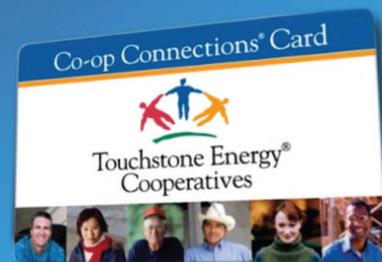


COPPER VALLEY ELECTRIC



Co-op Connections®
is the free member
discount program that
supports local businesses
and saves you money.



Powering Local Businesses With Co-op Connections

In October CVEA launched Co-op Connections, a program designed to benefit local businesses and all CVEA members. Co-op Connections is a free program that helps CVEA members save on every day items and services while encouraging them to shop local and support businesses in their communities.

This program gives businesses like yours the opportunity to offer cooperative members valuable discounts. In exchange for your participation, the CVEA team promotes your business and discount offers at no cost to you.

Currently, 41 local businesses offer special deals to 255 members. Since the launch in October, participating members have shopped locally and saved over \$500 combined.

This program not only gives your business exposure to CVEA members, but millions more served by our fellow Touchstone Energy cooperatives. Your business and offer will be included on the Co-op Connections website and mobile app where it will be seen by other co-op members around the state and nation. Over 500 Co-ops in 46 states will have access to your deals.

Participation is easy and should help give you a marketing advantage locally and with the 30 million-and-growing Co-op Connections membership! We encourage you to check out this valuable program by visiting connections.coop.

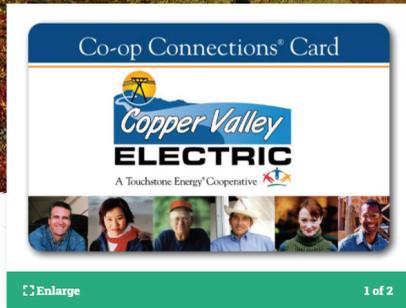
CVEA offers many benefits to business partners.

Program Benefits for Business Partners

- Business deals and contact information on connections.coop and the Co-op Connections mobile app
- Business promotion in Ruralite Magazine distributed to almost 3,000 members in the Copper Basin and Valdez
- Business listings and spotlight ads on CVEA and community Facebook pages
- Multiple print and radio advertising campaigns throughout the year
- Direct mail during quarterly promotions
- Program training for employees
- Drawings for FREE advertising in Ruralite Magazine

The CVEA team continues to look for opportunities to increase member participation in the program and new ways to promote local businesses. Soon, 'What a Deal Wednesdays' will become the newest benefit offered to participants. Select businesses will be highlighted on Wednesdays throughout the month, inviting members to stop in and take advantage of your local deal. Everyone stopping by will be entered into a drawing for prizes. Business spotlights and live videos will be featured on CVEA and community Facebook pages to increase interest and awareness.

After successful Cooperative Month and holiday programs, CVEA will launch the 'Spring into Summer' program in May,



Copper Valley Electric Association

367 Fairbanks Drive, Valdez, AK 99686
 (907) 835-4301
 Phone: (907) 835-4301

[Visit Website](#)

Overview

Copper Valley Electric is proud to offer the Co-Op Connections Program. The program provides member-owners from CVEA and from 511 co-ops in 46 states with local and national deals that save money on everyday expenses such as hotels, shopping, restaurants, activities and more. Are you connected? If you are a member from any Touchstone Energy Co-op, click to visit our website! Click on the images above to see where you can save when traveling to the Valdez and Glennallen areas.

2021. Spring into Summer will focus on business offers for locals and visitors alike. All deals will be promoted, with special emphasis given to deals that support summer projects and visitor accommodations, activities, and eats.

Current business partners and new businesses who join by April 15 will be included in the Spring into Summer program and eligible for all bonus benefits below.

Bonus Benefits for Spring into Summer Participants

- Co-op Connections rack card in the Valdez and Glennallen visitor centers and select local businesses
- Co-op Connections feature on the Valdez Convention and Visitor's Bureau website with business listing and direct link to connections.coop (example above)
- Spring into Summer business listing in Ruralite Magazine
- Spring into Summer Facebook and radio advertising campaign
- Entry into drawing for FREE half-page ad in one issue of Ruralite Magazine and on cvea.org

You don't want to miss this absolutely FREE opportunity for your business. For additional information on the program, visit the Co-op Connections page at cvea.org. If you are a business interested in joining Co-op Connections, or already a business partner and would like to participate in the upcoming 'What a Deal Wednesday' or 'Spring into Summer' programs, please contact Cindy Unger, CVEA Cooperative Assistant, at 835-7027 or email cunger@cvea.org. ■

Get Connected Q&A

Q: Why should my business participate?

