-ops to offer different rates at different times of the day to encourage the most efficient power use.

Insulating for Comfort and Energy Savings

Even though it's only September, it's a great time to begin thinking about the cooler months and our heating bill. Is there a way to know if your home may need more insulation before winter hits?

Most older homes, and many newer ones, are not adequately insulated. Adding insulation can be a good investment year-round since it can help keep out the summer heat as well. (Account Number 02021804001)

There are many types of insulation, but let’s focus on the three most common types in residential buildings: batt, loose-fill and rigid.

Batt insulation can be made with several kinds of fibers including fiberglass and wool. It’s cut to fit between the framing in your ceilings, walls or floors. Loos-fill insulation is made with small pellets or particles. It can be added by hand or blown in by machine into attic floors or exterior wall cavities. Rigid insulation comes in light sheets and is installed against a solid surface like an exterior wall or foundation.

All insulation is measured by its R-value. A higher R-value is more effective. The amount of R-value you need depends on your climate and where the insulation is being added in your home.

If your heating costs are too high, there’s a good chance the attic is part of the problem. Finished attics are usually under-insulated and correcting the problem can be a challenge. If your attic is unfinished, solutions will be simpler and more cost-effective.

You can inspect your unfinished attic, but be cautious. Loose-fill insulation in older homes may have harmful asbestos that you absolutely do not want to disturb. It’s probably best to just poke your head in enough to look around, since it’s easy to damage wiring or ducts, or step through the ceiling.

The attic will likely have loose-fill insulation or batts on the floor. Look carefully to see if the insulation is spread evenly with no gaps or voids. To determine whether there is enough insulation, you can start by researching the recommended amount for Louisiana. The Department of Energy publishes this information on their website at www.energ.gov. After measuring the depth of the insulation, you can calculate the R-value. Different types of insulation have different R-values per inch. If your attic insulation is far short of the recommended levels, you will likely see major energy savings by having a professional add enough to reach that level.

The next place to check is the walls. Many homes built before 1980 have little or no wall insulation, and even newer homes may lack proper insulation. You might be able to see if the walls are insulated by carefully removing an outlet cover. The most common technique for adding insulation to walls is to have it blown in through holes drilled from inside or outside the home. These holes can be easily patched.

Finally, if your floor gets cold in winter, and you have a crawl space, you can install batt insulation between the floor joists. If your home is built on a concrete slab, rigid foam can be installed around the perimeter.

Insulation works great if you choose the right approach and the work is done carefully. Contact your local hardware store or energy professional for more information about insulation solutions.
Tropical Storm Barry

On Saturday, July 13, DEMCO members were faced with an early hurricane season weather event in the form of Hurricane Barry. Estimates show that 6,000 members were without power at the height of the tropical storm.

The storm brought with it the opportunity for DEMCO to exercise its practice of engaging its Emergency Response plan. Within this plan, all DEMCO employees have assigned roles to fulfill; also the cooperative has the benefit of ready-resources from "Co-op Nation."

Crews were mobilized on Friday with the assistance of the Association of Louisiana Electric Cooperatives (ALEC) through the mutual-aid agreement that assures crews and equipment assistance to America’s 900 electric co-ops whenever resources are needed to respond and recover from major outages, usually storm-related. Over 250 crew members were deployed for restoration, including 125 DEMCO employees, 44 mutual-aid cooperative employees, 62 contractors, and 21 right of way contractors.

“Cooperation among cooperatives is one of the seven guiding principles of electric cooperatives,” said Randy Pierce, CEO & General Manager of DEMCO. “Contractors and out-of-state crews had been contacted and were on standby even before the hurricane reached us. It took only one phone call to get the crews moving in our direction,” Pierce stated. “This staffing-up effort is necessary to restore power in as short a time as possible. We mobilize the crews early and keep them working as long as necessary because we know how much DEMCO’s 110,000 members depend on electric power.”

There are best practices when planning and executing a major storm or large-scale outage restoration, however each disaster can certainly be different.

