

Powering a Friday night tradition

When it comes to sports, the world sees Kentucky as a diehard basketball state. But those of us living and working in the commonwealth's rural communities know that we also love high school football.

The action gets underway on Friday nights for the Fleming County Panthers, Rowan County Vikings, Lewis County Lions and more. Fleming-Mason Energy supplies electricity to three local high schools with football facilities. We're proud to be the power source that makes "Friday night lights" possible for each.

A pigskin passion

Kentuckians have been passionate about football since the sport began. *The Kentucky Encyclopedia* notes that the first college game occurred here in 1880. High school football debuted in 1893.

By 1914, football was commonplace at most large high schools. Smaller schools later followed suit, with the majority of Kentucky high schools fielding a team when the first state championship games were held in 1959.

Friday night football games wouldn't happen until the 1960s for schools in Fleming-Mason Energy's service area. By then, most rural homes and

businesses had access to electricity through their co-op membership. Schools were also powered by co-op electricity, but their football fields weren't equipped with lights. One by one, communities rallied around their hometown teams by raising funds to buy field lights that co-op employees often would help to install.

Under the lights

By the 1970s, playing under the lights was a Friday night tradition. Fleming-Mason Energy is proud to be a part of this tradition, providing the dependable electricity teams and fans count on.

Co-op electricity lights up stadiums, locker rooms and parking lots. We power scoreboards and public address systems. We're also the power source for concession stands that crank out hot foods and cold beverages for fans.



The football season kicks off near the end of the month, and Fleming-Mason Energy will help power the exciting action. Photo: Tim Webb

This year's high school football season kicks off in late August. Like the teams we serve, Fleming-Mason Energy is conditioned and ready for a great season.

Let the games begin!

At your service, 24/7

Should you experience an electric outage, cooperative employees are standing by to respond 24/7—even during a holiday. To report an outage, call 1-800-464-3144.



Joni Hazelrigg
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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Youth tour students

Kaitlynn Kinsel, Macy Lewis and Xoe Witten of Lewis County High School along with Max Moran of Mason County High School were among high school students from across Kentucky who participated in the Electric Cooperative Youth Tour held June 14-20, 2019, in Washington, D.C. They were sponsored by Fleming-Mason and selected on the basis of their essay.

Each year, a fun-filled and educational week provides high school juniors opportunities to learn firsthand what it is like to be involved in politics, community service, and today's pressing issues. Students visited with both their U.S. senators and representatives and learned about grassroots advocacy.

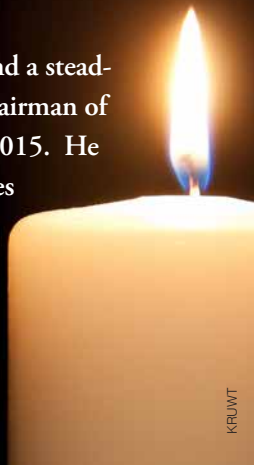
Fleming-Mason Energy is proud to sponsor these fine students from



Xoe Witten, Max Moran, Macy Lewis and Kaitlynn Kinsel. Photo: Lori Ulrich

Lewis and Mason counties. This program is open to high school juniors. A complete list of participation requirements along with applications for the 2020 tour will be available later this year.

We would like to take a moment to remember our former director and friend, James Edwin Smith Jr. J.E., as he was known, passed away after a brief illness on March 12, 2019. J.E. joined Fleming-Mason's board of directors in May 1961 and served for 58 years. He was the longest serving director in the state of Kentucky. J.E. was instrumental in guiding our cooperative through substantial growth and many changes. He did this with a love for Fleming-Mason and a steadfast desire to do what was best for our members. J.E. served as chairman of the board from 1981 until his resignation from that position in 2015. He then served as vice-chairman until his untimely passing. J.E. leaves behind a host of family and friends who will miss him and his warm smile. Our cooperative family wishes to express our condolences to his children, grandchildren and host of friends. His Fleming-Mason Energy family will certainly miss him.



Fleming-Mason Energy supports dreams at Special Olympics

DesaRae Nickell has won so many medals in Special Olympics that she's like a Rowan County rock star. When neighbors see her outside, they say, "I'm lucky to live next to a celebrity."

