

*Michigan South Central Power Agency Presents:*

# *The* Spotlight

The word "Spotlight" is written in a large, teal, sans-serif font. The letter "o" is replaced by a circular graphic containing a yellow sunburst with rays and two hands shaking in a firm grip. The word "The" is written in a smaller, teal, cursive font to the left of "Spotlight".

March 2015:

- \* Employee Spotlight: TJ Phillips
- \* Service Awards & Birthdays
- \* Member Cities & Villages Events
- \* Employee Update
- \* Healthy Eating



Finally March, spring is almost here! The past week we have seen an increase in electrical and natural gas market prices allowing us to use all available generating assets to cover member loads. It is good planning on the member's behalf to keep these assets in good running condition to help shield the communities from high grid prices.

During this "cold snap" or "Polar Vortex", whatever the experts want to call it, Endicott Generating Station has performed very well. While the temperatures outside reached negative 15°F, the employees that operate and maintain the plant here at Endicott Generating Station and also at the members generating facilities, pulled together and never missed a beat. This is a testament to the workforce that we have here at MSCPA and in the members generating facilities, great job everyone!

On a different note, spring also brings about a scheduled outage. This outage will be focused on repairing and upgrading systems within the plant that we cannot maintain or upgrade while the plant is in operation. Planning for this outage is well underway allowing us to plan and prioritize tasks to be completed. As everyone knows the number one task here is SAFETY. Safety is top priority everyday here at MSCPA. With everyone's attention and due diligence we will make this a safe and successful outage.

I would once again like to thank everyone for their dedication and attention to detail during this cold snap. Keep up the good work!

Chris McArthur  
Assistant Operations and  
Maintenance Superintendant

## Employee Spotlight: TJ Phillips



TJ Phillips was hired as a Laborer in March 2006; he has also worked in fuel handling and is currently an Operations Attendant. "I like the people I work with here. I also appreciate the knowledge and opportunities I have been given working at MSCPA." he said. TJ's job responsibilities include: equipment lubrication checks/changes, visually and physically inspects operating and standby equipment, checks bearings, motors, fans, pumps, prime pumps; adjusts pump glands, valve packing, renews packing; adjusts water seal pressures and flows, adjusts cooling water supplies and flows; places air removal equipment into and out of service; removes ash; removes pulverizer rejects hourly; tests water samples; adds chemicals to feed tanks; takes hourly readings.

TJ and his wife Angel have been married for 2 years (together for 23 years) and have one daughter (Niya, age 14). Outside of work, he enjoys spending time with his daughter, taking care of his pets (2 dogs and 2 cats), participating in water sports, boating, lifting weights, watching Grimm, Supernatural or American Pickers.

## Spring Forward!

Set your clocks ahead 1 hour at 2:00 AM on March 8!

## Healthy Eating

### March birthdays

Dave Sykes  
Chris Bernard  
Chrissy Van Kampen  
Scott Balcom  
Erroll Pressler  
Kirk Thompson

### Service awards

TJ Phillips 9 years  
James Knepler 1 year  
Joseph Snodgrass 1 year

## Employee Update

Chad Raudabaugh has been hired as an FTF Tire Handler.  
Congratulations Chad!

## Member Cities & Villages Events

**March 20 4:00-7:00 PM: Union City's Victorian Villa Inn hosts a wine tasting event featuring 8 Italian wines, appetizers and a Villa tour**  
<http://avictorianvilla.com/>

**Tibbit's Opera House in Coldwater offers lots of entertainment this month** <http://tibbits.org/calendar/>

Healthy eating can take more planning than it does to quickly pick up dinner on the way from work.

Fortunately, making healthy choices doesn't require much additional time, and the extra effort can pay off in your health – and possibly your pocket book, as preventing disease can save you the expense of treating illnesses.

The first step to eating healthy is to think about your meal menus in advance. Search for healthy recipes online or trade ideas with coworkers and friends. Make a list of what you will need for the week before heading to the grocery store. While shopping, stick to the list, and don't go shopping when you're hungry – this helps prevent impulse purchases of unhealthy foods.

When creating your grocery list, don't forget to include breakfast foods. Breakfast is essential as it kick-starts your metabolism for the day. When you skip breakfast, your body recognizes this as fasting, and your metabolism automatically slows down. It is very easy to skip breakfast when you are in a hurry, so grab some low-fat yogurt, fresh fruit, or granola to take with you in the morning.

If you do need a meal in a hurry, pause to think about your selections. Choose fruit or a salad with low-fat dressing over french fries.

Once you have all of the healthy meals planned, be careful not to overeat. You want to be sure that you don't eat more calories

than you burn each day to prevent weight gain. Try using a smaller plate and eat slowly to allow time for your brain to realize you are full.

When preparing meals for on-the-go you can use a divided plate or measure snacks before putting them in baggies. Remember to always keep healthy snack foods on hand in your home and at work, too. This will help keep you from eating fatty unhealthy foods when you feel hungry or have a craving.

#### By the numbers:

Remember to drink plenty of water!

Drinking water allows the body to digest foods and helps transport nutrients through the bloodstream. It also keeps your body temperature normal and lubricates and cushions your joints.

- **Water makes up more than 60 percent of a person's body weight.**
- **Drink six to eight 8-ounce glasses of water each day.**
- **Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories, according to the Centers for Disease Control and Prevention.**

“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](mailto:vankampenc@mscpa.net)

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