A: FREE promotional benefits (see benefits) throughout the year just for offering a discount to members that supports your business strategy. Your business will enjoy a marketing advantage locally, and increased exposure statewide and nationally.

Q: Where will my business and deal be listed?

A: All deals are accessible at connections.coop or via the Co-op Connections app on any mobile device.

Q: Can I change my deal throughout the year?

A: Yes, you can change your deal at any time. This program is designed to work for your business. Just contact Cindy Unger at 835-7027 or email cunger@cvea.org.

Q: How do customers receive the discount?

A: CVEA members will redeem the discount through the app on their phone, show a printed or plastic Co-op Connections card, or present a coupon.

Q: Does it cost anything for my business to be a part of the program?

A: No. This is a member benefit brought to you FREE by CVEA as part of our Commitment to Community.

Q: Can I opt out if my business no longer wishes to participate?

A: Together we will monitor the program and your business can opt in or out annually.



Electrifying Kitchen Appliances Save Time and Energy

Whether your oven and stove top are powered by gas or electricity, it's no secret that they consume more energy than smaller countertop appliances, like slow cookers and toaster ovens. In addition to efficiency, smaller kitchen appliances can provide faster cooking times and less hassle with cleanup.

If you're looking for convenient cooking methods with the added bonus of energy efficiency, here are three electrifying appliances for your kitchen:

1. Air fryers are becoming increasingly popular, and consumers have a lot of good things to say about these handy little appliances. Air fryers use

convection to circulate hot air and cook the food--this means little to no oil is required, resulting in healthier meals than those from traditional fryers. Air fryers are fairly small, so they won't take up much of your counter space, and with everything cooked in the fryer, cleanup will be a breeze. Air fryers are available in a variety of sizes, and prices range from \$40 to \$200+.

2. Electric griddles have certainly been around for a while, and they offer several benefits for any home chef (beyond bacon and eggs!). Griddles are convenient because you can cook everything at once--like a "one-pan" meal, and the

possibilities are endless. From fajitas to sandwiches to French toast, griddles can help satisfy any taste bud. They consume small amounts of energy and provide quick cooking times, so your energy bill will thank you. Prices and sizes for griddles vary, but you can typically find one for about \$30 at your local retail stores.

3. Pizza brings people together, so why not consider a pizza maker for your kitchen? These compact, countertop machines are an inexpensive alternative to a costly brick oven, and they use less energy than your traditional oven. Choose your own fresh ingredients to whip up a faster, healthier pizza at

home. Plus, most pizza makers are multifunctional and can be used to cook flatbreads, frittatas, quesadillas and more. You can purchase a pizza maker for about \$30 to \$150+ online or at your local retailer.

These are just a few electrifying appliance options for your kitchen. Remember, when you're cooking a smaller meal, countertop appliances can save time and energy. To learn about additional ways to save energy at home, visit cvea.org.

Abby Berry writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.

Industry Scholarships Available

Alaska Power Association offers two scholarships for those looking to move into the public power industry

By Michael Rovito

Every time you flip a light switch or plug in your electronics, it's not just machinery sending power your way. Behind the power, there are dedicated and highly trained Alaskans making sure it all works and continuously improving the system.

But those people must start somewhere, and for many that beginning is in college or technical school. That's where the initial training takes place for future electric utility employees to gain the knowledge necessary to excel in the profession.

Paying for that education is a challenge, however, and reports indicate it's not going to get any cheaper. Students can face financial hurdles on their way to achieving their educational goals, but it's imperative that as retirees move on, their replacements are ready to take over.

Alaska Power Association—the statewide trade association for the electric utility industry—offers two scholarships. One is a partnership with the International Brotherhood of Electric Workers Local 1547 to help the next leaders of our industry with the financial commitment. Encouraging young people to work toward a career in the electric utility profession benefits everyone in the end, especially those who use electricity every day.

The Hank Nikkels Scholarship for Engineers is APA's memorial scholarship for Hank Nikkels, a 25-year management employee at Anchorage's Municipal Light & Power who died in 2002. Hank's long and eventful career became the catalyst for his namesake scholarship because of the legacy he left behind. The scholarship offers up to \$3,000 to Alaska residents attending college full or part time, and working toward a doctorate, master or bachelor's degree in engineering. The Nikkels Scholarship is available to Alaskans attending university outside of the state, especially if they convey a strong desire to return to Alaska for their career.

