Former Tiger Matt Flynn touts importance of proper hydration
Avid LSU football fans remember Matt Flynn as the gritty quarterback who stepped up during a 45-41 win over Detroit.

NFL fans remember Flynn as the quarterback and national champion who set a single-game franchise record in 2012.

Matt Flynn is on a mission to stress the importance of proper hydration.
DEMCO has pledged its long-term commitment to zero contacts.

Employees at DEMCO’s Zachary Office, shown at right, recently participated in pole top rescue training and later held a cookout and gathering where they made a personal commitment to safety.

According to DEMCO Safety Coordinator Jacob Overhultz, “This is a campaign we will adopt for years to come. Each summer at each of our district offices, we will have a training program, break bread together, and then re-commit ourselves by personally pledging to make safety our top priority so that we can all go home to our families at the end of the day.”

At the recent annual meeting of the Association of Louisiana Electric Cooperatives (ALEC) in Baton Rouge, DEMCO received recognition for participating in the National Rural Electric Safety Achievement Program (RESAP) and for its outstanding safety regimen. Shown displaying the RESAP flag are Overhultz, ALEC Safety Training Coordinator Arron Graham, ALEC Loss Control Director Mike Bergeaux and DEMCO Safety Coordinator Rickey Cummings. Also pictured at far right are (front row) DEMCO Interim CEO and General Manager Ryan Vandersypen, Bergeaux, DEMCO Director Jill McGraw, DEMCO Vice President of Human Resources Esther Tapia and DEMCO Director Danny Berthelot; back row, DEMCO Director Dickie Sitman, Overhultz, Graham, DEMCO Director Leslie Falks, DEMCO Director Randy Lorio and Cummings.

"I'M A FARMER, BUT MY VOICE STILL COUNTS"

-Charles, 23

CO-OPS VOTE
A PROGRAM OF AMERICA’S ELECTRIC COOPERATIVES
www.vote.coop
DEMCO employees field test new hydration product

Former Tiger Matt Flynn sees comparison between athletes and line workers

Matt Flynn isn’t starving for attention. He’s had his fair share of fanfare after leading the LSU football team to a national title in 2007. And he’s still in the public eye as co-host of a local radio show with former teammate Jacob Hester.

He’s not financially destitute, after earning his college degree and spending eight seasons as an NFL quarterback. He has a fantastic wife, two healthy children, a lovely home and lives a serene existence in the rolling Feliciana bluffs.

So it’s easy to believe him when he asserts that his primary motivation for creating an electrolyte-replacement beverage called MyHy was not to make a mint but to help reduce the risk of accidents among industrial workers such as plant employees and electric linemen.

After many years of working out with coaches, strength trainers, doctors and nutritionists – and after consuming many of the sports drinks on the market – Flynn realized that most of those iridescent concoctions don’t have the optimum blend of water, sodium and sugar.

And after talking to his friends in the industrial sector, he realized that while so-called “sports drinks” are often marketed to athletes and weekend warriors, the men and women who work outdoors in the elements are in much greater need of proper hydration than any football or basketball star.

College and professional athletes may spend a few hours playing and practicing in the heat, he points out, but laborers such as road paving crews, construction workers and linemen spend many successive hours each day subjected to the physical rigors of Mother Nature.

For the past two years – since he wrapped up his playing career with a brief stint in New Orleans – Flynn has been on a mission to produce a beverage aimed at the men and women who earn their living toiling out in the elements.

That’s where DEMCO enters the picture. (Acct. No. 80140925-003)

Central District Line Supervisor Mark Phillips, a fitness trainer, Crossfit enthusiast and self-professed peruser of nutrition labels, heard about MyHy back when the beverage was in its early stages and could be purchased online. He would strut around the gym with a bottle of MyHy in his grasp and jokingly declare it his “secret weapon.” He swore by the difference he felt in energy level and shorter recovery time between exercises.

Back in the spring, as the DEMCO safety department was preparing crews to contend with the summer heat, Phillips called a meeting with Safety Coordinator Jacob Overhultz to discuss providing MyHy to their men working out of the Central office.

They contacted Flynn and set up a three-month trial period to field test the effectiveness of the product.

“We’ve had record heat this summer and our men have been feeling it,” Overhultz said. “Our priority is the safety of our employees and if there’s something that will help prevent an unsafe situation, we’ll take a look at it. Our job is to do what we can to prevent accidents before they happen, and making sure our men are adequately hydrated is an important step toward success.”

