



*along the lines*

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[www.mjmec.coop](http://www.mjmec.coop)

## Communicating with Congress

*Delegation delivers message in support of cooperative issues*

A delegation of directors, managers, CEOs and various staff from cooperatives in Illinois made a trek to Washington D.C., May 1 – 4. I was a part of that delegation and it gave me pause to think of the many times I've been there in my life and the benefits from each trip.

The initial voyage was in 1972. My sister was a foreign exchange student and we drove her out to New York to the airport. Before we sent her on her way, we toured the capital as a family.

Since the mid-80s, I've been going to Washington D.C., not once but two or three times a year. As a young farmer I went as an Illinois Farm Bureau leader. Later, in my years as a legislator, I went to meet with members of Congress on issues related to Illinois. In the last five years, I've been going in a staff role to represent cooperative issues.

No matter how many times you go, you fly into Reagan National Airport and you look down to gaze upon the U.S. Capitol and the Washington, Jefferson and Lincoln monuments and you realize just how special that city really is.

As a representative for you, the delegation for Illinois goes as a part of a national legislative conference organized by the National Rural Electric Cooperative Association (NRECA). Joining us are representatives from 42 other states for a total of nearly 3,000 people converging on Washington to talk about rural electric cooperative issues.

Highlights this year included meeting with 12 members of Congress to express our concerns. We also met with the staff members who oversee energy issues in nine other Illinois Congressional offices.

There are some key legislative focuses

that we work on.

One of the issues is the Rural Utility Service loan program that provides low-interest financing to cooperatives to improve their services and upgrades to members. The loan level has been at \$6 billion for a very long time. Our focus is to ask Congress to maintain that funding level.

Again this year, one of the biggest concerns on capital hill is deficits and whether or not to raise the debt ceiling. Anything that puts budget pressure on the federal budget is scrutinized closely. One of those targeted is the Rural Utility Service (RUS) loan program.

Every year, literally since the Nixon administration, there is pressure to cut the program to half its funding or to eliminate it. That requires us to be persistent and make a very strong case for its benefits to our members. The money allows our cooperatives to build lines and infrastructure that keep costs low. With it we don't have to raise interest rates as much because of favorable financing.

We go to Washington to remind Congress that the RUS loan program – because it's a loan – actually returns interest to the government. We are not coming to them asking for a handout. We are actually asking Congress to continue to fund a program that actually earns \$100 million surplus. That always gets a smile or the nod of a head. It has a lot of bi-partisan support.

The other big issue this year is coal combustion residuals, commonly called coal ash. We delivered a message in Washington to help Congressmen understand its benefits.

Southern Illinois Power Cooperative (SIPC) in Marion has installed equipment, to the tune of \$15 million, which allows them to recycle this ash. Instead of just

taking up room in landfills, we are able to convert that into a recyclable product such as roof shingle sand, sand-blasting abrasive, concrete manufacturing, fertilizers and a number of other products.

In our case, SIPC is recycling a large percent of that coal ash. In essence, if the EPA would determine that coal ash is a hazardous material and it couldn't be recycled, it would have to be handled in a hazardous fashion, increasing SIPC's cost of disposal by \$11 million. That is 25 percent of its fuel bill.

Our argument to the government is that there are 27 state EPAs, including the Illinois EPA, that have determined that coal ash is not a hazardous material. There is a beneficial reuse.

While the argument to recycle coal ash is well supported and received well, we are asking our members to co-sponsor a bill. A member can contact your members of Congress and ask them to support Bill H.R. 1391.

The argument makes sense. Why would we put ash in landfills when it can go into building materials? The message is fairly clear, it's just important that members of Congress hear this side of the story.

And that's why we keep going to Washington. It's so important for us to be there, championing our cause.

Duane Noland,  
President/CEO of the  
Association of Illinois  
Electric Cooperatives



**M.J.M Electric Cooperative, Inc.**

A Touchstone Energy Cooperative



264 North East Street  
Carlinville, Illinois 62626  
Phone: 800-648-4729

Office Hours  
Monday - Friday: 7:30 a.m. - 4:30 p.m.

