









December 2024

Committed to safely and economically provide reliable energy and other services which bring value to its membership.



OFFICES TO BE CLOSED FOR HOLIDAYS

Fall River Electric offices will close early on Tuesday, December 24, and will be closed all day on Wednesday, December 25, for the Christmas holiday. Additionally, our offices will close early on December 31, and all day on Wednesday, New Year's Day, January 1, as well as on Monday, January 20, for the federal Martin Luther King Jr holiday.

In case of an unexpected power outage during the holidays, our crews will be on stand-by to respond as quickly and safely as possible. Call 1.800.632.5726 to report power outages day or night.



NEED HELP PAYING YOUR ENERGY BILL?

Winter weather is approaching and with it comes higher energy bills. The Low-Income Home Energy Assistance Program (LIHEAP) has begun processing applications for 2024. Participants may now apply via regular mail, email, phone, or in-person.

To receive further information, call these numbers for the state you reside in:

IDAHO - 208.522.5391 **MONTANA** - 406.587.4486 **WYOMING** - 800.246.4221

Be Prepared For Winter Power Outages

Time to update your email and cell phone number with Fall **River Electric**

When winter temperatures drop and storms hit, it can be challenging to stay safe and warm. Extreme winter storms and blizzards are common in our area and Fall River Electric cares about your safety. When the power goes out, what is your plan?

Although Fall River Electric has a very reliable power system, heavy snow, wind, and ice can lead to downed power lines, leaving ownermembers without power. During extremely low temperatures, this can be dangerous. During a power outage, our crews will continue to work as quickly and safely as possible to restore power. There are a few things you can do to prepare yourself and your family in the event of a winter storm power outage:

- STAY WARM Plan to use a safe alternate heating source, such as a fireplace or wood-burning stove, during a power outage. These are great options to keep you and your loved ones warm, but exercise caution when using, and never leave the heating source unattended. If you are using a propane-burning device, never use them indoors. Never heat your home with a propane stovetop or oven. Remember that ALL alternative heating sources should be properly ventilated.
- STAY FED Although most winter-time power outages last less than 24 hours, you should be prepared with several days' supply of food that does not need to be cooked, as well as a sufficient water supply. Crackers, cereal, canned goods, and bread are good options. Five gallons of water per person should also be available in the event of an extended power outage.



- STAY SAFE When an outage occurs, it usually means power lines are down. It is best not to travel during winter storms, but if you must, bring a survival kit along, which includes jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep your vehicle with a full tank of gas. If you encounter downed lines, always assume they are energized. Stay as far away from a downed line as possible. Report the situation to Fall River as quickly as possible or call 9-1-1.
- STAY CONNECTED When a major power outage occurs, Fall River Electric will post updates on our Facebook social media page. If we need to contact you, please make sure we have your most current cell phone number and email address by calling a Member Service representative at 800.632.5726 or send an email to member.services@fallriverelectric.com. Emails and cell numbers are the quickest and easiest ways to stay in touch with you.

Winter weather is unpredictable and can be dangerous, and Fall River wants you ready for whatever Mother Nature has in store. For more winter safety tips, visit www.ready.gov/winterweather.

New Demand For Electricity Is Enormous, Report Shows

Demand for electricity will be driven by data centers and artificial intelligence (AI) over the next five years, according to a recent report from Bain & Company. Bain is a global consultancy that helps the world's most ambitious change makers define the future. Across forty countries, Bain collaborates with their clients focusing on a shared ambition to achieve extraordinary results and redefine industries.



Data centers could account for 44% of electricity load growth by 2028, followed by 27% from residential, 17% from manufacturing, and the remainder from commercial growth. "Even before data centers, we are talking about growth of 7% to 9% per year and then you add another 1% to 2% from data centers, it becomes really extraordinary in terms of bill and rate growth," says Aaron Denman, Bain's lead author of the report. "The extent of new demand is enormous," added Denman, which could drive an extraordinary rise in electricity bills across the board.