Flynn said studies have shown the negative effects of dehydration are much like the symptoms of football-related injuries, such as concussions. While conditions such as dizziness, physical fatigue, poor hand-eye coordination and lack of mental concentration can be counterproductive on the football field, they can have deadly consequences for those who work in close proximity to power lines and heavy equipment.

During his second tenure with the Green Bay Packers in 2014, Flynn and his teammates underwent “sweat tests” to determine the amount of minerals and nutrients they were losing per pound of perspiration during intense training.

He found that the proper replacement of electrolytes – in the right proportions – allowed him to recover more quickly after workouts, sleep better and process information with greater speed and precision on the field.

Once his playing days were over, he began the task of developing a beverage that would benefit outdoor workers who have been found to lose three times as many electrolytes as they replace while on the job. The initial version was called Hydrology, a flavorless electrolyte replacement concentrate.

Today, MyHy comes in orange and lemon, with sugar-free versions for those who are less active. The thing that sets MyHy apart from other sports drinks, Flynn explains, is the proportion of water, sugar and electrolytes - plus the lack of artificial sweeteners, colors or flavors. A typical sports drink can contain 60-70 grams of sugar per liter, whereas MyHy has 25 grams.

Flynn said he wants to make sure workers understand proper hydration for the purpose of preventing accidents that can stem from mental fatigue.

“People think they’re not dehydrated until they start feeling thirsty, or tired, or they’re cramping,” he said. “But the fact is that you can be dehydrated without necessarily feeling these symptoms and before you know it, you’re not thinking clearly and you place yourself in a potentially dangerous situation.”

While the testing phase will conclude later this month, Flynn is confident the DEMCO linemen will approve.

“Just like I did in Green Bay, I believe they will feel a boost with their energy level and their overall health,” he said.

For more information, visit www.drinkmyhy.com.
No matter the season, it seems there’s an endless list of chores, but outdoor chores present specific safety concerns.

For example, contacting power lines with ladders causes 9 percent of electrocution-related deaths. Landscaping, gardening and farming equipment cause another 7 percent.

To avoid electrical hazards, make sure you and your family follow these simple tips:

• Teach children to stay away from electric transformers and substations, and explain what warning signs mean.
• Avoid using electricity in damp conditions. Keep all electrical devices and cords away from water.
• Place waterproof covers on all outdoor outlets.
• Install ground-fault circuit interrupters, or GFCIs, in outlets where water may be present.
• Use only extension cords rated for outdoor use; match the power needs of an electric tool or appliance to the cord’s label information. Never attempt to extend the length of an extension cord by connecting it to another extension cord.
• Dial 811, the national Call Before You Dig phone number, at least 72 hours before engaging in any type of excavation work. Local utilities will be notified to mark the approximate locations of any underground lines on your property.
• Invest in safety goggles, hearing protection, dust masks, gloves and other personal protection equipment as recommended for each tool.
• Always keep yourself and equipment at least 10 feet away from power lines.
• Inspect power tools and appliances for frayed cords, broken plugs, and cracked or broken housings, and repair or replace damaged items.
• Never leave power tools unattended where children can access them.
• Store power tools indoors.
• Unplug power tools when not in use.
• Do not carry power tools by their cords.
• Use only a fiberglass or wooden ladder if you must work near overhead wires. Always assess the area carefully to make sure any power lines are at least 10 feet away.
• Don’t touch a person or object that has made contact with power lines.

Stay Cooler While Saving Energy
YOUR HOME’S ENERGY USE CAN SOAR with rising temperatures. Here are four ways to take control:

Cover the windows. Half of all the heat that enters your home during the summer comes in through the windows. Invest in a thick shade or window film to block out the sun. You can save up to 15 percent on your cooling bill by shading west-facing windows. For the hottest parts of your house, consider installing an awning or planting trees in front of windows for shade.

Change filters. A filter for your air conditioning system costs only a few dollars but can save you much more if you change it every month during the summer. Dirty filters prevent airflow and make the HVAC system work harder. That means a higher bill.

Turn the thermostat up. For every degree you turn your thermostat up during air conditioning season, you’ll save 2 percent on cooling costs. Try setting your thermostat at 78 degrees and turn on a ceiling fan to help circulate the air.

Use your ceiling fans. Fans don’t cool the air, but they make the air feel cooler by moving it around the room and against your skin. When the fan is running, you can move your thermostat 3–4 degrees higher without noticing a difference in your comfort level.

