

## Energy efficiency

### *Fleming-Mason Energy has you covered*

Have you seen any all-black wooly worms this fall? Whether you believe in the power of the wooly worm predictions, the Farmer's Almanac, or the TV weather forecasters, very soon in Kentucky the leaves will fall and the temperatures will, too.

That also means energy use will go up for nearly all homes and businesses in our service area when that cold weather arrives.

As a locally based, not-for-profit cooperative, we're here to help.

Let's take a look at some of the services and programs Fleming-Mason Energy offers to help our members better manage your energy use and save money.

- **Usage alerts**—Use your phone or computer to manage your power use. You can set up alerts to know when your energy use is approaching the threshold you choose. It lets you know if you need to turn the thermostat down an extra degree or two.
- **Virtual Energy Assessment**—This free digital tool, available from the co-op's website, allows you to track your electricity use and receive customized do-it-yourself

suggestions for using less power.

- **Button-Up program**—Through simple upgrades like air sealing and insulation, you can make your home more comfortable while saving energy and money on your electric bills. Qualified participants can earn a rebate, too.
- **Rebate programs**—Are you planning to replace your ceiling cable, baseboard or electric furnace heating with a new heat pump? They're much more efficient than older resistance heat. Check with us first to see how you can earn cash back in the form of a rebate.
- **Together We Save**—Tap into this digital library of energy-saving information offered by Kentucky's Touchstone Energy Cooperatives, including Fleming-Mason Energy. Visit [TogetherWeSaveKY.com](http://TogetherWeSaveKY.com) for ideas and tutorials.
- **Levelized billing**—If you sign up, no matter the weather outside, your bill won't be a surprise. It takes the guess-work out of your monthly energy bill.



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Before the days grow shorter and the mercury slides down the thermometer, contact us for more details about these energy-saving programs and others. Call us at (800) 464-3144 or visit our website at [www.fme.coop](http://www.fme.coop).

**At your service, 24/7**  
Should you experience an electric outage, cooperative employees are standing by to respond 24/7. To report an outage, call 1-800-464-3144.



**Brandon Hunt**  
PRESIDENT & CEO

## Contact us:

In Fleming County:  
(606) 845-2661

Other Counties:  
(800) 464-3144

Hours:  
7:30 A.M. – 4:30 P.M.

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# Let's celebrate energy awareness

Americans have been recognizing October as National Energy Awareness Month since President George H.W. Bush first declared it in 1991. It's a time for shining a spotlight on energy efficiency, conservation and sustainability—something we do every day at Fleming-Mason Energy.

As a not-for-profit electric cooperative, we encourage members to conserve electricity. By lowering usage, you can lower your bills. Since every little bit helps when it comes to energy savings, celebrate National Energy Awareness Month with some quick and easy DIY projects. These tasks will help prepare your home for winter and contribute to its energy efficiency all year long.

- **Stop the leaks.** Reducing the amount of air that leaks in and out of your home is a cost-effective way to cut heating costs, which can account for almost half of the average wintertime electric bill. Caulking and weather stripping are two simple and effective air-sealing techniques that offer quick returns on investment, often after only a year or less.
- **Clean or replace filters.** Set a monthly reminder to inspect, clean or change air filters in your furnace or heat pump. A dirty filter can increase energy costs and damage your equipment.
- **Adjust fans.** The ceiling fans in your home are helpful if you use them wisely. During the winter, fans should turn in a clockwise direction to disperse heat that has risen toward the ceiling. Reverse fans to push cool air down during the summer.

Find more DIY tips and tricks for saving electricity at [togetherwesaveky.com](http://togetherwesaveky.com). Happy National Energy Awareness Month!



# Don't leave home without it

## *Assemble a winter emergency kit before inclement weather arrives*

When the leaves start to turn, it's time to prepare for a wintertime road emergency. Take the time to make an emergency kit or replenish the one you may already have. A well-equipped emergency car kit is a simple way to ensure you're ready for anything, no matter where the road takes you.

Dustin Skaggs, Fleming-Mason Energy's safety director, suggests packing your kit with items for warmth, visibility, traction and basic repairs as well as first aid.

### 10 ESSENTIAL ITEMS FOR YOUR CAR EMERGENCY KIT

- **First-aid kit** packed with adhesive bandages, antibiotic ointment, cotton swabs, hydro-cortisone cream, latex or nitrile gloves, scissors, elastic bandages, antiseptic wipes, sterile gauze pads, instant cold pack, pain relievers and tweezers. You can buy a good first-aid kit at most drug stores, department stores or outdoors stores.
- **Emergency radio** to stay updated on emergency alerts and weather warnings when traditional communication channels are down.
- **Flashlight and extra batteries** for seeing and signaling for help during nighttime emergencies.
- **Jumper cables.**
- **Bottled water and nonperishable snacks** like granola bars or nonperishable trail mix.
- **Blankets and warm clothing,**

including hand warmers to maintain body heat.

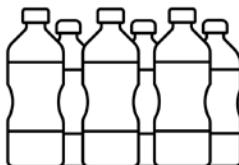
- **Tire repair kit and inflator** to temporarily fix a flat until you can get to a repair shop.
- **Road flares or reflective triangles**

to alert motorists of your presence in low-visibility conditions.

- **Shovel and sand** to get tires unstuck during slippery conditions.
- **Portable power bank** for cell-phone charging.

## EMERGENCY ESSENTIALS

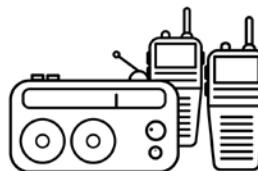
According to **Ready.gov**, a basic emergency supply kit should include the following items.



**Water.** At least one gallon of water per person per day for three days or more.



**Food.** At least three days' supply of non-perishable foods, such as canned goods and dry mixes.



**Radio.** Battery-powered radio or hand crank emergency radio with weather alert.



**First aid kit.** Includes gauze, bandages, antibiotic ointment, pain relievers, a blanket and non-latex gloves.

# #WhoPowersYou

## *Nominate an outstanding person in Kentucky's Touchstone Energy Cooperatives contest*

Fleming-Mason Energy, a Kentucky's Touchstone Energy Cooperative, is proud to bring the exciting Who Powers You contest to our members.

Nominate an unsung hero in our community. Someone who is doing amazing work in Kentucky to better their community will win \$2,000 for first place, \$1,500 for second and \$500 for third place. The prize money is awarded to co-op members who show the power of human connections.

"It's easy to enter. Just share a brief description of how that person has made a difference in the community," says Lori Ulrich, marketing and public relations manager. "We know there are so many wonderful people in our community and we want to recognize their

dedication to improving our area."

Simply visit [www.whopowersyouky.com](http://www.whopowersyouky.com) to nominate someone special in your community. Be sure to include KY in the web address. The contest is open October 1–31. Winners will be announced in mid-November. See website for complete contest details.

The nominee must be an active member of a participating cooperative to be eligible. Nominators do not have to be co-op members.

Past winners have included a cancer survivor fighting for legislation to help him and others fight the disease, and a woman who has interviewed dozens of veterans in her community to preserve their stories for posterity.

Help us share word of the contest by using the hashtag



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#WhoPowersYou on social media and let others know you recognize those making a difference. It's Fleming-Mason Energy's way of making life better.

## Fleming-Mason Energy celebrates National Cooperative Month

**Each Friday in October, Fleming-Mason Energy will give one LED lightbulb to any member who pays their bill at our Flemingsburg office. This is in honor of National Cooperative Month.**



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