

Be prepared for the unexpected

re you prepared for an emergency?

When the inevitable winter snows and ice storms arrive, will you know what to do if you have a power failure? Do you have a survival kit in your vehicle in case you are stranded in bad weather? Here are some suggestions to make sure that you and your family are prepared for whatever emergency may arise.

A survival kit for your home or vehicle should include six basics: water, food, first aid kit, clothing, tools or emergency supplies and special items. Store a three-day supply of water in plastic containers per person. Allot one gallon of water per day per person: two quarts for drinking and two quarts for food preparation/sanitation. Store a three-day supply of non-perishable food for each person. Select items that are compact, lightweight and require little or no cooking such as ready-to-eat canned meats, fruits, vegetables, juice and high energy foods such as unsalted nuts, dried fruits or hard candy.

Include these basics in your first aid kit: sterile adhesive bandages, safety pins, soap, latex gloves, sunscreen, scissors, tweezers, needle, antiseptic, thermometer and petroleum jelly. Also be sure to include nonprescription drugs such as aspirin or

nonaspirin pain reliever, anti-diarrhea medication, antacid and syrup of Ipecac (especially for young children when advised by poison control). Prescription medications should be kept current and available.

Tools or emergency supplies should include working flashlights and extra batteries, paper or plastic cups, plates and utensils, a battery operated radio, a non-electric can opener, matches in a waterproof container and tools to turn off household gas and water if needed. Your car survival kit should also include a fire extinguisher. signal flares, maps of the area, shovel, battery jumper cables and a bag of salt or cat litter. In addition, include necessary toiletries such as toilet paper, soap, feminine supplies, personal hygiene items, disinfectant and household chlorine bleach for sanitizing.

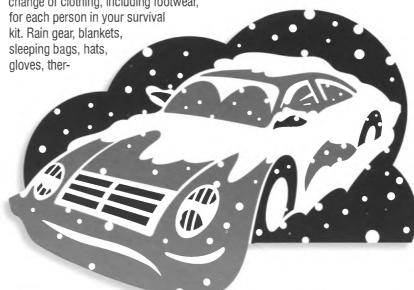
Store at least one complete change of clothing, including footwear. for each person in your survival kit. Rain gear, blankets, sleeping bags, hats, gloves, ther-

mal underwear and sunglasses should be included both at home and in the vehicle emergency kit.

Include some games and books to help pass the time, especially if you have children with you that may become bored easily. If you have infants, always make sure you have extra formula, bottles and diapers at home and in vour vehicle.

Store your emergency survival kit in a backpack, duffel bag or even a covered plastic container. Water and food should be checked and replaced every six months. Check and replace the batteries in your emergency kits at least once a year. sauor aiuuen

For more information on emergency survival kits and winter preparedness, visit the National Safety Council Web site at www.nsc.org and the American Red Cross Web site at www.redcross.org.



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Southern Illinois Electric Cooperative

www.siec.org

(618) 827-3555 P.O. Box 100 Dongola, IL 62926

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Pay your electric bill online!

Save time and energy by paying some of your bills online. You can start by using SIEC's quick and easy bill paying option on our Web site, www.siec.coop.

The site will allow you to enter your residential meter reading, calculate your monthly bill, and pay your bill by check, VISA, MasterCard or electronic funds transfer (EFT) from your bank account. Just remember to tell the online payment system how you will be paying the bill before you confirm your meter reading. If you have any questions, please give us a call. **əbioəŋ 'y əɔuəjmey' you**

"SIEC's Youth to Washington Essay Contest"

SIEC's Youth to Washington Essay Contest is underway for 2003. Any 15 to 18 year old high school student is eligible to enter, except members of the immediate family of any board member or employee of SIEC. The student must be enrolled in any high school in the area served by the cooperative.

We encourage those students who are eligible to enter to call the cooperative for an essay entry packet. The packet will contain some research material to get you started with your essay.

The grand prize is a one-week allexpense paid trip to Washington, D.C. in June 2003 for one male and one female student. Grand prize winners and runnerups are also eligible to attend the "Youth



to Springfield" day in April 2003 sponsored by the Association of Illinois Electric Cooperatives. If you are interested, give us a call at (800) 762-1400.



Office closing

Our offices will be closed January 20, 2003 in observance of Martin Luther King, Jr. Day.

www.siec.coop/

www.usacommunitytoday.com

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Owners of manufactured homes be aware

The fact is, many people who live in manufactured homes don't always seal up the crawl space tightly to prevent animals from getting in under the unit. Often, stray



crawl in there to stay warm and dry. In their search for warmth, they can damage the "cross-over" duct and may leave it with a big gaping hole.

The duct that links the side of a manufactured home's central heating system to the other half of the unit is usually a big coil of wire, like a giant "slinky." It is wrapped in a thin plastic film, then a thin layer of fiberglass insulation, then another thin layer of plastic. An animal, seeking warmth, can rip a sizeable hole in this short piece of flex duct, allowing a large part of the heat from the furnace or heat pump to escape into the crawl space - where it does no good at all! The homeowner could be paying for heating or cooling that they would never benefit from. The heating or cooling unit must run a lot longer to satisfy the thermostat, and run up a large bill in the process.

Even if the crawlspace is animal-tight now, the connections should be checked where the cross-over duct attaches to the bottom of the heating/cooling unit, to make sure it has not worked loose. The old standard gray "duct" tape that is usually used dries out and loses its adhesive quality in a short time. It should be replaced with the new aluminized butyl tapes that will last much, much longer under both heating and cooling conditions.

Before going under the home to check for possible leaks, turn the furnace or heat pump to a high setting so it will stay on while it's being inspected, thus making leaks easier to detect.

Damaged duct replacements and special tapes can often be purchased from your local heating and cooling contractor.

If you are interested in getting one of the lowest costing long distance telephone rates available in our area,

Pease call SIEC at

(800) 762-1400

for details.



Membership prize

In this month's issue of the JAMUP, we have printed the names of three members of Southern Illinois Electric Cooperative who are eligible to receive a \$10 credit towards their utility bill. If you find your name printed in this center section, and it's not part of the story, call us at the cooperative and tell us your account number and we will apply \$10 toward your next SIEC utility bill.

To claim your prize, call us at (800) 762-1400, ask for Cathy.

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More and more members are paying their electric bill online at www.siec.coop.

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Health insurance fraud spurs warnings to consumers

Bogus insurers promise low-cost health benefits.

embers of cooperatives should be on the alert. Federal and state insurance regulators are warning that dozens of rogue health insurers are under investigation for collecting premiums but failing to

The insurers promise rich benefits, reduced rates and access to large networks of providers, according to James Quiggle, spokesman for the Coalition Against Insurance Fraud. The coalition is a Washington, D.C.-based nonprofit organization with a national clearinghouse of fraud information. uiwpieg əivoq

Quiggle said that bogus firms go after both businesses and individuals. "There are dozens and dozens of fake organizations that sound credible. The names of the offenders often mimic the names of legitimate providers or they invent names that sound very official but are completely fake," he noted.

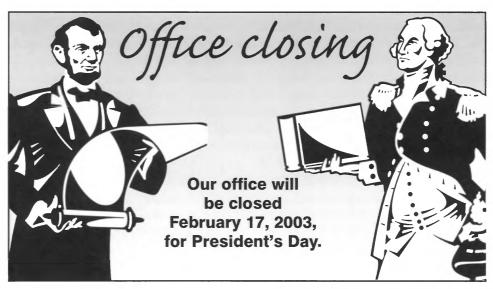
Texas is among the states taking prompt measures against insurers that fail to abide by regulations. Earlier this year, Texas District Court Judge Scott Jenkins placed American Benefit Plans, an illegally operating health insurer, into permanent receivership and has seized \$8 million of the company's assets.

American Benefit Plans insured approximately 30,000 persons in 41 states, including 8,000 in Texas, primarily under contracts with employers. Texas officials also noted that the rising costs of health care coverage were making some employers vulnerable to the temptations offered by bogus health plans.

"The price of health insurance has grown so high that many astute business people forget to ask the very basic questions," Quiggle James Schroder Pies

A.M. Best, an insurance rating agency, is one source cooperative members can use to verify insurers' ratings. "You can visit the A.M. Best Web site and make sure the firm name and location match exactly. If the insurer doesn't have an excellent rating (e.g., 'A-' or above), don't do business with them," suggested Scott Spencer, NRECA's senior vice president of insurance and financial services.

Source: Electric Co-op Today, written by Anne Mayberry



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ireplaces help warm your family's home, but can be dangerous if not properly attended. Please follow these steps to keep your home safe and warm in the dead of winter:

- Check your fireplace and chimney often and keep them clean and in good repair.
- Always use a good fire screen in front of the fireplace.
- Keep the damper set so the draft (flow of air) will remove all smoke and gases.
- Keep the area near the fireplace clear of materials like papers, books, toys, etc.
- Never leave a fire unattended, and make sure the fire is completely out before going to bed or leaving the house.
- Always keep a fire extinguisher close at hand. Make sure everyone knows how to use it. Keep emergency phone numbers on or next to the telephone.
- Do not stack artificial logs in the fireplace like you would real wood.
- Do not use your fireplace if it has loose bricks or needs to be cleaned.
- Do not burn charcoal, coal or plastic materials (wrap, cups, plates, etc.).
- Never burn garbage in the fireplace.
- Never use gasoline or other such liquid to start a fire.
- Do not allow small children near the fireplace.

For other questions about fireplace safety, call your local electric cooperative.



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Name	Social Security Number				
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Telephone Numbers ()		()	-	
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Customer Signature				Date	
Southern Illinois Electric Cooperative.					

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Have you ever attended your cooperative's annual meeting?



f you have not attended your co-op's annual meeting, you're missing a great experience. At the annual meeting you will learn about your cooperative's plans for the future, elect your board representation, receive an attendance gift, get a chance at some great prizes, delight in some entertainment and have a chance to visit with old friends and the cooperative's employees. It's a great experience for every member of your family.

And this experience is unique to cooperative members because cooperatives follow a set of seven principles that differentiate them from other electric utilities. These principles are:

1. Voluntary and Open Membership.

Cooperatives are open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Control.

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In electric cooperatives, members have equal voting rights (one vote per member).

3 Members' Economic Participation.

Members contribute equitably to, and democratically control, the

capital of their cooperative. At least part of that capital is usually the common property of the co-op. Members allocate surpluses for such purposes as developing the cooperative and setting up capital reserves.

4. Autonomy and Independence.

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain the co-op's autonomy. '1' 'sylonhom', '0 uouaan'

5.Education, Training and Information.

Cooperatives provide education and training for their members, elected representatives and employees so they can contribute effectively to the development of their co-ops. They inform the general public about the nature and benefits of co-ops.

6. Cooperation Among Co-ops.

Cooperatives serve their members most effectively by working together through local, national, regional and international structures.

7. Concern for Community.

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

Mark your calendar now for **YOUR** cooperative's annual meeting. It will be held Thursday, August 7, 2003, at Shawnee Community College in Ullin, Illinois.

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2003 Youth to Washington Tour



Your cooperative has always been committed to improving the quality of life of its members. One way we do this is by enhancing the lives of young leaders in our community. Today's youths are our country's future and we are committed to encouraging them to be leaders in our society. We do this by providing college scholarships and sending students to Washington, D.C. to experience and witness their government in action.

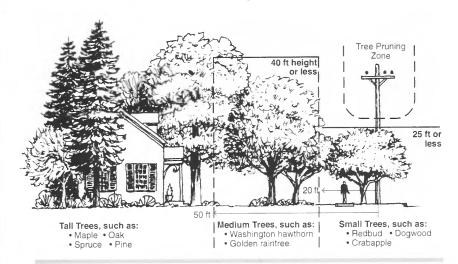
Some 60 students from Illinois participate in this trip each year. These students will learn about the foundation on which this country was formed. They will be able to "see" our nation's history through visits to Arlington Cemetery, Gettysburg, the Holocaust Museums and many historic monuments and memorials. Students will learn how our country operates today by meeting with members of Congress and seeing the Supreme Court and the U.S. Capitol. And students will leave with a better understanding of what role they can play in their country's future.

During the week, students will also have the opportunity to meet with students from 42 other participating states. The overall group of students usually totals more than 1,300 each year. The "Youth to Washington" program has helped thousands of youths across the country learn more about government and the legislative process. Past alumni of the tour include State Representative Art Tenhouse and former State Representative Tom Ryder.

The tour, which is in its 44th year, is well supervised and available to high school sophomores and juniors. In addition to students sponsored by an Illinois cooperative, children and grandchildren of co-op employees, members and directors are eligible and encouraged to participate as "Willie Wirehand" students. The cost of sending these students is \$850, which includes all travel, lodging, meals, insurance and tickets.