WE ARE ALL UP TO THE CHALLENGE. Using technology to better serve every member helps your electric co-op achieve energy efficiency. And when we work together to use energy wisely, we all save money together. Learn more about the power of your electric co-op membership at TogetherWeSave.com.
Are you prepared for this year’s Hurricane Season?

The best way to get through any hurricane season, which runs through Nov. 30, is to be prepared. During a hurricane, you need some supplies just to survive. But many of those supplies are hard to find if you wait until a storm is approaching. So it’s better to make sure you’ve got some of the essentials now, according to experts with the LSU AgCenter.

When a storm hits, you may be able to stay at home—or you may have to evacuate and could find yourself spending a night or several nights in a car or somewhere else. It’s important to make your plans accordingly.

It’s also important to consider that those who stay at home could be housebound for several days without power and that water could be off or contaminated. It’s also likely that stores will be closed at least for a little while after a storm passes.

That’s why it’s important now to gather what you’ll need to survive such an event. Be sure you store your supplies above the level of potential flooding, and don’t forget about the needs of your pets, as well as your family.

LSU AgCenter experts offer these suggestions for things you can do long before the threat of a storm, so you’ll be ready when one approaches:

– Update phone numbers, addresses, meeting locations and priorities in your family disaster plan and make sure everyone is aware of the plan—particularly how you’ll make contact if you’re forced to evacuate.
– Bring or secure copies to vital documents and important papers.
– Check and refresh your stash of life’s necessities, such as food, water and medications. Keep enough on hand to last through a storm and its aftermath. (It’s OK to fill clean containers with tap water to serve as your emergency drinking-water supply. Just change it out every six months.)
– Check and refresh your gear for primitive living. Make sure you have such items as flashlights, fresh batteries, lanterns and lantern fuel, insect repellent, matches, battery-powered radio, first-aid kit, ice chest, disposable plates and utensils, hand wipes or liquid hand sanitizer and a manual can opener.
– Collect any items you want to bring if you have to evacuate (or at least make a list of what you plan to pack). Pack one bundle per person, and remember you have to carry or transport what you’re taking, so try to keep it as light as possible. Don’t forget clean clothing, important paperwork, spare car keys, cash/credit cards, toiletries, identification and other items you’ll need while away from home.
– Locate your window protection panels. If you don’t have these already, consider getting them now or think about having storm shutters installed as this year’s home improvement project. If you decide on shutters, all you have to do is close them when a storm is coming, not find and hang them.
– Keep your car’s gas tank full, if possible, but make sure it’s full anytime a storm is approaching. Also keep a tire repair kit, small shovel and maps in the car.
– Start bringing unsecured items indoors or lashing them down outdoors. If it doesn’t need to be in the yard, store it now. The more things like lawn chairs you put away now, the less you’ll have to do if a storm is coming.
– If you’re in an area where it may flood, find concrete blocks to be used for raising furniture and appliances in your home. Water may wick up the blocks, so plan to put plastic between the blocks and articles placed on top.
– Consider buying a portable generator to meet your emergency requirements for electricity if your utility service is disrupted. This is particularly important if you must operate medical equipment.

YOU’RE FOUR TIMES IT’S HARD TO MORE LIKELY TO HAVE CONCENTRATE ON A ROAD ACCIDENT TWO THINGS WHEN YOU’RE ON AT THE SAME TIME A MOBILE PHONE.

distraction.gov
Volunteer to help your community through VITA

If you have a heart to serve people and are willing to give a few hours of your time each week, please consider this volunteer opportunity.

Becoming a volunteer through the Volunteer Income Tax Assistance (VITA) program as greeter or tax return preparer can be a very rewarding experience and sometimes a bit challenging, but when you see the spark in someone’s eyes as you tell them of the refund they are getting, then it makes it all worth it.

Many people live from paycheck to paycheck and the high cost of tax prep fees really puts a dent in their budget. This service is offered through the Capital Area United Way and the Internal Revenue Service. All volunteers must take a classroom tax law course and certify in tax law.

Classes will be from November through January. There are also online courses through www.irs.gov. For more information please contact Diane Denton, Senior Tax Consultant the with IRS, at 225-241-5161 or Lynda.D.Denton@irs.gov. (Acct. No. 2443101-001)

Be Prepared Before the Storm

Here are some basic items you should store in your home in case of emergency:

- **Water:** Three day supply, one gallon per person per day
- **Food:** Three day supply, non perishable, high energy
- **Clothing, bedding, and sanitation supplies**
- **Tools:** Can opener, plates, utensils, flashlight, batteries, cash, bleach, hand sanitizer
- **First aid supplies, medicine**
- **Important documents**

Visit redcross.org/domore to learn more about disaster kits.

