Clinton County Connection

Your Touchstone Energy® Cooperative

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Applications are being accepted for 2025 Youth Day and Youth Tour

Clinton County Electric Cooperative (CCEC) will again sponsor up to 12 area sophomores, juniors or seniors to attend Youth Day in Springfield to be held on March 5, 2025, sponsored by CCEC and the Association of Illinois Electric Cooperatives. Two Youth Day participants will be selected to go to Washington, D.C., from June 16-23, 2025, for an all-expense-paid trip.

WHO MAY ENTER?

Youth Day in Springfield and Youth Tour to Washington, D.C., are open to high school sophomores, juniors and seniors whose primary residence is served by CCEC. Children of CCEC Board of Trustees or employees may attend at their own expense.

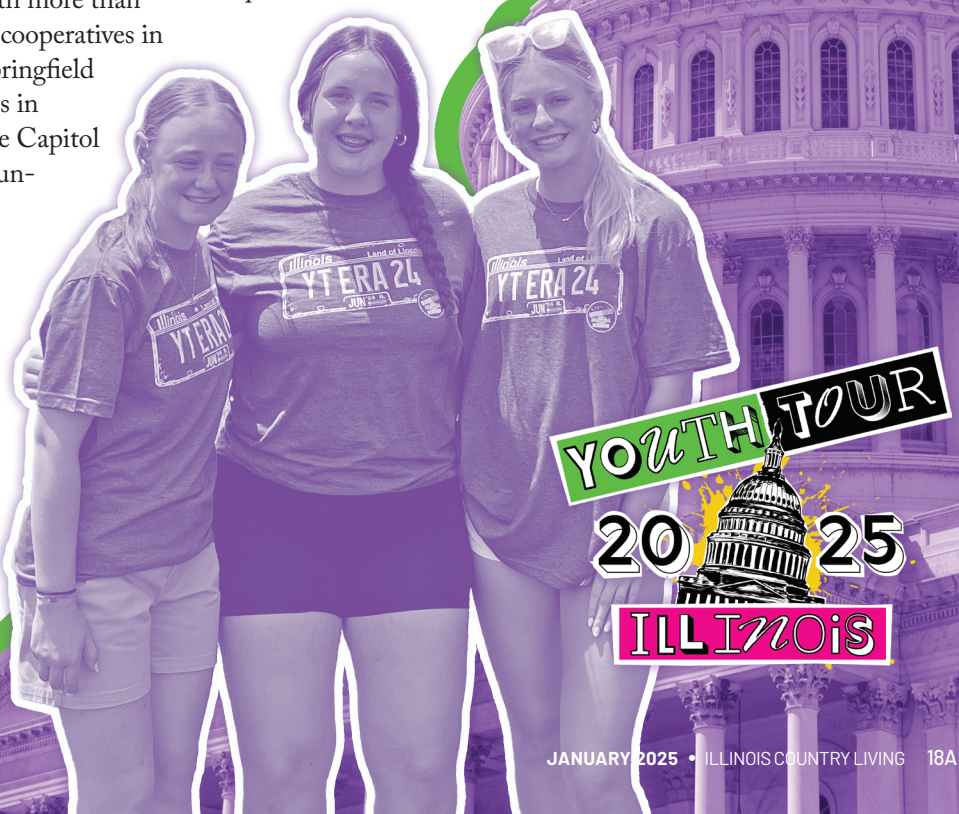
YOUTH TO SPRINGFIELD

Up to 12 students will participate with more than 125 students from other Illinois electric cooperatives in Illinois's Rural Electric Youth Day in Springfield set for March 5, 2025. The day's activities in Springfield will include touring the State Capitol complex, visiting with legislators and a luncheon. Transportation to Youth Day in Springfield will be provided by CCEC.

WASHINGTON TOUR

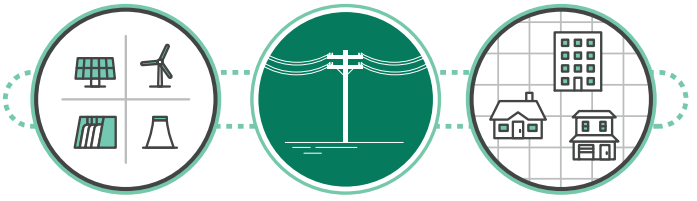
Of the 12 students attending Youth Day in Springfield, two will have the opportunity to participate in the Washington, D.C., Youth Tour. The two local winners will join approximately 70 other Illinois students who are winners of similar contests sponsored by other Illinois electric cooperatives. They will travel on air-conditioned buses, leaving on June 16 and returning June 23. While in Washington, D.C., they will visit such attractions as the White House, U.S. Capitol, Smithsonian Institution, Arlington National Cemetery, Lincoln Monument and many other national monuments and places of interest.

Applications are available at www.cceci.com/youth-programs. Completed applications need to be returned to the cooperative office no later than **Feb. 14, 2025**. Feel free to contact Carrie Trame at Trame@cceci.com or 800-526-7282 with any additional questions.



A Balancing Act:
ELECTRICITY SUPPLY AND DEMAND

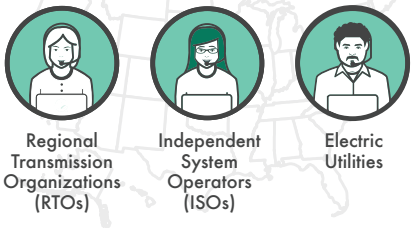
Behind the scenes, a network of people and facilities work together to ensure you have electricity when you flip the switch.

