

Plugged in...



Patrick Bush was promoted to Manager, Safety & Compliance at the Topeka General Office.

Robert Riggs is now a Resource Scheduler at Independence.

Larry Strotkamp became a Project Manager - Construction at the Wichita Operations Center.



Fibromyalgia Awareness Month

Chronic widespread body pain is the primary symptom of fibromyalgia. Most people with fibromyalgia also experience moderate to extreme fatigue; sleep disturbances; sensitivity to touch, light, and sound; and cognitive difficulties. Many individuals also experience a number of other symptoms and overlapping conditions, such as irritable bowel syndrome, lupus and arthritis. See your doctor if you experience any of these symptoms.

Source: National Fibromyalgia Association



**Closing Stock
May 13, 2010
\$23.60**



Synergy

May 14, 2010

Chad Hymas reaches thousands with messages on safety, life choices

2010 annual shareholder meeting to be webcast

Central Plains has close call with Mother Nature

YWCA Leadership Luncheon recognizes Michelle Delka

Westar Energy Kicks off the Wichita River Festival Sundown Parade

Leadership Westar meets in Lawrence

Falcons begin to hatch

2010 Economic outlook and saving for retirement

Dracy Jenkins graduates from Leadership Greater Topeka's Class of 2010

Last chance to take the SmartStar Quiz!

Midland Care Connection's 14th annual Celebration Walk TONIGHT!

Open house showcases WEWA

Spotlight on Mike Horniman

April - Busy month for Energy Efficiency

Calendar

Chad Hymas reaches thousands with messages on safety, life choices

In his 2010 Safety Tour from May 3 through May 7 at Westar facilities and Kansas schools, motivational speaker Chad Hymas made 27 presentations at 17 Westar facilities and seven schools in 11 cities, reaching approximately 2,600 people in person. Media coverage included Topeka and Wichita television stations WIBW, KSNT, KTKA, KAKE, KSNW, and a feature article in the Salina Journal.

What was his main message to all these people?

For Westar employees, it boiled down to five points:

1. Keep your workplace clean and hazard-free.
2. You're only as good – and safe – as the people around you.
3. Risk assessment is important to safety. Report to co-workers or supervisors anything out of the ordinary before beginning the job.
4. Keep the four Ps alive:
 - a. People – Care about others and look out for each other.
 - b. Planet – Be good stewards of the environment.
 - c. Property – Take good care of equipment, tools, etc.
 - d. Production – This follows if the first three are there.
5. Positively engage people. Act like YOU own the work!



Don Johannsen, agent, Arkansas City, greets Hymas at the first stop on the safety tour: Topeka Operations Center. Johannsen was one of the instructors at the Lineman's Boot camp conducted the week of May 3-7.

PHOTOS FROM THE
2010 SAFETY TOUR
ARE ON PAGES 4-6.

In his visits to Westar facilities, he reminded everyone never to take shortcuts to save time and never lose focus on the job at hand – not even for one second. He suffered the consequences of doing just that when, nine years ago, he didn't heed the warning about the hydraulic fluid on his tractor and in one second, his life – and that of his family – changed forever. He repeated over and over how he's living with the consequences of his choice that fateful day and has learned to adapt and accept. However, he still struggles with the impact that poor choice had on his family, which includes wife Shondell, biological sons Christian and Kyler, adopted daughter Gracie and adopted son Jordan.

For middle school and high school students, Hymas had a poignant message about how to “get out of your seat, keep an open mind, learn new things by getting out of your comfort zone, meet new friends, rally around good causes that help others,” and avoid the traps of unsafe Internet use and drug/alcohol abuse. Above all, respect others, he stressed.

He began each school presentation by showing a picture of Melanie, his disabled high school friend. Illustrating how one person can make a difference in another's life (he calls it "The Power of One") – and even change the world – he told how his dad led him and his buddies – all popular basketball stars and school leaders – to quit shunning Melanie and befriend her. A few days later, she was voted head cheerleader at their large Utah school, and Katie Couric, TV anchorwoman, interviewed her at one of the school's basketball games. As a result, 7 million viewers saw Melanie with her new friends. Her life was forever changed for the better.

