



**DSO ELECTRIC
COOPERATIVE, INC.**

HEADLINER

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OFFICE HOURS

8 a.m.-4:30 p.m., Monday-Friday

PAYMENT LOCATIONS



CENTRAL NATIONAL BANK IN WALMART SUPERCENTER
521 E. Chestnut St., Junction City, KS 66441

FARMERS STATE BANK
447 Harrison, Lindsborg, KS 67456

OUTAGE INFORMATION

IN CASE OF AN OUTAGE, CALL 800-376-3533. After-hours calls will be answered by dispatch and forwarded to standby personnel.

FIND OUT MORE

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Explaining Energy Demand

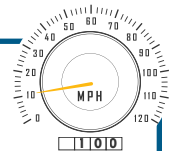
Occasionally, we get questions about the line on residential utility bills that shows demand. We have found that it's often easiest to explain energy demand when we compare it to energy consumption.

ENERGY DEMAND is the speed at which you use electricity and is measured in kilowatts (kW). Similar to how the speedometer in your vehicle measures how fast you are traveling, the electric meter measures how fast you are using electricity. Typically, the highest energy demand recorded in the billing period is what is billed.

ENERGY CONSUMPTION is the amount of electricity you use during a billing period and is measured in kilowatt-hours (kWh). Using the vehicle analogy again, the odometer keeps track of every mile traveled just as your electric meter tracks every kWh consumed. Every time you use an electric product or appliance, there will be energy consumption, which is then totaled up for the billing period.

To illustrate both energy demand and consumption, let's pretend the only electricity you used was to cook a turkey in an electric oven. When you turned the oven on and it heated up to 350 degrees, let's say it used 3 kW. This 3 kW would be the highest kW needed to cook the turkey, i.e., the energy demand. Assume it took three hours to cook the turkey and the demand stayed at 3 kW all three hours. The energy consumption for the oven was 3 kW X 3 hours = 9 kWh.

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If electricity was priced at \$0.10/kWh, then your energy consumption cost for the oven would have been 9 kWh X \$0.10/kWh = \$0.90.

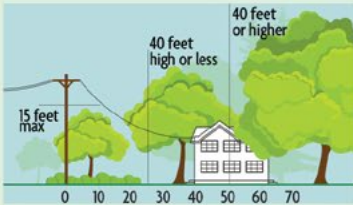
Let's assume the energy demand charge was \$2/kW. Using the 3 kW from earlier, we can calculate energy demand cost as 3 kW X \$2/kW = \$6. In this example, the electricity bill would show an energy consumption charge of \$0.90 (for 9 kWh) and an energy demand charge of \$6 (3 kW).

The DSO board of directors is considering adding demand charges to all electric bills. Up to this point, for residential accounts (including some small commercial and agricultural accounts), DSO has indirectly collected demand expenses through the monthly availability and energy charges. For commercial and industrial accounts, DSO charges for demand as a separate line item on the bill.

3 Ways to Help Limit Tree Trimming

Did you know electric utilities are required to trim trees and other types of vegetation that grow too close to power lines? We do everything we can to avoid trimming them, but **here's how you can help:**

1. Plant trees in the right place. Trees that will be less than 40 feet tall should be planted at least 25 feet away from power lines (greater than 40 feet tall should be planted at least 50 feet away).



2. Don't block pad-mounted transformers. Plant shrubs at least 10 feet away from transformer doors and 4 feet from transformer sides.



3. Report dangerous branches. If you spot a tree or branch that is dangerously close to power lines, let us know.



Trimming improves safety for all. Let's work together to enjoy the beauty of trees AND reliable electricity.

Wait! Where Is My Cellphone?

You might have nomophobia if...

If your heart races and you become anxious when you cannot use your cellphone, you might have nomophobia. The relatively recently coined word is used to describe a psychological condition in which people have a fear of being detached from mobile phone connectivity. The term is well-named: It is short for "No Mobile Phone Phobia." The term falls under the definition of "phobia for particular/specific things," as described in the *Diagnostic and Statistical Manual of Mental Disorders*. The term phobia can be misleading, however, because having nomophobia is considered an anxiety disorder. Although teens and young adults are most likely to be addicted to using their cellphones for the largest chunk of the day (and night), all ages can be guilty of overuse. *The Cambridge Dictionary* defines nomophobia as "fear or worry at the idea of being without your phone or unable to use it."

CELLPHONE USE

Here are some statistics on cellphone use, according to *Exploding Topics*:

- ▶ The typical cellphone user touches their phone 2,617 times a day.
- ▶ People check their phones 58 times each day.
- ▶ More than half of the phone checks happen during work hours.
- ▶ Half of all screen time sessions begin within 3 minutes of the last.
- ▶ On average, people across the globe spend 3.25 hours on their phones per day.
- ▶ Of Americans, 46% believe they spend an average of 4 to 5 hours on their smartphones each day.
- ▶ Among Americans, 11% claim to spend 7-plus hours on their phones each day.

CUTTING BACK

If you would like to free up some of your day, be more productive at work or home or have grown weary of eye

strain and brain drain, here are some ways to help cut back on phone use:

- ▶ Reduce the number of phone notifications. Start by turning off all notifications except for calls, messages and calendar events. You can always turn notifications back on one by one if you miss them. The idea is to pare down the types of notifications you receive so that you are only alerted when real people are trying to reach you.
 - ▶ Set up apps that track your amount of screen time and then create a time limit on devices or certain apps.
 - ▶ Remove your phone from your bedroom. (This is a good thing because a cellphone, especially one that is plugged in, should not be placed on or under soft bedding or a pillow.)
 - ▶ Set boundaries for your devices (like phones and tablets), such as not using them during meals or at bedtime.
 - ▶ Make goals to determine other ways to use your time, especially if you find you use your phone out of boredom.
 - ▶ Identify triggers for excessive phone use, such as a desire to connect or to avoid discomfort.
- Use an automated response feature telling people you and your phone are taking a break and that you will respond later. If it is an emergency, they can get in touch another way.