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**Holidays observed**

New Year's Day, Good Friday, Memorial Day, Independence Day, Labor Day, Veterans Day, Thanksgiving Day, day following Thanksgiving and Christmas Day.

**How to report an outage**

**Call 800-648-4729. Do not call the local lineman. Collect calls will be accepted to report outages.** When you report an outage, give your name and location number. Before calling, check your fuses or circuit breakers. Check with your neighbors. Call to report hazardous conditions.

**M.J.M. Along The Lines**

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**Heat Pump Graduation: Class of 2011**

Not long ago the high school proms were in full swing and tassels were turned. You probably fanned yourself with the graduation program as Mother Nature heated up the gymnasium.

As I promised you last month, I have one more heat pump class and I feel confident that you will know more about heat pumps than most folks after reading these

columns. Before we begin class, here is a refresher from my previous classes and columns. Remember, a properly sized and properly installed heat pump system, including ductwork, will provide affordable comfort. This will be on the test! **A PROPERLY SIZED HEATING AND COOLING SYSTEM IS NOT A GUESS. IT MUST BE CALCULATED PROPERLY.**

So how do we properly size a heating and cooling system? This brings us to our final lesson, which will be about proper sizing and installation. I think that many of you will find this quite interesting and you may earn an "A" for the course.

The scientific and mathematical step-by-step method commonly used to size a heat pump for a house is called a Manual-J load calculation. A computer with industry-approved software is used. Sizing heating and cooling loads properly is not a terribly difficult process, but it does usually take a few hours. For today's class, we will size the system for a 1,500 square foot, three-bedroom, two-bath house. The dimensions are 30 feet by 50 feet.

Now, I will input the home components required by the computer software. This process derives the total British Thermal Units (BTUs) needed to heat and cool this house. Here are some of the key components for our house.

1. Home location
  - a. City – Little Rock
  - b. State – Arkansas



**Doug Rye**

2. Design temperatures for geographical location
  - a. Summer – 100 degrees
  - b. Winter – 21 degrees
3. Desired thermostat setting
  - a. Heating – 74 degrees
  - b. Cooling – 71 degrees

Now, we input the actual construction features that relate to the heating and cooling one room at a time.

Let's start with the master bedroom. It measures 14 feet by 16 feet and forms a corner with 14 feet of north facing wall and 16 feet of west facing wall.

4. Exposed wall – 30 feet
5. Room dimensions – 14 feet by 16 feet
6. Ceiling height – 9 feet
7. Wall type – 4 inch wood studs with R = 11 cellulose insulation and brick veneer
8. Windows – Double-glazed, low-e, argon gas, vinyl, 30 square feet oriented north and 15 square feet oriented west
9. Exterior doors – None in this room
10. Ceiling insulation – R = 44, blown cellulose
11. Floor insulation – R = 11, enclosed crawlspace
12. Air infiltration – No fireplace and average construction

Based upon this information, our software indicates this room needs 3,550 BTUs of heating and 2,873 BTUs of cooling. Now we'll input the data from each room and derive a total for the entire dwelling.

Now our software indicates the entire house requires 21,229 BTUs of heat for a designed load of 21 degrees during the winter. Our house requires 21,015

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# Receptionist retires after nearly 60 years of service to cooperative

This isn't the first time that MJM receptionist Edna Stanfield has retired, but this time it feels more permanent. Stanfield retired on a Friday in 1999 but returned to work that Tuesday after being asked by management to stay on the job.

She was contemplating retirement again in September of 2010, but decided to hold off when management again asked her to stay on. An accident outside of work in October resulted in a broken foot for Stanfield. During her recovery, she decided that, after nearly 60 years of employment at MJM, it was time for her to leave.

"I told him (CEO/President Chris Spears) that was it," Edna says. "Because they were switching to a new phone system and a new billing system, and I didn't think they should spend money on me. (But) It would have been exciting to go through that. I've gone through that before."

