

CMS ELECTRIC COOPERATIVE

The Enlightener

CMS ELECTRIC COOPERATIVE, INC.

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LIGHTBULB WINNERS

Congratulations to this month's lightbulb winners:

- ▶ Blake Wiswell
- ▶ Linda Wright
- ▶ Connie VanWinkle
- ▶ Jennifer White
- ▶ Nathan Welsh
- ▶ Clark Yost

Contact us today for your free lightbulbs!

NONDISCRIMINATION

This institution is an equal opportunity provider and employer.

Cold Weather Rule

Effective through March 1



From Nov. 15 through March 1, CMS Electric will provide you with all the normal billing notifications, but will not actually disconnect your electric service unless it is above 32 degrees on the date of disconnection.

We are always willing to work with our members and encourage any members who are unable to pay on time to make payment arrangements. Please contact our office for more information at 800-794-2353.

The Cold Weather Rule helps existing consumer-members maintain electric services during the winter.



MERRY Christmas & HAPPY NEW YEAR!

From our co-op family to yours, wishing you a joyous holiday season and a peaceful new year!

OUR OFFICE WILL BE CLOSED ON **DEC. 24, DEC. 25, AND JAN. 1.**



SCHOLARSHIP OPPORTUNITIES

The CMS Electric Cooperative, Inc. scholarships are six \$1,000 scholarships awarded annually to eligible applicants.

PURPOSE

To support development of effective leaders through educational opportunities.

OBJECTIVE

To provide financial assistance to make it possible for six high school graduates based upon scholastic and extracurricular achievements to continue their education.

SCHOLARSHIP ELIGIBILITY

Current high school seniors whose parents/guardians are members of CMS Electric Cooperative, Inc., are eligible to apply for these scholarships. Each applicant must intend to enroll as a full-time student in an accredited university or college, including junior, community, vocational or technical college. All applicants for the CMS Electric Scholarship shall be considered on the above criteria without regard to race, age, color, religion, gender, national origin or existence of physical handicap.

SCHOLARSHIP CRITERIA

Scholarship merit is based on three categories:

- ▶ Scholastic achievement
- ▶ School extracurricular activities
- ▶ Community activities

HOW TO APPLY

Students wishing to make applications should contact the CMS Electric Cooperative, Inc. office, or a CMS board trustee from within the district in which they reside to obtain application forms, or print form from the CMS web

site www.cmselectric.com. Completed applications must be postmarked and/or returned to CMS Electric Cooperative, Inc., **BY FEB. 10, 2025.**

**MAIL APPLICATIONS TO: SCHOLARSHIP COMMITTEE
CMS ELECTRIC COOPERATIVE, INC.**

P.O. BOX 790

MEADE, KS 67864

Questions about the scholarship program should be directed to Kirk A. Thompson, CMS general manager, at 620-873-2184 or 800-794-2353.

SELECTION PROCEDURE

Selection is made by the scholarship committee of CMS Electric Cooperative, Inc. Applicants must be willing to be interviewed by the committee, if necessary. Decisions made by this committee shall be final.

Runners-up will be selected in the event the recipient forfeits rights to the scholarship.

PAYMENT OF SCHOLARSHIPS

The scholarship recipients shall provide proof of college enrollment satisfactory to CMS Electric Cooperative, Inc. The cooperative will then pay the institution. Should the recipient withdraw from college, payment of scholarship monies shall cease and reimbursement of unused monies shall be made to CMS Electric Cooperative, Inc.

CONDITIONS

In the event the scholarship recipient receives financial assistance from other sources, which would constitute a full scholarship, the recipient shall notify CMS Electric Cooperative, Inc., and relinquish rights to the scholarship. The money shall then be awarded to the runner-up, provided that person continues to meet all criteria.

STATEMENT OF NON-DISCRIMINATION

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.”

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call 866-632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax 202-690-7442 or email at program.intake@usda.gov.

Prepare Yourself for Cooler Weather

Although cold weather isn't directly to blame when you get sick, it creates an environment that makes it easier for germs and illnesses to thrive. In fact, understanding how cooler temperatures affect your chances of getting sick may be your best approach for preventive care.

