

Michigan South Central Power Agency Presents:

The Spotlight



July 2015:

- * Employee Spotlight: Matt Coppernoll
- * Service Awards & Birthdays
- * Member Cities & Villages Events
- * Nutrition Facts: Make the facts work for you
- * Employee Assistance Program

Manager's Corner



Following last week's announcement, one might wonder "What else is there to say?" Forcing changes on the lives of dedicated employees, no matter what the reason, is a very difficult thing to do. But things do change, and what we are seeing in the energy industry today requires us to adapt in order to continue our mission to provide the most economical energy solutions for our members.

Over the next year, we will continue to operate Endicott. We will continue to develop the joint services programs that will bring additional value to our members. We will provide employee assistance services to help all through this process. We will communicate with employees and members as new information becomes available. And we will do all of this with professionalism and respect.

Saturday is the 4th of July. We celebrate this holiday each year to commemorate the signing of the Declaration of Independence. I hope that everyone has the opportunity to have some fun with friends and family, eat some hot dogs and enjoy the great weather. Just be sure to be safe!

Glen White, General Manager

Employee Spotlight: Matt Coppernoll

Matt Coppernoll was hired at MSCPA in July, 2001. Matt has worked as a Laborer, as an Attendant and he is currently an Instrument and Controls Technician. He regularly maintains the instrument and control components on the various power plant systems. "I enjoy the different challenges I get to figure out each day," Matt said.



He lives in Burlington with his wife Danielle. Together they have four children; Amanda (age 22), Jasmine (age 14), Katelyn (age 11) and Wyatt (age 7). Outside of work, he enjoys watching his daughter compete in horse competitions, golfing, deer hunting, spending time with his family and friends, and watching either The Simpsons or The Haunting on television.

Employee Assistance Program

An Employee Assistance Program has been set up for employees of MSCPA. Help is confidential, free to employee and family members and available 24/7. The EAP service provided to employees includes: three sessions each of counseling and acupuncture, legal and financial consultation.

The EAP can help you find answers for: addictions, relationship problems, anger, anxiety, depression, psychological, grief/loss, financial issues, legal challenges, smoking and other health related concerns.

The EAP is administered by Windward Employee Solutions, Inc.
"We cannot direct the wind... but we can change the sails"

Call EAP anytime: 1-888-381-2192

July birthdays

Matt Coppernoll
TJ Phillips
Joseph Snodgrass
Glen White
Travis Bearden
Tom Henry
William Rankin-Whitt

Service awards

Chris Edinger 29 years
John Sanger 28 years
Glen White 27 years
Jim Bice 22 years
Matt Burk 17 years
Matt Coppernoll 14 years
William Rankin-Whitt 1 year

Member Cities and Villages Events

July 3, 6:00 PM Hillsdale's Great American Parade will loop through Downtown Hillsdale to the American Celebration at Hillsdale County Fairgrounds

July 4, 10:00 AM Marshall's 4th of July Celebration at Brooks Memorial Fountain – parade, chicken BBQ, ice cream social, live music

July 3-4, Cruise at the Fountain in Marshall and Car Show/Swap Meet at Calhoun County Fairgrounds – fair food, prizes, swap meet www.cruiseatthefountain.com/

July 11, 11:00 AM Union City American Pie Art Festival throughout downtown area. Pie auction, beer and wine tasting, artists, food vendors, bands.

July 19 11:00 AM Coldwater Chain of Lake Poker Run & Boat Parade. Check in at Coldwater Lake Marina at 11:00 AM for the Poker Run and then at 4:00 PM head to Corn Island for the boat parade.

Fireworks Displays:

July 3 – Hillsdale County Fairgrounds, Hillsdale

July 3 – Union City High School Alumni Field, Union City

July 4 – Heritage Park, Coldwater

July 4 – Coldwater Lake

Free concerts:

Coldwater: Entertainment Under the Stars at Four Corners each Tuesday night in July at 7:00 PM

Hillsdale: Summer Concert Series each Tuesday in Mrs. Stock's Park at 7:30 PM

Nutrition Facts: Make the facts work for you

The Nutrition Facts label reveals the secrets of packaged foods, if you know where to look:

- 1. Start at the top.** The Serving Size and Servings Per Container are the first items listed on the Nutrition Facts Label. If the Serving Size is one cup, make sure you understand how many one-cup servings are in a container. Many packaged foods that a person may consider a single portion actually contain multiple servings. For example, a 20-ounce soda may contain 2.5 servings and 3-ounce bag of chips could be 3 servings.
- 2. Check the calories.** Generally 40 calories is low, 100 is moderate, and 400 or more is high. Calorie count is calculated per serving, so if there are 250 calories per serving and the box has two servings, the total for the package is 500 calories.
- 3. Play the percentages.** Percent Daily Value tells you how much of a nutrient is in one serving, compared to the amount you need each day. For example, a product showing sodium at 20 percent means the product contains 20 percent of your recommended sodium intake for the day.
- 4. Fight the fats.** The label shows the Calories from Fat in each serving, as well as information about the types of fat in the product. For example, if there are 250 calories in a serving and 110 come from fat, almost half of the product's calories are due to fat. The Total Fat and types of fat are listed in the next section. It's best to keep your intake of saturated and trans fat as low as possible.
- 5. Focus on fiber.** Fiber aids digestion and is an important component of good nutrition. A "high fiber" food must have at least 5 grams of fiber per serving.

By the numbers:

5 percent of Daily Value or less is low. Choose products with low amounts of fat, saturated fat, cholesterol, and sodium.

20 percent or more of a Daily Value is high. Products with high amounts of fiber, calcium, vitamins, and iron will help you get your recommended daily amount of these nutrients.

"Living Right," 2015 J.J. Keller & Associates, Inc., Neenah, WI, USA

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

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