Edna has seen many changes at MJM since starting work in 1952, after she graduated from high school.

"I came here and they gave me an ink pen," she says of the equipment issued on her first day. She was also given a quart of ink to keep at her desk. She used these two tools to do much of her work. Members did their share of calculations as well. At the time when Edna was hired, MJM members figured their own bills.

The cooperative was also housed in the building now occupied by the Carlinville Masonic Temple. The current Carlinville office at 264 North East Street was completed in 1956, and Edna remembers the grand opening as a large event with tours given of the building and all employees on hand. "We were proud of this building," she says. "We were here two afternoons giving tours."

Asa Barnes, who was the CEO/President at the time, was so excited that he traveled to St. Louis to purchase a picture for his new office. Friends of



*Edna Stanfield stands next to a series of three comedic illustrations that were displayed in MJM CEO/President Asa Barnes' office when the cooperative moved to its current location in 1956. Edna saved the pictures after Barnes' successor had them removed from the office. Edna says that enjoyed working for the cooperative because she felt like she was helping people and making a difference.*

his wife had given him the money to do so as a gift. "We were all expecting him to come back with an oil painting, he drove all the way to St. Louis," Edna says. Instead, Barnes returned with a set of three small comic drawings. The first thing the next CEO did was take them down, but Edna saved them and has them proudly on display at her home in Carlinville.

Since 1952, Edna has worked with six different CEO's and eight office managers. She has seen the cooperative move from hand-written records to computerized billing. She says the biggest changes, though, have been with the way people use electricity.

Edna still remembers when the cooperative set poles along the road near her parents' farm on Macoupin Station Road. She was in the first grade at the time and remembers her aunt from Springfield, Ill., bringing the family its first electric appliance – a toaster.

As time has passed, more and more electrical appliances have come into use.

MJM's membership has changed from mostly small, self-sufficient farmsteads to larger farming operations and people who live in the country but work in a nearby town or city.

Through all the years, though, she says the foundation of her job remained the same: to help people. She found a good sense of humor invaluable in dealing with members. A positive attitude was also essential, especially when the job required working after hours during outages.

"It never bothered me because it felt like you were helping somebody," Edna says. "I enjoyed it."

She and her husband, Chester, continue to be supporters of the community. The couple is active with the local Knights of Columbus, Moose, St. Mary and Joseph Catholic Church, and the Macoupin Center for the Developmentally Disabled. Edna also volunteers with the Carlinville Area Hospital Auxiliary and works at the hospital as a greeter.

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## Heat Pump Graduation: Class of 2011

BTUs of cooling for a designed load of 100 degrees during the summer. The heating and cooling BTU requirements are almost the same number, which makes this home a perfect heat pump application.

So, a two ton (24,000 BTU) properly installed heat pump would be perfect for this particular house. However, I know from my experience that my HVAC dealers simply guess at the required system and suggest a much larger system. A larger system will cost more to purchase and more to operate. For instance, a three-ton geothermal heat pump will cost about \$6,000 more than a two-ton system. This important calculation process is just one of many ways the electric cooperatives and I help families achieve comfortable homes and manageable utility bills.

We'll close with proper installation. It's imperative that the HVAC installer size the ductwork to deliver the required BTUs in each room. The ductwork should be rigid pipe and properly sealed. I suggest that you always ask to see the load requirement calculations before agreeing to purchase a new heating and cooling system. Be sure to ask for a few references from the company. Follow these suggestions and you will have affordable comfort year round.

*Column reprinted with permission of the Association of Arkansas Electric Cooperatives. Doug Rye is a licensed architect living in Saline County and the popular host of the "Home Remedies" radio show. He works as a consultant for the Electric Cooperatives of Arkansas to promote energy efficiency to cooperative members statewide. To ask energy efficiency-related questions, call Doug at 1-501-653-7931. More energy-efficiency tips, as well as Doug's columns, can also be found at [www.ecark.org](http://www.ecark.org).*

## New lineman hired

**B**rian Douglass is the newest lineman at MJM Electric Cooperative. Brian started work at the cooperative in April. He currently lives in Pittsfield, Illinois, but plans on moving to the Jerseyville area. He and his wife, Melissa, have a two-year-old daughter, Maycee, and are expecting a son.

