

OWEN Electric Connection

Owen Electric Cooperative

A Touchstone Energy Cooperative

MARCH 2017

Safekeeping *Security is as important as electric safety*

In this world of mayhem, we take safety and security seriously.

Not only does Owen Electric Cooperative make electric safety the top priority, it also makes sure your electric system is safe from hackers and cyber bullies.

Over the past several years, the threat of cyberattack has become more of a possibility due to the proliferation of smart devices being used to communicate on the electric grid. Fortunately, developers have constructed programs and put procedures in place to ensure you continue to receive safe, reliable, and affordable electric service.

And I'm proud to say that other electric co-ops across the nation are utilizing a set of cybersecurity policy templates developed in 2015 by Kentucky's electric cooperative information technology (IT)

professionals who were members of the Kentucky Association of Electric Cooperatives IT Association's Cybersecurity Subcommittee.

The templates were developed in a way that individual electric co-ops can create, maintain, and verify its own cybersecurity program based on that co-op's specific needs and resources. The templates are used in conjunction with a cybersecurity toolkit developed by the National Rural Electric Cooperative Association—our national association for America's electric co-ops.

Not only does the cybersecurity toolkit help us develop policies and procedures to keep our electric system safe, it also helps us implement programs to help avoid identity theft of our members' information. In fact, the cybersecurity work group identified three major drivers used to produce the templates: protecting sensitive member data; reliability of our system; and productivity.

We compare the possibility of high-risk cyberattacks to bad weather that can

also wreak havoc on our electric system. When Mother Nature strikes, we follow procedures that have been in place for decades to get your electric service back on as quickly and safely as possible. And we now have procedures in place to follow if Mr. Mayhem attempts to attack our electric system.



Mark Stallons
President/CEO

Don't ever give up!

The journey to a healthier Ellen

Ellen Wallace had struggled with her weight for years, and on her way to closing out 2014, decided that this was her time.

A Member Services representative at Owen Electric Cooperative, Ellen had gotten her mother settled in a nursing home, sold her home and downsized to an apartment, and her son was now grown and busy with his own life.

"I knew it was time to work on me," Ellen says. "I weighed 259 pounds and got out of breath just walking up a few steps. I decided that I wanted to be around for my son as long as possible, and when and if I had grandchildren, I wanted to be able to roll around on the floor with them."

Ellen, 55, says working out with a personal trainer, Jordan Nevels, through the employee-funded Wellness Program at Owen Electric was one of her first big accomplishments in beginning her weight loss and fitness endeavor.

"I had been working out at lunchtime in our company gym, but to have the opportunity to train with a personal trainer sounded exciting and challenging, and I was a little nervous," Ellen says. "Jordan had faith in me when I didn't have faith in myself; he pushed me when I needed to be pushed."

Six months later, when a job change within the company moved her to a different location, Ellen adjusted and got a membership with Body Works Gym in Dry Ridge.

"Going to the gym after work on a consistent basis was another big accomplishment," Ellen says. "The owner and trainer, Justin Baker, was instrumental in keeping me motivated and challenged."

Every four to six weeks, gym staff would help Ellen learn and incorporate a new set of exercise routines into her



Ellen says her son, Matthew, was a motivating factor in getting healthier.

workout, and the nutrition class was a key factor in her weight loss; she has used MyFitnessPal.com for more than a year to log her food intake and help keep her on track to her goals.

Having a supportive staff of "cheerleaders" at the gym, and

friends who had started clean-eating diets and were eager to answer any questions she had, helped keep Ellen motivated through the mental challenge of managing new eating habits, exercise consistently, and drinking more water. Pinterest.com became a great source of information and recipes as well.

"When I finally took a deep breath and broke everything down into baby steps, I started to enjoy my journey," Ellen says.

In September 2016, Ellen reached her goal of losing 100 pounds—a milestone 22 months in the making. As of January 1, 2017, she has lost a total of 110 pounds, 19 inches off her waist, and has achieved a body fat percentage of 24.1 percent.

"I get to shop in the regular-size clothing departments now, which was really a big adjustment for me. I was wearing size 24 pants, and I just bought size 10 jeans," Ellen says, adding she is smaller now than when she graduated high school.