Students applying for the scholarship must be at least a sophomore and have a minimum 3.25 GPA. They must also provide a letter of recommendation from an instructor or department chair, community member, industry member or employer, and a personal reference. A 500-word essay is also required.

Power generation doesn't mean much if the electricity can't make it to consumers. Most often, maintaining that distribution is left to linemen and other technical employees at an electric utility. Like the engineers, it costs money to train for work on the poles or within



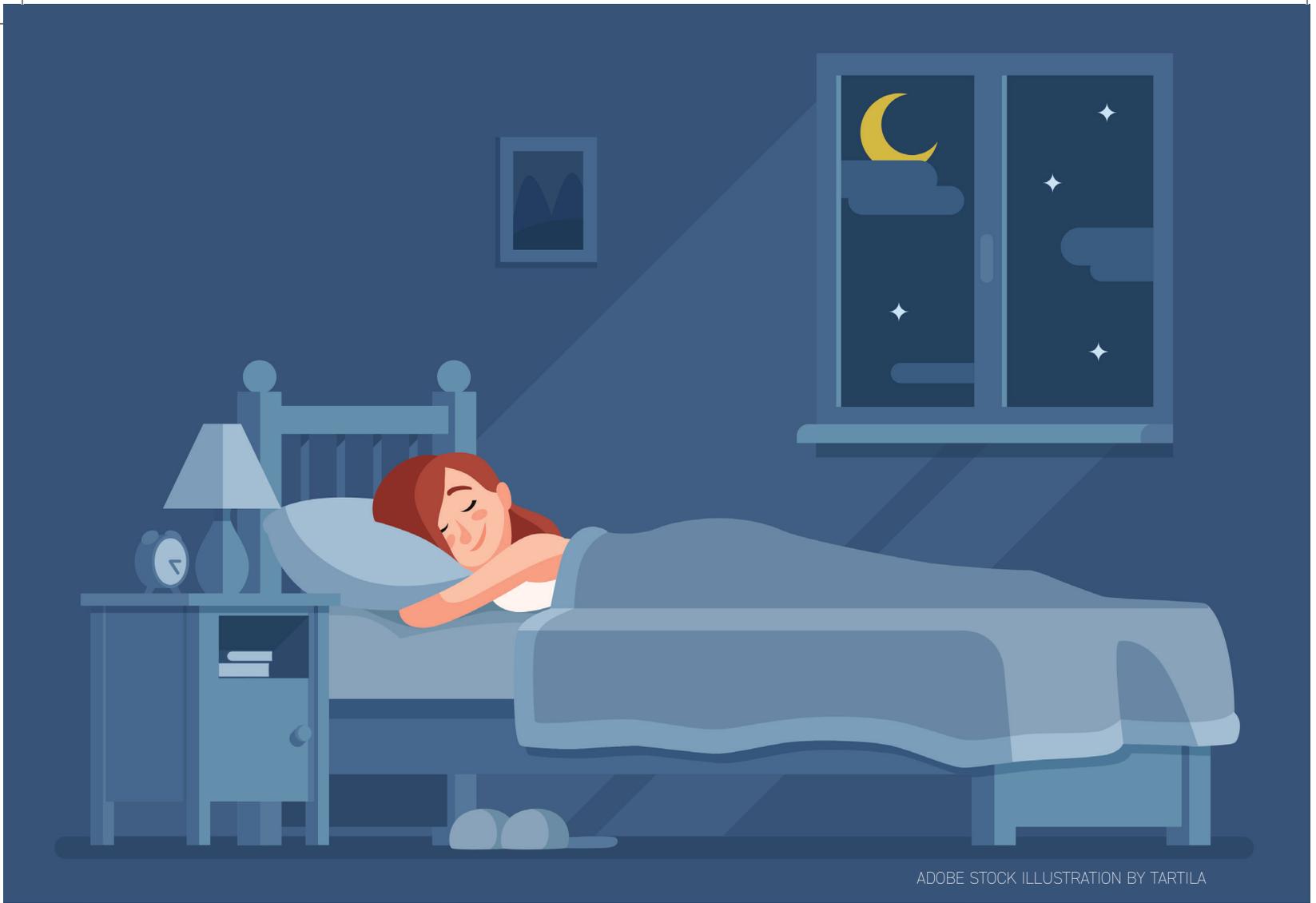
power plants. In 2014, APA and IBEW Local 1547 teamed up to help with the bill.