Where Service Matters

800-632-5726 208-652-7431

ASHTON 1150 North 3400 East Ashton, ID 83420

DRIGGS 1605 N Highway 33 Driggs, ID 83422

WEST YELLOWSTONE 436 Madison Ave West Yellowstone, MT 59758

All Our Offices Are Open Monday - Friday 8:00am - 4:30pm



Husk Crowther District 1 Rexburg/Rigby Vice President



Travis Markegard District 2 West Victor



Georg Behrens District 3 East Victor **Board President**



Anna Lindstedt District 4 East Driggs



Brent Robson District 5 West Driggs/Tetonia



Dede Draper District 6 Ashton



Jodi Stiehl District 7 South Island Park Secretary/Treasurer



Jeff Keay District 8 North Island Park



Doug Schmier District 9 West Yellowstone



Fall River Electric CEO/General Manager





Fall River's FLASHES newsletter is printed on recycled paper

and is certified by the Forest Stewardship Council. Products certified by FSC directly support responsible forest management.

Want your Fall River FLASHES faster? Click www.fallriverelectric.com and then select the tab "My Cooperative" followed by the drop-down menu "Fall River Electric Newsletter."

Keep up to date, including on power outage information, by "liking" Fall River Electric on Facebook at www.facebook. com/fallriverrec.

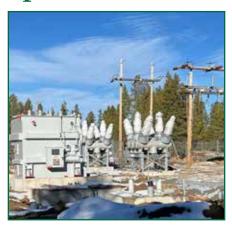
HAPPY 86th BIRTHDAY FALL RIVER ELECTRIC!

Fall River Rural Electric Cooperative was born in Ashton, Idaho, on December 15, 1938. This month marks the cooperative's 86th birthday!

Transmission Upgrade Update

Work on Fall River Electric's projected \$23 million transmission system expansion in Island Park has come to a close for this construction season. Upgrades are nearing completion at both the Pinehaven and Last Chance substations. This year's work has included installation of larger transformers and breakers, along with the control house, groundings, foundations, and fencing.

The over-all purpose of this multi-year project is to upgrade the current 46kv transmission system to 115kv from the Co-op's Drummond substation to Macks Inn in order to prepare Fall River Electric for continued growth of electrical services in the coming decades in Island Park and West Yellowstone.



Next year, construction crews will commence upgrade work at the substation near Ponds Lodge.

MECA Scholarship Deadline Nearly Here



If you have a student in your household interested in possibly receiving a \$500 scholarship to continue their education beyond high school, then now is the time to apply for the Montana Electric Cooperatives Association (MECA) scholarship. You do NOT have to be a resident of Montana or attend school in Montana to qualify. You just need to have a parent or guardian who is an owner-member (customer) of Fall River Electric.

Applicants will be evaluated on the following criteria, receiving 20% in each of the below three areas:

- Academic Strength;
- Activities in school or community; and
- Employment, volunteerism, and community service.

Additionally, applicants' personal statements will be evaluated at 40% of their overall application. Each applicant must include a personal statement that accompanies their application, as well as one letter of recommendation. Visit www.fallriverelectric.com and click "Scholarships" under the tab MY COMMUNITY. Applications MUST BE RECEIVED by January 24, 2025.

TAKE SAFETY HOME: Reduce Stress

Stress increases the risks of chronic disease and can lead to unhealthy habits. We need stress to get us through tough times but if you get stressed out too frequently, the stress response can become constant and cause ongoing harm. So, how do we combat stress?

Here are five tips for managing stress:

- a) Get at least seven hours of sleep per day.
- b) Exercise regularly like a brisk walk totaling 150 minutes weekly.
- c) Eat a balanced diet.
- d) Meditate, such as thinking of something soothing or enjoying a relaxing bath.
- e) Stay socially connected, visit with friends, and engage in some laughter.



It is okay to reach out to a friend or family member to simply listen to your concerns. Relieving a burden will help reduce your stress.





