

## 2010 IEC Memorial Scholarships Available for High School Seniors

Shelby Electric Cooperative President & CEO James Coleman is pleased to announce for the fifteenth consecutive year the Illinois electric cooperatives will award academic scholarships to high school seniors.

Seven scholarships of \$1,250 each will be awarded in 2010 to eligible high school seniors through the Thomas H. Moore Illinois Electric Cooperatives (IEC) Memorial Scholarship Program.

Four scholarships will be awarded to students who are the sons or daughters of an Illinois electric cooperative member receiving service from the cooperative. A fifth scholarship, the Earl W. Struck Memorial Scholarship, will be awarded to a student who is the son or daughter of an Illinois electric cooperative employee. The sixth and seventh scholarships are reserved for stu-



dents who are the sons or daughters of Illinois electric cooperative members, employees or directors enrolling full-time at a two-year Illinois community college.

"We hope to assist electric cooperative youth while honoring past rural electric leaders with this scholarship," says Coleman. Shelby Electric Cooperative and the other Illinois electric cooperatives are

always seeking ways to make a difference in our communities. One of the best ways we can do that is by helping our youth through programs like this one."

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. Applications must be returned to the cooperative by January 1, 2010.

Blake Durbin (2004) and Jason Barker (2008) were recent recipients from Shelby Electric Cooperative's service area.

Applications and guidelines can be obtained from high school guidance counselors, the cooperative's website: [www.shelbyelectric.coop](http://www.shelbyelectric.coop) or by calling Marla Eversole at the cooperative at 217-774-3986. You can also contact us by sending an e-mail to [scholarship@shelbyelectric.coop](mailto:scholarship@shelbyelectric.coop).



### Energy Efficiency

### *Tip of the Month*

Only 20 percent of homes built before 1980 are properly insulated. You can increase the comfort of your home while reducing heating and cooling needs up to 10 percent by investing in proper insulation and sealing air leaks. Visit [TogetherWeSave.com](http://TogetherWeSave.com) to take the energy savings home tour.

Source: U.S. Department of Energy

# Offices Closed

Your cooperative offices will be closed Wednesday, November 11 for Veteran's Day and on Thursday and Friday, November 26 and 27 for Thanksgiving.

Be thankful for the freedoms we have and tell a Veteran "Thank You" for their service to our country on Veteran's Day.

# SHELBY News

Your Touchstone Energy® Partner 

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www.shelbyelectric.coop**

**Office Hours:  
7:30 a.m. - 4:30 p.m.**



# ENERGY STAR TELEVISIONS

Are visions of a new, large screen television dancing in your head?



We know it is only November but many people are already thinking about Christmas shopping. If you are thinking about buying a big screen television, you may want to skip the Christmas sales and wait until May to make this purchase. The United States Environmental Protection Agency (EPA) has raised the requirements for Energy Star rated televisions. The televisions that will meet the new Energy Star requirements will not be available until May 1, 2010.

To earn the Energy Star label the new televisions must use less energy when turned on, ensure a satisfac-

tory level of brightness and reduce the energy needed when downloading program guide information. The new requirements for 46 and 50 inch screens should provide almost 50 percent in energy savings over conventional models of the same size.

It is predicted that more than 19 million televisions with screens larger than 40 inches will move into American homes in 2010. Shelby Electric Cooperative recommends Energy Star rated televisions for energy conservation and savings.

For more information visit:  
[www.energystar.gov](http://www.energystar.gov)

# OUTAGE REPORT

LINE OUTAGES				
DATE	HOURS	SUBSTATION	CAUSE	MEMBERS AFFECTED
9/1/2009	1.50	Pana	Vehicle	105
9/5/2009	2.45	Velma	Trees	58
9/8/2009	0.10	Taylorville	Planned work	78
9/19/2009	1.00	Taylorville	Vehicle	104
9/21/2009	2.00	Moweaqua	Equipment failure	78
9/27/2009	2.02	Velma	Broken conductor	58
9/28/2009	2.30	Velma	Vehicle	422

# REAL LIFE REAL POWER

**H**ave yourself a merry little Christmas ... and save electricity by using Energy Star qualified light strings! According to the Energy Star website, Americans could save over 2 billion kWh per year if all decorative light strings sold in America this year were Energy Star qualified!!

Many Energy Star qualified decorative light strings feature light emitting diodes (LEDs). The amount of electricity used by one 7-watt incandescent bulb could power 140 LEDs. That is enough lights for two, 24-foot light strings!

In addition to using less electricity, LED lights have other advantages over incandescent bulbs:

- LED holiday lights last longer.

Their operational life is approximately 20,000 hours compared to 3,000 hours from a 7-watt incandescent bulb.



*Using six strings of 24, 7-watt incandescent bulbs for six hours per day for 30 days will add approximately \$20 to your electricity bill.*

- LED holiday lights are cooler; reducing the risk of fire and personal injury.
- LED holiday lights are more durable with the lamp shade typically made of plastic rather than glass.
- It is safer to connect multiple strings of LED lights together without overloading the circuit because they use less power.

