

Michigan South Central Power Agency Presents:

The Spotlight



September 2013:

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It seems like the summer season really flew by this year. Now it is September and we are entering a six week planned outage to perform the necessary repairs to our turbine, generator, and many other areas that need attention. It promises to be a very busy, but exciting time. I'm sure that you are all well qualified to do whatever is necessary, but please remember to be safe.

Starting September 1st, the Agency will begin receiving power from a small hydro located in Oconto Falls, Wisconsin. The Oconto Falls facility is a run-of-river hydro which averages about 1,000 kW per hour. On July 1st, we started getting energy from another similar hydro located in Menominee, Michigan. We typically see about 3,000 kW per hour from Menominee, with a peak of 4,400 kW on August 1st. MSCPA has signed 20 year fixed price contracts for both of these locations, which includes not only energy, but also capacity and renewable energy credits. If you are ever in the UP, you might want to loop by and take a look.

Thanks in advance for all of the hard work that you will be doing during this outage period. Again, be diligent in all safety practices, not only for yourselves, but also for the numerous outside contractors that will be working during this time. We have hired very competent people to perform the specialized services that we need, but they will not be as familiar with our plant as you are, so keeping them safe is important also.

I hope you all have a happy Labor Day weekend!


Glen White, General Manager



Oconto Falls Hydro

Keep Your Joints in Shape

You might not give your joints a second thought until they make their presence known with a twinge of pain or a bout of stiffness. Whether your joints are feeling out of sorts or are working just fine, it is important to take steps to keep them in the best shape possible. Practicing good lifestyle habits will promote good joint health and can also prevent further damage. To keep your joints in peak shape:

Do not sit still. For joints to stay healthy, they need to move. Sitting for long periods of time prevents the synovial fluid inside the joints from circulating, and results in joints feeling creaky and stiff. By contrast, regular activity strengthens the muscles around the joints, and moving your joints keeps tendons and ligaments limber.

Choose the right exercises. Put some variety into your exercise routine to strengthen different muscle groups. If your joints bother you, try swimming or bicycling, which allow you to exercise without jarring your joints. Also, talk to your doctor about other exercises that take it easy on the joints.

Warm up. Before a workout, warm up with some easy aerobic exercise such as running at a slower pace or cycling in a lower gear. This gets your body ready for more intense activity. Then, do a few stretches to help prevent injury. If parts of your body have been previously injured, spend extra time warming up those areas.

Maintain a healthy weight. Excess weight puts stress on your joints, and could be a risk factor for developing arthritis. Losing a pound of weight can take several pounds of stress off your knees.

Eat a balanced diet. Choose fruits, vegetables, whole grains, lean meats, and dairy products with little or no fat. This will help your weight stay at a healthy level.

Know your limits. If you are new to exercise, don't overdo it. Start slowly, and build strength and endurance. Avoid intense, strenuous exercise on consecutive days; vary your workout and let your body recover. If a joint begins to hurt while you're exercising, don't push through the pain. Take it easy and check with your doctor about exercises that are right for you.

By the numbers: About 30 percent of adults experience joint pain. The joints most commonly affected are the: Knee - 18 percent, Shoulder - 9 percent, Finger - 7 percent and Hip - 7 percent

"Living Right," 2013 J.J. Keller & Associates, Inc., Neenah, WI, USA

Member Cities and Villages Events

The Village of Clinton's Annual Fall Festival takes place September 27, 28 and 29. You will enjoy many activities including: craft and food booths, kids pedal tractor pull, carnival, rodeo, 50/50 raffle, car and motorcycle show, silent auction, live animal show, golf and softball tournaments, and much more! Visit <http://www.clintonfallfestival.com> for more information.

Hillsdale will host the Indiana Outboard Races for the second time this summer on September 7 and September 8. The Gospel Barn has many events scheduled, including live music and comedians. Hillsdale Preparatory will recognize Veterans with the Annual Patriot 5k walk/run on September 14; all Veterans will be honored before and after the race. The Hillsdale County Fair welcomes Vince Gill and Florida Georgia Line to the stage. If you were not lucky enough to snag a concert ticket before they sold out, the Most Popular Fair on Earth has a lot more to offer: carnival rides, food vendors, live animals, truck and tractor pulls, a demolition derby, a combine derby and much more!

Franke Center for the Arts in Marshall hosts The Good Lovelies September 12 and Kim Simmond and Savoy Brown September 28. The Historic Home Tour will take place September 7 and 8 with a presentation by special guest Steve Thomas of "This Old House". Planes and cars will take over the Marshall Airport Brooks Field for the 82nd Historic Fly and Drive-In. Baker's Dozen Beer Run is scheduled for September 21 and brings together two of Marshall's favorite establishments, Louie's Bakery and Dark Horse Brewery; the race begins and ends at Dark Horse Brewery, who will also be celebrating their 13th anniversary that day and will have live music and drink specials later that night.

Coldwater will kick off the month of September with the Happy Heart 5k and Community Fest Health and Safety Fair on September 7. The Little River Railroad has many events scheduled throughout the month for kids and adults to enjoy, visit <http://www.littleriverrailroad.com/> for more information. The Annual Applefest and Craft Show takes place September 21 with over 100 vendors throughout the parks and downtown area. Dancing with the Celebrities and Dixie Swim Club will perform at Tibbits.

If you enjoy corn mazes visit 822 M60 in Union City September 6 through October 27, for more information go to www.m60cornmaze.com. If you are not afraid of ghosts, The Society for Historic Preservation will host a Ghost Tour at Riverside Cemetary on September 14 at 2:00 PM and 4:00 PM; cost is \$5 per person, kids ages 12 and under are free, please contact Sue Adolph at 517-741-7201 for ticket information.

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.

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Employee Spotlight: Chris Edinger



Chris Edinger began his career at MSCPA in 1986 as a Laborer and held that position for 4 years until he was awarded the Repairman position. His job responsibilities include performing skilled mechanical and/or electrical maintenance on various equipment, machines and vehicles. "The best part about my job is that every day it's always something different", Chris said.

Chris and his wife Sherri have been married for 31 years and have three sons: Jamie (Tennessee, age 31), Brandon (Jonesville, age 28) and Collin (lives at home, 17). Outside of work, he enjoys traveling to Tennessee to spend time with his granddaughters Saylor (age 3) and Presley (age 1), hunting, fishing, spending time with his friends and watching his son Collin play football for Jonesville High School (where all three of his sons are in the school's Top 10 for rushing).

Chris's Favorites:

Motto- Don't tiptoe through life to arrive safely at your funeral

Snack – Double Stuf Oreos with milk

Meal – Steak, potato and veggies

Movie – Braveheart

Service awards

Mike Sprow 28 years

Chris Rose 16 years

Matt Metz 6 years

September birthday's

Craig Figueroa

Leonard Patrick

Jerry Schultz

Chris McArthur

Dawn Newell