Last fall, Special Olympics named her an official ambassador after her graduation from the Athlete Leadership program. She was also chosen from among more than 10,000 Special Olympics athletes in Kentucky to serve on the state chapter's board of directors.

"I speak for all the athletes in Kentucky and give the board updates on what is going on," she says.

"All of our relatives are proud of her," says her mom Sheena. "People we don't even know come up and ask for her autograph."

In the past nine years, Nickell has won more than 30 medals in track, bowling, basketball, soccer and skiing. She was among more than 1,400 athletes who competed at the Special

Olympics State Summer Games, May 31-June 2 at Eastern Kentucky University in Richmond. This year, Fleming-Mason Energy, along with Kentucky's Touchstone Energy Cooperatives, was a platinum sponsor of the event that helps people with physical and intellectual disabilities gain confidence through sports.

At this year's summer games, she finished second in the long jump, first in the 50-meter dash and second in the 4x100 relay.

This past winter, Nickell won gold in skiing during the Special Olympics Winter Games. She also was named the Lucky Racer Champion at Perfect North Slopes in Lawrenceburg, Ind.

When DesaRae first started skiing, her mom couldn't watch because of concerns for her daughter's safety. She gradually graduated from the beginner



DesaRae Nickell displays her Special Olympics medals with her mom Sheena. Photo: Kevin Osbourn

slopes to challenging black diamond runs. Special Olympics has also helped her blossom as a leader and speaker.

Fleming-Mason Energy is proud to sponsor her and all the other athletes each year at Special Olympics. It fulfills their dreams. It gives them purpose, and it inspires us all to overcome whatever challenges we face.

AVOID HARVEST HAZARDS

Farming is the sixth most dangerous job.

If you're inside farming machinery when coming in contact with a power line...

- If you can, drive safely away from the downed line and the source of electricity. Travel at least three tractor lengths before stopping.
- If you can't drive or are injured, stay where you are until help arrives.
- If you must get out of the machinery (for example, if it is on fire), don't touch the machinery and the ground at the same time.
- Jump out and away from the machinery, taking care to land with your feet together and touching.
- Shuffle away with your feet touching. Don't stop until you are at least three tractor lengths away from machinery.
- Call 911 and ensure no one goes within 40 feet of machinery.

CHRIS HAYES

Safety Matters

Respect electricity when using kitchen appliances

In today's home kitchens, families rely on Instant Pots and other electrical appliances to make mealtime preparation and cleanup quick and easy.

Please remember to always be safe when using the electricity that powers your appliances. Injuries and fatalities can be prevented by avoiding common safety hazards.

Many people suffer electrical shock each year from inserting a metal object into a toaster to pull out a jammed piece of bread. Use wood tongs instead and unplug the toaster for an added measure of safety before retrieving the toast.

A garbage disposal's electrical connections can be damaged after hundreds of uses. To prevent shock, always use rubber or wood grips to retrieve an item that has fallen into the disposal and if possible, unplug it from the power source before doing so.

Because electricity and water are a dangerous combination, operate electrical appliances away from the sink, and always use dry hands to plug a cord into the power. Keep a hand towel close by—it is not safe to touch electrical appliances with wet hands.

Fleming-Mason Energy wants you to always be safe.



Keep the heat out

It's easier than you might think to keep your home cool and comfortable during summer's hottest days—without cranking up the A/C. Here are four simple ways:

■ **Clean or change your air-conditioning filter.** The hotter it gets outdoors, the more you'll stay inside where it's cool. Make sure your air conditioning is running at its optimal level by cleaning or replacing the air filter. This can also help prevent your air conditioner from breaking down in the future.

■ **Tightly close outside windows and doors.** There's no need to cool the outdoor air with your A/C unit. When you have the air conditioner running, double-check that

all of your exterior windows and doors are closed. For good measure, caulk around windows, doors and outlets so the hot weather can't sneak into the house through exterior walls—and the cool air can't get out.

■ **Run ceiling fans.** If the temperature is bearable outside, turn

off the air conditioning and flip on a few floor and ceiling fans. The fan blades should be set to push down in the summer. This will cut down on summer electric bills, as a ceiling



fan uses no more electricity than a regular lightbulb.

■ **Close window shades, blinds or drapes.** They will keep the sun's heat out and give your A/C a break.