Smartphones have helped us have everything we need to connect to the outside world, and then some, right in the palm of our hands.

The trick is not letting them take over in-person, real-life experiences and face-to-face connections that are so essential to our well-being.



As U.S. Farmers Feed the World, We Remind Them About Electrical Safety



As planting season nears, here are some agriculture-related facts from the American Farm Bureau Federation (AFBF):

- ▶ Each year, one U.S. farm feeds 166 people domestically and abroad. The global population is expected to increase by 2.2 billion by 2050. This means that the world's farmers will have to grow approximately 70% more food than what they produce today.
- ▶ Two million farms dot America's rural landscape, according to the AFBF, and 98% are operated by individuals, families and family-run partnerships or corporations.
- ▶ Eighty-six percent of U.S. agricultural products are produced on family farms or ranches.
- ▶ Americans throw away approximately 25% of the food they buy to eat at home.
- ▶ Women make up 36% of the total number of farm operators in the U.S.; 56% of all farms have at least one female decision-maker.

As farmers return to their fields this spring, DSO and Safe Electricity urges

all workers to be alert to the dangers of working near overhead power lines. Follow these safety tips:

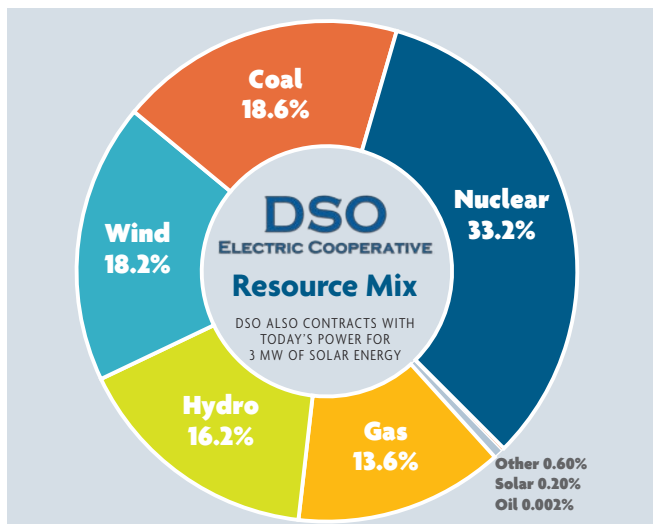
- ▶ Determine power line locations before going out into the fields and designate preplanned routes that avoid hazardous areas.
- ▶ Be aware of increased height when loading and transporting tractors on trailer beds. Be cognizant of tall antennas.
- ▶ Avoid raising the arms of planters or cultivators or raising truck beds near power lines.
- ▶ Do not attempt to raise or move a power line to clear a path.
- ▶ Coming too close to a power line while working can be just as dangerous as contacting one since electricity can arc or "jump" to conducting material or objects.
- ▶ Non-metallic materials, such as lumber, tree limbs, tires, ropes and hay, will conduct electricity depending on dampness, dust and dirt contamination.
- ▶ When grounded wires that stabilize poles, known as guy wires, are broken, they become hazardous. If you hit a

guy wire and break it, call the utility to fix it. Do not do it yourself.

- ▶ When it comes to dealing with electrical poles and wires, always call the electric utility.
- ▶ If your equipment contacts a power line, stay in the cab and call 911 or the utility for help. Warn others who may be nearby to stay away and wait until the electric utility arrives. If leaving the cab is necessary, as in the case of fire, the proper action is to jump — not step — with both feet hitting the ground at the same time. Hop away from the area as far as you can, keeping both feet together as you hop. If you are unable to hop, then shuffle with the insides of your feet touching. Don't return to the equipment until the power has been deenergized.

Managers and owners should make sure family members and staff, including seasonal workers, have learned and understand these safety precautions. Dangerous areas need to be thoroughly identified and labeled.

Start each day with a safety meeting to alert everyone to potential hazards and how to avoid them.



Get Behind the Wheel!

Would you like the chance to drive an electric vehicle (EV)? Here's your chance!

From now until May 2024, you can schedule a test drive of DSO's Volkswagen iD.4 with a DSO representative.

To schedule your test drive, call **Derrick Rutherford** at **785-655-2011**.

STORM SAFETY

FILL-IN-THE-BLANK

Spring is a wonderful season, but it can bring powerful storms. Read the clues below, then use the word bank to complete the storm safety tips.



1. Keep a _____ handy in case of a power outage.

2. Be watchful for signs of a thunderstorm, including dark skies, flashes of _____ or strong winds.

3. If a _____ is issued, seek shelter in a centrally located room in your home, a basement or storm cellar.

4. If you're outside and hear _____, go indoors immediately.

5. Practice a tornado _____ with your family once a year.



WORD BANK

- ▶ thunder
- ▶ drill
- ▶ flashlight
- ▶ tornado warning
- ▶ lightning

ANSWER KEY: 1. FLASHLIGHT 2. LIGHTNING 3. TORNADO WARNING 4. THUNDER 5. DRILL