Despite the adage that "you'll catch your death of cold," the cold itself doesn't cause illness. More accurately, the cold is more hospitable to viruses, making it easier for them to spread. While you can't control Mother Nature, you can take steps to protect your health when temperatures drop.

PROTECT YOUR IMMUNE SYSTEM

A weakened immune system makes it harder for your body to ward off intrusive germs. If you're otherwise healthy, protecting your immune system can be as simple as stepping up typical healthy habits, like eating plenty of nutrient-rich produce, getting enough sleep and exercising. Managing stress and limiting alcohol consumption are also helpful in managing your body's immune response.

If your immune system is compromised by an underlying condition, talk with your doctor about what you can do to add an extra layer of protection during the cooler months, including any vaccines that may help boost immunity.

COMBAT CONGESTION

Cool, dry conditions can wreak havoc on your nasal passages, drying them out and reducing the protective layer of mucus that helps fight infection. Sinus pressure and congestion are often some of the first warning signs you're coming down with something.

To treat your congestion symptoms, you can use a non-medicated option like a saline nasal spray. These sprays help add moisture to your nasal passages when it's cold and dry outside and warm and dry inside.

SPEND TIME OUTDOORS

People naturally spend more time indoors when temperatures drop, but there are some benefits to getting outdoors. Sunlight is a natural source of vitamin D, which plays a pivotal role in immunity. Sunlight also triggers the body to produce serotonin, which boosts your mood, and multiple studies show a strong correlation between mental and physical health.

Fresh air and exercise are also good

for your overall health, and exposure to daylight can help keep your circadian rhythms regulated, which in turn promotes better sleep. What's more, acute exposure to cold can trigger your body to produce infection-fighting cells, so you're less prone to illness.

PRACTICE GOOD HYGIENE

The everyday act of washing your hands can play a big role in preventing illness, especially after you spend time in public places. While out and about, you likely come in contact with many surfaces others may have touched, including door handles, shopping carts, touch screens and menus. Make a habit of wiping down surfaces you touch frequently, such as your keyboard and phone, with disinfectant wipes.

STAY HYDRATED

Keeping your body well-hydrated throughout the day can help ensure all your body's systems are functioning as they should. If you're dehydrated, your body can't use the nutrients you consume properly, which affects your immunity. In addition, drinking plenty of water helps flush toxins out of the body before they can cause an infection.

10 Holiday Travel SAFETY TIPS

Millions take to the highways over the holidays, making it one of the busiest travel times of the year. If you're traveling by car this season, follow these safety tips:

- ▶ **PREPARE YOUR HOME** — Cancel mail, pause deliveries and have someone check on your home. In snowy areas, arrange for snow removal.
- ▶ **REDUCE FIRE RISKS** — Unplug nonessential electrical devices and check smoke detectors.
- ▶ **DON'T OVERSHARE** — Avoid posting travel plans on social media to prevent potential break-ins.
- ▶ **INSPECT YOUR CAR** — Ensure tires are inflated and carry jumper cables, as cold weather can drain batteries.
- ▶ **PACK AN EMERGENCY KIT** — Include a car phone charger, blankets, food and water, coats and a flashlight with batteries.
- ▶ **CHECK THE WEATHER** — Check the weather before and during your trip to avoid storms.
- ▶ **BUCKLE UP AND SLOW DOWN** — Increase your following distance to safely navigate slick roads and allow extra time to get to your destination.
- ▶ **TAKE FREQUENT BREAKS** — Stop every few hours to stay alert and stay hydrated to avoid fatigue.
- ▶ **SHARE YOUR ITINERARY** — Let family or friends know your travel plans to and from your destination.
- ▶ **PUT THAT PHONE AWAY** — Avoid distractions — driving requires your full attention.

SOURCE: WWW.SAFEELECTRICITY.ORG



HOLIDAY FUN WORD SEARCH

Can you find all the words associated with holiday fun in the puzzle below? Use the word bank to check your work.



WORD BANK

- | | |
|--------------|---------------|
| Jingle bells | Mittens |
| Candy cane | Snowman |
| Santa Claus | Hot chocolate |



Happy Holidays
from the
Energy Explorers!