The APA-IBEW Local 1547 Scholarship offers up to \$2,000 for Alaska residents who intend to work in the electric industry and who are enrolled in an accredited Alaska vocational school, such as the Alaska Joint Electrical Apprenticeship and Training Trust, the Alaska Institute of Technology, the University of Alaska Fairbanks Community & Technical College, and the University of Alaska Anchorage Technical Vocational Educational Program.

Candidates for the scholarship must provide an official transcript and three letters of recommendation: two from instructors and a personal reference. The funds for scholarship winners go directly to the recipients, allowing for the purchase of tools or other necessities, or to help pay tuition, as they continue their training.

The baby-boom generation is beginning to retire en masse. For the sake of keeping the lights on, it will be extremely important to have a workforce that can step in and keep it all running. With a little financial help, that next generation is in the classrooms and out in the field training, preparing to carry the banner of reliable electricity into the future.

For more information on the Hank Nikkels Scholarship for Engineers and the APA-IBEW Local 1547 Scholarship, visit APA's website at www.alaskapower.org or contact Michael Rovito, APA deputy director, at mrovito@alaskapower.org. ■



ADOBE STOCK ILLUSTRATION BY TARTILA

How to Sleep Better

By Robin Howard

When I was in college, I took a part-time job transcribing patient visit notes for physicians in a sleep lab at a large research hospital.

I spent 12 hours a week—576 hours a year—transcribing the stories of why people couldn't sleep, the toll it was taking on their bodies, minds, relationships and careers, and the doctors' recommendations for improvement.

In six years, I heard some truly heartbreaking stories and absorbed a substantial amount of information about sleeping better. I learned to take sleep

hygiene so seriously that I never pulled an all-nighter in college and went to bed with such precision that I earned the nickname Nerd Girl.

For more than 30 years, I kept up those habits. During the stress of the pandemic, however, I found myself slipping into some bad habits, including doom scrolling at 2 a.m. along with everyone else I know.

If you've been having trouble sleeping lately, you're in good company. However, the effects of chronic sleep deprivation are real and can be quite severe.

After listening to nearly 4,000 hours of sleep clinic

notes, I can tell you there are basic things you can do that will change your world.

Everybody has sleepless nights from time to time, but if you have trouble going to sleep or staying asleep more than three nights a week for more than three months, you have chronic insomnia.

Chronic insomnia causes symptoms such as:

- Irritability.
- Depression.
- Poor school or job performance.
- Higher risk of accidents.
- Anxiety.
- Substance abuse.
- Increased severity of

conditions, such as heart disease and high blood pressure.

Some medications or medical conditions, such as sleep apnea, can cause inadequate rest. However, doctors recommended the same five things to every patient that came through the doors, even if they had a more serious underlying condition.

1. Make Your Bedroom Comfortable

Everyone who visited the sleep clinic was sent home with instructions for a bedroom makeover. Your bedroom should be quiet, dark, cool and

relaxing. Your bed should be the right size to accommodate all the people and pets sleeping in it. You may be tempted to skip this step, but your sleep environment is serious business.

First, give it a ruthless declutter and cleaning. Then, follow these steps:

- Remove all electronics, including television, cellphones and laptops.
- If you sleep with a partner, you may need a larger bed. If you sleep with a partner and a pet or an occasional child, you need a king-size bed.
- Replace your mattress if it's five to seven years old.
- Replace your pillows every two years.
- Install room-darkening drapes or shades to block out ambient and moonlight.
- Replace the lightbulb in your bedside lamps with 45-watt bulbs.

- If sounds keep you awake at night, use earplugs or a white noise maker such as a fan, air purifier or white noise machine.

- If your partner snores, ask them to see a sleep specialist.

- Keep the temperature in your bedroom around 65 degrees.

- Remove every blanket and pillow you don't need, no matter how pretty they are.

2. Go for a Morning Walk

People who went for a walk early in the day fell asleep sooner and stayed asleep longer than people who did no physical activity, did vigorous aerobic exercise or exercised in the evening.

