

CMS ELECTRIC COOPERATIVE

# The Enlightener

## CMS ELECTRIC COOPERATIVE, INC.

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### LIGHTBULB WINNERS

Congratulations to this month's lightbulb winners:

- ▶ Heinrich Dyck
- ▶ David DeLeon
- ▶ Wayne Cope
- ▶ Cole Batman
- ▶ Angelica Asebedo

Contact us today for your free lightbulbs!

### NONDISCRIMINATION

This institution is an equal opportunity provider and employer.

## Cold Weather Rule

Effective through March 1



From Nov. 15 through March 1, CMS Electric will provide you with all the normal billing notifications, but will not actually disconnect your electric service unless it is above 32 degrees on date of disconnection.

We are always willing to work with our members and encourage any members who are unable to pay on time to make payment arrangements. Please contact our office for more information at 800-794-2353.

**The Cold Weather Rule helps existing consumer-members maintain electric services during the winter.**

*Happy Thanksgiving*  
**from our co-op family to yours**

*Our offices will be closed Thursday, Nov. 27,  
and Friday, Nov. 28, to celebrate the holiday.*

# Don't Let Energy Slip Through the Ceiling

A quick guide to insulation

Upgrading your attic insulation is one of the easiest and most effective ways to lower your energy bills, make your home more comfortable and boost energy efficiency year-round. Older homes can save up to 15% on energy costs by improving attic insulation.

## STEP 1: SEAL AIR LEAKS

Before adding insulation, address air leaks. Common trouble spots include:

- ▶ Recessed lighting
- ▶ Chimneys
- ▶ Attic hatches or pull-down stairs
- ▶ Pipes, ductwork and wiring

Seal these gaps with caulk, expanding foam or weather stripping. This helps keep warm air in during winter and hot air out during the summer.

## STEP 2: UNDERSTAND R-VALUES

R-value measures how well insulation resists heat flow based on its type, thickness and density — the higher the number, the better. How much you need depends on your climate:

- ▶ **MILD CLIMATES:** R-30 to R-38 (10-14 inches)
- ▶ **COLD CLIMATES:** R-49 or higher (16-18 inches)

**QUICK CHECK:** If you can see the ceiling joists, you probably need more insulation.

You don't need to remove existing insulation unless it's wet, moldy or contaminated. Otherwise, it's safe to leave it in place and add new insulation on top.

## STEP 3: PICK THE RIGHT TYPE

There are two main types of attic insulation:

- ▶ Batt or roll insulation:
  - ▶ Easier to install for do-it-yourselfers.
  - ▶ Must be cut precisely to avoid

gaps, especially around obstructions like pipes and vents.

- ▶ Blown-in or loose fill insulation:
  - ▶ Installed with a machine that "blows" insulation into place.
  - ▶ Fills gaps more evenly; great for hard-to-reach areas.
  - ▶ Blown-in cellulose is the top pick for attics due to its high R-value, good coverage and air-sealing benefits.

## STEP 4: PLAN FOR STORAGE

It's tempting to use the attic for storage, especially for holiday decorations, but if you're looking to maximize efficiency, store them elsewhere.

If you store items in your attic, don't flatten the insulation. Build a raised platform high enough to keep insulation at the recommended depth.

## STEP 5: CHECK OLD WIRING

If your home is older, inspect attic wiring before insulating. Cracked or brittle wire insulation can be a fire hazard — have a professional electrician replace it if needed.

## STEP 6: INSULATE THE ATTIC HATCH

Whether you have an attic hatch or a drop-down ladder, this opening can leak a lot of air if it's not sealed properly.

- ▶ For standard hatches:
  - ▶ Add insulation to match your attic's R-value.
  - ▶ Upgrade to a pre-insulated panel or ¾-inch plywood.
  - ▶ Install weather stripping and a dam to prevent loose-fill from spilling.
- ▶ For drop-down ladders:
  - ▶ Add an insulated cover box in the attic.
  - ▶ Seal the frame with foam or weather stripping.
  - ▶ Be sure to leave room for the folded ladder.

## YOU'LL FEEL THE DIFFERENCE

A well-insulated attic means lower energy bills and a more comfortable home, whether it's blazing hot or freezing cold outside. Start by sealing leaks, checking your R-value needs and picking the right insulation for your space — your future self (and wallet) will thank you!



