

Norris Electric *News*

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Youth Tour visits Springfield

More than 250 students from the rural areas of Illinois traveled to Springfield on Wednesday, March 28, for the Illinois Electric and Telephone Cooperatives Youth Day.

With rural areas losing population, fewer legislators will be elected to serve downstate, so the need for citizens to take active roles in voting for legislators who have their interests at heart is increasingly important.

“Elected officials enjoy the opportunity to meet with students and learn first-hand their concerns. Many issues debated in the General Assembly personally affect their lives,” said Duane Noland, President and CEO of the Association of Illinois Electric

Cooperatives.

Rep. David Reis met with students representing Norris Electric Cooperative. The students had an opportunity to view state government in action and question their legislators on key issues. In addition, they heard from both Lt. Governor Sheila Simon and Secretary of State Jesse White. The students also toured the Illinois Supreme Court, the Old State Capitol and the Abraham Lincoln Presidential Museum.

Pictured from the left are: row 1 – Rachel Bierman, Vanessa Gabel, Natalie Burrell, Megan Sanders, Sierra Beery, Kendyl Surrells and Kelsie Ochs; row 2 – Rep. David Reis,

chaperones Peg Cochran and Carla Kistner from Norris Electric, Luke Armstrong, Johnathon Amburgey, Jesse Keller, Chris Lee, Mike Noble, Carly Niebrugge, Matthew Schmidlin, Courtney Croy and Logan Hill; row 3 – Curtis Morris, Hayden Treadway, Ryan Wells, Alex Keller, Jesse Haarmann, Fabian Schubert, Mike Ochs, Justin Bailey, Hunter Allen, Andrew Hall and Tim Bohnhoff of Norris Electric.

The day was sponsored by the AIEC and is designed to introduce young rural leaders to state government. There were 25 co-ops from across the state represented at the event.

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Play ball safely

Playing baseball at the park sounds like a great idea. Your child will get some exercise, learn good sportsmanship, make new friends – these are all great reasons for a good ballgame. Before playing at the ballpark though, make sure you or your child can spot electrical hazards that could put an end to the fun and are all too common at ball fields.

One potential concern is the conduit carrying power in lighting standards. In some older construction electrical metallic tubing (EMT) was used. This conduit can become rusted and break apart, especially where it exits concrete. When conduit deteriorates it can pose a shock hazard by exposing wires and or energizing the lighting structure. Even conduit made of PVC can expose wires if it has been damaged from weathering or by things like lawn care equipment.

Another place for a potential shock hazard is an electrical panel, which

is exposed to the elements 24/7 and may have deteriorated over the years. This degradation can allow water to infiltrate the electrical equipment inside. Some panels are not locked even though they have the capability of being locked. This allows easy access to the equipment and panels. Rusting enclosures with holes or missing panels and knock-outs can make live connections accessible.

Older or un-improved ball fields may not be equipped with GFCI (Ground Fault Circuit Interrupter) protected outlets. This poses a risk especially when children can have unsupervised access to the receptacles. In addition to this, there is no way to ensure that equipment plugged into these outlets (radios, extension cords etc.) are in good working condition or being properly used to prevent a shock.

To safeguard yourself and family from possible electric shock at the

ball field, do a quick inspection of the electrical equipment before the game or practice starts:

- Check the condition of conduits to ensure there are no breaks or cracks.
- Look for conduit that has sheared off at ground level
- Look to see that connection boxes are not damaged or have missing covers.
- If GFCI outlets are not installed, be very careful plugging in cords and equipment.

As the owner or caretaker of a ball field make sure to develop a maintenance program to protect visitors to the ball field and repair all deficiencies immediately. If you are not sure what to look for, a Licensed Electrical Contractor can help with the assessment and repairs to damaged or deteriorated electrical equipment.

Now “Play Ball” safely!



Flag Day is June 14

Fly your flag proudly!

Flag trivia:

- On 14th June, 1777, the Second Continental Congress passed a resolution adopting the flag of the United States. To the original members of the Continental Congress, red stood for hardiness and courage, white for purity and innocence, and blue for vigilance and justice.
- The first US standardized flag was in 1912.
- The first American flag was called The Grand Union.
- Other names for the flag: The Stars and Stripes, Old Glory.
- President Woodrow Wilson issued a proclamation establishing June 14th as Flag Day in 1916.

Eventually, the National Flag Day was established by a Congressional legislation during the presidential term of Harry Truman in 1949.

- The American flag is made up of 64 pieces of fabric.
- Francis Scott Key wrote The Star-Spangled Banner.
- Person who studies flags is called a vexillologist.
- The American flag – as we see it today – consists of 13 horizontal red and white stripes – representing the 13 original colonies of the United States, and a blue rectangle with 50 white five-pointed stars – representing 50 states of the Union. This design has undergone 26 modifications since it was adopted in 1777. Back then, the

red and white alternating stripes did exist, but the number of stars in the blue rectangle was only thirteen. The 50th star was added to the national flag when Hawaii joined Union in 1959.

