

Norris Electric *News*

Your Touchstone Energy® Cooperative 

Norris Electric Cooperative

8543 N St Hwy 130
Newton, IL 62448

Phone: 618-783-8765
or **Toll-Free:**
1-877-783-8765

Report an Outage:
1-877-783-3221

Office Hours:
Monday – Thursday
7 a.m. – 5 p.m.

Chairman
Gordon McClureJasper

Vice Chairman
Justin Parcel..... Clark

Secretary/Treasurer
Ted Helmink Cumberland

Directors
Ava LemmonCrawford
Brandon Graves Richland
Kurt HolscherCrawford
Gilbert Garbe Effingham
Scott Weiss.....Lawrence
Dan Strine Wabash
Dave Sheppard.....Jasper
Ron Viehman.....Lawrence

General Manager
Tamara Phillips



Young leaders represent Norris Electric in D.C.

Fifty-three young leaders representing 24 Illinois electric and telephone cooperatives boarded buses and departed for Washington, D.C. on June 16 for the annual National Rural Electric Cooperative Association’s (NRECA’s) Youth to Washington Tour. They joined more than 1,800 youth delegates from across the nation for this annual tradition that has spanned nearly 60 years.

Addison McNair of Palestine and Isabella Phillips of Martinsville represented Norris Electric Cooperative during the all-expense-paid trip to D.C. from June 16-23, 2023. During Youth Tour, they had the opportunity to witness the government in



action, meet their elected officials, and see the sights of the capital city.

“Youth Tour is impactful in many ways,” said Brooke Gross, Youth Tour coordinator for Illinois. “While these future leaders may have thought it was going to simply be a sightseeing trip to our nation’s capital, they returned home with valuable knowledge and memories that will last a lifetime.”

The students visited Capitol Hill and met with Congressman Mike Bost (R-12). They also visited historical and cultural sites including Gettysburg, Arlington National Cemetery, the Supreme Court, the White House, the National Mall,

Continued on 18B ▶



Isabella Phillips and Addison McNair visit with Congressman Mike Bost.

Youth Tour continued from 18A

the Smithsonian Institution, the Holocaust Memorial Museum, Ford's Theatre, and many more memorials and historic sites.



The tour's bus ride to D.C. also allowed plenty of time for co-op education. The students formed the Chip 'N Pop Co-op and ran for seats on the board. The board then interviewed candidates and selected Isabella Phillips as the co-op's manager. Traditionally, money made during the trip is returned to the students as capital credits. This year, the Chip 'N Pop Co-op members voted to donate the profits of more than \$200 back to the Youth Tour program.

In addition, students are encouraged to apply to become Illinois' Youth Leadership Council (YLC) representative. The YLC is a year-long appointment, and Paris Van Dyke of Wabash Communications Co-op was voted by her peers to represent Illinois' cooperatives at national and state meetings and other events in the year ahead.

High school students who live within the service area of Norris Electric are eligible to participate in the annual program. To learn more about Youth Tour, go to youthtour.coop or Facebook.com/ILYouthtoWashington.

Since 1964, the nation's cooperative electric utilities have sponsored more than 60,000 high school students to visit Washington, D.C., talk one-on-one with their U.S. congressional delegations and learn from energy and grassroots government education sessions. NRECA is the national service organization representing the nation's more than 900 consumer-owned, not-for-profit electric cooperatives, which provide service to 42 million consumer-members in 47 states.

Got Electric Fencing?

INSPECT IT REGULARLY

- 

1. Make sure that fencing is visible.
Use electric fence tape, warning signs or other methods.
- 

Inspect electrical fencing regularly.
Ensure everything is tight, secure and free from frays.

2. 
- 

3. Make sure your electrical fence is tight and well-supported.
A lack of support can cause it to sag.
- 

Cap posts, especially metal T-posts.
This prevents an animal (or human) from being impaled.

4. 
- 

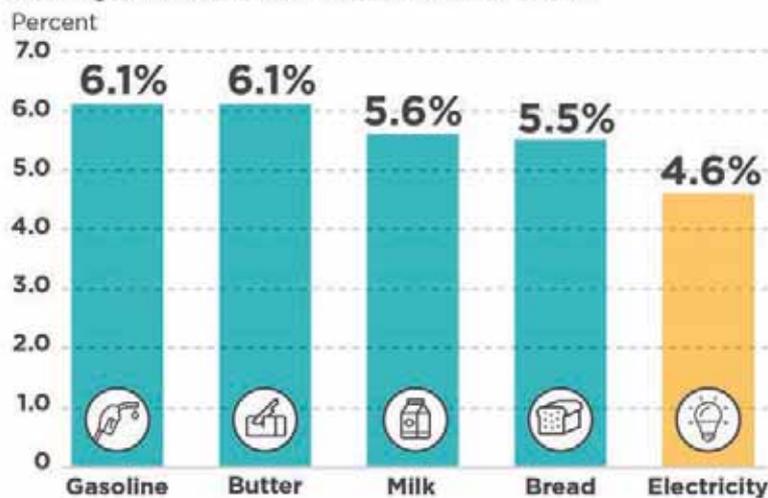
5. Check for a loose or sagging fence.
Not only can animals escape, but wires can fall out of insulators.