This year's "Youth to Washington" tour will take place June 13-20, 2003. For more information, please call Cathy Belcher at Southern Illinois Electric Cooperative at 800-762-1400. Also, visit the Association of Illinois Electric Cooperative's Web site at www.aiec.coop.

Spring Planting Guide 101



Congratulations! You just brought home a beautiful tree to plant. But, is it the correct one for where you're going to plant it? Please think about where any overhead electric lines are before developing a landscaping plan. Planting a tree that will grow to 40 feet directly under a 30 foot tall power line is not a good idea. Consult an arborist at the tree nursery before you buy for

ideas on what types of trees will be a good match for planting around power lines. wnequally by the state of the state of

All responsible arborists and their associations subscribe to the following tree-planting rules in relation to overhead power lines.

Low Zone: Tree species that will not exceed 25 feet in height can be planted directly beneath power

lines and for 20 feet to either side. Taller existing trees in this zone will have to be pruned so they'll grow around the wires. Such pruning may (and probably will) detract from the beauty of the tree and may leave it susceptible to insects and disease.

Medium Zone: Trees that grow to 40 feet in height at maturity are recommended for areas immediately adjacent to the Low Zone. This will rule out the possibility of limbs hanging over the power lines or trees that can topple into the lines during a bad storm.

Tall Zone: Taller maturing trees should be planted at a distance of 50 feet or more from the power lines. This will insure they'll reach their full potential undisturbed by pruning. There is also little likelihood that wind or ice will cause them to do damage to the power lines.

Trees and overhead power lines can co-exist. But when the wrong tree is planted in the wrong place, the result may be an impending power outage during an ice or windstorm.

Please dig safely this spring

Remember to call SIEC and JULIE before you begin your outdoor projects this spring.

Before beginning any digging projects, keep in mind that there may be underground utility lines in the way that could prove to be harmful. Even when digging down only a few inches, it's important to know what's under there. Many utility lines are buried just inches below the surface.

Please call the SIEC office to locate underground electrical lines on either side of the meter.

We ask for 24-hour notice. To locate water, sewer, phone, gas, cable and all other utility lines, call JULIE at (800) 892-0123.

They require 48-hour notice. Both services are free.

By having professionals mark any underground lines in the area, you will avoid serious injury

and prevent possible damage to the utility lines that could disrupt service to your home and your neighbors. Besides being a good idea, calling JULIE is the law.

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& TOP 10 LIST

for power line safety

Kids, here are the top ten reasons not to ever interfere with anything caught in a power line:

- 1. You don't like the nickname "Sparky."
- 2. You don't like hospital stays.
- 3. You don't want to hear your mother say "I told you so."
- **4.** You'd like to live to see your 15th birthday.
- 5. You'd like use of both arms and legs.
- **6.** The balloon, shoe or kite that's caught in the lines isn't as valuable as your life.
- **7.** You have a promising future ahead.
- **8.** It's not a "cool" thing to mess with.
- 9. Fireworks shouldn't be seen in your county again until July 4th.
- 10. You know better.

For more information about power line safety, call your local electric cooperative or visit www.safeelectricity.org.



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Tornado safety

bout 1,000 tornadoes occur in the United States each year, causing about 42 deaths and massive destruction. Tornadoes can happen anywhere at any time. But as they are most prevalent in the Midwest in April, May and June, now is the time to prepare.

A very important part of this preparation is to update or create your disaster supply kit. This kit should contain the following: a flashlight and radio with extra batteries, a first aid kit, emergency food and water, a can opener, essential medications, cash and credit cards, and sturdy shoes.

Also be sure to discuss with your family the difference between a tornado watch (tornados are possible within the area - stay close to shelter) and a tornado warning (a tornado has been sighted in the area and shelter should be sought immediately). Conduct a tornado drill each season with your family. Make sure everyone is aware of the safest place to seek shelter. uulng preg ejuueg

In your home, seek a windowless interior room on the lowest level, storm cellar or basement. Mobile home owners will be safer in a building with a sturdy foundation or in a low-lying ditch away from the unit. If you are driving when a tornado hits, never try to outrun it; get out of the car and try to find shelter, or lie in a ditch or low-lying area away from the car.

One option for many families is to build or buy a storm shelter. Shelters are available in many different styles, both above and below ground, and can be built on-site or prefabricated. Below ground shelters are safer from flying debris, but are also more susceptible to floods and winter freezes. They can also require a great deal of land preparation. Above ground shelters may be more easily installed and built, but can take up more space on your land and are more prone to flying debris and wind damage.

Shelters can also be built separate from the home, incorporated into an existing home, or added to new home plans. In-house entry is safer if a tornado is almost upon you, but cannot be easily installed into pre-existing homes.

A lot of factors both positively and negatively affect storm shelters. The Federal Emergency Management Agency (FEMA) has prepared an 86-page booklet describing these factors. It includes suggestions for what to look for in a storm shelter, instructions on basic installation, cost estimates, reasons for storm shelters, and what to ask a manufacturer.

Storm shelters are not required by law to pass any testing. But, the National Storm Shelter Association (NSSA) has prepared a standard for shelters that tests the shelters' ability to withstand great winds, debris impact, ground stress and flooding, and entryway door security, among other criteria. The FEMA also provides a listing of manufacturers that have undergone and passed this testing.

To order a storm shelter booklet, call (888) 565-3896 or (800) 480-2520 and ask for booklet FEMA 320a. Or, visit the agency's Web site at www.fema.gov/hazards/tornadoes. The NSSA can be reached at (877) 700-NSSA or www.nssa.cc.







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Right-of-way clearing improves reliability

Another busy year of tree trimming and right-of-way work is scheduled for Southern Illinois Electric in 2003. This work is a very important part of our overall maintenance program. Dependable electric service is our goal. Trees that come into contact with power lines usually cause a power outage, detracting from our goal.

The electric energy used by our members travels across nearly 2,092 miles of overhead high voltage power lines in six counties. These lines are not insulated and must be isolated from any contact with the ground. If the line does contact the ground or a tree branch, an unsafe overcurrent situation occurs. PJOJIOM BUNEM WEIJIJM

SIEC has many protective devices, similar to home circuit breakers or fuses, installed at strategic points along the line. If the line contacts a tree, these devices operate, or open, breaking the circuit and stoping the unsafe overcurrent situation.

Our lineworkers call the opening of an overcurrent protective device an "opera-

tion." Our members know it as an "outage." Sometimes the devices have an automatic closing mechanism installed; they open, and then automatically "reclose," restoring power. Our members call these "blinks."

Whatever terminology is used, neither our line workers nor our membership likes outages and blinks.

A systematic right-of-way clearing program is our best defense. This work reduces blinking lights and outages. In addition, this will improve access to the right-of-way. If there is damage to wires or poles, our crews can complete repair work faster.

Some trimming and tree work is done by our local line worker crews, typically yard trees and trees near transformers, but we use a professional tree contractor for the majority of our annual right-of-way work.

However, if you have trees contacting a power line near your location, please call Southern Illinois Electric at (800) 762-1400 to report it.

Call before you dig!

Springtime will bring outdoor work around our homes, planting shrubs, putting in patios or decks, building swing sets or installing fences. With all there is to do, you might not think twice before you push that shovel into the ground. But you should! In many areas, homes are served by underground electric and other utility lines. If you cut into a line, not only will you probably interrupt service to your home, but you could also be seriously injured! One call to the JULIE system for underground locates, at 800-892-0123, can tell you all you need to know before you start your project. You must call at least two working days before digging, so that any utility companies in the area can mark their underground facilities. Don't pay the price for neglect...call JULIE for free underground locates before you dig! aṭṭuṃ ajan

Pay your bill online! www.siec.coop

Southern Illinois Electric Cooperative

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Cooper Lighting Warns About 500-Watt Halogen Bulbs

n cooperation with the U.S. Consumer Product Safety Commission (CPSC), Cooper Lighting Inc., of Peachtree City, Ga., is warning consumers that nearly 600,000 Regent 500-watt halogen bulbs may pose a fire hazard if used in torchiere floor lamps or other indoor residential fixtures.

These 500-watt light bulbs generate very high temperatures compared to incandescent and lower wattage halogen bulbs and can start a fire if they come in contact with curtains. clothes or other flammable material. These bulbs are intended for use in outdoor work lights and flood lamps.

While Cooper has not received any reports of fires or injuries, the CPSC is aware of at least 290 fires and 25 deaths since 1992 involving halogen torchiere floor lamps.

Current packaging for the Regent 500-Watt Halogen Bulb, with model numbers WM500Q and BP500Q, does not contain the recommended warning label of the American National

Standards Institute (ANSI). The label should read, "Warning: Fire Hazard! Do Not Use In Torchieres Or Other Indoor Residential Fixtures." Cooper has asked retailers to add the label to bulb packaging currently on store shelves and new 500-watt halogen bulbs will contain the label.

Wal-Mart, Lowes and smaller retail outlets nationwide sold these 500-watt halogen bulbs between January 1999 and October 2002 for about \$4.

Consumers currently using these 500-watt bulbs in a torchiere or indoor residential fixture should remove them immediately. Consumers can continue to use the 500-watt halogen bulbs in work lights, flood lamps and similar outdoor fixtures. For more information, consumers can contact Cooper Lighting at (800) 954-7145 anytime or log on to the company's Web site at http: //www.cooperlighting.com/ .

To meet the current Underwriters



Laboratories standard, halogen torchiere floor lamps must be equipped with a protective glass or wire guard and have a halogen bulb that is 300 watts or less. wosjim '7 then Source: CPSC

"The REA--right after World War II--came to North Carolina. My Aunt Zanie lived in a cabin back in the woods. It was her father's and grandfather's. She swept it with a broom, had a wood stove. Well, in '46 or '47—she got electricity. She had never had it before. Her kids decided to give her an electric iron for Christmas. They came back about a week later and said, "Aunt Zanie, how do you like the iron?" She said, "I threw the (darned) thing out the window." They said, "Why?" She said, "It would never get cold!"

Willard Scott, noted humorist, spoke at the NRECA Annual Meeting in Nashville. He is best known for his weather and feature reporting on the NBC News "Today" program.

Use our Web site to pay your bill online: www.siec.org.

JOHNSON . **ALEXANDER** MASSAC PULASKI

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Safety tips to prevent ladder injuries

The Underwriters Laboratories (UL) report more than 163,000 emergency room-treated injuries in the U.S. relating to ladders each year. The U.S. Consumer Product Safety Commission (CPSC) offers the following safety precautions to help prevent these injuries.

 Make sure the weight your ladder is supporting does not exceed its maximum load rating (user plus materials).
 There should only be one person on the ladder at one time.

Use a ladder that is the proper length for the job. Proper length is a minimum of 3 feet extending over the roofline or working surface. The three top rungs of a straight, single or extension ladder should not be stood

 Straight, single or extension ladders should be set up at about a 75-degree angle.

 All metal ladders should have slip-resistant feet.

- Be sure all locks on extension ladders are properly engaged.
- The ground under the ladder should be level and firm. Large flat wooden

boards braced under the ladder can level a ladder on uneven ground or soft ground. A good practice is to have a helper hold the bottom of the ladder.

- Do not place a ladder in front of a door that is not locked, blocked or guarded.
- Keep your body centered between the rails of the ladder at all times. Do not lean too far to the side while working.
- Do not use a ladder for any purpose other than that for which it was intended.
- Do not step on the top step, bucket shelf or attempt to climb or stand on the rear section of a stepladder. Jauant sawer
- Never leave a raised ladder unattended.
- Follow use instruction labels on ladders.

Source: CPSC, UL

OFFICE GLOSING ********* MEMORIAL DAY Our offices will be closed Monday, May 26, 2003, for Memorial Day.

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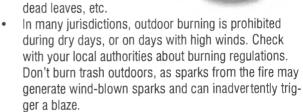
Fire safety outside the home

The National Fire Protection Association (NFPA) recommends these safety tips to protect your family from fire risk outdoors.

- If you're moving to a new home in a rural area or buying land to build a new home, do a thorough outdoor fire safety check before you proceed. Locate the home on the lot with adequate setback from downhill slopes. Wildland fire travels uphill rapidly make sure that your home won't be in its path.
- Make sure that the area has adequate public fire protection available. Will emergency vehicles have easy access to the house? Is your address clearly visible from the road? Will firefighters have access to a water supply to put out a fire? Remember, local fire departments are often overwhelmed by major wildland fires. What you do around your house can make the difference between loss and survival.
- Make your roof fire safe. Untreated wood shake shingle roofs are the leading cause of wildland fire losses. A roof made of fire-resistant or non-combustible materials can make your home safer. Also, use non-combustible (metal) screening in eave vents and for windows.
- Sweep gutters, roofs, and eaves regularly and remove dead branches from around or near chimneys. Burning firebrands or embers can collect in the same space that leaves and pine needles do. Remove leaves and needles from cellar window wells and from corners and crevices around the outside of your home. By keeping the roof and area surrounding your home clear

of debris, you reduce your risk of fire during the hot, dry fire season.