The cooperative’s Emergency Response plan is designed to be able to make adjustments to best restore the power from any number of scenarios. However, some strategies remain consistent. (Account Number 80268011003)

“DEMCO followed standard utility practice in repairing and energizing its lines. Feeder and primary lines were repaired first, then secondary and service lines next,” reported Ryan Vandersypen, Vice President of Engineering and Operations. “This method restores power to the greatest number of people in the shortest amount of time.” Foreign crews were released from DEMCO late Sunday afternoon and moved on to assist other co-ops in Louisiana with restoration to their members, reported Vandersypen.

Primary impacts were a result of winds up to 65 mph that blew electric poles and structures to the ground and knocked trees onto power lines, shutting off power to many of DEMCO’s consumers. Even during the height of the storm when there were poles down and widespread outages, DEMCO received words of support and appreciation from members. “We received so many thank-you’s during the storm and words of concern for our safety. It’s amazing that our members without power were reaching out to us to encourage our safety. But our job is to provide them with electricity – so when they support us back by showing such care and concern, it makes this job a lot more than just a paycheck,” said Mark Phillips, DEMCO Manager of Operations.

Luckily the impacts of Barry on our electrical system and loss of power for our members was resolved quickly. “DEMCO prepared and responded very effectively, and most members were restored quickly,” explained Pierce. The mutual-aid crews were released on Sunday, and since dinner had already been ordered, DEMCO staff members packed up and delivered meals to public service authorities in a few of our service areas. “It was a good problem to have, and we were happy to do it,” said Pierce.
What’s New with Electric Vehicles?

Electric vehicles (EVs) are on the rise in the United States, and they’re providing a new driving experience for many Americans. The benefits are clear from the expansion of the EV market, including less air pollution in congested areas, less carbon emissions, decreased maintenance costs, and less oil consumption.

EV sales have climbed in the U.S. since they first came onto the market. In 2011, there were only around 17,000 EVs sold, compared to the 361,000 EVs sold in 2018. Cumulatively since 2011, nearly 1.2 million EVs have been sold, and that number continues to grow.

Tesla has dominated the EV market in the U.S., making up about more than half of the total EV sales in 2018. The first luxury EV was manufactured by Tesla, setting the stage for style and performance. Although Tesla dominates in sales, there are many other popular models available, and the competitiveness among them is increasing. Back in 2011, there were only two options: the Nissan Leaf EV and the Chevy Volt Plug-In EV. But in 2018, there were eight models that made up 80 percent of total plug-in EV sales. This includes many major manufacturers, like General Motors, Ford, Toyota, and BMW.

One reason that the EV market has been doing so well is that the total cost of ownership of newer EV models is becoming much closer to that of gas-powered vehicles. Since maintenance costs for EVs are lower than gas-powered vehicles and the price to charge an EV is cheaper than filling a full tank of gas, people are spending less money on EVs over the course of the car’s lifetime than they would on gas-powered vehicles.

A lot of the growth of this market sector is concentrated in a few states, mainly in California, the West Coast (Washington and Oregon) and the Northeast (New York, New Jersey, Massachusetts, Maryland, and Pennsylvania). California leads the way in EV sales, charging infrastructure and state policies, which all contribute to the fact that California makes up about half of the country’s EV market. (Account Number 80256870001)

With the growth of EV sales comes a growing need to charge those vehicles. There are three main types of charging levels: Level 1, Level 2 and DC Fast charging. Level 1 and Level 2 are mainly for residential charging, while DC Fast chargers are made for a “gas station” experience.

For charging outside of the home, DC Fast chargers can fully charge an EV in 15 to 45 minutes. For longer drives and road trips, these chargers ensure that your car has enough juice to last the whole journey. However, DC Fast charging infrastructure is not growing as quickly as EV sales are, which presents an issue for drivers that do not live conveniently close to them.

There is a strong expectation for EV sales to continue to grow as they have been over the last eight years. Although the charging infrastructure is not evenly distributed throughout the country, there will be a strong need to continue developing it to reach a wider audience.

The growth of the EV market and charging infrastructure across the U.S. looks like it will be a large part of our nation’s roadways. DEMCO engineers are already considering the infrastructure necessary for EV charging stations as this newer and environmentally progressive trend continues to unfold.
Making a Difference for Monarchs

Three to four generations of Monarch butterflies migrated to their summer ranges last spring. Now, a single generation will return to their wintering grounds only to begin the first leg of the 2020 migration early next year.