Brian most recently worked as a correctional officer at the Pike County Sheriff's Department. He has a bachelor's degree in law enforcement from Western Illinois University and an associate's degree in electrical distribution and line work through his completion of the lineman school at Lincoln Land Community College in Springfield, Illinois.

As an apprentice lineman, Brian is working out of the Piasa warehouse



under the supervision of line foremen Pete Evans and John Halder. The apprenticeship program is a four year program. MJM also has line crews working out of warehouses in Carlinville and Taylor Springs.

## Pole top rescue training held May 6

**L**ineman Clark Bowman lowers a dummy, representing an injured lineman, safely to the ground during pole top rescue training held May 6 near the Womac substation east of Carlinville. The Association of Illinois Electric Cooperatives provided the training, which focused on what to do in case of an injury that occurs in the lines. The injured person needs to be brought safely to the ground within four minutes, which is the critical point where they are more likely to suffer permanent damage.



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# New regulators installed at Taylor Springs substation

**M**JM lineman Jeb Thackery uses an aerial device winch to remove an old regulator from MJM's Taylor Springs substation with help from lineman Chuck Lucykow (on ladder) and foreman Mike Hart. Linemen replaced three regulators with newer models at the Taylor Springs substation south of Hillsboro on April 28. Regulators are used to maintain proper voltage and are an important part of the substation.



## As summer approaches develop your household strategy for energy efficiency

**O**n sunny summer days the heat may overwhelm your air conditioning system. If it can't respond to your need to be cool, it could consume more than its share of your household budget for electric service. However, there are energy efficient strategies that you can practice in your home to keep cool and keep your energy use at minimal levels.

Remember that summertime means higher thermostat settings cost less and lower settings are more expensive, so your strategy should be to move the thermostat higher when you are not at home.

Your thermostat should also have a fan setting choice of auto or on, and your strategy for the summer should be "auto." That means it will run when the air conditioner compressor is running, humidity will be kept lower, and your comfort will be higher. Running the fan at needed times will result in a lower cost, compared to running it constantly.

There are many other energy efficiency strategies that you can also implement. During the day, when



sunlight will typically flow through windows and heat the inside air, keep your shades, drapes, and blinds closed. You will quickly realize the darker room remains cooler.

Ceiling fans have not only become attractive and popular, but can be great friends to your energy bill as well. Run your ceiling fan and air conditioner at the same time, but set your air conditioner higher (lower cost) and the fan will provide the sensation that the air is cooler than it actually is. Experts

contend your cost of cooling may be cut by 20% or more with the use of a ceiling fan, depending on its use.

Just like winter, be sure to change your air filters at least monthly during heavy use of your air conditioner. As they capture impurities, the filters will clog and restrict airflow which puts stress on your system. Dusty conditions will necessitate more frequent changes, so check to see if a monthly change is the best schedule.

Summer and winter have much in common when it comes to energy efficiency. Instead of cold air entering through cracks or heat escaping in the winter, the same air leaks that you plug for winter comfort will provide summer comfort. Your strategy is to retain cool air inside and prevent hot outside air from entering. Ensure you have weather stripping around doors and sufficient caulk around windows.

Energy efficiency should be your year-round strategy, and it is just as easy in the summer as any time of the year. For more information visit [www.EfficiencyResource.org](http://www.EfficiencyResource.org).

# HomE program invests \$2.5 million

*Co-op members upgrade efficiency and save 20 million kWh*

Electric cooperative members and co-op member services professionals continue to make the HomE program the most successful residential energy efficiency program in downstate Illinois history. By working together through the statewide organization, the Association of Illinois Electric Cooperatives (AIEC), electric co-ops have accessed \$2.5 million in ARRA (American Recovery and Reinvestment Act) funding.