Sources:

[www.energysavers.gov](http://www.energysavers.gov)

[www.energystar.gov](http://www.energystar.gov)



## Shelby Linemen Attend 2nd Year Apprenticeship Training

**S**helby Electric Cooperative Apprentice Linemen Andy McDonald and Ryan Musser, both from Shelbyville, attended a lineman training class for second year apprentice linemen at Lincoln Land Community College in Springfield September 21-25.

The school was hosted by the Association of Illinois Electric Cooperatives (AIEC) as part of an overall lineman safety/training program. Roger Larkin, manager of lineworker and apprentice development for the AIEC, says, "The linemen first learned the proper use of protective apparel. They learned the proper and safe methods for installation of crossarms, insulators, lightning arrestors and transformers. They also learned how to perform pole and bucket truck rescues."

Lineman Thad France out of the Taylorville outpost and Foreman Kris Koehler from Shelbyville were instructors for the school.

Shelby Electric Cooperative is a member of Touchstone Energy — an alliance of more than 690 local, consumer-owned electric utilities around the country. Shelby Electric is committed to providing superior service based on four core principles: integrity, accountability, innovation and commitment to community. The co-op serves more than 9,805 members over 2,233 miles of line in parts of Christian, Cumberland, Effingham, Fayette, Macon, Montgomery, Moultrie, Sangamon and Shelby counties. For more information visit [www.shelbyelectric.coop](http://www.shelbyelectric.coop).



*Andy McDonald and Ryan Musser recently attended apprentice linemen training.*

# Thanksgiving Day Safety Tips

**T**hanksgiving is a holiday that brings friends and family together to share a good meal, conversation and laughter. Thanksgiving also comes with several health hazards, including an increased chance of fires, food poisoning and choking. Take a few minutes to review these Thanksgiving Day safety tips and enjoy the holiday without worry.

## Fire

The U.S. Fire Administration reports that more than 4,000 fires occur on Thanksgiving Day. The average number of cooking fires doubles on the holiday. In addition to installing a fire detector in the kitchen, there are several easy ways to avoid fires:

Don't leave the kitchen while frying and grilling. Use a timer and check on food often when simmering, baking, broiling and roasting. If deep-frying a turkey, keep the fryer outside, away from walls, fences and other structures. Also keep the fryer away from moisture to avoid burns from steam and spattering oil.

## Turkey

Eating undercooked turkey is another Thanksgiving health problem. If a turkey is thawed at a temperature above 40 F, salmonella or other bacteria that cause food poisoning can grow.

Safely cooking a turkey starts with correct defrosting. There are three methods for safe defrosting. The turkey can be thawed in the refrigerator – one day for every 5 lbs. of the bird. The turkey can be submerged in water if it is in leak-proof packaging – 30 minutes for every pound. The water should be changed every half hour. It's also safe to defrost a turkey in a microwave. Remove any packaging and follow the manufacturer's instructions.

With all three methods it's important to cook the turkey immediately after thawing. Don't slow cook or partially cook the turkey. When cooking the turkey, check the temperature with a meat thermometer to determine if it's done. Even if the turkey came with a pop-up thermometer, it's necessary to check the innermost part of the thigh and wing, and the thickest part of the breast. The turkey needs to be at least 165 F including the stuffing.

Let the turkey rest before carving as this gives the juices time to set.

## Choking

The most common cause of choking is talking while eating. If a person is unable to cough, breathe or speak, the first thing to do is call 911. Next, the Red Cross recommends a technique called FIVE-and-FIVE for choking victims.

The first step is giving the choking victim five sharp blows on the back, using the heel of the hand. If the obstruction is not dislodged by this move, the next step is to give the victim five quick, upward abdominal thrusts.

Some people leave the table when they start choking. It's important to stay with other people so they can receive assistance. If the victim is alone, they can give themselves the five abdominal thrusts using their hands or by pressing their abdomen firmly against the back of a chair.

## Leftovers

Eating Thanksgiving leftovers that have been improperly stored can also lead to food poisoning. Leftovers, in-



cluding pumpkin pie, need to be put away within two hours after serving the food. Food should be refrigerated if it is going to be eaten within three days; otherwise it should be frozen. Meat should be removed from the bone before putting away and food should be stored in shallow containers.

Leftovers should be reheated to 165 F and gravy should be brought to a vigorous boil.

## Dogs

Thanksgiving brings health hazards to dogs and other pets as well as humans. Don't give turkey bones to pets. Turkey bones and other bird bones are hollow, which makes them likely to splinter. This can cause tears in an animal's esophagus, stomach or intestines.

Fatty holiday foods, such as turkey skin and gravy, can contribute to pancreatitis. More pets are brought to vets for pancreatitis after their owners have had a party or holiday dinner.

<p>Shelby Electric Cooperative 1-800-677-2612 1-217-774-3986 24-hours-a-day</p>	<p>PWR-net &amp; WildBlue Internet 1-877-994-2323 weekdays</p>	<p>Shelby Energy 1-217-774-2311 24-hours-a-day</p>
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