Hymas summed up, "Open your mind to change your behavior and your habits. Always be open to opportunities to give more than you take, and act on your instincts."

Another part of Hymas' presentations at schools and at Westar power plants, office buildings and service centers was the "water bottle exercise." Two people from each audience were selected to sip water from a water bottle, and then they were asked to do the same thing again – without using their hands. Most successfully accomplished the task after a bit of a struggle that took several minutes, and at a couple of venues, the participants asked for help from members of the audience, or in one case, a member of the audience voluntarily stepped forth to give the person a drink. The point of the exercise was to not be afraid to ask for help from others, as well as to not be afraid to offer help when you see it's needed.

"Stepping outside your comfort zone feels very uncomfortable and awkward," Hymas said. "But the greatest gift you can give someone is your caring and your time. Here's a novel idea: on your way home tonight, stop by the store and pick up some ice cream and toppings to take to your family. It's out of the ordinary and inconvenient for you, but it lets them know you care and you're thinking about them. Watch how this changes your life for the better."

In a video clip recorded by Chad's assistant on the last day of the tour, May 7, he says, "We've had a great trip and a great week at Westar. It's been an absolute treat and an awesome tour. Thank you!"

"Chad is an inspiration to all of us."

[Salina employee](#)

"I started crying listening to him. I like the way he relates everything he's experienced to *our* lives and doesn't just talk about himself."

[Fort Scott employee](#)

"Chad reminds us that we're all personally responsible for the choices we make in daily life and at home and work that we have a lot of control over. As employees, we have different responsibilities and classifications, but safety is our No. 1 responsibility as we walk through the day. Our Westar family is expecting us to make good choices and assume personal responsibility for our safety and that of our co-workers."

[Lawrence Energy Center employee](#)

"While doing the difficult takes time, reaching the impossible just takes a little longer."

[Chad Hymas, quoting friend and mentor Art Berg](#)

[Click here to see the main points Chad Hymas shared with Westar employees and Kansas students on the 2010 Safety Tour.](#)

PHOTO HIGHLIGHTS OF THE 2010 SAFETY TOUR WITH CHAD HYMAS



Participants in the Lineman's Boot Camp listen attentively at Topeka Operations Center.



Tecumseh Energy Center employees gather around.



Topeka's three television stations interview Hymas after his presentation at Highland Park High School.



Jeffrey Energy Center employees listen to Dave Neufeld, executive director, as he introduces Hymas.



Steve Owens, executive director, distribution operations, introduces Hymas at Manhattan Service Center.



An early-morning stop at Salina Service Center starts the day off right.



Salina South Middle School students take in the message on making good choices.



Students at Sacred Heart High School, Salina, are all ears.



Harold Edwards, operations & maintenance supervisor, Hutchinison Energy Center, introduces Hymas.



Hymas interacts with Hutchinison Service Center employees.



Hymas receives a warm welcome at the Wichita Operations Center.



Hymas engages Wichita's Campus High School students.



Hymas reminds Gordon Evans Energy Center employees to never take the focus off safety.



Left: The "water bottle exercise" goes well at the Wichita GO.



Right: Hymas' "Reaching the Impossible" banner reminds Emporia Service Center employees that anything is possible, depending on the choices they make.



Fort Scott employees are glad to have Hymas back.



Lawrence Energy Center is proud to host Hymas.



Hymas asks for audience participation at Perry-Lecompton Middle School.



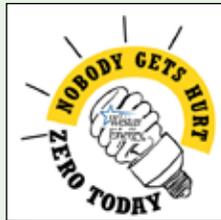
Lawrence Service Center is a good example of a clean, hazards-free workplace.



Topeka GO employees fill Wymore auditorium to hear about their role in Westar's safety vision.



Leavenworth Service Center provides a warm welcome at the end of the week.



Hymas is barely visible in a sea of blue and tan as the entire Hayden High School student body turns out to hear him in Topeka.



Going the extra mile on the week's tour are (standing from left): Rich Goehring, Beverly Figge, Bruce Akin, Robin Seele, Steve Owens, Brad Kesl and Alice Landers. Kneeling: Natalie Smart, Chad Hymas and Rod Brown.