Create a survivable space, safety zone or "fire break" around your home. Flammable (highly resinous) plants, woodpiles, and debris should be kept as far away from the exterior walls of the home as possible. Fences, decks, or outbuildings connected to the house must be considered part of the house; construct them out of non-combustible materials and keep them clear of pine needles,



 When using barbecue grills on decks or patios, be sure to leave sufficient space from siding and eaves.
 Always supervise a barbecue grill when in use. Keep children and pets far away from grills. Interpretable

Source: National Fire Protection Association

Installing awnings and sunscreens for summer comfort

wnings are popular in hot sunny climates because they do such a good job of blocking solar heat before it gets to your windows. Though they can significantly improve the comfort of homes in the hottest regions, they are more expensive than other shading schemes such as trees, sunscreens, and window films.

Awnings can cover a single window, a door, or an entire patio. Retractable awnings—although expensive—give maximum shade during heat waves while allowing sunshine to enter and maintaining a view during cooler weather.

Custom-made awnings usually have side panels that make them more effective at blocking a variety of the sun's

angles throughout the day. Do-it-yourself awnings, which often lack sides, are more effective if they are wider than the windows they shade.

Awnings should be large and low enough to keep direct sun from entering your windows. On your home's south side, they should drop 45 percent to 60 percent of the distance from the top of the window to block sunlight from high in the sky. Awnings on the east and west need to drop 60 percent to 75 percent in order to block morning and afternoon sunlight that comes from lower in the sky. Depending on their drop, awnings can cut off a significant

continued on 16d

Membership prize

In this month's issue of the JAMUP, we have printed the names of three members of Southern Illinois Electric Cooperative who are eligible to receive a \$10 credit towards their utility bill. If you find your name printed in this center section, and it's not part of the story, call us at the cooperative and tell us your account number and we will apply \$10 toward your next SIEC utility bill.

To claim your prize, call us at (800) 762-1400, ask for Cathy.

continued from 16c

portion of a window's view.

The cost of awnings varies widely. Custom-made aluminum or canvas awnings are more expensive than do-it-yourself awning kits or mass-produced awnings.

Sunscreens are often the least expensive window-shading option that preserves a view through the window. Sunscreen fabric is stretched over an aluminum frame like an insect screen. But the screening is a fabric that absorbs 65 percent to 70 percent of solar heat before it enters the home. Most of that heat is released to the outdoor air and never enters the home.

Sunscreens must be installed on the exterior side of your windows to be effective. On fixed or double-hund windows, this means they can be attached to either the window sash itself, or to the exterior trim. On outswinging units such as casement windows, they must be attached to the sash so the window can still open.

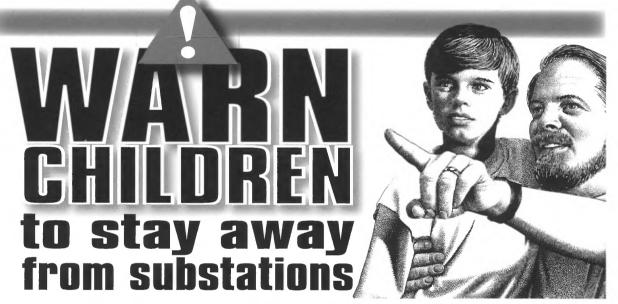
If you want to remove your sunscreens in winter to increase light and solar heating, install rotating metal screen clips for fastening them to the window exterior. Most homeowners choose to leave their sunscreens in place year round and prefer to drill holes and fasten the sunscreen with screws.

Sunscreens reduce the solar heating of insulated glass units, which tend to fail on the sunny sides of many homes. Sunscreens also slow down solar damage to drapes and indoor

furnishings. Many homeowners have used sunscreens to enclose porches and carports, creating a cool zone against the walls on the home's sunny side.

Professionally installed sunscreens cost \$4 to \$7 per square foot. If you measure the sunscreens yourself, order them from a dealer, and install them yourself, they cost between \$3 and \$5 per square foot.

Source: John Krigger, Saturn Resource Management. John Krigger is a nationally recognized author of numerous energy efficiency books, including Surviving The Seasons: A Practical Guide To Home Energy Efficiency and Cost Savings; and Comfort for Existing Buildings. For more info, visit his Web site www.residential-energy.com.



ummer is a time for children to explore and play, but they need to know how and where to play safely. Teach your children to respect electric substations.

Your cooperative has posted warning signs on all substation fences for your family's safety. But do your children understand these signs and the dangers within the high-voltage area?

Warn your children not to play near substations, and never to climb on or over the surrounding fences, even if their favorite football was thrown inside it. Leave the ball alone and call your local co-op.

Remember, your cooperative's linemen have the proper gear and are trained to work in dangerous high-voltage situations.

At your cooperative, we care about your family's safety. Please warn children about all the dangers of electricity.

For more safety tips, go to www.safeelectricity.org

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SIEC sponsors students to meet with area legislators

ren area high school students were among a group of some 300 students participating in "Illinois Rural Electric and Telephone Youth Day" activities held in Springfield on April 2. 2003, co-sponsored by Southern Illinois Electric Cooperative.

Illinois Governor Rod Blagojevich proclaimed Wednesday, April 2, 2003, as "Illinois Rural Electric and Telephone Youth Day." The proclamation honors students from throughout the state who are finalists in the "Youth to Washington" tour program sponsored by the Illinois electric and telephone Cooperatives. Jaule 1991

Students from this area participating in the day's activities were Joev Mever of Grand Chain, Micah Jo Phalin and Autumn Reece of Dongola, and Joseph Anderson, Shekia Bolden, Samaria Bruce, Earl Davis III, Fletcher Laws, Dewone Miller and Larry Nicholson of Ullin.

Their day began at the State Capitol, where the students met with . Senator Larry Woolard of Carterville, Representative Mike Bost of Murphysboro, Representative Brandon Phelps of Norris City and Secretary of State Jesse White. They later toured the Illinois Supreme Court, the Executive Mansion and Lincoln's Tomb.

Joev Mever and Samaria Bruce will participate with some 70 other downstate Illinois students on the June 13-20 tour of Washington, D.C.

This is the 44th year of youth activities sponsored by the electric and telephone cooperatives in Illinois. The cooperatives annually send outstanding high school students from downstate Illinois to Springfield and Washington, D.C.

During the week-long tour of Washington, D.C., the students will see the Civil War battlefields at Gettvsburg and visit the historic shrines and monuments in Washington. They'll tour the Mount Vernon home of George Washington, the White House, Arlington Cemetery,

the Washington Cathedral and the

Smithsonian Museum. They'll visit the Federal Bureau of Investigation and the National Archives.

> During visits to the U.S. Capitol, the students will meet with Senator Richard Durbin and Senator Peter Fitzgerald, and will meet downstate Illinois congressmen at a special Capitol Hill luncheon.

The Youth to Washington tour is sponsored by Spoon River Electric and the electric and telephone cooperatives of Illinois.



Front row from left are Autumn Reece and Micah Jo Phalin of Dongola, Earl Davis III, Shekia Bolden, Joseph Anderson, Fletcher Laws and Larry Nicholson of Ullin, and chaperones Cathy Belcher and Chris Boyd. Back row from left are Joey Meyer of Grand Chain, Representative Bost, Representative Phelps, Samaria Bruce of Ullin, Senator Woolard and Dewone Miller of Ullin.

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Honor the American Flag

The stars and stripes of the American Flag hold a place of pride in the hearts of Americans. We hold dear our flag as the symbol of our nation's continuing struggle for freedom. Our flag has seen its share of bloodshed, victories and defeats as it has stood, and is standing, proudly beside our soldiers during wars against freedom. Those soldiers have helped to preserve our flag and what it represents. Honor our nation's flag and soldiers on Flag Day, June 14, by honoring our stars and stripes. You can also honor your flag by learning how to properly display and care for this symbol of America.

Flying the flag

Display from sunrise to sunset, never allowing darkness to fall while the flag is raised. The flag may be displayed 24-hours a day if it is illuminated at night.

Do not display during rain, sleet, snow or other inclement weather unless using an all-weather flag.

Never allow the flag to touch anything below it.

Do not store the flag where it can get dirty. **Aajiy 1,1940**

Do not mark on or personalize the flag in any way.

Allow the flag to fall freely.

Hoist the flag quickly and lower it ceremoniously, never allowing it to touch the ground.

Flying at half mast:

When flying the flag at half-mast, raise it first to the top and then lower to half-mast (half way between the top and bottom of the mast). When lowering the flag, first raise it momentarily to the top and then lower. On Memorial Day, the flag should be flown at half-staff until noon. The President of the United States may designate other days the flag should be displayed at half-mast.

Folding the flag:

First fold the flag in half width-wise twice. Starting at the striped end, fold one corner over to make a triangle. Fold this triangle over and repeat until only the stars are showing. Then tuck the last piece inside the folds. A properly folded flag is a triangle showing the blue stars. For a demonstration of folding the flag properly, visit the Web site www.americanflags.com

How to dispose of the flag:

Never throw a flag away! When the flag is so worn it is no longer a fitting symbol to be displayed, destroy it in a dignified manner, preferably by burning the flag and burying the ashes. Many American Legion and VFW Chapters conduct flag burning ceremonies, often on Flag Day, June 14th. Contact your local chapter about this ceremony.

For more information on proper flag etiquette, visit www.vfw.org. You can also request a free copy of the VFW's "Our Flag" brochure by sending a self-addressed, stamped envelope to: Flag Brochure, VFW Citizenship Education Dept., VFW National Headquarters, 406 W. 34th St., Kansas, MO. 64111.

Make grilling a snap for dad on Eather's Day

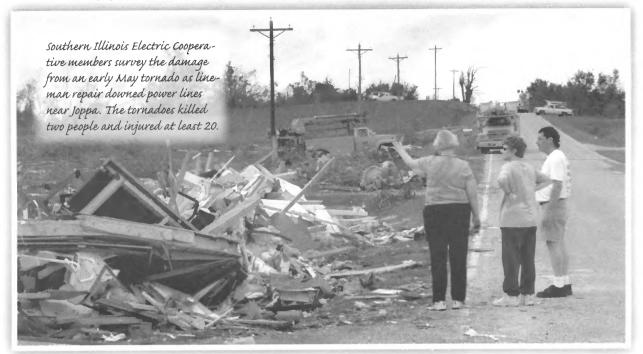
Whether it's burgers and hot dogs or steaks and ribs, there's nothing like the taste of hot, tasty food off the grill. And the cleanest, no hassle way for dad to grill is on an electric grill. With an electric grill, there's no waiting for the charcoal to light, an electric grill is always ready to go. There's no messy charcoal to

dispose of afterwards, and cooking is always quick and food is evenly cooked.

Doesn't dad deserve a break today? Buy him an electric grill for Father's Day. It's something the whole family will enjoy.

Contact your local electric cooperative for more information about electric grills.

Killer tornadoes hit southern Illinois



n May 6, a severe storm featuring 230 mph winds and several tornados moved through parts of Pulaski and Massac counties. Massac county reported 117 residences were damaged; Pulaski reported 90 residences with damage. Members of Southern Illinois Electric Cooperative were hit hard.

General Manager/Executive Vice President of Southern Illinois Electric Cooperative Larry Lovell said more than 100 poles were down across the system, in addition to some major transmission poles from substations.

The Illinois Electric Cooperatives' Emergency Work Plan was activated and crews from neighboring co-ops were sent to help repair the damage. By the second day of repairs crews had all but 500 members' power restored. Members were warned to stay clear of down power lines near roads and homes. Lovell said downed power lines could still be energized.

Each year, about 1,000 tornadoes touch down in the United States. Knowing a little bit about them can save your life. If a tornado watch is issued for your area, it means conditions are right for a tornado to form. If a tornado warning is issued, it means that a tornado has actually been spotted, or is strongly indicated on radar, and it is time to go to a safe shelter immediately. Most deaths and injuries happen to people who are unaware and uninformed. Stay aware, and you will stay alive! If you notice dark clouds approaching, tune into a local radio or television station to find out the forecast. If you live in an area likely to experience tornadoes, a weather radio could be a wise investment.

When a tornado is coming, you have only a short amount of time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado.

Before a tornado: How to plan

Conduct tornado drills each tornado season.

Designate an area in the home as a shelter, and practice having everyone in the family go there in response to a tornado threat.