- June 14th also marks the birth of the American Continental Army (adopted on June 14, 1775) which is considered to be the parent body of the modern U.S. Army.
- When flying the flag at night, it should always be properly illuminated and taken in during bad weather.
- An upside down flag is an international distress signal, for obvious reasons, one should never do this unless it is a real emergency.



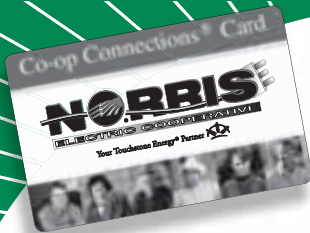
**Remember Dad on
Father's Day
Sunday, June 17th**



Stay safe on the water if a storm hits

As warm weather arrives, many people heed the call of the sea, or at least the lake, and rush to get their boats in the water. But an unexpected change in the weather can turn your maritime romp into a dangerous situation. Follow these guidelines for staying safe if you're caught in rough seas:

- Get below deck, and remain there if possible.
- Stay away from metal objects that are not grounded in the boat's protection system.
- Don't touch more than one grounded object at a time, or you could become the shortcut for electrical surges passing through the protection system.
- Wear your life jacket at all times.



Co-op Connections® Card highlights A-1 Quality Glass

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A-1 Quality Glass, Inc. is located at 1112 E. Main St. Olney, IL. 62450. Please call us at 800-628-4289 or look us up on the Web at a1qualityglass.net.

Use your Co-op Connections card from Norris Electric and receive a 10% discount.

Keep your house safe while on vacation

If you're planning to take a vacation this summer, Safe Electricity offers some advice to help your electricity run efficiently and safely while you are away. These tips will not only lower your energy bill, but will help keep your house stay safe in your absence:

- Unplug some of your household appliances - your house has many items that always use electricity when they're plugged in, even when turned off. Unplugging these items not only saves energy, but can prevent possible fire hazards during your absence. Some of the more common items include: television sets, DVD players, cable TV boxes, microwave ovens and toasters.
- If you choose to leave household lights on for security reasons, Safe Electricity suggests putting them on programmable timers so they do not run constantly. Not only does this save energy, but it also prevents lights from overheating

and gives the appearance people are still home to ward against intruders.

- Adjust the refrigerator control to a warmer setting - the fridge can be as high as 40° F without spoiling food; the freezer can reach 5° F. On these settings, you can save up to 40 percent of the refrigerator's electric usage. If you are going on an extended trip, consider emptying the fridge and turning it off (remember to leave the door open to prevent mildew).
- Set the thermostat higher than the typical comfort level - by doing this, you can save 10 to 30 percent on your heating costs. You can shut the air conditioner off during your absence, or at least consider setting it to a higher



than normal temperature, such as 85° F. A programmable thermostat can do these adjustments automatically.

Turn down the water heater - a large percentage of the cost of running a water heater comes from keeping the water at the selected temperature. If you are going on a lengthy trip, turn down the water heater's temperature to the lowest setting. This can save you up to \$10 a month.

Don't take chances with lead in the workplace

Superman can't see through lead, but its dangers aren't limited to the comics. Exposure to lead, which is used in batteries, automotive components, some paints, and other products, can lead to permanent damage in the nerves, brain, and kidneys and can cause infertility. Symptoms aren't always obvious: They can include headaches, fatigue, irritability, constipation, stomach issues, anemia and weight loss.

Employers are required to inform their workers of any risk of exposure to lead and to provide equipment and protective clothing for their safety. Because lead can be absorbed into the body by breathing in dust or vapor fumes, or by swallowing it (lead

dust on the hands can easily sneak it food and water), proper handling is essential.

Employers and workforces should work together on following these guidelines:

- Protect yourself. Wear protective clothing, including a facemask or respirator, whenever you work in an area where lead contamination is likely.
- Don't ingest it. Avoid eating, drinking, or smoking in any lead-contaminated work areas.
- Clean up. Wash/shower thoroughly after performing any work that exposes you to lead.
- Change clothes. Store work clothes separately from street

clothes to avoid any accidental contamination.

- Eat well. A healthy diet can help your body reduce lead levels.
- Have your blood tested. Early warning signs of lead poisoning can prompt you to limit your exposure.
- Don't take chances. If you have any reason to suspect unsafe levels of lead in your workplace, seek professional assistance. Both OSHA and the National Institute for Occupational Safety and Health (NIOSH) offer free consultation services to help you assess and manage lead exposure.