

Norris Electric *News*

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2012 Youth to Washington

Charlie Niebrugge, daughter of Randy and Laura Niebrugge from Wheeler and Kelsie Ochs, daughter of James and Tammy Ochs from Claremont represented Norris Electric Cooperative in Washington, D.C. during the annual "Youth to Washington" Tour, June 15-22, 2012. This event, which is sponsored by the electric and telephone cooperatives of Illinois, began 53 years ago to introduce rural youths to our democratic form of government and cooperatives.

The students met with Rep. John Shimkus and were among 74 rural Illinois youth leaders selected for the trip. The Illinois students joined over 1,500 young leaders from across the country. In addition to the Capitol, they also visited the Supreme Court, Washington National Cathedral, the Holocaust Memorial Museum, several Smithsonian Museums, the Newseum and Arlington National Cemetery including the changing of the guard at the Tomb of the Unknown Soldier.

Other sites visited included the Lincoln, Jefferson, FDR, Korean War, Vietnam War and Air Force and Martin Luther King Jr. Memorials and the Washington Monument. The students also had a chance to take in the Sunset Parade and Pageant featuring the Marine Corps Drum and Bugle Corps and Silent Drill Platoon with the Iwo Jima Memorial as a backdrop. Illinois students also enjoyed a river boat cruise

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Charlie Niebrugge, Rep. John Shimkus and Kelsie Ochs



Norris Electric Cooperative's Office Manager Tamara Phillips and husband Richard were two of the chaperones for the Washington, DC bus trip

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of the Potomac with other students from around the nation.

Prior to arriving in Washington, D.C., the group made a stop in Gettysburg, Pa., to tour the Gettysburg National Military Park Museum featuring the cyclorama, and also toured civil war battlefields.

The group not only took in a lot of history from the trip but also learned first-hand how a cooperative works by electing a board of directors, then hiring a manager and employees to run the “chip and pop shop” co-op throughout the week that paid out capital credits at the end of the trip.

Sarah Henpen from Columbia, representing Monroe County Electric Co-Operative, Inc., was elected as Illinois’ representative on the National Youth Leadership Council. The YLC representative will represent the Illinois cooperatives during several events and meetings throughout the year.



2012 Youth to Washington



NUTS TO YOU



— for a healthier diet

Hungry for a quick snack? Nuts are tasty, convenient, and healthy. Their fiber and unsaturated fats can help lower LDL (“bad cholesterol”) levels, and they contain omega-3 fatty acids and vitamin E, both good for the heart.

Just choose wisely. Although all nuts have health benefits, they’re best eaten raw or dry-roasted, not covered with chocolate, salt, or sugar. Here’s the breakdown on some of the most popular nuts (roasted, serving size 1 ounce):

- **Almonds:** 169 calories; 15 grams of fat (1.1 grams saturated vs. 12.9 grams unsaturated)
- **Cashews:** 163 calories; 13.1 grams of fat (2.6 g vs. 10 g)
- **Macadamia nuts:** 204 calories; 21.6 grams of fat (3.4 g vs. 17.2 g)
- **Peanuts:** 166 calories; 14 grams of fat (2 g vs. 11.4 g)



Environmental awareness and ‘green’ buying habits

The environment is everyone’s concern these days, but that worry doesn’t always affect our buying decisions.

That’s the upshot of a survey by coupon site RetailMeNot.com: Although 46 percent of respondents said they’re more likely to buy a product that’s eco-friendly over one that’s not, 59 percent indicated that they’re unwilling to pay extra for it.

Other results from the survey:

- Seventy-one percent of respondents said they think about the environmental impact (positive and negative) of the products they regularly shop
- Sixty percent said that they at least sometimes take steps to lead a “greener” lifestyle by recycling, driving energy-efficient vehicles, and using environmentally friendly products. Twenty-five percent reported that they always take such steps, and only 15 percent said that they never do.
- Forty percent of survey participants said they purchase “green” products when they’re easily available and the price difference isn’t big. But 51 percent admitted that they tend to buy whatever they need when shopping, regardless of its environmental impact.

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Never heard of an AFCI?

I want the new picture right there, dear.” And with those explicit instructions you begin hanging a large picture and frame above the sofa. Because of its size and weight, you use a large nail, find the stud, and begin to pound.