*Fall back on Nov. 2*

On Sunday, Nov. 2, remember to turn your clocks back one hour. It is also a good time to change the batteries in your smoke detectors and have a professional check your fire extinguishers.

# Alexander Successfully Completes Leadership Academy



CMS employee Andy Alexander recently completed the High Impact Leadership Academy to further develop his leadership skills.

Kansas Electric Cooperatives, Inc. (KEC) announces the graduation of 14 electric cooperative professionals from the High Impact Leadership Academy (HILA), a comprehensive, results-driven program designed to develop leadership skills among frontline supervisors, managers and executives. Participants engaged in dynamic group exercises, case studies, and leadership assessments tailored specifically for Kansas electric cooperatives.

Andy Alexander, Meade district manager at CMS Electric, participated in this second KEC HILA cohort and graduated during a Sept. 24 ceremony in Wichita, having successfully completed weekly sessions between May and September, all designed to deliver hands-on, practical training rooted in real-world challenges.

"HILA's curriculum has enhanced my ability to lead with confidence, build trust and drive accountability within my co-op team," said Alexander. "I've strengthened my decision-making capabilities — especially when under pressure."

A team of highly experienced instructors with military leadership backgrounds leads the HILA program, ensuring a disciplined and results-driven approach.

## GRADUATES OF KEC'S HILA COHORT 2:

- ▶ **APRIL ENGSTROM**, 4 Rivers Electric Cooperative, Inc.
- ▶ **ANDY ALEXANDER**, CMS Electric Cooperative, Inc.
- ▶ **REID MURPHY**, Heartland Electric Cooperative Association, Inc.
- ▶ **JARRETT PETERS**, Heartland Electric Cooperative Association, Inc.
- ▶ **MIKEY GODDARD**, Kansas Electric Cooperatives, Inc.
- ▶ **REAGAN MCCLOUD**, Kansas Electric Cooperatives, Inc.
- ▶ **MATT OTTMAN**, Kansas Electric Power Cooperative, Inc.
- ▶ **KRISTEN KOEHN**, Pioneer Electric Cooperative, Inc.
- ▶ **TY FINCH**, Sunflower Electric Power Corporation
- ▶ **ALEX LIGHTNER**, Sunflower Electric Power Corporation
- ▶ **CHANDA SCHULTE**, Victory Electric Cooperative, Inc.
- ▶ **DAC WALK**, Wheatland Electric Cooperative, Inc.
- ▶ **JIM WELKER**, Wheatland Electric Cooperative, Inc.
- ▶ **KYLE STRICKERT**, Wheatland Electric Cooperative, Inc.

## STAY TOASTY AND WARM WHILE TURNING DOWN THE THERMOSTAT



When the winter winds blow, it is tempting to adjust the thermostat up a few degrees. However turning to other ways to help keep you warm could help reduce your energy bills. Each degree you reduce your thermostat saves 1% on your heating bill.

No one home during the day? Lower your thermostat 7-10 degrees to save!



**Ways to stay warm when it's cold outside:**



**BUNDLE** up by wearing layers and heavy socks.

**GET** your body moving and stay active.

**CAULK** windows and doorframes that leak air.



**REPLACE OR UPDATE** old or ineffective door seals.



**REDUCE** how long you use ventilation fans (they transfer warm air outside.)

**KEEP** your furnace clean and change your filter monthly.

**MAKE SURE** your home's heating system is working properly.



**HUMIDIFY** your home to make air feel warmer.

**LET THE SUN SHINE IN** during the day and close window coverings at nights.

**KEEP** the fireplace damper closed when not in use.



**Use portable space heaters safely and for short amounts of time — extended use can cause your energy bill to spike!**

SOURCE: DEPARTMENT OF ENERGY.  
WWW.SAFEELECTRICITY.ORG

# Energy Explorers

**4 DOWN:** Make sure all \_\_\_\_\_ are blown out before leaving a room.

**5 DOWN:** Smoke \_\_\_\_\_ should be tested every month to ensure they are working properly.

**3 DOWN:** Candles and \_\_\_\_\_ should only be used by adults.

12D KANSAS COUNCIL