

CMS ELECTRIC COOPERATIVE

The Enlightener

CMS Electric Cooperative, Inc.

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Lightbulb Winners

Congratulations to this month's lightbulb winners:

- ▶ Jeremy Herd
- ▶ Bob Huck
- ▶ Levi Ingram
- ▶ Jerald Jones
- ▶ Jess Koons
- ▶ Pierre Lamont

Contact us today for your free lightbulbs!



Nondiscrimination

This institution is an equal opportunity provider and employer.

Safety Tips for Before, During and After the Storm

Storm season is in full swing. Summer storms have the potential to produce tornadoes — they can happen anytime, anywhere, and bring winds over 200 miles per hour.

In April, a video of NBC Washington chief meteorologist Doug Kammerer went viral. During a live broadcast, Kammerer called his teenage son to warn him of a tornado that was headed straight for their home. Knowing the kids were likely playing video games and not paying attention to the weather, he told them to head straight to the basement. Kammerer debated if he should call his family on-air, but he knew it was the right thing to do. Luckily, the kids made it safely through the storm.

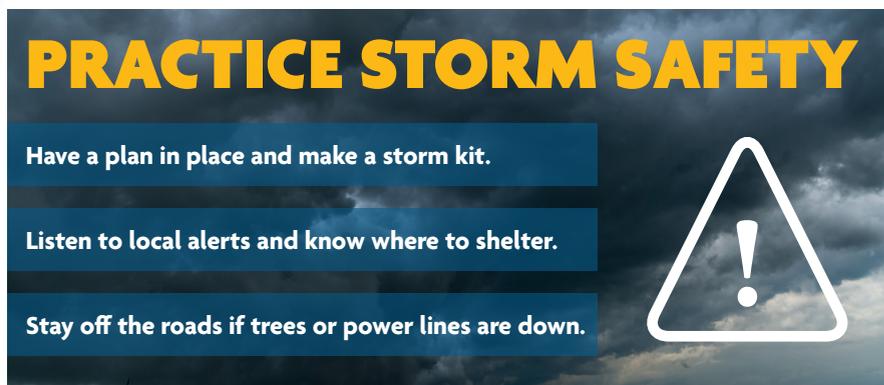
As adults, we understand the importance of storm safety, but younger children and teens may not realize the dangers storms pose. That's why it's so

important to talk to your family and have a storm plan in place. Here are several tips you can share with your loved ones.

Before the Storm

- ▶ Talk to your family about what to do in the event of a severe storm or tornado. Point out the safest location to shelter, like a small, interior, windowless room on the lowest level of your home. Discuss the dangers of severe thunderstorms; lightning can strike 10 miles outside of a storm. Remember: when you hear thunder roar, head indoors.
- ▶ Make a storm kit. It doesn't have to be elaborate — having a few items on hand is better than nothing at all. Try to include items like water, non-perishable foods, a manual can opener, a first-aid kit, flashlights and

Continued on page 12C ▶



PRACTICE STORM SAFETY

- Have a plan in place and make a storm kit.
- Listen to local alerts and know where to shelter.
- Stay off the roads if trees or power lines are down.

76TH ANNUAL 2022 Meeting Highlights

The 76th Annual Meeting of CMS Electric Cooperative, Inc., was held on May 5 in Meade. The members and guests attending the meeting enjoyed a delicious meal prepared by John Ross Catering Co. of Garden City, with 220 people served.

CMS Board President Ron Oliver welcomed members and guests to the meeting. He introduced the CMS Board of Trustees, General Manager Kirk Thompson, and Corporate Attorney Tim Larson. Special guests were Doug Shepherd from Kansas Electric Cooperatives, Inc. and Suzanne Lane from Kansas Electric Power Cooperative.

Kirk Thompson, general manager, introduced the scholarship winners **KAYDEN BOND, CHARLIE WETTSTEIN, SAGE WAGGONER, LOGAN MILLER, BRIAN REIMER** and **AUSTIN GOODNIGHT**. Mr. Thompson then presented each recipient in attendance with a certificate and gift recognizing their achievement.

Mr. Thompson reviewed the financial reports as printed in the annual report and presented the manager's report.

