



## Close Blinds on Hot August Days

If you want to keep the hot summer heat out of your air-conditioned home, keep the sunlight out.

Close your blinds and shades, and your home will feel cooler and more comfortable. Any heat that comes in with the sunshine will compete with the cool air your central air conditioning system is pumping out, making your rooms feel hotter and tempting you to lower the thermostat.

Closing curtains and other window coverings during daylight hours will save your a/c from having to work so hard, which could make it operate more efficiently and even extend its life.

## Fiber Update Info as of 6/27/2022

Miles of backbone – 1,799  
Services installed to the home – 4,258

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### General Manager

Brad Coppock

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Ronnie Williams

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Joey Southern

*Powell Valley Electric Cooperative is an  
Equal Opportunity Provider and Employer.*

## Keeping Your Information Safe

While we keep the data we collect to a minimum, Powell Valley Electric Cooperative has to gather some personal information about our members in order to conduct business responsibly. Our commitment to keeping your information secure is more important than ever before — particularly since cyberthreats against critical infrastructure like electric utilities have increased significantly over the past several years.

The fact is, the only completely secure system is one that is not connected to a network. Since network connectivity is an essential part of doing business in today's world, our job is to strike a balance between security and usability. We take this responsibility very seriously, and we work to protect your personal information and guard against cyber intrusions.

In recent years, we have made investments to protect the security of the data we manage and the reliability of the power grid. We provide training for PVEC employees to increase their awareness of cybersecurity issues, including keeping them alert to the risks posed by the efforts of bad actors to infiltrate our systems.

As we strive to maintain vigilance here at PVEC, I want to urge you to do your part to thwart cybercrime. Here are some simple steps you can take to reduce your risk of scams, hacks and breaches:

### PROTECT YOUR SYSTEMS AND DATA

Keep software up to date, and install a reputable antivirus program. Create a strong and unique passphrase for each of your online accounts, and change



## Manager's Message

Brad Coppock  
General Manager

them regularly. Don't open any attachments unless you are expecting the file, document or invoice and have verified the sender's email address.

### PROTECT YOUR CONNECTIONS

Use caution when connecting to a public Wi-Fi network, and never conduct purchases or sensitive transactions when on a public network. Avoid using free charging stations; bad actors have figured out ways to introduce malware and monitoring software onto devices that access these USB ports.

### PROTECT YOUR MONEY AND INFORMATION

Carefully examine the email address in all correspondence, and scrutinize website URLs. Scammers can mimic a legitimate site or email address by using a slight variation in spelling. Never click a link in an unsolicited text message or email that asks you to update or verify your account information. Scrutinize all electronic requests for payments or transfer of funds. Be extra suspicious of any message that urges immediate action. If you are unsure if a message from PVEC is legitimate, call your local PVEC office to confirm.

Sometimes, despite our very best efforts, the worst can happen. If you are the victim of an online or internet-enabled crime, immediately file a report with the FBI's Internet Crime Complaint Center at ic3.gov.

Powell Valley Electric Cooperative offices will be closed Monday, Sept. 5, in observance of Labor Day. As always, cooperative dispatchers will be on duty to answer your emergency calls. Have a happy and safe holiday!

# Local Students Visit Nation's Capital

Powell Valley Electric Cooperative  
Sponsors Young Leaders at Youth Tour



**P**owell Valley Electric Cooperative, in partnership with the Tennessee Electric Cooperative Association, sponsored four students as they spent a week in the nation's capital. Powell Valley Electric Cooperative's delegates of the 2022 Washington Youth Tour were Cheyenne Mayes, J. Frank White Academy; Anna Hopkins, Hancock County High School; Carlie Napier, Cumberland Gap High School; and Hannah Daniels, J. Frank White Academy. These four students joined 45 other students from across Tennessee on the weeklong trip that began on Friday, June 17.

The annual event provides young leaders with an opportunity to explore the nation's capital, learn about government and cooperatives and develop their leadership skills. Students were selected for the trip by writing short stories titled "Electric Cooperatives – Building a Brighter Tennessee" that explain how co-ops like Powell Valley Electric Cooperative are investing in the future of the communities they serve.

"These young people are the future leaders of our region," says Brad Coppock, general manager for Powell Valley Electric Cooperative. "The Youth Tour is a unique opportunity for them to experience history and public policy up-close and personal, and to develop leadership skills and knowledge that will serve our communities for years to come."

"The Youth Tour recognizes the best and brightest from across Tennessee," says Todd Blocker, vice president of member relations for the Tennessee Electric Cooperative Association and tour director. "By honoring their accomplishments through programs like the Washington Youth Tour, we show these young people that they have an important role to play in the future of Tennessee. We want these young people to come home with a better understanding of history, stronger leadership skills and a passion to serve their communities."