3. Limit Caffeine and Alcohol

Some people can drink caffeine on their way to bed with no

TIPS FOR BETTER SLEEP

- AVOID CONSUMING ALCOHOL AND NICOTINE BEFORE BEDTIME
- DO NOT WATCH TV OR WORK ON YOUR COMPUTER AND DO NOT USE GADGETS BEFORE BEDTIME
- DRINKING A WARM CUP OF TEA WITH CHAMOMILE OR GLASS OF MILK
- AVOID LIGHTS WHEN TRYING TO SLEEP
- AVOID OVEREATING AT DINNER AND AVOID CONSUMING CAFFEINE IN THE LATE AFTERNOON
- READ A BOOK OR LISTEN TO A RELAXING MUSIC
- 61-75F COMFORTABLE TEMPERATURE IN THE BEDROOM
- WAKE UP AND GO TO BED AT THE SAME TIME. SLEEP 7-8 HOURS
- STOP EXERCISING FOUR HOURS BEFORE BEDTIME
- TAKE A WARM BATH OR SHOWER BEFORE BEDTIME

ADOBE STOCK ILLUSTRATION BY SIBERIAN ART

effect on sleep. However, caffeine is a stimulant that can cause insomnia even in small doses. For example, an 8-ounce cup of coffee has 95 milligrams of caffeine, a 16-ounce soda has 39 milligrams, green and black tea have around 25 milligrams, and dark chocolate has 24 milligrams.

It's OK to have caffeine but limit your intake during the day and avoid it six hours before bedtime.

Alcohol, on the other hand, is a sedative. A glass of wine may help you fall asleep, but it won't help you stay asleep. People who drink alcohol experience reduced REM sleep—or deep sleep—and imbalances in the sleep cycle that can last all night.

To be sure you get a good night's sleep, stop drinking

alcohol at least four hours before bedtime.

4. Create a Ritual

Going to bed and waking up at the same time every day, even on weekends, is one of the most important things you can do for better sleep.

If you go to bed at your regular time and find you haven't fallen asleep after 20 minutes, go to another room and do something relaxing until you're tired.

Taking a warm bath before bed can be helpful because it causes a rise and fall in body temperature that can make you naturally sleepy.

Don't do anything stressful, such as work or have emotional discussions, that can cause your body to release stress hormones.

5. Eliminate Screen Time

An hour before you go to bed, stop looking at screens, including TV, cellphone, computer and e-readers. These devices emit blue light, which reduces melatonin, a hormone that helps you sleep.

If you like to read before bed, go old school with a real paper book.

Improving your sleep hygiene takes time and practice, so don't get discouraged if it takes you a few weeks to change your habits or you have a rough night occasionally.

Over time, you'll find the quality and quantity of your sleep improves, and you'll reap the benefits of your new habits by feeling better during the day. ■



A Touchstone Energy® Cooperative 

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Copper Basin District
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Mile 187 Glenn Hwy.

Valdez District

907-835-4301

367 Fairbanks Dr.

After hours outage line
866-835-2832

Important Dates

February

Director Nomination Deadline: 5 p.m.
Thursday, February 11, 2021

CVEA Offices Closed:

The CVEA offices will be closed
Monday, February 15, 2021, for
President's Day

Scholarship Application Deadline: 6
p.m. Thursday, February 18, 2021

CVEA Board Meeting: The February
meeting of the Board of Directors is 1
p.m. Thursday, February 18, 2021, in
Glennallen

March

CVEA Board Meeting: The March
meeting of the Board of Directors is
1 p.m. Thursday, March 18, 2021, in
Valdez

AK-34

Save the Date 2021 Virtual Annual Meeting

Valdez: Tuesday, May 4
Copper Basin: Thursday, May 6

Committee Volunteer Opportunities: Credentials & Election Committees

Credentials & Election (C&E) Committees are responsible for validating signatures on the back of director election ballot envelopes and counting the ballots for Director elections and Bylaws amendments.

The committees, one for each district, are comprised of interested members who are not employees, directors, candidates, or close relatives of these persons.

Service on the C&E Committees will take place during April, with most of the work performed the week prior to the annual meeting.

Community Foundation Scholarship Selection Committees

CVEACF Scholarship Selection Committees review scholarship application packets, determine which students to interview, conduct the interviews and select who will receive the scholarships being offered this year.

Participation on the committees requires attending three or four meetings as well as time for reviewing and scoring applications, and is estimated to take up to 10 hours.

If you would like more information, or would like to volunteer for either of these opportunities to serve, please contact Sharon Scheidt at 822-5506, 835-7005, or email sscheidt@cvea.org. The committee volunteer deadline is Tuesday, February 16, 2021.