Discuss with family members the difference between a "tornado watch" and a "tornado warning."

Have disaster supplies on hand:

- Flashlight and extra batteries
- Portable, battery-operated radio and extra batteries
- · First aid kit and manual
- · Emergency food and water
- · Non-electric can opener
- · Essential medicines
- Cash and credit cards
- Sturdy shoes



In case family members are separated from one another during a tornado (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together.

Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address and phone number of the contact person.

Mobile homes are particularly vulnerable. A mobile home can overturn very easily even if precautions have been taken to tie down the unit. When a tornado warning is issued, take shelter in a building with a strong foundation. If shelter is not available, lie in ditch or low-lying area a safe distance away from the unit.

16c



Staying GOOL for less

eep cool for less this summer with these energy-efficient tips from your electric cooperative.

- · Install inexpensive window shades, and keep them closed during the day.
- Close windows and doors before leaving for work, and open them in the evenings.
- Install a programmable thermostat to automatically adjust the temperature higher when no one is at home.
- Use circulating fans when you are in a room; turn them off when you leave.
- Use window fans to bring in cool air at night, and push out hot air during the day.
- Use whole house fans to exhaust hot air from your home.
- Keep your air conditioner's blades, evaporator coils, registers and condensers properly cleaned and maintained. This can mean a 10 to 40 percent energy savings.
- Clean air conditioner filters every 1 to 4 months.

Membership prize

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Southern Illinois Electric's annual meeting of members

Join us Thursday, August 7, 2003 At Shawnee Community College, Ullin, Illinois

Registration 5:00 p.m. to 7:00 p.m.

Business Meeting begins at 7:00 p.m.

Enjoy:

Early Bird Prizes
Miss SIEC 2003 Pageant
Door Prizes
Registration gifts
Entertainment
Election of 3 Directors



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Lightning safety

ark clouds overhead, gusty wind whipping up, loud thunder rolling and flashes of lightning; these are all signs of an approaching storm that could mean danger if precautions are not taken.

Lightning kills about 100 people and injures 500 per year, injuring more people than tornadoes each year. Lightning causalities are second only to floods and flash floods in weather-related deaths. The majority of the incidents happen during the summer months with July being the highest. differ of animal part of the summer months with July being the highest.

The states with highest lightning related deaths are Florida, Texas, North Carolina, Ohio and New York. According to the National Weather Service, part of National Oceanic and Atmospheric Administration, the top activities for lightning casualties involve being in an open field or an elevated place, being a under tree, doing water-related activities (swimming, boating, fishing, etc.), golfing, being on the telephone or using a radio.

The best way to avoid getting trapped in a lightning storm is to listen to weather reports and avoid going outside when a storm is predicted. But if you find yourself outdoors with an approaching storm, here are some tips from the National Oceanic and Atmospheric and the Electrical Safety Foundation International to stay safe.

* Heed the sound of thunder. With lightning, your only warning is thunder. If you hear thunder you should take shelter in an enclosed permanent structure or safe location.

- * Avoid open areas. Open picnic pavilions or a carport are not able to protect you from lightning. If you are not able to reach a safe structure, a hard-top vehicle with the windows rolled up will offer some protection. While inside the vehicle do not touch any metal. If none of those options are available, squat in low area of a field and cover you ears with your hands. This position makes you the smallest possible target and minimizes the contact to the ground.
- * Avoid water. When a storm approaches, you should get out of the water. The charge from a lightning strike has the ability to travel great distance through water. If you are out boating, swimming, or scuba diving, get to shore and away from metal objects.
- * Avoid contact with metal. Metal also conducts electricity so you should avoid bikes, clotheslines, fences, fishing rods, tennis racks, tools, flagpoles and metal in backpacks.
- * Use indoor appliances and fixtures cautiously if at all. If you are indoors during an electrical storm, you still have to be cautious. Do not use your telephone, except for emergencies. Stay away from the plumbing fixtures; the metal pipes could conduct electricity from the nearby ground. Unplug or turn off electrical appliances. A lightning strike could cause a surge in your electricity and short-circuit your appliances if they are not protected with a surge protector. It is a good idea to have batteries for a flashlight and radios in case of a power outage.

Source: National Electrical Safety Foundation, National Oceanic and Atmospheric Administration.

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To claim your prize, call us at (800) 762-1400, ask for Cathy.

Miss Southern Illinois Electric Cooperative Beauty Pageant rules and entry form

Southern Illinois Electric Cooperative is seeking entrants for the beauty pageant held in conjunction with the annual meeting of members, August 7, 2003, at Shawnee College, Ullin, IL. "IF" JULIAN BURN AJED

- Entrant MUST LIVE (Full Time) IN A HOME SERVED BY SOUTHERN ILLINOIS ELECTRIC COOPERATIVE.
- 2. Entrant MUST BE 16-22 YEARS OF AGE, NEVER MARRIED AND HAVE NOT GIVEN BIRTH.
- 3. Previous first place winners are not eligible.
- 4. Candidates will appear in gowns and one-piece swimsuits (no extreme cuts).

MISS SIEC 2003 WILL RECEIVE: \$150 cash, crown, trophy, sash and an all expense paid trip to Washington, D.C. in June 2004.

FIRST RUNNER-UP WILL RECEIVE: \$100 cash, trophy and a gift. (In the event Miss SIEC cannot go to Washington, the First Runner-Up is given the opportunity).

SECOND RUNNER-UP WILL RECEIVE: \$75 cash, trophy and a gift.

CONSOLATION PRIZE: \$50 cash to each non-winner.

MISS CONGENIALITY: Trophy to winner chosen by contestants.

CONTESTANTS WILL BE JUDGED AS FOLLOWS:

INTERVIEW - 40%

General Knowledge – 10% Achievements – 10% Vocabulary – 10% Voice – 10%

SWIMSUIT-30%

Beauty –10% Poise – 10% Posture – 10%

EVENING GOWN - 30%

Beauty – 10% Charm – 10% Grace – 10%

BEAUTY PAGEANT ENTRY

Residency Affidavit

I agree to abide by the contest rules as set forth and herewith give my permission for the Southern Illinois Electric Cooperative to use my picture and name for any contest publicity.

I further certify that I am a resident in a home served by Southern Illinois Electric Cooperative. (Failure to comply with these rules will void the decision of the judges.)

Print Name				
Birthdate		Age		
Street/Route				
City	State	Zip		
Parents				
Account Number				
Phone				
Signature				

JULY 2003

Air quality improving says environmental report

espite public perception, air pollution has declined by 25 percent over the last three decades and toxic releases have dropped by more than 50 percent in 15 years, according to a new report published jointly by the Pacific Research Institute (PRI) and the American Enterprise Institute for Public Policy (AEI).

The study uses government data, including data from the Environmental Protection Agency (EPA), to examine long-term air and water quality trends, toxic chemicals and land use, as well as biodiversity issues. The report calls

improvements in the environment "perhaps the greatest public-policy success story of the last generation."

"Many news stories give the impression that air quality is worsening, and that health problems from air pollution are on the rise. However, since 1970, aggregate emissions of the six 'criteria' pollutants regulated under the Clean Air Act have declined by 29 percent," the Pacific Research Institute said in its press release. "At the same time, the U.S. economy grew 150 percent, auto travel increased 143 percent, and total U.S. energy consump-

tion increased 45 percent."

The report cites the fact that "the number of days in 'exceedence' of the EPA's air quality standards has declined nearly 50 percent over the last decade, with a 60 percent drop in California alone." "IP '#1018!#

PRI has released the Index of Leading Environmental Indicators for the past eight years. PRI is a nonprofit, non-partisan organization based in San Francisco. AEI is a think tank based in Washington, D.C.

Source: PRI; Greenwire

New headlights lead to record number of complaints for NHTSA

Some members of the public are so mad about the new high-intensity headlights that it led to 4,504 comments on headlight glare to the National Highway Traffic Safety Administration (NHTSA), an overwhelming response to their September 2001 request for public comment on the topic.

"The high intensity discharge lights should be banned," said one complainant.

"The first time I saw one of these on the road, I looked into it and was astounded to find it was factory equipment and government approved. They are simply too bright for oncoming traffic and should never have been allowed on the road," said another.

The high-intensity lights have a bluish glow, which look brighter to many people especially when they meet them coming around a bend or shining in their rear-view mirror. Some medical studies have blamed the lights for blinding, migraine-headache auras and for decreasing the night vision of older drivers.

It is xenon gas inside the lights that creates the bluish glow. The lights meet the federal headlamp standard, which was set in 1968 and updated in 1997. Most vehicles have halogen lamps that have tungsten filaments that give off a less harsh light than their xenon counterparts.

An April 2003 report in Consumer Reports also called for manufacturers to change the design of the lights to prevent drivers from being blinded by the headlights. They recommend using the rearview mirror nighttime setting, keeping your windshields clean, and wearing clean glasses and contact lenses while driving to keep glare to a minimum.

The request for comment about the lights also led to complaints about high-mounted headlights on sport utility vehicles and the use of fog lights.

Some drivers of cars defended the high intensity lights as better because they help illuminate the road better. NHTSA says that it must balance this concern against too much glare. The agency said it will issue five new regulatory proposals this year to begin addressing the problem as well as initiating research on high-intensity beams and glare for other drivers on the road. One of the things they plan to propose is lowering the maximum height of headlights for trucks and SUVs. Currently it is 54 inches. Rulemakings about high-intensity lamps and accessory lighting like fog lights will follow, according to the agency.

Source: Washington Post; NHT-SA; Consumer Reports

Our office will be closed Friday, July 4, 2003, in observance of Independence Day.

Southern Illinois Electric Cooperative

7420 U.S. Highway 51 South • P.O. Box 100 • Dongola, Illinois 62926 (618) 827-3555 • Office hours: 8 a.m. — 4 p.m. • Web address: www.siec.org

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LM 4

JAMUP Your Touchstone Energy Partner

Published by Southern Illinois Electric Cooperative, Dongola, Illinois

Official Meeting Notice

Notice is hereby given that the 2003 annual meeting of the members of Southern Illinois Electric Cooperative will be held at Shawnee Community College, Ullin, Illinois, at 7 p.m., DST, Thursday, August 7, 2003, to take action upon the following matters.

- 1. The report of the officers, directors, manager and committees.
- 2. The election of three directors of the cooperative.
- 3. The matters and business set

out in the remainder of this notice and any other matter of business that may be properly brought before the meeting or any adjournment or adjournments thereof.

In connection with the election of directors scheduled for this meeting, the following members have been nominated by the committee of nominations, appointed by the president of the cooperative pursuant to the bylaws:

County of Massac.....Dale Faughn (three year term)

County of Pulaski.....G. Robert Inman (three year term)

County of Union......Barbara Pitts (three year term)

Additional nominations for directors of the cooperative may be made from the floor at the meeting.

Given at Dongola, Illinois, this 24th day of July 2003.

Carole J. Kelley, Secretary

Official Registration

Cut out and bring to the meeting for registration and drawing of prizes.

This is the Official Meeting Notice.
No booklet will be mailed.

Southern Illinois Electric Cooperative

www.siec.org

(618) 827-3555 P.O. Box 100 Dongola, IL 62926

Board of Directors

President Barbara Pitts Union County

Vice Pres. Scott L. Ury Union County

Sec.-treas.

Carole Jean Kelley

Johnson County

G. Robert Inman Pulaski County

Richard D. Moss Alexander County

Dale Faughn Massac County

Raymond C. Snell Alexander County

Dale E. Taake Pulaski County

C. Larry Fisher Massac County

> Manager Larry Lovell

Attorney
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Editor
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Dir. of Administration & Finance
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8:00 a.m.-4:00 p.m.,

Monday through Saturday

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Nominating Committee Minutes

The nominating committee appointed by the president with the approval of the membership, met at the headquarters building at 7:00 p.m., June 17, 2003, to nominate three (3) directors for three-year (3) terms.

The following delegates were present: Robert Heisner, Ira Dugan Tripp, Jr., and Orlis Harris. The following voting delegates alternates were present: Patty Allbritten, Brad Penninger and Richard R. Walker. Absent were Betty Casey, Jack Thomas, Josh Reagor and George Holhubner.

Attorney Ronald E. Osman and Director of Administration and Finance Chris L. Bennett were also present at the meeting. Attorney Osman explained the duties of the nominating committee and the portion of the by-laws pertinent to the nomination of directors. He also explained the following methods by which directors may be nominated:

- By a nominating committee.
- 2. By a petition of fifteen (15) members in writing, or
- 3. By nominations from the floor at the members' annual meeting.