While in Washington, D.C., Tennessee's Youth Tour delegates saw the White House and memorials to past presidents Thomas Jefferson, Abraham Lincoln and Franklin Delano Roosevelt, as well as monuments honoring the sacrifices of veterans of World War II and the Vietnam and Korean Wars. During visits to the museums of the Smithsonian Institution, the touring Tennesseans saw and experienced natural, historical and artistic treasures. Other fun stops included historic homes of former presidents — George Washington's Mount Vernon and Jefferson's Monticello — as well as the National Museum of the Marine Corps, the National Cathedral and a boat cruise down the Potomac River. The group also paid a solemn and sobering visit to Arlington National Cemetery where the delegates laid a wreath at the Tomb of the Unknowns.

The group was welcomed to the U.S. Capitol by Sens. Marsha Blackburn and Bill Hagerty as well as Reps. Tim Burchett and Diane Harshbarger, who posed for photos and answered questions.

"An investment in these young people is also an investment in the communities we serve," says David Callis, CEO of the Tennessee Electric Cooperative Association. "These are exceptional students, and our hope is that their youth tour experience empowers them to return home and make a difference in their communities."

President Lyndon Johnson inspired the Washington Youth Tour in 1957 when he encouraged electric cooperatives to send youngsters to the nation's capital. In the years since, more than 6,000 young Tennesseans have been delegates on the Washington Youth Tour.

# Safety Tips



**Jason Stapleton**  
Jonesville Area  
Supervisor

## You've just crashed into a utility pole. What now?

At first, it seems like the situation could hardly be worse. Your vehicle has skidded off the road, and you've struck a utility pole.

But even if you've been injured as a result of the crash, things could suddenly get even more dangerous — unless you're aware of how to safely exit your vehicle.

The force of the collision might have brought down the pole or power lines. If they fall on your vehicle or nearby, the area around the accident could have become electrically charged. Sometimes you can tell that downed lines are "live" because they are sparking, but this is not always the case. Power lines don't always show signs that they are still energized, but they are still just as lethal. If you step out of your vehicle under those circumstances, your body can become the "path to ground" for the electrical energy, and you could be electrocuted.

Your first instinct may be to get away from the site of the accident, but that could bear deadly consequences. The safest place after a collision with a power pole is inside the vehicle. Call 911 for help, tell the dispatcher that you've been in an accident involving electrical equipment, warn others who stop to check on you to stay well away and wait for word from Powell Valley Electric Cooperative that it's safe for you to exit the vehicle.

The only exception to this guidance is when the accident results in a fire. In that case, you should keep your feet together and jump clear of the vehicle without touching it and the ground at the same time. Then shuffle or hop away from the scene while keeping your feet close together; this way, there won't be a voltage difference between your two feet, which would give electricity the chance to flow through your body. Keep shuffling or hopping until you are at least 35 feet away from your vehicle and any downed power lines.

# Keep Your Cool:



## Five tips for staying safe in extreme heat

**T**he dog days of summer typically bring the warmest, sultriest temperatures of the year. Even if you're a summertime enthusiast, it's important to stay cool during extreme heat.

According to the Centers for Disease Control Prevention, more than 700 people die from extreme heat every year in the U.S.

Factors like obesity, age and alcohol intake can impact how a person reacts to extreme heat. High humidity also contributes to heat-related illness because we don't sweat as quickly — meaning our bodies can't release heat as fast — when humidity levels are high.

Take extra steps to cool off, keep hydrated and stay informed. Here are five tips recommended by the CDC to help you stay cool during extremely warm weather:

Stay in an air-conditioned home or building as much as possible. Limit outdoor activity, especially midday when the sun is hottest. If your home is not air-conditioned, call the local health department to locate public facilities or shelters.

**1** | If you must be outdoors, wear loose, light-colored clothing and apply sunscreen often.

**2** | Drink more water than usual. Don't wait until you're thirsty to drink more.

**3** | Take cold showers or baths to cool down.

**4** | Avoid using the oven or stove to cook. These appliances add heat to your home. Try using the microwave or a slow cooker instead.

**5** | Remember to look after those who may need extra help. People 65 years of age or older are at greater risk of heat-related illness, so check on your senior neighbors and friends. Children under the age of 2 and pets are also more susceptible to heat stroke. Never leave a child or pet in a vehicle, even if only for a minute.

If you work outdoors, use a buddy system to monitor your co-workers (and have someone do the same for you!).

Heat-induced illness can happen to anyone, even to those who are perfectly healthy. If you're outdoors during extremely warm weather, monitor how you're feeling, stay hydrated and keep an eye on those around you.