



## MESSAGE FROM THE GENERAL MANAGER

### HREA Annual Meeting on April 20

This year's annual meeting will once again be held at Liberty High School on Thursday, April 20, 2017. The doors will open at 6 p.m. with a baked steak dinner beginning at 6:05 p.m. Entertainment will begin around 6:15 p.m., and at 7:30 p.m., the business meeting will be called to order and presided over by Board President C.B. Sharp. Following a few brief reports, we will hear the results of the director elections. The evening will then conclude with Operations Manager Sam Satterfield conducting the prize drawing giveaway.

We do ask that if you are planning on attending the meeting, please call the ladies in the office at 304-624-6365 by April 13 to let them know how many will be attending.

Mr. Glenn Cox and Mr. James Stuart ran un-opposed for the director positions representing District 3 and District 4 respectfully. Mr. Jeff Nelson ran un-opposed

for the remaining 2 years for the District 7 Director position. There are no proposed bylaw changes, so the business meeting should not take too long.

We hope to have a few demonstrations available in the cafeteria for those interested.

Our main focus remains on ways to lower long-term debt while improving reliability and not having to increase rates. Luckily, some things have fallen into place, which allowed us to make gains in each of those areas under our current rates, which have been in effect since 2010. Your board of directors suffered through a tough year but came through despite those challenges.

I hope to see you at the annual meeting this year.



Terry Stout  
CEO/General Manager



THANK YOU  
FOR POWERING  
OUR LIVES.

NATIONAL  
LINEMAN  
APPRECIATION  
DAY

APRIL 10, 2017

# #ThankALineman



## TECHNOLOGY

BY LLOYD MASON

# BIGGER THAN A **BETTER** WIDGET

**T**he science of quantum mechanics sounds complicated — and it is. All of the atoms and molecules that make up everything follow a set of rules known as quantum mechanics. Consider a computer designed and operated following the physics of the natural world.

Pound for pound, this could be considered the biggest technological advancement known to man. The sheer mindboggling number of calculations a quantum machine could provide is a source of great optimism in the field of medicine, just to name one industry.

**Quantum computing takes some very special equipment and setup.**

If we were to venture an estimate, it makes sense to go with the Google estimate that this computer would run 100 million times faster than a single-core personal computer. That is blazing fast by any description! And Google is just one of the entities endeavoring to quantum compute. Also

competing in this space is IBM, who touts a preliminary working model. Requiring some software from IBM, this model is up and running on the internet now with a completion estimate of about five years. Alibaba, an online auction giant in Asia, has teamed up with the Chinese government to produce their own quantum offering. The fact that quantum computing is finally coming of age is simply the realization of an idea from the 1980s. It will certainly take time to be available for the mass of scientists just waiting to leverage the most powerful computing core ever created.

Quantum computing takes very special equipment and setup to even be possible. A good example is that for the machine to operate, it must be submerged in a chamber that is chilled to a temperature colder than space. Needless to say, that requirement alone means a very specialized implementation — one you will not soon find off campus of Google and its competitors. Developers are projecting the availability of quantum computing will be relegated to an Internet connection. Cloud distribution will ensure the widest access to the awesome depth of a quantum computer.

The projected commercial potential is massive and obviously something all big business would like to leverage. But this is even bigger than that. This is much bigger than making a better widget. This is world-changing.



Some believe this would be the beginning of a paradigm shift for humans and will be the change of the way we calculate, organize, investigate, design, build, explore space, feed the population, defeat diseases like cancer, combat Global Warming, better utilize cleaner and more efficient energy sources, and even colonize another world. This is big; this is really BIG. Developers in literally every bracket of endeavor worldwide could benefit from this breakthrough, solving some of the world's most complex problems. In the year 2005, the Human Genome was successfully mapped, which by in large promises the ability to root out irregularities in a patient's DNA and potentially apply a gene therapy to eradicate the anomaly — maybe even replace the anomaly with a more desirable trait.

All of this thinking can expand with the ability to process data at 100 million times the speed of a regular computer. The potential is literally endless and could change the world every time it is used.