Thompson updated the members on the following:

- ▶ Final stages of the solar array installation in Comanche County.
- ▶ February 2021 Winter Storm Uri.
- ▶ FEMA project from 2017 completed in late October/early November 2021.
- ▶ Succession update: Over 180 years of service:
 - ▶ **ROGER DAVIS** started in 1974 and retired in April 2021 (47 years of service).
 - ▶ **JT POWELL** started in 1976 and passed away in December 2021 (45 years of service).
 - ▶ **KENT DAVIS** started in 1974 and retired in January 2022 (47 years of service).
 - ▶ **RUSTY BLEHM** started in 1973 and is set to retire June 2022 (49 years of service).

Trustees re-elected were: **RON OLIVER** for District 1 and **MICHAEL JOHNSON** for District 2. Newly elected to the board was **CHAD MCMILLIN** for District 3. Trustee **JOE MURPHY** was recognized for his 12-years of service on the board. The cooperative wished him the best in his future endeavors.



CMS Board President, Ron Oliver (left) thanks Joe Murphy (right) for his service on the CMS Board of Trustees during the 76th CMS Annual Meeting.

Following the business meeting, there were drawings for many door prizes including the grand prizes of 43" TVs won by **THERON WALKER** and **JAMES CARPENTER**. The winner of the children's drawing was **REMINGTON REIMER**. Many other great prizes were awarded including energy certificates for up to \$100 off the winner's CMS electric bill.



The 2022 CMS Board of Trustees pose for a photo at the annual meeting. Top row from left: Kirk Thompson, general manager, with board members Wes McKinney, Chad McMillin, Michael Johnson and Keith Randall. Front row from left: Tim Larson, general counsel with board members Don Nighswonger, Ron Oliver, Linda Tomlinson and Gary Warden. Not pictured: Rock Ormiston.



General Manager Kirk Thompson (right) introduced the scholarship winners (from left) Kayden Bond, Sage Waggoner and Charlie Wettstein. Winners not pictured are Logan Miller, Brian Reimer and Austin Goodnight.

Protect the Skin You're In

Skin cancer is the most common type of cancer in the United States. One in five Americans will develop it in their lifetime, and nearly 20 Americans die from melanoma every day, according to the American Academy of Dermatology (AAD) Association.

Although those with fair skin are at greater risk than others of getting skin cancer, anyone can get it.

Basal and squamous cell carcinomas are the two most common types. Melanoma, the deadliest form of skin cancer, is the third most common type. The risk for melanoma doubles for people who have had more than five sunburns, according to the Skin Cancer Foundation (SCF). However, even without a burn, any sun exposure increases the risk of skin cancer.

The most preventable cause of skin cancer, according to the Centers for Disease Control and Prevention (CDC), is overexposure to ultraviolet (UV) light from the sun or artificial sources, such as tanning beds.

Safety in the Sun

To prevent skin cancer, protect yourself from UV rays year-round. UV rays can reach you on non-sunny days (cloudy and cool days), and they can also reflect off other surfaces like water, cement, sand and snow.

In the continental U.S., UV rays are strongest from 10 a.m. to 4 p.m. daylight saving time or 9 a.m. to 3 p.m. standard time, according to the CDC. The UV Index forecasts the strength of UV rays for each day. Protect your skin from exposure to the sun when the UV Index is 3 or higher by:

- ▶ Staying in the shade.
- ▶ Wearing sun-protective clothing.

- ▶ Wearing a hat with a wide brim.
- ▶ Wearing sunglasses that wrap around and block both UVA and UVB rays.

Additional Tips

- ▶ Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.
- ▶ Reapply sunscreen every two hours or after sweating or swimming.
- ▶ Apply enough sunscreen to cover skin not protected by clothing.
- ▶ Do not forget to apply it to the tops of your feet, your neck, your ears and the top of your head.

Indoor Tanning

Using a tanning bed, booth, sunbed or sunlamp exposes users to high levels of UV rays. Over time, too much exposure to UV rays can cause skin cancers, cataracts and cancers of the eye, according to the CDC.

Indoor tanning does not protect against sunburns. A “base tan” is a sign of skin damage. Using a tanning bed or other indoor tanning methods can also cause serious injury; burns send more than 3,000 people to the emergency room each year.

