

# energy update



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## Youth Scholarships



Do you know a current high school senior planning to pursue a career in the electrical field?

Allamakee-Clayton Electric Cooperative offers college scholarships to seniors interested in continuing their education in an electric-related area.




Applicants must enter a course of study related to work within the electrical field, with preference given to those whose education will qualify them for work as electricians, electric line workers, electrical engineers, etc.

Applicants' parents or legal guardians are not required to be ACEC members; however, they must reside within the boundaries of the Cooperative's service territory.

Details and the application are available at [www.acrec.com/hauschild-memorial-scholarship-fund](http://www.acrec.com/hauschild-memorial-scholarship-fund) or by calling 888-788-1551.

Application deadline is February 28, 2025.

## SPACE HEATER SAFETY TIPS

-  Heaters should be placed on level surfaces.
-  Check heater cords for any damage or fraying.
-  Avoid using an extension cord to power the heater.



## ENERGY EFFICIENCY TIP OF THE MONTH

If you have a home office, look for opportunities to save energy in your workspace. Use ENERGY STAR®-rated equipment, which consumes up to 50% less energy than standard models. Set equipment like printers and scanners to automatically switch to sleep or energy-saver mode when not in use. In addition to saving energy, the equipment will stay cooler, which will help extend its life. Another way to save energy in your home office is to use efficient lamps for task lighting. Replace any older bulbs with energy-saving LEDs.

Source: [energy.gov](http://energy.gov)



## TIPS TO AVOID ENERGY SCAMS



Scammers will try anything to deceive utility customers, including a tactic that claims customers have overpaid their bill. If you receive a call, text or email from someone claiming you overpaid a utility bill and need to provide your banking or credit card information to receive a credit, it's likely a scam. In most cases, your utility will apply a credit to your account to cover future charges or refund an overpayment with a mailed check.

Source: [Utilities United Against Scams](http://Utilities United Against Scams)



**Enjoy Peace of Mind Knowing Help is  
Just a Press of a Button Away with a**

## **FirstCall Emergency Response System**

**by Allamakee-Clayton  
Electric Cooperative**

By pressing a water-resistant pendant worn around the neck or wrist, clients are able to receive help from a trained emergency response operator, available 24/7.

**FIRSTCALL**  
Emergency Response System

Available to REC  
members and  
non-members!



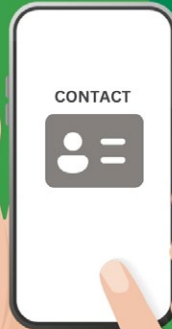
**Call Kim Today - 888-788-1551  
firstcall@acrec.coop**

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ALLAMAKEE  
CLAYTON  
ELECTRIC COOPERATIVE

## **LET'S STAY CONNECTED.**

Update your contact info to  
stay in the know about service  
updates and important alerts.



# **563-864-7611**

**Do you follow us  
on our social  
media platforms?**



## **Snowmageddon, Snowpocalypse, SnOMG!**

Whether it's a big snow storm or an everyday snowfall – there's a risk of death by shoveling. Sudden exertion after being sedentary for several months can put a big strain on the heart. Pushing a heavy snow blower can also cause injury.

**Shoveling heavy, wet snow can cause back injuries and heart attacks. So don't push yourself!**

- Dress warmly, covering your head, fingers and toes.
- Take it slow and stretch before you begin.
- Stay hydrated and don't shovel after eating or while smoking.
- Shovel only fresh, powdery snow; it's lighter.

- Push small amounts of snow rather than lifting.
- Take frequent breaks and do not work to the point of exhaustion.

Know the signs of a heart attack, including chest discomfort, an uncomfortable feeling of fullness and shortness of breath. Stop immediately and call 911 if you're experiencing symptoms; every minute counts.

**Safe  
Electricity.org®**