Source: American Red Cross, Federal Emergency Management Agency

Energy Efficiency Tip of the Month

Look for LED products and fixtures for outdoor use, such as pathway, step and porch lights. Many include features like automatic daylight shut-off and motion sensors. You can also find solar-powered lighting for outdoor spaces.

Source: energy.gov

5 STEPS FOR SAFE DIGGING

Working on an outdoor project? Always call 8-1-1 first, because you never know what’s below.

Here are five easy steps for safe digging:

1. **NOTIFY**
   Call 8-1-1 or make a request online two to three days before you start.

2. **WAIT**
   Wait two to three days for a response to your request. Affected utilities will send a locator to mark any underground utility lines.

3. **CONFIRM**
   Confirm that all affected utilities have responded by comparing the markers to the list of utilities the 8-1-1 call center notified.

4. **RESPECT**
   Respect the markers provided by the affected utilities. They are your guide for the duration of your project.

5. **DIG CAREFULLY**
   If you can't avoid digging near the markers (within 18-24 inches on all sides, depending on state laws), consider moving your project.

Source: call811.com

DEMCO’s offices will be closed on Sept. 3 in observance of Labor Day. A dispatcher will be on duty in case of an emergency or power outages.

Have a safe and happy Labor Day!
Dead season for sports fans filled with college bowling and cornhole

On any road trip you take, it seems those last 40 miles drag on forever. It doesn’t matter where you’re going or who’s in the car with you, those final 40 miles feel like you’ve entered a time warp, like the vehicle’s not even touching the pavement. Two tons of heavy metal, hard plastic and fuzzy dice just hovering above the ground in suspended animation like an automotive mobile hanging from a thread.

The tires are spinning and the gas gauge is steadily falling to E, but you’re not really going anywhere. Even the trees and billboards seem to be standing still, stuck stubbornly motionless in your peripheral vision.

On second thought, maybe there are some exceptions to the rule. It might actually matter where you’re going. One stretch of highway I can imagine would go by pretty quickly is LA 22, the dead end route that terminates at the front gates of Angola.

And it may matter who’s in the car. Travelling with a colicky baby strapped in the back seat can make the entire road trip - not just the last few miles - seem like being tossed into an eternal pit of agony and damnation.

Recently, I had to make a run from my home in Denham Springs to NLU in Natchitoches, and let me say that final span of concrete before reaching the Natchitoches exit is one desolate, lonely, endless piece of interstate. It reminded me of my college days back in the 1980s when I traveled back and forth from Baton Rouge to Tuscaloosa and the speed limit was a torturous 55 mph (insert grimace face emoji here).

Rock star Sammy Hagar voiced the frustrations of the traveling public back then when he released, “I Can’t Drive 55.” The video showed him in some zany outfit inspired by Ronald McDonald and going bonkers over having to creep along at a snail’s pace.

As I’m writing this, I can feel that familiar 40-mile limbo sensation and frustration, although I’m not actually in a car right now-- which is a good thing our co-op safety guy will appreciate.

No, my current consternation comes from the fact that it just happens to be 40 days until the official kickoff of the 2018 football season and I’m pretty sure the time/space continuum has come to a complete and total stop.

Most football fans can relate. It has been nearly seven months since the Super Bowl and some of the pre-season chatter has started to stoke the flames though there’s still several weeks before the new season starts.

So, what usually happens with football-starved fans like me is that the summer heat and yard-maintenance fatigue drive us into our air-conditioned living rooms staring at a blank TV.

Fire up the remote, flip to the sports channels and the only thing to see is a slate of all the events you’d normally ignore if the D1C weren’t so intense.

You have no choice but to give in, rationalizing that just as the football players have to spend the pre-season getting ready for action, you need to re-acquaint yourself with your naughyde Barcalounger, adjust to the unfortunate changes in your backside that have happened since last January and get yourself primed for several months of chip-snacking and sofa-swilling.

Even though I know I’m in pre-season couch potato training and preparing for another round of armchair quarterbacking, it’s driving me crazy watching all these other sports that aren’t football.

Seriously, the desperation settled in to the point where I found myself catatonic on the couch watching obscure events like collegiate bowling, drone racing, darts, dirt track racing, motocross, BMX, beach volleyball, skateboarding, rugby, javelin throwing, junior golf, fastpitch softball, tournament bass fishing and cornhole. Pathetic, I know.

