

Michigan South Central Power Agency Presents:

The Spotlight



January 2014:

- *Employee Spotlight: Lee Hugenell
- *Service Awards & Birthdays
- *Member Cities & Villages Events
- *Improve Your Odds of Staying Healthy



I always enjoy the start of a new year. While I am not necessarily big on New Year's Resolutions, it is always exciting to be able to reflect on the events of the past year and look forward to everything that the New Year will bring.

Looking back, 2013 was a very successful year. The Agency celebrated the retirement of 3 of our long time employees, and welcomed 5 new employees to our company. We completed a major turbine outage, worked through many modifications to the FTF project, and finalized two hydro power purchase agreements which increased our renewable energy portfolio.

For the upcoming year, seeing the FTF project in full production is one of our primary goals. Being a part of the development of a "first-of-kind" process is exciting, and we can expect many visitors over the next few months. Additionally, a new Agency generation project will be put into service in Coldwater, providing 13 MW of behind-the-meter capacity as well as a source of CO2 and heat for the greenhouse located there.

Thanks to all for a great 2013, and I wish everyone a Safe and Happy New Year.

Glen White, General Manager

January birthdays

Roger Bearden
Rob Morris
Eric Raymond
John Sanger
Scott Thompson

Service awards

Chrissy Van Kampen 12 years
Erica Burger 5 years
Dawn Newell 1 year

Improve Your Odds of Staying Healthy

Practicing healthy habits can increase your chances of avoiding colds and the flu. To give your body the strength it needs to fight off infectious germs, make it a practice to address the following:

Get plenty of sleep: Aim for seven to nine hours of sleep every night. Chronic sleep deprivation can make your immune system less effective, increasing your chances of coming down with a cold or the flu.

Stay active: Walking, running, and other physical activities increase immunity to colds and the flu. According to the National Institutes of Health, there are a number of theories on why this happens:

- Activities may flush bacteria out of the lungs, decreasing the chances of a person coming down with a cold or the flu.
- Exercise may move antibodies and white blood cells through the body more quickly, allowing the body to detect illnesses earlier.
- The heat generated may prevent bacterial growth and may help the body effectively fight the infection.

To enjoy these benefits, aim for regular exercise, such as a 20- or 30-minute walk.

Reduce stress: Stress in small doses can be good, but chronic stress impairs the body's immune system and increases the chances of getting sick. Adjust your schedule so you are not overwhelmed. Make time for relaxation techniques such as deep breathing, yoga or meditation.

Get vaccinated: The best protection against seasonal flu is the flu vaccine, especially for those in regular contact with many people.

Think twice before smoking: Smoke weakens the cilia, the hair-like cells lining the nose and airways that sweep incoming viruses away before they can infect you.

Reduce alcohol consumption: Chronic drinking weakens the immune system. Even moderate drinkers should avoid alcohol when they are not feeling well. Alcohol can cause dehydration and make congestion worse.

"Living Right," 2014 J.J. Keller & Associates, Inc., Neenah, WI, USA

Member Cities and Villages Events

Coldwater will welcome ice carvers, quilters and a chili crawl during the Ice Festival on January 25 from 9:00 AM until 3:00 PM in Downtown Coldwater. Tibbits Opera House will host The Hitmen featuring Former Stars of Frankie Valli and The Four Seasons on January 25 from 7:30-9:30 PM.

Hillsdale College Sage Center actors will perform Broadways Next Big Hit, an improvised musical comedy on January 17 at 8:00 PM; please call 517-607-2848 for your free ticket reservations.

Marshall's Franke Center presents Repertoire Dance Company's Annual Dance Concert January 31 and February 1 at 8:00 PM.

Is it a cold or the flu?

Have a runny nose, but no terrible aches or high fever? Do you feel under the weather, but not downright awful? Congratulations. You likely have a cold rather than the flu.

A cold and the flu are respiratory illnesses, and both typically bring on a stuffy nose. While it can be tough to tell which one is causing you to feel unwell, in general, flu germs are going to pack more punch than the common cold.

A person with the flu is typically extremely tired, and has a dry cough, aches and a fever. A headache and chills may accompany the illness, and sometimes a person with a flu vomits or has diarrhea. A severe case may turn into pneumonia or a bacterial infection, or require a person to be hospitalized. A cold does not usually bring on these serious health problems.

While symptoms are one way to differentiate between the cold and flu, a test involving a swab of the nasal passage or throat can also determine which one has invaded your body. If this test is done within the first few days of flu symptoms developing, antiviral drugs can be prescribed which can lessen the severity of symptoms and help speed recovery.

Today, a flu test must be administered at a doctor's office. However, an at-home test that uses a color change indicator, similar to that of a home pregnancy test, is under development.

"Living Right," 2014 J.J. Keller & Associates, Inc., Neenah, WI, USA

Employee Spotlight: Lee Hugenell

Lee Hugenell has worked in the Facilities Maintenance Department since February 2013. "MSCPA is a job where I don't mind going to work each day, every day is something different," he said. Lee's job responsibilities include: assisting maintenance and operations personnel in performing their duties; does grounds maintenance work; loads and unloads heavy materials from trucks; moves or aids in moving materials and equipment; cleans; drives vacuum truck and/or street sweeper; washes and fuels vehicles; works in other classifications for training and/or fill in as required.

Lee has been married to Racheal for almost 9 years. They live in Hillsdale with their two children (Khloe, age 4 and Khalya, age 8 months) and their two dogs (Sassy and Romeo). Outside of work, he enjoys drag racing, going to school for graphic design (he graduates in May), spending time with his family and doing crossfit workouts at home with his wife.



Lee's Favorites: **Snack: Cereal, especially Cinnamon Life**

Movie: Four Brothers or The Heat

TV Show: Top Gear, American version

Band: Chevelle

Sport: College Football



The Spotlight is a monthly newsletter for the Michigan South Central Power Agency. Articles may be printed in whole or part without permission. If you wish to share any news or comments please contact Chrissy Van Kampen at vankampenc@mscpa.net

720 Herring Road, Litchfield, Litchfield MI 49252

Phone: (517) 542-2346 Fax: (517) 542-3049

Web: mscpa.net