“We call them the super generation,” said Mara Koenig, of the U.S. Fish and Wildlife Service. “They live for about eight months, overwintering down in Mexico and waiting for the right conditions to return to their U.S. range in the spring.” (Account Number 80227552001)

According to Koenig, communications coordinator for FWS’s Monarch Butterfly/Pollinator Program, the largest migration of butterflies make a 3,000-mile journey to Mexico from states south of the Great Lakes and east of the Rocky Mountains. A smaller population migrates from Arizona and the Pacific Northwest toward the California Coast. The immature insects spend the next few months roosting and eating in super colonies in a phase called diapause, when their reproductive organs are not mature.

“They develop those organs as they’re migrating north for the spring,” said Koenig. “They’ll do their first round of life cycle around Texas, Oklahoma and the southern United States and then slowly move north with each life cycle.”

**Milkwert Makes the Difference**

The U.S. Fish and Wildlife Service estimates that there are 128 million Monarch butterflies left in North America, including a non-migratory population in south Florida. Support for saving the species has grown in recent years, spurred by recognition of pollinator preservation and their symbolic value to environmental stewardship.

“Everybody can play a part in Monarch butterfly conservation,” said Koenig. “It takes small, simple actions such as planting milkweed in a garden or even in a pot on your balcony, to having a large swath of landscapes that are conserved for pollinator habitats.”

While various flowering plants provide the necessary nectar needed for nourishment, milkweed is crucial to the species’ survival, because it is the only plant capable of hosting developing caterpillars.

“The Monarch caterpillar requires the milkweed plant to survive and go through its life cycle process before it can then migrate back down to Mexico for the winter,” said Koenig, adding that “the plants provide the energy needed to spin cocoons.”

Butterfly backers are out to change the image of milkweed, long considered a nuisance plant, often difficult to control in landscaping and excluded from windbreak and right-of-way plantings.

“We want to plant over one billion stems of milkweed throughout the Monarch’s migratory range,” said Patrick Fitzgerald, senior director of community wildlife at the National Wildlife Federation. “It would provide enough habitat for the Monarch to increase its numbers and reproduce.”

That’s spurred efforts to encourage gardeners to include ornamental milkweed varieties in the landscapes and container gardens. Several colorful species can be cultivated and controlled to prevent them from overrunning garden space.

The National Wildlife Foundation has also partnered with the U.S. Fish and Wildlife Service and dozens of environmental and conservation groups on the promotion of Monarch butterfly conservation initiatives.

Fitzgerald authored the Mayor’s Monarch Pledge at www.NFWF.org, which serves as a blueprint for community action, recommending 25 steps groups and individuals can take to help support butterfly conservation and other pollinators.

“We encourage people to look at parks systems, open space, rights of way, schools, and other public and undeveloped areas where you could possibly plant and manage areas for Monarchs,” said Fitzgerald. “We have a guide online, and we have webinars to help land managers choose seed mixes and understand what decisions they can make that will help the Monarchs.

**How Electric Co-ops Help**

Keeping with the seventh cooperative principle of Concern for Community, electric cooperatives, their generation and transmission providers and their statewide associations have embraced Monarch conservation. Vegetation management programs, designed to help maintain the reliability of your electricity, have been adapted to help provide year-round pollinator habitats and food sources for migratory wildlife, including butterflies.

“We also need the other plants that the adult butterflies can use as a food source. They need nectar, so we need other types of plants throughout the range,” said Fitzgerald.

“All those blooming flowers that we see in the fall are a great source for them to fuel up,” said the Fish and Wildlife Service’s Koenig. “Making sure that those are available throughout the migratory range ensures that they have those reserves to go down to Mexico and wait out the winter and enough reserves to start making that migration back north in the spring.”

Along utility pole lines near roadside ditches, across expanses of rural rights of way and on the grounds of electric substations, power plants and solar arrays, electric cooperatives are working with community groups to make open space even more nature-friendly.