Acting as temporary chairperson until the election of a permanent chairperson, Attorney

Osman asked for nominations for chairperson. Richard Walker nominated Robert Heisner to act as chairperson. Orlis Harris moved, seconded by Ira Dugan Tripp, Jr., to close the nomination and elect Robert Heisner by acclamation. Motion carried.

Attorney Osman turned the meeting over to chairperson Heisner.

Chairperson Heisner appointed Ira Dugan Tripp, Jr. to act as secretary.

Orlis Harris moved to nominate Dale Faughn as director for Massac County. Richard Walker moved, seconded by Orlin Harris, to close the nomination and nominate Dale Faughn by acclamation. Motion carried.

Orlis Harris moved to nominate G. Robert Inman as director for Pulaski County. Ira Dugan Tripp, Jr. moved, seconded by Orlin Harris, to close the nomination and nominate G. Robert Inman by acclamation. Motion carried.

Ira Dugan Tripp, Jr. moved to nominate Barbara Pitts as director for Union County. Brad Penninger moved, seconded by Orlin Harris, to close the nomination and nominate Barbara Pitts by acclamation. Motion carried.

Being no further business, Richard Walker moved, seconded by Ira Dugan Tripp, Jr. to adjourn. Motion carried.

Profiles Of Board Candidates

Dale Faughn, Massac County



Dale Faughn of Brookport was selected by the nominating committee for election to the board of directors to represent Massac County. He was first elected in August 1999 to fill the unexpired one-year term

of David L. Martin. Dale was born and raised on a farm in Massac County near Brookport and is a third generation SIEC member.

He and his wife, Penny, have a son, Matt. Dale owns and operates farmland in both Massac and southern Pope Counties, raising grains and cattle. Dale has an Electrical Engineering degree from Georgia Tech in Atlanta, Georgia and has been the electronics instructor at Shawnee Community College for the last 15 years. He has several years of experience in the electrical field having worked with both electronic equipment and electrical power distribution equipment.

G. Robert Inman, Pulaski County



G. Robert Inman of Grand Chain was nominated for election to the board of directors by the nominating committee to represent Pulaski County. He was appointed to the board in December 1995 and elected to fill an unexpired term in August 1996. Robert serves as Treasurer for the Association of Illinois Electric Cooperatives' Board of Directors in Springfield, Illinois.

He and wife Cheryl have three daughters, Jessica Barnhill, Samantha Johnson and Mary Gail Craven. Currently they have three grandchildren. Robert and his brother are the owner/operators of a cattle and grain farm.

Barbara Pitts, Union County



Parbara Pitts of Buncombe was the selection of the nominating committee for election to the board of directors to represent Union County. She was first elected to the board in July 1997. Currently, Barbara is president of the cooperative

Board of Directors.

Barbara and husband Fred are life-long residents of Union County. The Pitts have four children, five grandchildren and one step grandchild, all living in the immediate area.

She is a graduate of Anna-Jonesboro Community High School and Southern Illinois University with a major in political science. Barbara retired from the Social Security Administration after 27 years. She and her husband raise cattle, hay and pasture crops.

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Annual Meeting Program August 7, 2003

REGISTRATION

5 p.m. to 7 p.m. (Cut out registration card on the outside cover of this notice to register for door prizes.) Each member registering will receive one \$10 credit to apply on electric bill. In addition, a drawing will be held before and after the meeting for attendance prizes.

ENTERTAINMENT

Magician Chris Egelston will entertain the members from 6 p.m. to 7 p.m. and during the beauty pageant finals.

MEETING BEGINS

7 p.m.

Call to Order Barbara Pitts, President

Invocation

National Anthem

Early bird prizes

Welcome.....Larry Lovell, Manager

Appearance of beauty contestants in swimsuit competition

BUSINESS MEETING

Reading of the 2002 minutes and

President's and Manager's Reports

Unfinished Business

New Business

Adjournment

Introduction of visitors

Completion of 2003 Miss Southern Illinois Electric Cooperative Pageant

Appearance of contestants in gowns

Beauty contest finalists announced and Miss 2003 SIEC crowned

Attendance Prizes

Members **must be present** for all prizes Food and beverages will be available in the cafeteria

Be An Early Bird
Early birds are eligible for an additional prize

ENTERTAINMENT

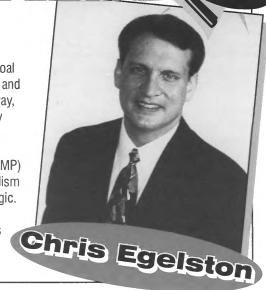
Magician - Mind Reader - Motivational Speaker

Chris Egelston entertains audiences with fun and unforgettable unique programs consisting of magic, comedy, mindreading, motivation and audience participation.

In 1992, Chris earned his M.B.A. from Southern Illinois University at Carbondale to go with his Bachelor's Degree in Marketing earned two years earlier.

His peers recognize Chris as a master magician, but he doesn't take himself too seriously when performing. "My number one goal is for the audience to have fun, and if I fool them a little along the way, that's just an added plus for my day," he says.

Chris recently received his Certified Magic Professional (CMP) designation for his professionalism and excellence in the art of magic. He is one of only 40 magicians in the world to have earned this





As in the past, all three prizes will be given away as the last three prizes of the evening.

All registration cards will be returned to the "cage" for this drawing.

These cash prizes are courtesy of **SOUTHERN** ILLINOIS ELECTRIC COOPERATIVE

Don't forget the EARLY BIRD prizes. Come early and register for this drawing. Members must be present for ALL prizes.

State of Illinois County of Union

Proof Of Mailing

I, Carole J. Kelley, being duly sworn, on oath, deposes that I am duly elected, qualified and am acting secretary of the Southern Illinois Electric Cooperative, (hereinafter called the cooperative) that on the 24th day of July 2003, we mailed to every member of the cooperative a notice of the regular meeting of the members of the cooperative on August 7, 2003, by depositing such notice, with postage thereon prepaid, addressed as aforesaid, in the United States mail, that the above and foregoing is a true and correct copy of said notice.

Carole J. Kelley, Secretary SUBSCRIBED AND SWORN TO BEFORE ME THIS 24th DAY OF JULY 2003.

SEAL

Pam Lentz, Notary Public • P. O. Box 183 • Dongola, IL 62926

Southern Illinois Electric Cooperative

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Recent employee changes at SIEC

Michael (Mickey) Williams retired in May of this year after almost 35 years of service to the cooperative. At the time of his

retirement. Mickey's position was Foreman Oil Filled Equipment. Mickey is looking forward to spending his free time camping, hunting, fishing and traveling.

Replacing Mickey is LaRue Parr. LaRue has been an employee of the co-op since 1981. Prior to his new job he was a Foreman on a Construction Crew.



Enloe A. Clemons, Sr. recently "retired" as Utility Serviceman with more than 27 years of service. Enloe plans to

devote his life to the ministry. He was recently spotted at a local golf course practicing his golf swings and playing several rounds.

Larry Joe Keller has replaced Enloe as Utility Serviceman in the middle portion of the co-op's service area. He has been a cooperative employee since 1984. His most recent position was that of Construction Crew Foreman.

Tom Keller has recently changed positions from that of Utility Serviceman to Construction Crew Foreman. Tom has been employed at the cooperative since 1976.

Taking his place as Utility Serviceman in the south end of our service area is Stanley Treat. Stanley held the position of Journeyman Lineman on a Construction Crew prior to this change.



Office closing Our office will be closed

Monday, September 1, 2003, in observance of Labor Day



MASSAC **PULASKI** JOHNSON **ALEXANDER** UNION

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Most Spam Offers Are Fraudulent, Study Says

A ccording to the latest results of a study by the Federal Trade Commission (FTC), two-thirds of all Spam contains some kind of false information. The FTC says that this is the first extensive review of the likely truth or falsity of claims appearing in unsolicited commercial e-mail (UCE)—also known as spam.

Spam has grown rapidly in the last few years. According to research published in a May 8, 2003, article in USA Today, spam comprised 8 percent of all e-mail in 2001. In 2003, it comprised 54 percent of all e-mail.

In a random sample of 1,000 pieces of UCE examined by the FTC, 66 percent contained false "From" lines, "Subject" lines, or message text. The majority of the spam offers were advertising an investment or business opportunity—work-at-home, franchise, chain letters (20 percent); adult—pornography, dating services (18 percent); or finance—credit cards, refinancing, insurance, foreign money offers (17 percent). All three categories comprised 55 percent of the random spam sample analyzed by the FTC.

According to the results, 96 percent of the spam used to sell business and investment opportunities contained false information, while 48 percent of junk e-mail promoting health services or products and 47 percent of travel/leisure spam contained false information.

In addition, the majority of the spammers marketing pornography didn't let the recipients know that the e-mail contained graphic images.

The FTC study also found that although there are a number of states requiring spammers to begin every subject line with "ADV" to indicate that the e-mail contains an advertisement, only about 2 percent of the messages did so.

This study is on the heels of many efforts by legislators and Internet providers to limit spam. Internet providers such as EarthLink and America Online have come up with various software filters to capture junk e-mail going to their users.

These companies have also filed suit and won lawsuits against spammers. For example, Earthlink won a \$25 million judgment against a Tennessee spammer in July 2002. The state of Virginia just passed a law that makes it a felony to send large volumes of spam with fraudulent return addresses to e-mail servers based in the state.

On the federal level, legislators plan to or have already introduced bills that limit spam. For example, in his anti-spam legislation, Sen. Charles Schumer, D.-NY wants to create a national "no e-mail" list similar to the recently enacted do-not-call lists used to limit telemarketing calls.

Source: FTC; USA Today; Computerworld

Pay your electric bill online!

Save time and energy by paying your electric bill online. You can start by using SIEC's quick and easy bill paying option on our Web site, www.siec.coop.

It will allow you to enter your residential meter reading, calculate your monthly bill, pay your bill by check, VISA, MasterCard or electronic funds transfer (EFT) from your bank account. Just remember to tell the online payment system how you will be paying the bill before you confirm your meter reading. If you have any questions, please call our office.

Your guide to energy savings
Comparing average energy usage of different models
can save you money over the lifetime of an appliance Bv Pam Blair

hen shopping for electrical appliances for your home. don't be fooled by the price tag. The least expensive model may not be the bargain it would seem at first glance. It could cost a fortune to operate—an expense that adds up year after year, for as long as you own the appliance.

While energy-efficient products tend to cost more than their energy-auzzling cousins, the higher initial investment may be offset by lower energy use.

An energy-efficient appliance that costs \$200 more than a less-efficient model—but that results in an energy savings of \$100 a year—will pay for itself in just two vears.

Because most major appliances remain in the home for many years, that makes the more expensive model a far better bargain.

Deciphering energy usage

The energy efficiency of similar appliances can vary significantly. Unfortunately, merely looking at various models won't necessarily reveal the differences.

However, the EnergyGuide can help you comparison shop.

The bright yellow stickers show the highest and lowest energy consumption or efficiency estimates of similar appliance models, based on test procedures established by the Department of Energy (DOE).

This information enables consumers to compare the features, size and energy usage of models they are considering. From "uses least energy" to "uses most energy," a scale shows how a model stacks up against the competition.

Since 1980, the Federal Trade Commission has required the EnergyGuide labels to be displayed on refrigerators, freezers, dishwashers, clothes washers, room air conditioners, water heaters, furnaces, boilers, central air conditioners, heat pumps and pool heaters. Labels are not required on clothes dryers, portable space heaters, kitchen ranges, microwave ovens, lights or on-demand water heaters.

Improving Energy Efficiency

According to the DOE, the EnergyGuide label has helped boost energy efficiency. Refrigerator efficiency has doubled through foam insulation and better condensers. compressors, evaporators, fan motors and door seals. The same things have improved freezers by 52 percent.

Improved spray arms and filtering systems, better wash action, less hot water usage and introduction of an air-dry cycle have boosted dishwasher efficiency by 37 Ddus Tolbert percent.

New coil designs, more efficient compressors and better air circulation systems have improved air conditioners by 29 percent.

Thanks to more rinse options, less hot water in the warm setting, better mixing valves and more effective water extraction, clothes washers are 27 percent more efficient.

Improved fan motors and heat exchangers have boosted furnace efficiency by 21 percent.

Better insulation and improved recovery efficiency have improved water heater performance by 12 to 15 percent.

Efficiency Equals Savings

According to the DOE, through 2000, consumers saved a cumulative \$28 billion and enough natural gas to heat 19 million typical U.S. homes for a year, thanks to energy efficiency standards and labeling programs.

In the year 2000 alone, the standards helped reduce the use of electricity by an amount equivalent to the output of 14 large power plants.

Advances in energy efficiency have meant ongoing financial savings for consumers. According to industry officials, a new energy-efficient refrigerator costs about \$50 less a year to run than a refrigerator manufactured in 1980. New room air conditioners cost about \$26 less a year to run than those of 20 years ago.