I even stumbled upon some show called ESPN: The Body Issue. Turns out the body issue contains a bunch of athletes posing nude. Unfortunately, that’s a program I cannot un-watch, even though I tried rubbing industrial strength cleaning agents into my eyeballs.

My sad state of desperation has its limits. I couldn’t make myself watch any of the World Cup, NASCAR, MMA, poker or anything related to the NBA, but I did find myself up way too late one night watching the Tour de France.

Bleary-eyed and only half awake, I soldiered through to the end, pausing at moments to ask myself, “Who watches the Tour de France, I mean besides people who live in France?”

Up the mountain they climbed, huffing and puffing, and then down the mountain they went, spinning through a narrow gauntlet of screaming supporters standing way too close to the riders whizzing past at 40 mph.

I felt happy for the guy who came in first. He was so elated, like rapturously elated. He cried and hugged his coach and his family and raised his hands in victory. Dude had just chugged 98 miles through the French Alps.

I assumed he had won the event and was ready to go home until the announcer explained he had only won that particular stage of the race. There were 11 stages left, plus, the announcer said there was little to no possibility this particular rider would win the Tour because he was too far behind on the clock.

Cross-country cycling has to be the only sport where participants are prepared to break out the bubbly after having won just 1-21st of a race.

All of this got me thinking, what does a real in-the-flesh football player do during the run-up to the season?

I had the occasion to chat with former LSU quarterback and national champion Matt Flynn in the middle of this dead period and just two days after tuning in to the Tour de France. I asked him how he was handling the anticipation of football season.

His response: “I’ve been watching the Tour de France every night.”

Well, I guess if it’s good enough for Flynn...
When an outage occurs, line crews work to pinpoint problems

1. High-Voltage Transmission Lines
   Transmission towers and cables that supply power to transmission substations (and thousands of customers) rarely fail. But when damage occurs, these facilities must be repaired before other parts of the system can operate.

2. Distribution Substation
   Each substation serves hundreds or thousands of consumers. When a major outage occurs, line crews inspect substations to determine if problems stem from transmission lines feeding into the substation, the substation itself, or if problems exist down the line.

3. Main Distribution Lines
   If the problem cannot be isolated at a distribution substation, distribution lines are checked. These lines carry power to large groups of consumers in communities or housing developments.

4. Tap Lines
   If local outages persist, supply lines, called tap lines, are inspected. These lines deliver power to transformers, either mounted on poles or placed on pads for underground service, outside businesses, schools, and homes.

5. Individual Homes
   If your home remains without power, the service line between a transformer and your residence may need to be repaired. Always call to report an outage to help line crews isolate these local issues.

When electricity goes out, most of us expect power will be restored within a few hours. But when a major storm causes widespread damage, longer outages may result. Co-op line crews work long, hard hours to restore service safely to the greatest number of consumers in the shortest time possible. Here’s what’s going on if you find yourself in the dark.

SMART HOME TECH APPS
Smart home technologies are continuously improving, and companion mobile apps take the convenience to a new level. Here’s some of the latest app functionalities:

1. Smart Thermostat Apps: Use geofencing on your smartphone to set a boundary around your home. When you leave the boundary, the thermostat will change to away or return mode.

2. Smart Security Apps: Video doorbells allow you to keep a watchful eye from anywhere, and smart security apps can send alerts to signal activity outside your home.

3. Smart Smoke and CO Sensor Apps: These apps have the ability to send alerts, conduct status checks and silence alarms – even when you’re away.

4. Smart Appliance Apps: App functionality depends on the appliance. Refrigerator cameras allow you to see what needs to be stocked (while grocery shopping!), and smart dryers can sense when electric use is high and turn off.

5. Smart Lighting Apps: Control lighting options for individual rooms. You can adjust brightness and color all from the convenience of your smartphone!
Meeting of June 28, 2018
The board of directors of DEMCO held its regular meeting Thursday, June 28, 2018.
Board President Richard Sitman called the meeting to order at 6:00 p.m.
The board then approved the minutes of the previous meetings, new member list, Treasurer’s Report and Operations Committee report as written.
From the Purchasing Committee report, Randy Lorio, committee chairman, presented bids received:

- V-Tech, Inc. for the Audubon Square (2nd Filing) underground electrical installation project;
- Line-Tec Services, LLC for the Audubon Square (2nd Filing) tie line underground electrical installation project;
- Line-Tec Services, LLC for the Hidden Lakes overhead line conversion project;
- V-Tech, Inc. for the Oak Hills Estates Subdivision (7th Filing) underground electrical installation project;
- Substation Engineering & Design Corporation for the Elm Park Substation transformer addition materials;
- Valmont Poles, Inc. for the Bains to Tunica Steel Poles project; and
- 2018 Blanket PVC price increases from Gresco, contingent upon verification of costs from vendor.