Learn more about electrical safety at: SafeElectricity.org

ELECTRICITY REMAINS A GOOD VALUE

Although inflation has led to increasing costs in many areas of our lives, the cost of powering your home rises slowly when compared to other common goods. Looking at price increases over the last five years, electricity remains a good value.

Average Annual Price Increase 2017-2022



Source: U.S. Bureau of Labor Statistics
Consumer Price Index

Farm Progress Show returns to Decatur Aug. 29-31

The Farm Progress Show is back in Illinois this year, and we want to invite you there! The nation's largest outdoor farm event will once again be held at Progress City in Decatur Aug. 29-31. Look for the Illinois Touchstone Energy® Cooperative's exhibit located at Lot 217 on Second Street, between Central Progress and East Progress Avenue, near Gates 7 and 8. Find us next to the Grain Systems Inc. display.

Representatives from Norris Electric Cooperative and several other Illinois electric cooperatives will be on hand to share information about cooperatives, safety, energy efficiency and much more. Be sure to catch the Live Line Safety Demo and learn from an expert about electricity and how to stay safe around electrical equipment. There will also be linemen on hand doing pole-climbing demonstrations on a 60-foot pole.

Stop by the booth to check out a couple electric vehicles or climb in a bucket for a photo op. Cooperative members who present their Co-op Connections Card or show the Co-op Connections app on their device will receive a special gift.

Weather permitting, the Touchstone Energy Hot Air Balloon will be flying the American flag each morning of the show. Plans are for the balloon to also fly late afternoon on the first two days of the show.

For around 70 years, the Farm Progress Show has celebrated agriculture by bringing tradition and businesses together. It is where people from all over gather to meet, observe and learn. Major manufacturers roll out their newest offerings, and agricultural families in the wider ag community. The show rotates annually between Decatur, Ill., and Boone, Iowa.

Energy Efficiency Tip of the Month

Did you know ceiling fans can make a room feel 4 degrees cooler? To save energy through ceiling fan use, remember to raise your thermostat a few degrees while fans are turned on. Ceiling fans can help improve comfort year-round. In the summer, operate ceiling fans in a counterclockwise direction. Reverse the direction to clockwise during winter months and set fans on a low speed so warm air can circulate from the ceiling to the lower levels of the room. Remember, ceiling fans cool people, not spaces. Be sure to turn them off when you leave the room.

Source: Dept. of Energy



Farmers: Getting proper rest can make a huge difference in staying safe during harvest

For many farmers, fall requires long days in the field and little rest. The pressure to harvest as much as possible, combined with fatigue and looming deadlines, increases the risk of injury. In fact, most injuries occur during the spring and fall when stress and fatigue are common among farmers.

The safety and health of workers, including making time for sleep, should be a priority when considering a farm's productivity, according to Josie Rudolphi, University of Illinois Extension associate research scientist. "Rushing and cutting corners can lead to injury, which no one has time for, especially during the harvest," Rudolphi says.

Rudolphi grew up on a farm and understands the pressures of harvest season. She says that getting proper rest can make a huge difference in staying safe, but during the time crunch of harvest season, farmers sacrifice sleep to work late into the night. "Sleep deficiency has been associated with increased injury, reduced reaction time and reduced concentration, all of which could impact health and safety, as well as productivity," Rudolphi says.

The demands of harvest are stressful, and a lack of sleep can intensify that and lead to errors in the fields or even on the roads.

To improve sleep, Rudolphi advises farmers to go to bed and wake up at regular times when possible. They can use rainy days to catch up on sleep.

Other sleep health tips include:

- Create a bedroom environment that encourages sleep; keep it quiet, dark and cool.
- Limit electronic device use.
- Avoid large meals, caffeine and alcohol before bedtime.

In addition to improving sleep, managing stress is an important component to injury prevention, health and safety, according to Rudolphi. "By using the 'Four A Method' of avoid

(planning ahead), adapt (changing expectations), alter (changing the situation when you can) and accept (acknowledging that a situation is what it is), farmers can successfully

manage the stress of long hours and unpredictability," she adds.

For information about safety around electricity, including farm and ranch safety, visit SafeElectricity.org.



Feeling stressed this harvest season?

WHAT'S YOUR PLAN?

Breakdowns. Long hours. Setbacks. There is no way to predict what harvest will bring.
Have your PLAN in place to manage your stress for a safe and healthy harvest.

P

Prepare for the season

With preparation, some stress can be avoided. Anticipate the demands of harvest and plan ahead. For example, prep healthy meals, fuel equipment and perform routine maintenance ahead of schedule. What can you do to prepare?

L

Lean on loved ones

Seeking support from others rather than taking on everything yourself can help reduce stress. Text or call a friend or family member when you need support.
Whom can you lean on?

A

Activate coping mechanisms

Coping mechanisms can help manage stress. They include engaging in physical activity, finding ways to make yourself laugh and carving out time for hobbies.
Which coping mechanisms will you use?

N

Nip negative self-talk

Negative self-talk leads to decreased morale and feelings of hopelessness. When your inner critic nags, be kind to yourself and remember thoughts are not reality.
How will you tell your inner critic to take a hike?

Content developed by Josie M. Rudolphi and Courtney Cuthbertson, University of Illinois Extension

Need immediate assistance?
National Suicide Prevention Lifeline: 1-800-273-8255