The Skin You're In

The bottom line is that you should protect your skin from sun/UV exposure at all times. Consider using a self-tanning product if you want to look tan (but be sure to still use sunscreen). Perform regular skin self-exams to detect skin cancer early when it is most treatable. See a dermatologist if you notice new or suspicious spots on your skin or anything changing color, itching or bleeding.

SOURCES: CDC, AAD, SCF

Safety Tips for Before, During and After the Storm *Continued from page 12A* ▶

extra batteries, prescriptions, baby supplies and pet supplies. Keep all the items in one place for easy access if the power goes out.

During the Storm

- ▶ Pay attention to local weather alerts — either on the TV, your smartphone or weather radio — and understand the types of alerts. A thunderstorm or tornado watch means these events are possible and you should be prepared; a warning means a thunderstorm or tornado has been spotted in your area and it's time to act.
- ▶ If you find yourself in the path of a tornado, head to your safe place to shelter, and protect yourself by covering your head with your arms or materials like blankets and pillows.
- ▶ If you're driving during a severe storm or tornado, do not try to outrun it. Pull over and cover your body with a coat or blanket if possible.

After the Storm

- ▶ If the power is out, conserve your phone battery as much as possible, limiting calls and texts to let others know you are safe or for emergencies only.
- ▶ Stay off the roads if trees, power lines or utility poles are down. Lines and equipment could still be energized, posing life-threatening risks to anyone who gets too close.
- ▶ Wear appropriate gear if you're cleaning up storm debris on your property. Thick-soled shoes, long pants and work gloves will help protect you from sharp or dangerous debris left behind.

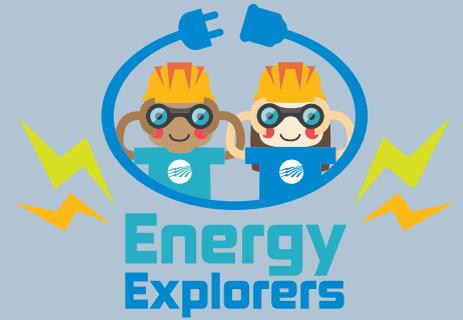
Summer is a time for many fun-filled activities, but the season can also bring severe, dangerous weather. Talk to your loved ones about storm safety so that everyone is prepared and knows exactly what to do when a storm strikes.



SUMMER STORM SAFETY WORD SEARCH

Summer means fun in the sun! But the season can also bring strong thunderstorms.

Read the storm safety tips below, then find and circle the **BOLDED** words in the puzzle below.



T	D	D	N	U	D	O	L	O	H	X	W	S	X	S
K	H	H	B	K	X	S	N	J	M	I	Z	T	X	M
B	Q	U	Z	C	J	I	E	T	N	T	A	R	Z	C
Y	E	R	N	Z	T	Q	N	D	Z	Y	X	U	E	S
J	L	F	S	D	K	O	O	N	N	G	E	C	K	A
P	Q	Y	H	U	E	W	N	B	V	M	O	T	V	D
V	S	H	C	P	S	R	W	E	L	J	R	U	S	U
D	B	N	H	C	H	Q	X	T	D	T	A	R	L	U
H	X	H	M	M	U	B	V	Z	P	T	Q	E	K	X
A	R	L	L	N	E	F	Q	X	E	B	G	S	T	R
Y	X	Z	N	I	I	Q	F	T	R	T	B	E	U	S
L	I	G	H	T	N	I	N	G	L	G	W	B	G	B
T	I	K	Y	C	N	E	G	R	E	M	E	F	S	W
O	N	I	D	F	A	D	V	M	V	V	K	N	T	M
G	Q	D	F	H	Y	L	R	N	O	C	A	W	R	E

- ▶ If you hear thunder, that means **LIGHTNING** can strike nearby. Go indoors.
- ▶ Wait at least 30 minutes after the last rumble of **THUNDER** before going back outside.
- ▶ During a thunderstorm, stay away from tall, isolated **STRUCTURES** or trees, which are more susceptible to lightning strikes.
- ▶ Avoid standing near **WINDOWS** during a thunderstorm.
- ▶ Strong summer storms occasionally cause power outages. During an outage, it's best to have an **EMERGENCY KIT** on hand.