Household savings vary based on how much an appliance is used, the climate and local utility rates.

Membership pr

In this month's issue of the JAMUP, we have printed the names of three members of Southern Illinois Electric Cooperative who are eligible to receive a \$10 credit towards their utility bill. If you find your name printed in this center section, and it's not part of the story, call us at the cooperative and tell us your account number and we will apply \$10 toward your next SIEC utility bill.

To claim your prize, call us at (800) 762-1400, ask for Cathy.

Farmers urged to watch for overhead power lines, other electrical hazards

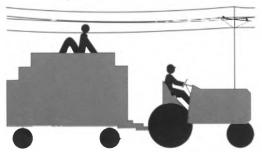
ozens of farm workers are killed by electrocution each year when their farm machines and equipment make contact with overhead power lines. These tragic accidents are preventable.

With harvest season getting underway, Safe Electricity urges farm workers to take note of electrical lines when moving equipment like portable grain augers, oversized wagons and large combines, and to use a qualified electrician for electrical system repairs.

"The rush to harvest can cause farm workers to skip important safety steps," said Molly Hall, Director of Safe Electricity. "Tragic deaths and injuries can be avoided if precautions are taken, like making sure everyone who works on the farm knows the location of power lines and keeps farm equipment at least 10 feet away from them."

"Equipment contacting overhead power lines is the leading cause of farm electrocution accidents in the Midwest," said Bob Aherin, University of Illinois Agricultural Safety Specialist. "Moving portable grain augers poses the greatest risk because those who are the ground moving the equipment would provide a direct path for electricity if there's a contact with overhead wires."

Heads Up When Moving Tall Objects



"Always lower grain augers before moving them, even if it's only a few feet. Variables like wind, uneven ground, shifting weight or other conditions can combine to create an unexpected result." Aherin said.

Farm workers also are advised not to use metal poles when break-

ing up bridged grain inside and around bins and to use qualified electricians for work on drying equipment and other farm electrical systems.

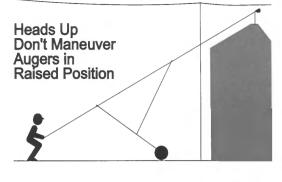
"It's also important for operators of farm equipment or vehicles to know what to do if the vehicle comes in contact with a power line," Hall said. "It's almost always best to stay in the cab, call for help, and wait until the electric utility arrives to make sure power to the line is cut off."

"If the power line is energized and you step outside, your body becomes the path and electrocution is the result," Aherin said. "Even if a power line has landed on the ground, there is still the potential for the area nearby to be energized. Stay inside the vehicle unless there's fire or imminent risk of fire."

In that case, the proper action is to jump - not step - with both feet

hitting the ground at the same time. Jump clear, without touching the vehicle and ground at the same time and continue to shuffle or hop to safety keeping both feet together as you leave the area.

"Like the ripples in a pond or lake, the voltage diminishes the farther out



it is from the source," Aherin said.
"Stepping from one voltage level to
another allows the body to become
a path for that electricity. A large difference in voltage between both feet
could kill you.

"Be sure that at no time you or anyone touches the equipment and the ground at the same time. Never should the operator simply step out of the vehicle—the person must jump clear."

Prevention of electricityrelated tragedies is the goal of Safe
Electricity, a statewide program
created by a coalition of nearly threedozen organizations including Illinois
investor-owned electric utilities, electric cooperatives and the University of
Illinois. All are members of the Illinois
Electric Council (IEC), a non-profit
industry forum, which launched the
safety awareness program last year.

In addition to public service announcements and other out-reach efforts, Safe Electricity has an online electrical safety center, www.SafeElectricity.org. The section on Agribusiness provides tips and detailed information for farm workers. Residential safety, contractor safety and schoolteacher resources and youth games and activities also can be found on the Web site.

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Winning essays of Youth Tour participants

Samaria Bruce and Joey Meyer are the winners from this year's SIEC Annual Youth to Washington Essay Contest. The two students received an all-expense paid trip to Washington D.C in June 2003. Samaria Bruce's essay is printed below.

Joey Meyer's essay will be printed in next month's JAMUP.

The Value of Cooperative Membership

By Samaria Bruce Century High School

"Working together to make a difference." This slogan, popularized by State Farm Insurance in its advertisements, relates closely to today's electric cooperative membership. Cooperation is the practice of joining hands for mutual benefit. One Man's thoughts, with a little assistance from others, can make a difference. Joining together to make amazing things happen truly embodies the spirit of cooperation, and with this, the world becomes a better place. When rural people understood that few others really cared because their lives were suspended from sundown until dawn, they squared off against that harsh reality and took it upon themselves to provide electrical service to our nation's countryside. They soon discovered that they could not take on this prodigious task one at a time. Instead, they needed to link themselves together in sizeable numbers and to collect their individual strengths into an effective unity. This idea of working together provided the foundation for today's cooperative form of business.

One of the major benefits of cooperative membership is providing basic needs that might not otherwise be met. Throughout our history, when there did not seem to be large profits in supplying the products or services vital to a prosperous society, a non-profit coopera-

tive has often stepped in. When urban housing was prohibitively expensive and when electricity was not offered in rural areas, people created co-ops to get the job done. Cooperatives are the locally oriented member-controlled way to serve the requirements of the community. Odds are, we all initiate our day with the products and services of cooperative industry. From the morning news to the fruit juice we drink to the butter on our toast, cooperative are everywhere. Our health care system and our insurance companies are all cooperative businesses. Co-ops offer a unique opportunity for their members to have a voice in how they live and work to build their communities. uueulog phog

Another benefit of cooperative membership is member control. As times revolutionize, new challenges confront each co-op board despite the cooperative's product years ago, or service. When rural areas had no electricity and no possibility of ever receiving it, the REA loan program provide a ray of hope. However, it was local leadership and the efforts of the loyal and dedicated minority that transformed that hope into reality. These men and women provided what no government agency could. The early organizers usually were designated to the board of directors of the new rural electric system, and the board was delegated by the association to make the right decisions, allowing the cooperative to operate efficiently and economically on a non-profit foundation.

The final benefit of cooperative membership is member reimbursement. A cooperative is in business to serve its members in a way that will benefit them. Beyond the product or service itself, one of the most apparent benefits is the return of margins to members in proportion to their use of the co-op products or services. Once a year, a formal accounting determines the cooperative's income and expenses. Income remaining after deducting all expenses is distributed in proportion to patronage. The income in excess of expenses is generated by the members' use of their business and is refunded to them. Cooperatives are in a unique position to bring other benefits to their communities as well. The co-op's sharing of capital credits symbolizes local dollars. Salaries paid to co-op workers increase the local financial system, and as a result, cooperatives promote community leadership and progress.

The spirit of cooperation is what builds the world. Without cooperation, many benefits we enjoy might not have been available to us. From the food we eat to the way we see with light, cooperation is a part of our everyday lives. Cooperative has certainly met the need of their members while allowing them to assume control and enjoy the benefit of being a part of such a unique way of doing business. The cooperative spirit has provided the foundation for pride, progress, and prosperity in the world in which we live, and this is what I certainly would call "working together to make a difference."

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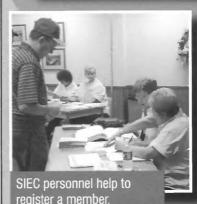
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20033 MILLETING



Standing next to SIEC General Manager, Larry Lovell, (right) are newly re-elected directors, (left to right), Dale Faughn, Massac County; Barbara Pitts, Union County; and G. Robert Imman, PulaskiCounty.









Board President, Barbara Pitts, (center) presente Enloe Clemons (left) a plaque in honor of his 27 years of service and early retirement from the cooperative.

UNION





Larry Lingle, Director of Operations and Maintenance, congratulates Perry Dailey, Utility Serviceman in Massac County, who received a watch for his 25 years of service to the cooperative.

Help keep your lineman safe

n electrical lineman's job is one of the toughest in the business of providing you electricity. AClimbing poles and stringing electric wires in all kinds of weather and dealing with electrical hazards are serious matters.

You can help make the lineman's job safer by following these simple suggestions:

- Don't hang birdhouses, basketball goals or satellite dishes on electrical poles. The lineman will have a hard time climbing around them, even though you think they're perfectly
- Don't landscape around poles with flower boxes or birdhouses. Keep the area free of obstacles.
- Don't hang or post signs on utility poles. These could cause the lineman to slip while climbing.
- Don't use electrical equipment for your target practice. The damage done not only could harm you, but also could cause an outage affecting hundreds of people.

Also, when the opportunity comes, let a lineman know you appreciate his efforts. aurjam jarujim



In this month's issue of the JAMUP, we have printed the names of three members of Southern Illinois Electric Cooperative who are eligible to receive a \$10 credit towards their utility bill. If you find your name printed in this center section, and it's not part of the story, call us at the cooperative and tell us your account number and we will apply \$10 toward your next SIEC utility bill.

To claim your prize, call us at (800) 762-1400, ask for Cathy.

Be careful on the farm

any farm workers are killed each year when their farm equipment makes contact with overhead power lines. These tragic accidents are preventable. Before heading back into the fields, Safe Electricity urges farm workers to review farm activities and work practices that take place around power lines.

Make sure everyone who works on the farm knows the location of power lines and keeps farm equipment at least 10 feet away from them," said Molly Hall, director of Safe Electricity. "Keep in mind, the minimum 10-foot distance is a 360° rule — below, to the side and above lines. It may take a little more time, but ensuring proper clearance can save lives."

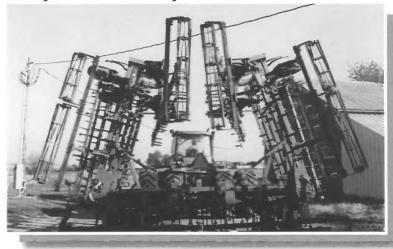
"Many farm electrical accidents that involve power line contact happen when loading or preparing to transport equipment to fields, or while performing maintenance or repairs on farm machinery near power lines," notes Bob Aherin, University of Illinois Agricultural Safety Specialist. "It can be difficult to estimate distance and sometimes a power line is closer than it looks. A spotter or someone with a broader view can help."

Today's larger farms require transporting tractors and equipment to fields several miles away. Before transit, avoid raising the arms of planters, cultivators or truck beds near power lines.

Be aware of increased height when loading and transporting larger modern tractors. Also, many tractors are now equipped with radios and communications systems and have antennas extending from the cab to fifteen feet above the ground that could make contact with power lines.

Some other equipment safety considerations:

- Always lower portable augers or elevators to their lowest possible level - under 14 feet- before moving or transporting; use care when raising them.
- When moving large equipment or high loads near a power line, always use a spotter, or someone to help make certain that contact is not made with a line.
- Never attempt to raise or move a power line to clear a path!



As in any outdoor work, be careful not to raise any equipment such as ladders, poles or rods into power lines. Remember, non-metallic materials such as lumber, tree limbs, tires, ropes and hay will conduct electricity depending on dampness and dust and dirt contamination. Do not try to clear storm-damage debris and limbs near or touching power lines or near fallen lines.

The overhead electric wires aren't the only electrical contact that can result in a serious incident. Pole guy wires are grounded to neutral; but, when one of the guy wires is broken, it can cause an electric current disruption. This can make those neutral wires anything but harmless. If you hit a guy wire and break it, call the utility to fix it. Don't do it yourself. When dealing with electrical poles and wires, always call the electric utility.

"It's also important for operators of farm equipment or vehicles to know what to do if the vehicle comes in contact with a power line," Hall said. "It's almost always best to stay in the cab and call for help. Warn others who may be nearby to stay away and wait until the electric utility arrives to make sure power to the line is cut off."

"If the power line is energized and you step outside, your body becomes the path and electrocution is the result," Aherin said. "Even if a power line has landed on the ground, there is still the potential for the area nearby to be energized. Stay inside the vehicle unless there's fire or imminent risk of fire."

In that case, the proper action is to

jump – not step – with both feet hitting the ground at the same time. Do not allow any part of your body to touch the equipment and the ground at the same time. Continue to shuffle or hop to safety, keeping both feet together as you leave the area.

Once you get away from the equipment, never attempt to get back on or even touch the equipment. Many electrocutions occur when the operator dismounts and, realizing nothing has happened, tries to get back on the equipment.

Farmers may want to consider moving or burying power lines around buildings or busy pathways where many farm activities take place. If planning a new building or farm structure, contact your power supplier for information on minimum safe clearances from overhead and underground power lines.

For more information on farm/home electrical safety, visit www.SafeElectricity.org. Spanish versions of farm electric safety information are also available on this web site.

