

May 2020 | Washington • Idaho

## Energy-saving tips while at home



**Currently, most of us are required to stay—or even work—at home.**

The kids are home from school and college, too, which means more showers, more cooking, more laundry and everything else that can increase your energy usage. You can help take charge of your energy use with these simple home energy-efficiency tips.

- Open curtains to let the sun heat your home during the day and close them at night.
- Run only full laundry and dishwasher loads.
- Turn off TVs, video games and electronics after use—if possible, plug all your electronics into a single power strip so you can switch it off and cut power to all of them at once.
- Set your water heater to 120° and take shorter showers.

For more tips, visit [myavista.com/COVID-19](http://myavista.com/COVID-19).



## We're right here. With you.

*And we may be able to connect you with local assistance.*



**As the impact of the Coronavirus continues to unfold, we're here with you, and our hearts go out to all those affected.** We understand that there may be instances where customers find themselves facing financial difficulties. We are here to help and encourage customers who may be impacted to call us at (800) 227-9187 to discuss how we might be of assistance. We're focused on continuing to meet the needs of our customers.

Your community is our community. Just like you, we live here, work here, and build memories here. But we also recognize our unique position gives us the chance to contribute in an impactful way. While we can't predict when life will return to normal, we would like to let you know about some of our programs as well as some local agencies that may be able to provide assistance to you and your family to help you get through this time.

Did you know you can call 211 to get information for local service resources specific to your need? This resource provides **free and confidential information and referrals** to get help with your food, housing, employment, health care, counseling, and more. To learn about your local service programs call 2-1-1.

Additionally, Avista partners with local community action agencies to deliver energy assistance to our customers. If you need help paying your bill, you can locate your local agency by visiting: [myavista.com/assistance](http://myavista.com/assistance).

### Emergency Payment Arrangements available online

Visit us at [myavista.com/COVID-19](http://myavista.com/COVID-19) to learn more about payment arrangements and energy assistance that may be available to you. Our new online Emergency Payment Arrangements tool allows you to choose the plan that works best for you and can include applying an existing deposit, if applicable.

### We're here to help.

You can also call us at (800) 227-9187 if you'd like to discuss your options with a Customer Service Representative.



# Welcome to Spark Central

The biggest editor in Spokane resides at a storefront in Kendall Yards: Sir Hamish Snozzelwit III — aka “Snoz” — a parsnips-loving hippopotamus who promises to sit on anyone who doesn’t know how to properly place a comma.



Welcome to the imaginary and totally creative world of Spark Central!

For the last five years, Spark Central has succeeded in breaking down barriers to creativity for anyone interested in drawing, painting, computer coding, playing music, building Legos or building a fort out of blankets and cushions.

“We use the word creativity in the broadest sense,” says Wilson Faust, program manager.

When COVID-19 hit and shut down classrooms and after school programs, the non-profit really had to flex its creative muscle. Volunteer instructors like The Spokesman-Review’s Shawn Vestal quickly moved online to a live

Facebook feed called “Creativity in Captivity,” which is meant to help people stay creative while they are isolated. Other popular classes also moved online.

Spark Central works closely with nearby schools.

Together with students at nearby Holmes Elementary School, Spark Central’s West Central Publishing Union publishes the West Central Express, a small newspaper written by students for their neighborhood and school.

“West Central is our primary focus and we love our neighborhood,” says Nicole Adamson-Wood, Spark’s development director. Children from low-income families often start school with a big learning deficit because cost prohibits them from participating in creative programs like art or music. “That’s one of the reasons why we work very hard to keep our youth programs free.”

Volunteer writers, musicians and visual artists help keep the programs going. Spark also accepts donations and grants, and it charges a small fee for some adult programs to help keep the youth programs free.

Spark Central hosts some very popular summer camps — including Girls Rock, a musical program for girls who form a band and record a CD — but summer plans are put on hold for now.

And Snoz? He’s taking some needed time off, snacking on parsnip chips and reading up on works of classic American literature so he can be ready to edit the next edition of the West Central Express.

Visit [myavista.com/connect](http://myavista.com/connect) for more stories like this.



## Look up and live



**There are probably high-voltage power lines overhead. They’re dangerous and we want you to know how to avoid an accident.**

While working

- Note where power lines are located before you get started on a project.
- Never bring ladders, long-handled tools or other items within 10 feet of an overhead power line.
- Be careful when trimming trees. Stay at least 10 feet away from power lines.
- Always use power tools and electric lawn mowers in accordance with the manufacturer’s instructions. Make sure they’re intended for outdoor use and plugged into outlets with ground fault circuit interrupters (GFCI).

While playing

- Teach children to never fly a drone, kite or model airplane near electric power lines.
- Keep sailboat masts, boats on trailers and fishing poles well away from power lines.

If you see a downed power line

- Stay as far away as possible and keep others away.
- Call Avista Utilities at (800) 227-9187.
- Don’t touch or move the line.
- Do not attempt to rescue someone else who has touched the line.

Have fun outdoors and be safe!

## Connect With Us

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