

Proper medication disposal

Disposal of unwanted, unused or expired medication

Is your medicine cabinet filled with expired, unwanted or unused medications? If so, you are not the only one. Medication and personal care products can enter the water supply through sinks, toilets or trash disposal. This could include a variety of over-the-counter and prescription medication as well as unused pet medication, which may be very similar to human medication. These could be in the form of solid pills, capsules, creams, liquids and aerosols.

Medicines are produced and prescribed in increasing volumes every year. But unwanted or expired medicines at home are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the numbers of accidental poisonings and overdoses. Studies show that a majority of abused prescription drugs are obtained from family and friends.

Do not flush medications!

According to the Illinois EPA, “The age-old advice of flushing pharmaceuticals down the toilet is now considered to be the least desirable of all alternatives.” Recent studies have identified a wide range of pharmaceutical chemicals in rivers, streams, groundwater and drinking water nationwide. It has also been shown that some of these compounds are potentially harmful to fish and other aquatic organisms, affecting reproduction and development even at very low concentrations. The long-term impacts of medicine disposal on human health and the health of the environment are not fully known.



The Illinois Poison Control Center recommends looking through your medicine cabinet twice a year to check expiration dates of your medication. Residents are advised to save all old or unwanted medication for an Illinois EPA-sponsored household hazardous waste collection. These items should be stored in a secure place away from children, pets and anyone else that might have access to them. Another option is to contact your local pharmacy. Many pharmacies now have drug recycling programs. If your pharmacy does not have a take-back program, they may have an alternative recommendation for you. You could also check with your local county health department or area waste management companies to see if they have medication disposal programs.

If you have no other alternative of disposal, the Illinois EPA recommends that you throw meds in the trash instead of the sink or toilet. To do so safely, take them out of their original containers, crush or dissolve the medication and mix with an unappetizing substance such as kitty litter or coffee grounds. You may then place the mixture in an unmarked, sealable bag, empty can or other container. If you have needles to dispose of, these can be placed in a non-penetrable container with the lid duct taped shut.

Additional information can be found at:

www.epa.state.il.us
www.fda.gov
www.illinoispoisoncenter.org



**Cooperative offices
will be closed on
Monday, May 30
in observance of
Memorial Day.**



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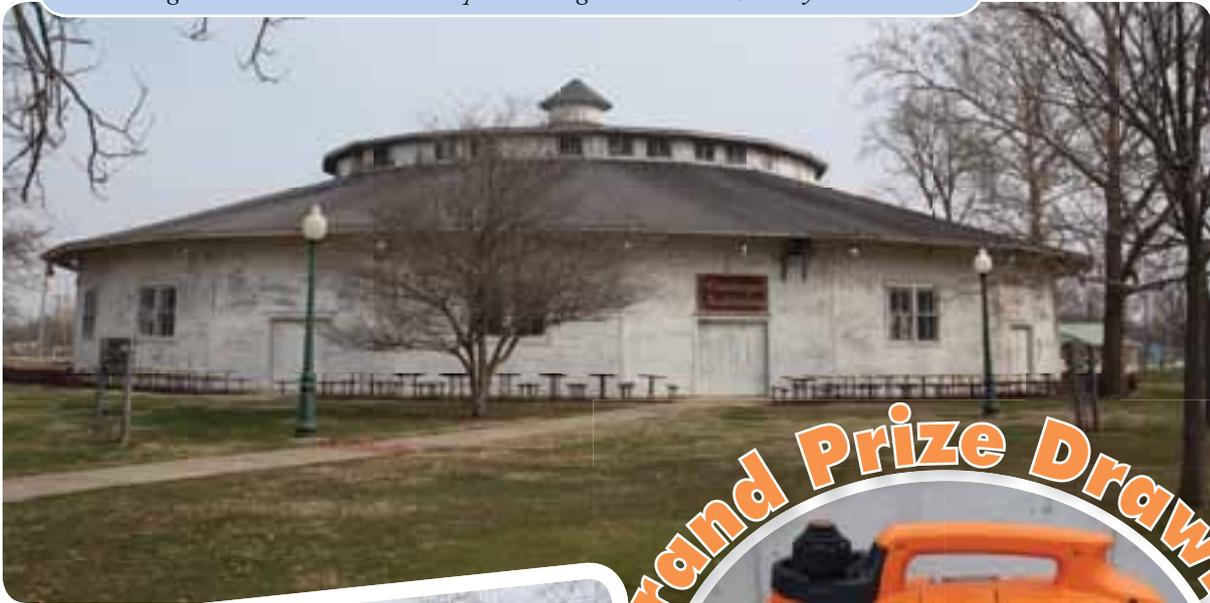
OUTAGE REPORT				
<i>LINE OUTAGES</i>				
DATE	HOURS	SUBSTATION	CAUSE	MEMBERS AFFECTED
3/4/2011	2.45	Lakewood	Trees	127
3/8/2011	1.15	Yantisville	Broken conductor	75
3/22/2011	1.45	Lakewood	Planned work	94
3/29/2011	1.15	Lakewood	Planned work	58
3/29/2011	2.20	Richland	Equipment failure	134
3/29/2011	3.00	Richland	Equipment failure	385
<i>SUBSTATION OUTAGES</i>				
DATE	HOURS	SUBSTATION	CAUSE	MEMBERS AFFECTED
3/8/2011	0.50	Pana	Power supplier	570
3/8/2011	0.50	Wenonah	Power supplier	417
3/8/2011	0.50	Velma	Power supplier	1306
3/12/2011	2.30	Grove City	Unknown	100
3/23/2011	1.20	Grove City	Unknown	100

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Shelby Electric Cooperative will be holding its 73rd annual meeting June 10. This year the meeting will be held in the Chautauqua building in Forest Park, Shelbyville.