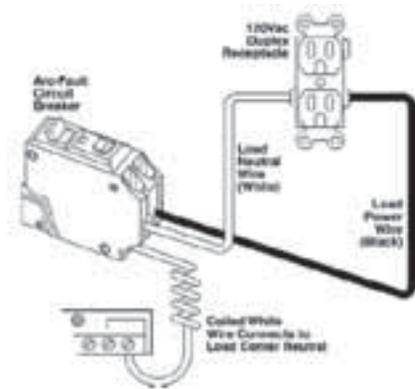
But hidden behind the wallboard was a wire that provided electricity to a wall outlet behind the sofa. Your nail penetrated the wallboard, clipped the edge of the stud, and poked deep into the wire tearing the insulation and shorting the electrical circuit to the living room. The wall soon became hot, a smoke odor was prevalent, and fire erupted behind the wall and down fell the new picture you just hung. Never mind the picture and frame were destroyed, your house was on fire!

Hours later the fire inspector finds you sifting through the remains of your home and asks what you might know about the start of the fire. Taking notes, he writes, “hanging picture, nail through the wallboard,” and he stops to ask if you had an arc fault circuit interrupter. Since you have never heard of one, he says an AFCI would have

saved your home, and for a few dollars, it would have detected the short circuit behind the wallboard, cut the power to the circuit, and you would be living in your home, instead of at your in-laws.

Arc faults are common, and cause many of the 40,000 electrical fires in homes every year. When unwanted arcing occurs, the electricity raises the temperature that will cause combustion to wood, paper, wallboard, and carpet. Such faults occur where circuits have been damaged in some way, whether the wires were damaged, or failed because the aged insulation deteriorated. Other reasons include improperly installed switches and outlets, cords mashed by doors or under furniture legs, and various environmental conditions.

The AFCI monitors the current flow and when it senses an unwanted arcing condition, the circuitry trips the internal contacts and interrupts the circuit before a fire can occur. The Consumer Product Safety Commission says, “Presently, AFCIs are designed into conventional circuit breakers combining traditional



overload and short-circuit protection with arc fault protection. AFCI circuit breakers (AFCIs) have a test button and look similar to ground fault circuit interrupter (GFCI) circuit breakers. Some designs combine GFCI and AFCI protection.”

What is the difference between an AFCI and a GFCI? The ground fault circuit interrupter will protect against a severe or fatal shock, and the electrical code requires them to be placed in bathrooms, kitchens, near swimming pools, and outdoor electrical outlets. The AFCI protects against unwanted arcing in a circuit, which could cause a fire.

There is a need for both in every home.



Beauty of nature can be deceiving

Look how beautiful it is,” said 25 year-old Bethany Lott, watching a thunderstorm approach as she and her fiancé-to-be were atop Max Patch Bald in the Great Smokey Mountains near Asheville, North Carolina. Bethany and Richard Butler were hiking to the peak where he was preparing to put a ring on her finger and propose marriage.

He did not get the chance.

A three bolt lightning strike instantly killed the young Knoxville, Tennessee, woman, and left the 30 year old Butler with third degree burns. He will always recall the last words of Bethany, “Look how beautiful it is.”

Lightning may be one of the most beautiful and awesome forces of nature, it is also one of the most deadly. Although elevations, such as mountains, buildings, antenna, trees, and power lines receive frequent lightning

strikes, lightning will also strike flat terrain, such as baseball diamonds, parks, farm fields. Those are all places where a person may be the highest point around, and become a path to the ground for thousands of volts of nature’s deadly electricity.

But even if you are not the highest point around, do not stand near flag or power poles, bleachers, or other objects that may attract a cloud to ground discharge. Animals and humans, who frequently seek cover under trees at the onset of rain, have become casualties when lightning struck the tree.

An old adage that warns, “Beware the oak, it draws the stroke,” refers to the fact that hardwood trees serve as better lightning conductors than softwood trees. And in fact, that was the reason the Ancient Greeks and Romans decorated the heads of their leaders and heroes with laurel leaves, knowing the soft-fibered

laurel rarely was hit by lightning.

If you hear thunder or see a storm approaching, it is no time to find your handy tree identification guide. Instead, seek shelter where you will not be hit by lightning, or be near the point of contact with the Earth and become a burn or electrocution victim.

Stay away from open vehicles, metal framed open canopies, or any tall metal object. Seek shelter in a building which is grounded.

If someone is struck by lightning, call 911 and care for the victim immediately. Richard Butler tried to administer CPR for Bethany Lott for 15 minutes, but without success. Because of their elevation in the North Carolina Mountains, his cell telephone unfortunately did not have service.

Heed the motto “If thunder roars, go indoors.” If you see lightning, seek shelter immediately.