*Till next Time@TechCorner.*

**LLOYD MASON** is the manager of information technology at Harrison REA. He writes monthly on technology issues affecting our co-op.

**The co-op office will be closed Friday, April 14, in observance of Good Friday.**

*For emergency service, please call 1-800-540-4732.*



# ARE YOU GETTING ENOUGH SLEEP?

*Telltale signs you need to hit the hay earlier – or even talk to your doctor*

Unfortunately, recent studies indicate the majority of Americans aren't getting their necessary hours of sleep. This can contribute to some serious health problems, including heart disease, high blood pressure, stroke, and diabetes. It can also create day-to-day problems by contributing to moodiness, slow thinking, and slow reaction times, which can cause relationship problems, errors at work, and sometimes deadly accidents.

The National Sleep Foundation recommends adults ages 26 to 64 should get no less than six and no more than 10 hours of sleep in a 24-hour period for optimal mental and physical health. But how can you know if you're getting the right amount of sleep for your brain and body? Here are a few symptoms to be aware of.

**Adults should get no less than 6 hours of sleep**

- **Your productivity, performance, and judgement are deteriorating or have deteriorated.**

Sleep plays a critical role in transferring information from short-term memory to long-term memory and

restoring brain synapses. Sleep also affects reasoning, focus, word selection, creativity and judgement — even your morals and ethics due to reduced self-control.

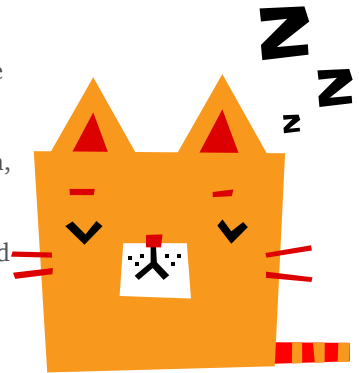
- **You're gaining weight.**

People who sleep less than six hours per night show increased levels of an appetite-stimulating peptide (ghrelin) and decreased levels of an appetite-suppressing peptide (leptin), according to a study by the Wisconsin Sleep Cohort. Additionally, the resulting cravings tend to be for high-calorie, high-fat, and high-carbohydrate foods.

- **You're moody.**

When people are sleep deprived, the pre-frontal

cortex (the area of the brain responsible for processing emotions) essentially shuts down, according to sleep researcher William Killgore at the Harvard Medical School Division of Sleep Medicine.



- **You look tired.**

A few nights of missed sleep might leave you with a dull complexion, puffy eyes, dark under-eye circles, and a scowl, but chronic lack of sleep causes the body to release more of the stress hormone cortisol, which, in addition to increasing belly fat, also breaks down skin collagen, which keeps skin smooth and supple. The body may also release less human growth hormone, which is important for maintaining muscle mass and strong bones as the body ages.

- **You're beginning to experience signs of a mental health issue, like depression or anxiety.**

According to the National Sleep Foundation, people with insomnia are 10 times more likely to experience clinical depression and 17 times more likely to experience clinical anxiety. While sleep loss alone cannot cause depression or anxiety, it can contribute to a cycle that negatively impacts your physical and mental well-being.

If you experience one or more of these symptoms, particularly if it's on an ongoing basis, talk to your doctor about ways to improve the quantity and quality of your sleep before it leads to irreversible health effects or a tragic accident.

**ALLISON GOLDBERG** writes employee benefits-related materials for the Insurance and Financial Services Dept. of the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.



## SAFETY

# If thunder roars, **GO INDOORS!**

*Storm tips from the American Red Cross*

**W**hen thunderstorms are rolling your way, stay safe with these helpful tips from the American Red Cross:

- Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes, or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
- If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.
- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
- Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely. Keep away from windows.
- Do not take a bath, shower, or use plumbing.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts, and sheds are NOT safe.

## Happy Birthday!

If you see this HREA employee this month, be sure to wish him a very happy birthday!

**Michael Griffith April 4**



### HARRISON RURAL ELECTRIFICATION ASSOCIATION, INC.

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Mon. - Fri., 7:30 a.m. - 4 p.m.

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