Safe Electricity is a statewide electrical safety public awareness program. The program was created by a coalition of nearly three dozen organizations including the University of Illinois, rural electric cooperatives, and investorowned electric utilities from throughout the state. All are members of the Illinois Electric Council, a not-for profit organization dedicated to promoting electric safety and efficiency. USJEM IJOSSNY Source: www.SafeElectricity.org

Southern Illinois Electric Cooperative

7420 U.S. Highway 51 South • P.O. Box 100 • Dongola, Illinois 62926 (618) 827-3555 • Office hours: 8 a.m. — 4 p.m. • Web address: www.siec.coop

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Winning essays of Youth Tour participants

Joey Meyer and Samaria Bruce are the winners from this year's SIEC annual Youth to Washington Essay Contest. The two students received an all-expense paid trip to Washington D.C. in June 2003. Joey Meyer's essay is printed below.

Samaria Bruce's essay was printed in last month's JAMUP.

The Value of Cooperative Membership

By Joey Meyer Century High School

■once was reading a book, which included the line, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that can." This is true, because if you look at the people who developed the Rural Electric Administrations, you would see that they were not the most significant people in the world, but they were certainly committed to a cause. The people who lived in the big cities did not care about these people who had no electricity, but the small group of committed citizen in the rural area did. They were tired of working by candlelight, and they kept on wishing that the electric companies would electricity their way to the rural communities. In 1935 their dreams and wishes became a reality when President Roosevelt signed the Emergency Relief Appropriation Act, which included rural electrification as one of eight categories of projects for funds. At that time, their wishes were granted. Rural electric cooperatives provide unique values to their members by their involvement, their control, and the benefits they offer to those whom they serve.

One of the distinguishing features of cooperatives is member involvement. Prior to 1935, just ten percent of our na-

tion's countryside had electricity in their homes. Companies providing electricity were, for the most part, investor-oriented firms where making a profit was imperative, and providing electricity to rural America was clearly unprofitable. Therefore, rural America was in the dark until 1935 when President Roosevelt's executive order established the Rural Electrification Administration. Then, in 1936 the executive order was signed into law. With this new means of financing and the hard work of many rural Americans, rural electrification became a reality. It happened, in time, the cooperative way, and this form of involvement clearly made all of the difference for the beginnings of rural electrification.

Member control is another strong differentiating characteristic of cooperatives. Certainly the early co-op boards of directors in the rural electrification program had a great responsibility to see that their co-ops got off to promising starts. Today, board members of coops continue to display commitments on behalf of their fellow members. Coop members influence the way in which a cooperative is managed by electing a board of directors to act on their behalf. There is always member representation reflected in co-op management since the boards of directors, elected by members' votes, shape the policy for the co-op. The manager of a cooperative, which is elected by the members,

also manages the directions of the board. Member control has its responsibilities, but if members do their share in making their cooperatives succeed, they will be part owners of a going business that will yield constantly increasing benefits to them and their neighbors. Attend the annual meeting, help elect your board of directors, have a voice in the success of your cooperative, and your cooperative will become invaluable to you and your community.

A cooperative is in business to serve its members in a way that will benefit them. Beyond the product or service itself, one of the most apparent benefits is the return of margins to members in proportion to their use of the co-op products or services. Once a year, a formal accounting determines the cooperative's income and expenses. Income remaining after deducting all expenses is then distributed in proportion to patronage. The income in excess of expenses is generated by the members' use of their business and is refunded to them. These refunds to cooperative members are called patronage refunds or, in rural electric system, capital credits. They are often "reinvested" in the co-op. Cooperatives are in a unique position to bring other benefits to their communities as well. The cooperatives distribution of capital credits represents local dollars. Salaries paid to coopera-

(Continued on 16b)

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(Continued from 16a)

tive employees fuel the local economy and foster community leadership.

The value of cooperatives was set forth by the involvement of the small group of committed citizens in need of electricity. In 1935, their commitment convinced President Roosevelt to sign an executive order establishing the Rural Electrification Administration. With members controlling the cooperative, the people on the cooperative's board of directors will always work for and

be appreciative of their members. With member involvement and control of the cooperative, there come benefits of patronage refunds, local dollars, and community leadership. As we nonchalantly flip the switch to turn on a light in our homes today, we should never fail to remember the small group of committed citizens who cooperated to living electricity to rural America, as well as the many values the cooperative is still offering to our daily lives. 19/9 (1)

Zoning your home for energy savings

An inefficient heat pump or furnace can cost you a lot of money during cold weather, especially if you use it to heat rooms that you don't always use. Zone-heating is one way to save energy and money by heating just the areas you need. It works especially well during spring and fall when your central heating system provides more heat than you need.

This zone-heating strategy is only effective if you understand the strategy and are willing to manage your heating system. The trick is to provide a small radiant or base-board electric heater in a "warm room" like a living room or kitchen. This allows you to reduce the use of your central heating system.

When only a few family members are home, use zone heat in the rooms you use the most, while setting your central thermostat down to a lower and more economical temperature. Zone heating is best provided by permanently installed hard-wired electric heaters, though a portable heater is acceptable if it is used properly and has built-in safety features. Bathrooms can be equipped with a small radiant heater or heat lamp to provide comfort there.

Beware of cheaper and older portable electric room heaters, which are often not safe because of their red-hot elements and limited safety features. If you do use portable heaters, follow these safety guidelines.

- Use new room heaters with a tip-over switch to avoid fires.
- Don't use extension cords with portable heaters. **House Barney**
- Make sure that you have a properly functioning smoke detector.

A final improvement is to install a programmable clock thermostat to control your central heating system. You can set this to provide a comfortable temperature throughout the house when everyone is home. This thermostat setting varies according to the energy-efficiency of the house, but it shouldn't be above 70°F. A programmable thermostat can then set the temperature back to a minimum of 50°F to 60°F at night or when most of the family is away at school and work. You can then leave your central system set to this lower level while you take advantage of zone heat provided in your warm rooms. Source: John Krigger, Saturn Resource Man-

agement (www.residential-energy.com)

SIEC will be closed Tuesday, November 11 for Veterans Day and will be closed Thursday, November 27 and Friday, November 28 for the Thanksgiving Holiday.

MEMBERSHIP PRIZE

In this month's issue of the JAMUP, we have printed the names of three members of Southern Illinois Electric Cooperative who are eligible to receive a \$10 credit towards their utility bill. If you find your name printed in this center section, and it's not part of the story, call us at the cooperative and tell us your account number and we will apply \$10 toward your next SIEC utility bill.

To claim your prize, call us at (800) 762-1400, ask for Cathy.

Holiday food safety tips

Part of the excitement of the holidays is getting together with family around a dispertable by family around a dinner table laden with a traditional feast. Unfortunately, ill prepared foods can ruin more than a holiday spirit—they can cause serious illness and even death. Here are some tips from the Center For Science In The Public Interest on how to enjoy foods safely.

If you are planning to prepare a turkey for your holiday feast, take time to do it properly. Before buying your turkey, make room in your refrigerator and find a platter big enough to put the uncooked turkey on so any leaking juices won't contaminate other foods. If you are combining food shopping with other holiday shopping, make the grocery store the last stop so food will not be left in the car while you are searching for the perfect gifts and

battling the long lines.

When preparing your holiday turkey, keep in mind these following tips. The safest way to defrost your turkey is in the refrigerator, but you need to allow 24 hours of defrosting for every four pounds of turkey. For Thanksgiving, that means a 20-pound frozen turkev needs to start defrosting on Saturday, Another defrosting method is cold water. Turkeys wrapped in leak-proof plastic can be defrosted in cold water, but the water should be changed every 30 minutes and allow 30 minutes of defrosting per pound of turkey. And don't defrost the turkey on the counter. Also, a microwave is too small for most turkeys, but if using one, cook the turkey as soon as it is thawed and after removing any plastic wrapping. If you decide to buy a fresh turkey, buy it only one to two days before you plan to cook it. Don't forget to remove the neck and giblets from the turkey.

When cooking a turkey, use a meat thermometer. Even if the turkey has a "pop-up" thermometer, it's a good idea to check the temperature with a conventional meat thermometer. Set the oven no lower than 325°F and cook the turkey to 180°F, taking the

reading in the thick part of the thigh.

Maybe with the holiday rush you opted for pre-cooked holiday meals from a local store. Be sure to keep the turkey and other hot foods at 140°F or above if you will be eating them within two hours of picking them up. Other cold foods such as salads should be kept in the refrigerator below 40°F until you are ready to eat them. If you will be eating dinner more than two hours later, you should dismantle your feast, refrigerate and reheat it in the same manner as with leftovers.

Stuffing can be contaminated by bacteria from eggs and shellfish in the stuffing or by the turkey itself. If preparing the stuffing ahead of time, wet and dry ingredients should be refrigerated separately and mixed just before cooking. The safest way to cook stuffing is on the stove or in the oven, but separate from the turkey. If cooking the stuffing inside the bird,

loosely stuff the turkey just before you stick it in the oven with 3/4 cup stuffing per pound of turkey. Use a meat thermometer to make sure the center of the stuffing reaches 165°F.

Avoid pre-stuffed fresh turkeys.

Holiday drinks like cider and eggnog are traditionally nonpasteurized. They may contain bacteria harmful for the elderly or young or those with weakened immune systems; buy pasteurized versions. If you are unsure if the cider is pasteurized, mull the cider by heating it to 160°F or boiling it if you don't have a thermometer. Then serve it warm or cold. If you want to make your own eggnog, use pasteurized egg products or whole eggs safely by gradually heating the egg-milk mixture to 160°F or until it coats a metal spoon.

Although you might not feel like doing much after a big meal, it is very important that you refrigerate or freeze leftovers within two hours of cooking the food. Bacteria multiply fastest at warm temperatures in the range between 40°F and 140°F. Therefore, leaving cooked food at room temperature is an invitation for bacteria like Clostridium perfringens and Staphylococcus aureus to grow in your food. If cooked food has been left out for more than two hours, throw it away. Reheating will not destroy the toxin produced by Staphylococcus aureus nor the spores of Clostridium Philip E. Jones sanot .3 diling

It is important to wrap each dish separately, like turkey and stuffing. Use the leftovers within four days, except stuffing and gravy, which should be used within two days. If that is an impossible feat, freeze the leftovers in shallow containers. If reheating leftovers, heat them to 165°F and boil soups, sauces and gravies. Source: Butterball, cspinet.org

Abandoned property for year 1998 To send to the state of Illinois in 2004 Checks were either uncashed or returned

Shawn R. Holbrook 4209 Keener DR Salem IL 62881

Scott G. Martin 80 Turkey LN Apt 3 Metropolis IL 62960

Aimee M. Lefevre 1908 Dornbush RD Brookport IL 62910 Louis Pearcy Rt 1 Box 104 Brookport IL 62910

Carl Rainbolt 8475 State RT 146W Buncombe IL 62912

Rhonda G. Robertson 7705 Ware-Wolf Lake RD 803 Sneed RD Wolf Lake IL 62998

Steve L Whitesell P 0 Box 632 Metropolis IL 62960

Wendell Wickward 6968 Walnut Ridge RD Grantsburg IL 62943

Donald E Boaz Carbondale IL 62901 Sharon Irene Ford RT 1 Box 303 Atlanta IL 61723

Ruth Ann Hopper P 0 Box 262

Robert E. Insco 28 N Bankson RD Pulaski IL 62976

8840 State RT 3N Wolf Lake IL 62998

Christine Pretkel 3125 S Rocky Comfort RD Rt 1 Box 303 Metropolis IL 62960 Makanda IL 62958

> Dawn M. Roberts 2141 3 RD Ave Terre Haute IN 47080

Lonnie Russell 2850 Oak Grove RD Vienna IL 62995

Pamela R. Tharp Brookport IL 62910

Randy Wilke 1428 Rolling Hills RD Karnak IL 62956

If your name appears on this list, please contact Loraine McGee at (800) 762-1400 or on the Internet at almcgee@siec.org.

New government Web site has many tips for saving on your energy bills

The Department of Energy has launched a new Web site at www.eere.energy.gov/consumerinfo/energy_savers as part of its new Smart Energy campaign to help consumers conserve energy.

A new Web site sponsored by the Department of Energy shows consumers how to save money on their energy bills this winter. The Web site is part of the federal government's Smart Energy Campaign launched this summer to help consumers conserve energy and decrease demand for

dwindling natural gas supplies.

"The demand for natural gas is growing faster than producers can get it out of the ground and ship it out to consumers," Secretary of Energy Spencer Abraham said when kicking off the Smart Energy Campaign.

"America's natural gas shortage effects everyone; from senior citizens, living on fixed incomes, to small business owners trying to keep the lights on," Abraham added. "Conserving energy in the home saves consumers money today while also

helping ensure abundant energy supplies in the future."