“The more habitat that’s created, the more likely the possibility for the Monarch butterfly population to recover to a resilient population,” said Koenig, noting that the goal is to reverse a decline first identified more than 20 years ago. “We’re creating habitats for Monarch butterflies and for other pollinators, including grassland songbirds. Upland game birds and even waterfowl can benefit from this.”

Officials at the National Wildlife Foundation agree. They’re particularly optimistic about the potential of partnerships with electric co-ops, other utilities, state and local transportation departments, and railroad operators.

“They manage those strips of land that we would call wildlife corridors or Monarch corridors,” said NFW’s Fitzgerald. “When we plant more milkweed and more native flowers in these areas, it could make a big difference.”
DEMCO Provides Electrical Safety Education to Summer Campers

On July 18 and 25, DEMCO participated in Adventures in Safetyland sponsored by the Alliance Safety Council. Children ages 5-7 learned all about electrical safety from David Latona, DEMCO Vice President of Marketing and Member Services. Safetyland camp was set up at St. George Fire Department in Baton Rouge and included a miniature town, roads, traffic signs, and railroad crossings.

DEMCO Employees Complete Meter School

Congratulations to DEMCO employees who recently attended meter school. Meter School is a statewide educational program designed to teach cooperative employees the basics of metering technology, safety and trouble shooting. Employees spent a week at the Beauregard Electric Cooperative’s training facilities where they received hands-on education about the cutting-edge technology in the meter industry. They also had the opportunity to network with fellow cooperative employees and vendors in the industry.

Back-to-School Supplies Drive

DEMCO participated in the Back-to-School Supplies Drive at Satsuma Baptist Church on Saturday, July 27, donating supplies valued at $1,000. About 200 people attended the free event. Other participants included Livingston Parish Fire District 4, Livingston Parish Sheriff’s Department and Livingston Parish Library.

L to R: Patsy Melancon, Satsuma Baptist Church secretary and Leslie Fallis, DEMCO Board Member and Satsuma Baptist Church music director.
INGREDIENTS
Cauliflower Mash
1 large head cauliflower, green stems removed
1 stick unsalted butter
¼ cup heavy whipping cream
½ teaspoon white pepper
Kosher salt, to taste
Butter, for serving

Lemon Thyme Chicken Breast
1 large lemon, quartered into wedges
4 large boneless, skinless chicken breasts
2 tablespoons melted butter
Kosher salt and freshly ground black pepper
4 stalks of flat-leaf parsley, plus more for garnish
4 sprigs of thyme, plus more for garnish
1 large lemon, sliced into rounds
1 cup heavy whipping cream

INSTRUCTIONS
Cauliflower Mash
1. In a large pot with a heavy lid and fitted with a steam basket, place the head of cauliflower stem-side down and add water. Turn the heat to high and once boiling, lower the heat to medium, cover, and steam until fully cooked, about 30 minutes. Drain all water.
2. Mash the cauliflower with a potato masher or handheld electric mixer until smooth. Add the butter, cream, and white pepper. Season to taste with salt. Keep warm until serving.

Lemon Thyme Chicken Breast
1. Preheat the oven to 350°F.
2. Squeeze a lemon wedge on both sides of the chicken breast and brush with melted butter. Sprinkle with salt and pepper.
3. On a foil-lined tray, place parsley, thyme, and lemon slices under each chicken breast and bake uncovered until fully cooked to an internal temperature of 175°F, about 25 minutes.
4. In a saucepan over medium-high heat, add the drippings and the herbs from the pan along with the cream. Cook until the cream reduces and thickens enough to coat the back of a spoon, about 10 minutes. Remove any stems. Season to taste with salt and pepper. Keep warm until serving.
5. Turn the oven to BROIL.
6. Place the chicken breasts under the broiler until the top browns (watch carefully to prevent burning).
7. To serve, place a scoop of cauliflower mash in a shallow bowl and top with a chicken breast. Spoon the sauce over the chicken and garnish with a fresh sprig of thyme and a lemon wedge.

NOTES
Buy the larger chicken breast not the thinner chicken “tenders.” A word of caution: Under the broiler, food burns fast; watch carefully.

Serves: 4 -6
Prep time........40 mins
Cook time......1 hour
Total time.......1 hour 40 mins
great looks & long-lasting performance

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