Grand Prize Drawing



This nearby playground will allow families to come out and enjoy the annual meeting.



Grand Prize drawing at annual meeting will be for this 1,660-watt portable generator from Generac.

Plan to attend your cooperative's annual meeting

Please note the change in location this year

Mark your calendars now for the Shelby Electric Cooperative annual meeting of members to be held Friday, June 10, 2011. This year's meeting will be held in a new location – at the historic Chautauqua building in Forest Park, Ninth Street, Shelbyville.

“For years the cooperative has used the Shelby County 4-H Fairgrounds so we want our members to note the change of venue,”

said Executive Assistant Christy Biddle. “Nothing really changes except for the location of where the meeting will be held,” added Biddle.

Members will receive their annual meeting notice in the mail later this month. The notice will have a map with directions to Forest Park. Be on the look out for your 2011 annual meeting notice. The notice will also contain information about the cooperative, a meeting agenda and

registration information.

As in previous years, a barbecue pork chop dinner will be served between 11 a.m. and 12:45 p.m. prepared by the Pork Producers of Shelby County. Registration begins at 10:30 a.m. The business meeting will begin at 1 p.m.

Hope to see you Friday, June 10, 2011 at the Chautauqua building in Forest Park, Shelbyville.

REAL LIFE REAL POWER

Getting real efficient with Marla

The month of May brings the promise of the warm, hazy days of summer. One of the most energy efficient ways to beat the summer heat, while keeping the electric bill from rising like the temperature, is to make the best use of fans in your home, business and other facilities.

Many people that use ceiling fans find they can raise the thermostat setting for their air conditioner about 4 degrees Fahrenheit with no loss of comfort. Each degree does make a difference to your electric bill. According to the US Department of Energy, a savings of one percent can be gained for each degree adjusted for an eight-hour time period.

Most ceiling fans have a switch to control the direction the fan blades are rotating. In the summer months, most ceiling fans should operate in a counterclockwise direction. To be sure your fan blades are providing the optimal breeze, turn the fan on and stand directly under it. You should feel a nice, cooling breeze. In the winter months, you may reverse the direction to clockwise in order to circulate the warm air that has risen toward the ceiling without creating a breeze.

Air-circulating fans cool people. They do not lower the temperature of the room. Therefore, you should turn them off when no one is in the room.

Ventilation fans are an effective way to exhaust warm, moist air from homes, livestock buildings and other



facilities. To work most efficiently, the fan blades and vent louvers must be kept clean. I looked at my bathroom exhaust fan and noticed fuzzy edges on the vent louvers. It is either dust or a family of caterpillars moved into the fan. Accumulated dirt and dust can cut efficiency by up to 40 percent! I am paying for the same amount of electricity to move less air.

Cleaning fan blades and vent louvers will be my next efficiency project. Has anyone else set off a dust storm when turning on a ceiling fan after an absence of its use? I will also take this cleaning project outside to the pig and cattle barn fans. Hopefully, this project will help man and beast stay cool during the summer months and when receiving the electric bills!

—Marla Eversole,
Member Services Representative

To find ENERGY STAR ceiling and ventilating fans, visit www.energysavers.gov.

To learn more how you can save energy take the energy savings home tour at www.togetherwesave.com.



Energy Efficiency

Tip of the Month

Consider using ceiling and other fans during the cooling season. They provide additional cooling and better circulation so you can raise the thermostat and cut down on air conditioning costs. ENERGY STAR-certified ceiling fans do even better, especially those that include compact fluorescent light bulbs.

Source: Alliance to Save Energy

Electrical Fire Safety

About 28,600 home electrical fires occur during a typical year, leading to \$1.1 billion in property losses. Faulty electrical outlets and old wiring are the main causes of electrical fires, as are damaged cords, plugs, switches, and light fixtures.



The number one priority in a fire is to escape safely.

Only use a fire extinguisher if:

- The fire department has been called.
- Everyone has exited the building.
- The fire is confined to a small area, such as a wastebasket, and is not growing.
- The room is not filled with smoke.

Not all fire extinguishers are alike. Only a Class C extinguisher can be used on an electrical fire.

Remember the word **PASS**:

Pull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.

Aim low. Point the nozzle toward the base of the fire.

Squeeze the lever slowly and evenly.

Sweep the nozzle from side-to-side.

Remember: Know when to go.

Make sure you have a home fire escape plan and working smoke alarms.

Source: U.S. Fire Administration, National Fire Protection Association