Ellen's weight loss has come with an equally terrific gain, though, as she reflects on almost two years of breaking down mental and physical barriers to accomplish her health and wellness goals.

"The most important thing I have learned, and probably the hardest to admit out loud, is that I have learned to love myself," Ellen says, admitting the journey makes her tear up to think about it. "My heart and my head are at peace for the first time in my adult life. I'm stronger emotionally, physically, and spiritually because of this journey. I know that God has always been on my side, but we've gotten closer because I've quieted my head about not being good enough and learned to trust Him. I'm not sure what the next phase of my journey will be, but I know that I can count on God to be right there with me."

ELLEN'S TIPS FOR SUCCESS:

THIS IS A JOURNEY Always keep your long-term goal in mind and celebrate your successes! You're doing something extraordinary for yourself, so have fun.

FIND ACTIVITIES THAT CHALLENGE YOU and you enjoy doing. In 2016, I completed several 5K races, a mud run obstacle race, and a 10K Thanksgiving Day race in Cincinnati—a great feeling of accomplishment!

IT IS SO IMPORTANT TO HAVE A SUPPORT GROUP of friends, family, and workout buddies. They'll help keep you motivated and notice your weight loss quicker than you do.

HAVE EXERCISE AND NUTRITION PLANS because it takes both. Set small goals and track your progress. When you have a bad day (and you will), get back on your plan as soon as you can and don't give up. Don't ever give up!

Ellen enjoys watching son Matthew show beef cattle, a pastime she enjoyed as a child and one that brings back fond memories of her late father.



Stepping outside her comfort zone yielded Ellen much success in her fitness and weight loss goals. She completed her first mud run and obstacle race in 2016, pictured above. She competed in several 5K races, shown competing in the photo at right.



Invest in Efficiency

The benefits of some home efficiency investments aren't seen as quickly as others. Here's how a few upgrades compare over time:



Set Water Heater to 120°
No Cost; Save \$73/yr

Open Window Blinds in Winter; Close in Summer
No Cost; Save \$35/yr

Adjust Thermostat 1° Down in Winter, 1° Up in Summer
No Cost; Save \$82/yr



ENERGY STAR Clothes Washer
Costs \$194 extra; Save \$140/yr

ENERGY STAR Refrigerator
Costs \$97 extra; Save \$100/yr

Wrap Hot Water Tank
Costs \$85; Save \$23/yr

Upgrade to ENERGY STAR Heat Pump (From 10 to 15 SEER)
Costs \$5,700; Save \$408/yr

Instant Benefit

1-5 Year Payback

Long Term Investment

Find more ways to save at **TogetherWeSave.com.**

Source: U.S. Department of Energy Home Energy Saver, Touchstone Energy® Cooperatives. Based on national average savings; actual savings will vary by climate.

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**This institution is an equal
opportunity provider.**

Still time for Youth Tour applicants!

Every year, Owen Electric offers high school juniors the opportunity to visit Washington, D.C., and learn about our country's history.

The Washington Youth Tour is an annual weeklong event in June during which about 1,000 high school juniors from across the country travel to Washington, D.C., to learn more about government, cooperatives, and electrification.

During the Washington Youth Tour, delegates will get the opportunity to meet youth from across the country, interact with cooperative and government officials, and visit historic landmarks.

The purpose of the tour is to provide outstanding young people with the opportunity to

- better understand the value of electricity and how government works
- become more familiar with the historical and political background of the United States
- prepare for their future

The application process is open to any high school junior whose primary residence is in Owen Electric's service territory. Applications are due March 10, 2017, of the student's junior year of high school.

Semifinalists will be invited to be a part of the Frankfort Youth Tour held in April. Washington Youth Tour delegates will be announced shortly after the Frankfort trip.

*For those also participating in the Governor's Scholar Program, GSP WILL schedule/reschedule to accommodate those students who are also selected to participate in the Washington Youth Tour.

Applications can be picked up at any Owen Electric office, or online at www.owenelectric.com/content/youth-tour-0.