To see energy saving tips, go to www.eere.energy.gov/consumerinfo/energy_savers. The site recommends a whole-house energy efficiency plan, which asks consumers to think about their home as energy system with interdependent parts. The Web site has dozens of energy efficiency tips for your home. Source: Department of Energy

Decorate safely for the holidays

Each year, hospital emergency rooms treat about 12,500 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees. Christmas trees are involved in about 300 fires annually, resulting in 10 deaths, 30 injuries and an average of more than \$10 million in property loss and damage.

The Consumer Product Safety Commission suggests following these tips to make your holiday a safe one:

TREES:

When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.

When purchasing a live tree, check for freshness. A fresh tree is green and needles are hard to pull from branches and do not break when bent between your fingers. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

When setting up a tree at home, place it at least three feet away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways with the tree.

LIGHTS:

Indoors or outside, use only lights that have been tested for safety by a rec-

ognized testing laboratory, which indicates conformance with safety standards. Use only lights that have fused plugs.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets. Always replace burned-out bulbs promptly with the same wattage bulbs.

Use no more than three standard-size sets of lights per single extension cord. Make sure the extension cord is rated for the intended use.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted. Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

Stay away from power or feeder lines leading from utility poles into older homes.

Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).

Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.

Use caution when removing outdoor

holiday lights. Never pull or tug on lights
—they could unravel and inadver-

tently wrap around power lines.
Outdoor electric lights and
decorations should be plugged
into circuits protected by ground
fault circuit interrupters (GFCIs).
Portable outdoor GFCIs can be
purchased where electrical sup-

plies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.

DECORATIONS:

Use only non-combustible or flameresistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.

Never use lit candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.

In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.

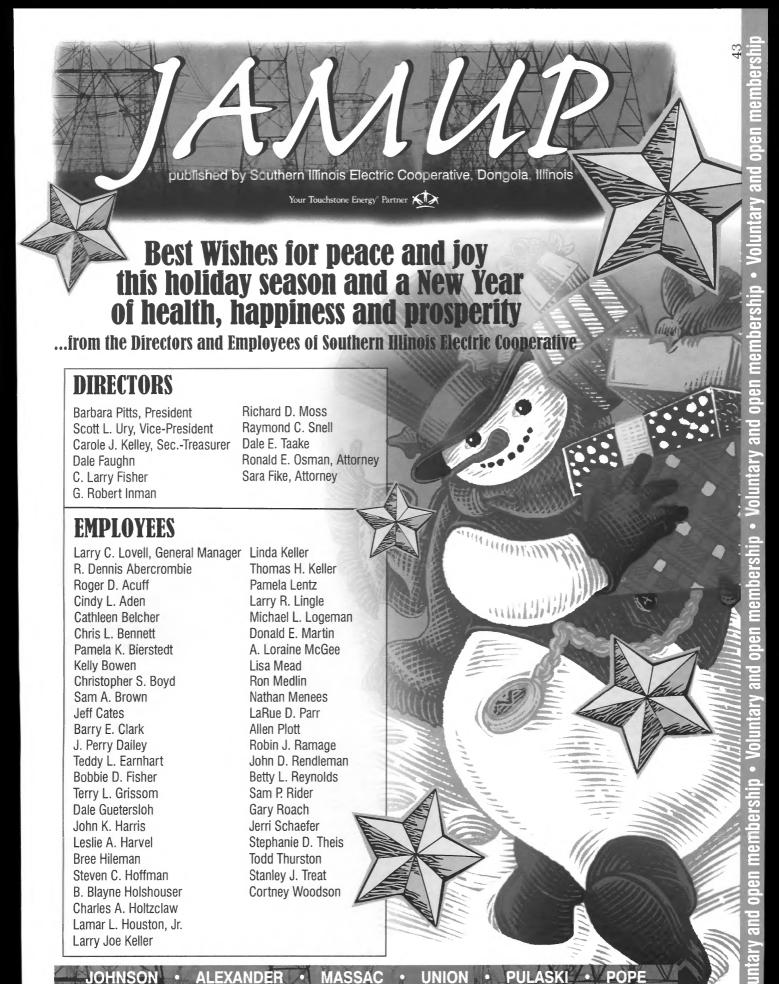
Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair."

Source: Consumer Product Safety Commission

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Students encouraged to apply for 2004 IEC Memorial Scholarship



or the ninth consecutive year the Illinois electric cooperatives will award \$1,000 academic scholarships to high school seniors. The four scholarships are being awarded through the Illinois Electric Cooperative (IEC) Memorial Scholarship Program. Through Southern Electric Cooperative, children of electric cooperative members may apply.

High school seniors pursuing a college education in the state of Illinois are eligible to participate in the program. Three of the four scholarships will be awarded to the child of an electric cooperative member. The other \$1,000 award will go to the child of an electric cooperative director or employee. Deadline for applications to be returned to the cooperative is January 1, 2004.

"The purpose of the scholarship program is to assist electric cooperative youth while honoring past rural electric leaders

through memorial gifts," said Larry Lovell, General Manager of Southern Electric Cooperative. "Southern Electric Cooperative and the other Illinois electric cooperatives want to make a difference in their communities. One of the best ways we can do that is by lending a hand to our youth."

Candidates are judged on the basis of grade point average, college entrance exam scores, work and volunteer experience, school and civic activities, and a short essay that demonstrates their knowledge of electric cooperatives.

The IEC Memorial Scholarship program was established in 1994 by the board of directors of the Association of Illinois Electric Cooperatives. Individuals wanting to apply for the scholarship or needing further information should call SIEC at (618) 827-3555, or contact your local high school guidance counselor. 141110 14113

HOLIDAY CLOSING NOTICE

Thursday, December 25, 2003, for Christmas and Thursday, January 1, 2004, for New Year's Day.



MEMBERSHIP PRIZE

In this month's issue of the JAMUP, we have printed the names of three members of Southern Illinois Electric Cooperative who are eligible to receive a \$10 credit towards their utility bill. If you find your name printed in this center section, and it's not part of the story, call us at the cooperative and tell us your account number and we will apply \$10 toward your next SIEC utility bill.

To claim your prize, call us at (800) 762-1400, ask for Cathy.



The following words are alternate titles for several well-known Christmas songs. Fill in the proper title in the space provided.

- 1. Quadruped with crimson proboscis
- 2. Nocturnal time span of unbroken quietness
- 3. Small municipality in Judea southeast of Jerusalem
- 4. Ancient benevolent despot
- 5. Exuberance directed to the planet
- 6. Listen, aerial spirits produce harmonious sounds
- 7. Trio of monarchs
- 8. Yonder in the hay rack
- 9. Cherubim audited from aloft

JOHNSON

10. Assemble, everyone who believes

- 11. Hollowed Post Meridian
- 12. Fantasia of a colorless December 25
- 13. A dozen 24-hour Yule period
- 14. Befell during the transparent bewitching hour
- 15. Homo Sapien of crystallized vapor
- 16. Desire a pair of incisors on December 25
- 17. I spied my maternal parent osculating
- 18. Perambulating through a December solstice fantasy
- 19. Embellish the interior passageways
- 20. Tin tintinnabulums
- 21. Expectation of arrival to populated area by mythical masculine perennial gift-giver
- 22. Tranquility upon the terrestrial sphere
- 23. Diminutive masculine master of skin covered percussionistic cylinders
- 24. Natal celebration devoid of color
- 25. Omnipotent Supreme Being who elicits respite to ecstatic distinguished males

Answers on page 16d

'Tis the season for safety

Leep your holidays merry and bright by using electric lights and decorations safely. Live Christmas trees and the fresh smell of pine are holiday traditions in many households, but they can also be a safety hazard.

"Your home is more likely to be the scene of an accidental fire around the winter holidays than at any other time of the year. The American Red Cross attributes nearly 600 fires a year to Christmas trees alone," says Ron Medlin, Southern Illinois Electric Cooperative's Director of Member Services.

Dry needles and electric lights can be a fire hazard, and here are some guidelines for holiday safety –

- When you bring a live tree home, saw an inch off the bottom of the tree. Trees form a seal over any cuts, and that means it can't absorb much water. A fresh cut allows a tree to drink. aufology
- Put your tree in the largest stand you can find. Most tree

ALEXANDER •

holders are too small to hold enough water.

• Turn off Christmas tree lights when you leave home or go to bed.

• Buy lights labeled by Underwriters Laboratories or another testing agent.

Artificial trees can also pose a fire hazard if not decorated safely.

For instance, never put electric lights on a metal Christmas tree and always place space heaters at least three feet away from anything combustible, including your holiday tree.

If you follow these simple safety rules, you and your family should have a safe and merry holiday season.

ost tree and merry holiday season.

MASSAC • UNION • PULASKI • POP

netwelve stains of Christmas

'Tis the season for entertaining, and with the tinsel and merriment come spills and stains. Try these tips from Whirlpool Institute of Fabric Science experts to handle every drip and drizzle of the Twelve Stains of Christmas.

candles dripping

Scrape off excess wax with a dull knife. Place stain between paper towels. Press with a warm iron from back of fabric. Then, place stain face down on clean paper towels and sponge with a dry-cleaning solvent. Air-dry and launder as usual. If traces of color remain, launder again using bleach (chlorine or color-safe) according to fabric kent R. Howerton . Rent R. Howerton

auntie's kissing

To remove lipstick, scrape fabric stain with a dull knife. Use a dry-cleaning solvent or pretreat with detergent or stain treatment. Wash in warm water. Air-dry.

chocolates melting

Pretreat with a liquid laundry detergent or soak fabric in warm water using a detergent containing enzymes. Difficult stains may require using bleach safe for the garment.

toasts-a-tipping To remove wine, rinse in cold water to dilute stain. Soak up to 30 minutes in detergent, weighted with a towel to keep submerged. Launder in hottest water safe for fabric and color. Air-dry and repeat if necessary.

hosts perspiring

Dampen stain with warm water and rub with bar soap. Luander in hot water with chlorine bleach, if safe for fabric. Note: If perspiration has changed the color of a fabric, apply ammonia to fresh stains or vinegar to old stains and rinse. Launder in the hottest water safe for fabric and color.

fruits a-falling

Rinse in cold water to dilute stain. Soak up to 30 minutes in detergent, weighted with a towel to keep submerged. Launder in warm water. Air-dry and repeat if necessary.

cups of coffee, tea or pop

To remove coffee, tea or soda pop, sponge or rinse stain promptly in cold water. Pretreat with liquid laundry detergent, launder using bleach (chlorine or color-safe) and hottest water safe for fabric.

candy canes

To remove colored candy stain, rinse in warm water to dilute stain. Wash in warm to hot water and dry as usual.

meat slices

To remove grease or cooking oil, use a dry-cleaning solvent or pretreat with a laundry product by rubbing into stain until saturated. Wash in warm to hot water. Air-dry and repeat if necessary.

trees a-tipping

To remove tree sap, use dry-cleaning solvent and then wash in detergent in warm to hot water. Dry and repeat if necessary.

upset eggnogs

to remove milk or other dairy products, rinse in cold water to dilute stain. Soak up to 30 minutes with detergent, weighted with a towel to keep submerged. Wash in warm to hot water and air-dry.

And one gravy boat splashing 'round Scrape off excess with a dull knife if dried. Pretreat: 1) soak with a laundry product containing enzymes or 2) rub with liquid laundry detergent or paste of powder laundry detergent and water. Launder and dry as usual.

Christmas song name game

- 1. Rudolph the Red Nosed Reindeer
- Silent Night
- Oh Little Town of Bethlehem
- 4. Good King Wenceslas
- Joy to the World
- 6. Hark the Herald Angels Sing
- We Three Kings
- Away in a Manger
- Angels We Have Heard on High
- 10. Oh Come All Ye Faithful
- 11. Oh Holy Night
- 12.1'm Dreaming of a White Christmas 24. White Christmas
- 13. The Twelve Days of Christmas
- 14. It Came Upon a Midnight Clear

- 15. Frosty the Snowman
- 16. All I Want for Christmas is My Two Front Teeth
- 17.1 Saw Mommy Kissing Santa Claus
- 18. Walking in a Winter Wonderland
- 19. Deck the Halls
- 20. Silver Bells
- 21. Santa Claus is Coming to Town
- 22. Peace on Earth
- 23. Little Drummer Boy
- 25. God Rest Ye Merry Gentlemen

Southern Illinois Electric Cooperative

7420 U.S. Highway 51 South • P.O. Box 100 • Dongola, Illinois 62926 • (618) 827-3555 Office hours: 8 a.m. — 4 p.m. • Web address: www.siec.coop

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