



A Touchstone Energy® Cooperative 

1511 14,000 Rd, P.O. Box 368, Altamont, KS 67330

866-784-5500

[www.twinvalleyelectric.coop](http://www.twinvalleyelectric.coop)

**TWIN VALLEY  
ELECTRIC CO-OP**

# NEWS

## Twin Valley Electric Cooperative, Inc.

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Monday-Friday

8 a.m. to 4:30 p.m.

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## FROM THE MANAGER

### 3 Ways to Get Kids Interested in Saving Energy



**Angie Erickson**

Getting kids interested in saving energy can seem tough at first, but it doesn't have to be. With warmer months upon us, saving energy will be crucial

for keeping electricity bills low, and getting kiddos engaged now will help them form energy-saving habits for the future. Believe it or not, there are fun ways to teach kids how to be energy efficient that will actually get them excited about saving energy.

**1 TURN THE LEARNING EXPERIENCE INTO A GAME.** Games create a fun, interactive option for kids to become engaged with learning more

about saving energy. One example is to create an "energy treasure hunt" around the home, where the family searches for devices or appliances that use the most electricity. After finding these items, you can discuss with your kids a few ways for those devices to use less energy. You could also have them search for other proactive efficiency measures, like weather stripping, LED bulbs and air filters. Another game to play with your kids is "I Spy" for any energy-saving technologies in stores while out running errands. Encouraging your kids to find a wide variety of devices around stores can keep them even more engaged. Teach them about the ENERGY STAR® logo, which identifies the most energy-

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## Working on the LINE

Journeyman Lineman **JOE BROOKS** installs a new meter on the Twin Valley system. May marked the end of a system-wide meter replacement project.



## 3 Ways to Get Kids Interested in Saving Energy

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HOLLY WETZEL, NRECA

Making simple lifestyle changes like setting aside time to read a book instead of watching television can help you and your family save energy.

efficient devices and appliances. The more interested you are in finding those technologies, the more interested your kids will be too.

### 2 CREATE A REWARD SYSTEM. ONE SIMPLE METHOD IS A STAR CHART.

You can use the chart to keep track of stickers and reward your child for every 10 stickers they earn for doing some activity that saves energy. Stickers could be earned every time your child remembers to turn off the light in a room after they exit, unplugging devices (like phone chargers) that they're not using, or showering in less than five minutes. Rewards can be small things that get your child excited, like a piece of candy or a small toy. These actions taken by your kids will add up over time and help save energy around the home.

### 3 DISCUSS LIFESTYLE CHANGES AS A FAMILY OR AS AN INDIVIDUAL, BUT ALSO MAKE THE CHANGES FUN.

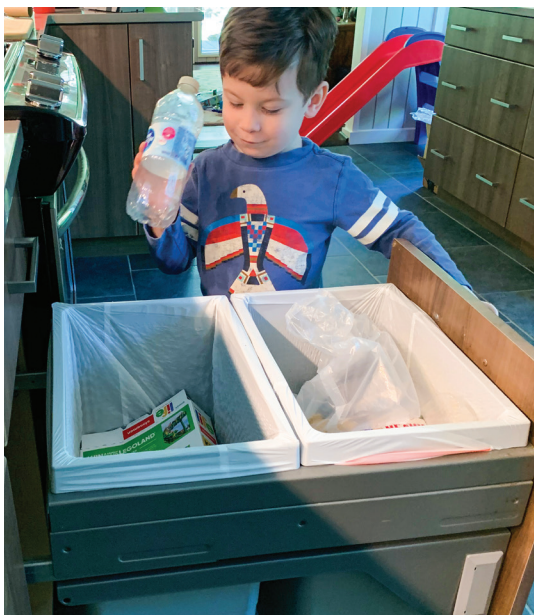
This could be getting the family together to play a board game instead of watching

TV. You could also suggest reading a book together instead of using electronic devices. Encourage them to play outdoors with friends instead of playing video games indoors. Incorporating energy-saving practices into everyday life is the best way to ensure the habit has a lasting impact.

Got teens? If your kids are older and the suggestions noted above won't work, try getting them involved in simple efficiency projects around

the home. There are several DIY tasks that teens can help with, like caulking and weatherstripping around windows and doors, or replacing the HVAC filter.

Teaching your kids to save energy can be easier when you make it fun. With a little creativity, each of these suggestions can be modified for your family. Each of us, including our kids, can do our part to save energy.



HOLLY WETZEL, NRECA

Teaching kids about saving energy and helping our environment when they're young is the best way to ensure the habits have a lasting impact.

## WHEN TO CALL IT



Between 2006 and 2018, 396 people were struck and killed by lightning in the U.S.

### HAVE A GAME PLAN TO STAY SAFE WHEN SEVERE WEATHER STRIKES

1. Check weather forecasts in advance.
2. At first signs of stormy weather, seek shelter in a hard-top car or four-sided building.
3. Do not seek shelter under a pavilion or tree.
4. Do not sit on or lean against metal (e.g. bleachers, fencing).
5. Before resuming activities, **WAIT at least 30 MINUTES** after the last rumble of thunder.

SOURCE: NATIONAL LIGHTNING SAFETY COUNCIL

### TOP SPORTS RELATED LIGHTNING FATALITIES

#1 SOCCER | #2 GOLF  
#3 RUNNING | #4 BASEBALL  
#5 FOOTBALL | #6 DISC GOLF