From the Finance Committee report Steve Irving, committee chairman, reviewed the Interest, Fuel Cost Adjustment and Financial Summary reports. The board approved a resolution reclassifying those accounts disconnected in February 2018, as uncollectable.

Danny Berthelot presented the ALEC report with no action taken.
Leslie Falks presented the Dixie Business Center and the DEMCO Foundation reports with no action taken. (Acct. No. 80181376-002)
Ryan Vandersypen presented the Manager’s report with no action taken.
Jim Ellis presented the Attorney’s report.
The board then resolved to appoint Ryan Vandersypen as interim CEO and General Manager.
FLIP THE SWITCH!

Three GREAT Energy Saving IDEAS!

1. Turn off the TV, radio, CD player, computer and any electric gadget that you are not using.
2. Turn out lights when you leave a room.
3. Recycle! It takes a lot of energy to make newspapers, cans, plastic bottles and other things. Recycling these items uses less energy than it takes to make them from raw material.

Standards Link: Social Science: students recognize individual and community responsibility to protect the resources in their environment.

COOL! Washable Tattoos!

Get into your bathing suit and get some temporary paints!
Using the tempera paints and your fingers, paint lines, shapes and pictures on your body.
After covering as much of your body as you can, get out the hose, sprinkler and sponges and wash your canvas clean.

Standards Link: Reading Comprehension: follow multiple step directions.

Chill Out with the Bucket Brigade

Grab a few friends, take off your shoes and socks, and cool off with a game of Bucket Brigade!
You need:
• two buckets
• a paper or plastic cup for each player
1. Start by forming two teams.
2. Have each team line up.
3. Place a bucket filled with water at one end of each line. Place an empty bucket at the other end of each line.
4. Pass water from the full bucket to the empty bucket by passing water down the line from cup to cup.
5. When all the water has been moved from one bucket to the other, the team with the most water in its bucket wins. (Although, if it is really hot, the wettest team may feel it is really the winner!)

Standards Link: Reading Comprehension: follow multiple step directions.

Tattoo Twosome

Can you find five or more differences between these two painted people?

Standards Link: Visual Discrimination: finding similarities and differences in common objects.

Summer is here and as temperatures rise, so can energy bills. Is there anything that can be done?

Plenty! Kid Scoop sheds light on ways you can save energy, protect our planet’s resources and stay cool this summer.

When you’re done with a light, TV, video game, stereo, computer, or anything electrical, turn it off to save energy.

Close doors to your home, refrigerator and oven. Then the air conditioner won’t have to work so hard to cool your house and the appliances will use less energy to do their jobs.

If every household replaced just one traditional light bulb with an ENERGY STAR qualified bulb, we would save enough energy to light more than 23 million homes for one year.

Extra! Extra! Electric Words

Look through the newspaper for 10 or more words that describe electricity and/or what electricity does. Words like “power,” “run,” “on,” “off,” etc. Write a poem or paragraph about electricity with your words.

Standards Link: Writing: students create print or digital media addressing a topic with supporting details.

Chang a Bulb

Double Word Search

Find the words in the puzzle. Then look for each word in this week’s Kid Scoop stories and activities.

FRIGID
BUCKET
SPRINKLER
HOSE
PAINTS
ENERGY
WATER
BATHING
TEAMS
CHILL
GAME
POWER
SUIT
CLEAN
SURGE

Write On!

Energy Saving Tips

What tips do you have for kids on how to save energy? Turn your ideas into little posters you can display at school.

Kid Scoop: Together

Kids Saving Energy!

Here are some tips from the U.S. Department of Energy. Color them, cut them out and display them on your refrigerator so everyone in the family keeps them in mind.
Get outage updates sent directly to your phone!

How?

It’s easy! Sign up online at DEMCO.org or download our app.

MANAGE OUTAGE UPDATE ALERTS THROUGH OUR APP OR BY SIGNING IN TO YOUR ACCOUNT ONLINE.

Either way it’s easy to enable our Enhanced Alert System which allows you to receive alerts through email or text messages.

DOWNLOAD THE APP TODAY.