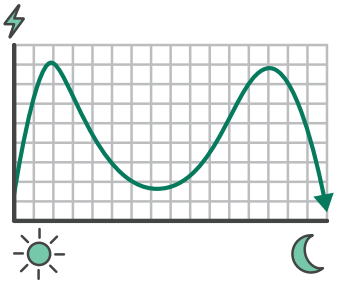


Electricity is generated at a power plant, then sent across the grid to homes, schools and businesses.

The *amount of electricity generated* and *how much is sent to where it's needed* are typically coordinated and monitored by regional grid operators that essentially act as energy traffic managers.

Regional Grid Operators





As electricity demand varies throughout the day, grid operators, power plant operators and electric utilities work to forecast, plan and purchase enough electricity for everyone.

Ensuring communities have the exact amount of electricity they need is a challenging task, but behind the scenes, a network of industry experts make it happen every day.

Factors that Impact Electricity Supply and Demand

- Demand Surges
- Extreme Temperatures
- Infrastructure Costs and Availability
- Supply Chain Challenges
- Fuel Costs
- Federal and State Regulations

Balancing electricity supply and demand

Electricity is essential for nearly every aspect of daily life — so essential that we rarely think about how it's produced and delivered to our homes. You might be surprised to learn that behind the scenes, a network of experts is working daily (and even by the minute) to anticipate how much electricity you need before you even use it.

We're all connected to the electric grid, so ensuring the right amount of electricity for all involves a complex process of forecasting energy demand, planning for capacity and securing enough supply to meet Americans' needs.

Powerful sources

First, electricity must be generated at a power plant using either traditional sources, such as coal, natural gas or nuclear energy, or from renewable sources, such as solar, wind or hydropower.

At Clinton County Electric Cooperative (CCEC), we work closely with Southern Illinois Power Cooperative (SIPC), our wholesale power partner, to secure enough electricity for our member-owners, using a diverse mix of energy sources to generate the power we deliver to your home or business. By maintaining a diverse energy mix, CCEC has options to ensure reliable power at a competitive cost.

On a larger scale, across the country, electricity supply and demand are managed through a market that includes long-term planning agreements, where electricity is bought and sold just like other common goods and services. Because CCEC works with our wholesale power partner, which is also a cooperative, we are able to pool resources and expertise to deliver affordable power to our member-owners.

Electricity supply changes throughout the day, because demand fluctuates based on members' needs. For example, CCEC knows that we need to ensure more electricity in the mornings when you're starting your day, and in the evenings, when you're cooking dinner, running appliances and watching TV. Demand also increases when weather patterns change, such as extremely warm or cold temperatures.

Managing supply and demand across the grid

Across the country, other electric utilities are managing the same task of balancing supply and demand, which is why we have a larger network of key players in place to ensure enough power is delivered across the grid.

In most cases, the amount of electricity generated and how much is sent to specific areas are coordinated and monitored by regional transmission organizations (RTOs) and independent system operators (ISOs). In other areas, individual electric utilities perform these tasks.

RTOs, ISOs and electric utilities act as air traffic controllers for the electric grid. They forecast when you, your neighbors and communities across a large region will need more power. These organizations take measured steps to ensure there's enough supply to meet demand.

Looking ahead

As the energy sector undergoes rapid change, it's important for all consumers to understand the basics of electricity supply and demand.

Electricity use in the U.S. is expected to rise to record highs this year and next, with the demand for electricity expected to at least double by 2050. At the same time, energy policies are pushing the early retirement of always-available generation sources, which will undoubtedly compromise reliable electricity.

CCEC remains committed to providing affordable, reliable energy to the members we serve. That's why we are preparing now for increased demand and other challenges that could compromise our local electric supply.

Managing the balancing act of electricity supply and demand is a complex job, which is why we have a network of utilities, power plant operators and energy traffic managers in place to direct the electricity we need and keep the electric grid balanced.

ENERGY EFFICIENCY
TIP OF THE MONTH

Taking steps to help your home heating system run more efficiently can reduce energy use and lower your winter bills. Check to see if any air vents around your home are blocked by furniture, curtains or other items. Obstructed vents force your heating system to work harder than necessary and can increase pressure in the ductwork, causing cracks and leaks to form. If necessary, consider purchasing a vent extender, which can be placed over a vent to redirect air flow from underneath furniture or other obstructions.

Source: energy.gov

FREE & EASY
ways to save energy

(Spoiler Alert: Your clothes and dishes won't know the difference)

Major home appliances account for approximately 16% of an average home's energy consumption.

16%

1. Run full loads of laundry instead of several smaller ones.
2. Use cold water to wash your clothes.

3. Keep your refrigerator at 35° to 38°F and your freezer at 0°F.
4. Regularly defrost manual-defrost freezers and refrigerators.

5. Skip the heat-dry setting on your dishwasher.
6. Fully load your dishwasher before washing.

7. When buying new appliances, consider Energy Star versions.
8. Unplug appliances you're not using.

Time to replace that old appliance? Replacing older versions with energy-efficient models can save the average household more than $500 per year.

Sources: National Resources Defense Council, U.S. Energy Information Administration

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