These funds have been used to provide rebates to cooperative members who make residential energy efficiency upgrades that are approved for HomE by their local co-op energy professionals. This program started last May. In the nine months following that startup, the results have been nothing short of spectacular. All 25 AIEC member-cooperatives participated in HomE, stretching the program from Galena to Golconda.

The HomE process begins with a home energy assessment. A co-op representative visits the member's home and provides recommendations on how to improve the home's energy efficiency. To date, more than 2,600 of these energy assessments have been completed.

Of these 2,600 members, more than 2,100 of them have made home improvements that will save them lots of energy and dollars in the future – while often qualifying the member for a rebate of up to \$1,500. Through mid-February, HomE has helped almost 450 co-op members to upgrade the insulation in their homes. Insulation and lighting are probably the most simple and cost effective energy efficiency measures that people can do in their homes.

More than 1,800 co-op members have upgraded their home's heating and/or cooling system through this program. Every one of these upgrades means an energy efficiency improvement of at least 20 percent for the homeowner. But some will do much better than that.

Nearly 1,000 of these members have upgraded to a very high efficiency air-source heat pump, or ultra-high efficiency geothermal heat pump system for their homes. In many of these cases, the member



was replacing an old traditional propane furnace and central air system ... where the gas furnace was 80 percent efficient, or perhaps less, and the cooling system was old and relatively inefficient. The new air-source heat pumps provide 200-plus percent efficiency, or doubling the energy efficiency of the heating/cooling system. For those members installing geothermal, the efficiency levels of the new equipment is 350-400 percent.

The energy efficiency improvements for the individual cooperative member are solid and real. Home comfort is improved, and cost of home operation is reduced. And when we combine every one of those individual HomE projects together, the energy efficiency upgrades are staggering and eye opening. The old advice about "every little bit counts," really applies to HomE.

We anticipate that when the program

wraps up later this year, co-op members across the state will save more than the equivalent of 20 million kilowatt hours of electricity a year ... every year going forward. This equals the output of a small wind farm, or small electric power plant. Along with the energy savings from these improvements, more than 5,000 metric tons of carbon dioxide will stay out of the atmosphere every year because of the HomE upgrades.

HomE is helping to incent the best kind of renewable energy of all – energy that is saved and doesn't have to be produced in the first place. Energy efficiency saves valuable resources, helps the environment and helps keep money in co-op members' pockets every month.

Have you been thinking about making energy efficiency improvements to your home? If so, now's the time to contact your local co-op. Federal tax credits for residential energy efficiency continue on in 2011, and combining these incentives with HomE should be just the push to make improvements now rather than waiting until "one of these days" rolls around.

For more information, contact one of the energy professionals at your local electric cooperative.

John Freitag is the vice president of operations for the Association of Illinois Electric Cooperatives, [jfreitag@aiec.coop](mailto:jfreitag@aiec.coop), 217-241-7973, [www.aiec.coop](http://www.aiec.coop).



## Co-op Connections



MJM members saved over \$1,200 on prescription medications in April by using their Co-op Connections® card! To get your discount, show your Connections card to your local pharmacist. If you need a replacement card, call MJM's office at 217-854-3137.

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# Member Trading Post

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**For Sale:** Pomeranian puppies, 6 weeks old, have had first shots, ready to go. Call 217-741-2314.

**For Sale:** 2007 Dodge Nitro, 34,000 miles, total electric, sun roof. Call 217-741-2314 between 9 a.m. to 9 p.m.

**For Sale:** KFX 400 2003. Lots of after market parts – nice rims and tires. Good condition. \$2,500 OBO. Call 618-780-2717 or 618-836-7412. Briggs & Stratton 8 HP motor, vertical shaft.

**For Sale:** 2005 Cedar Creek 5th Wheel 34RLTS(35), GVW 14,000 loaded, 2 axles, 3 slides, excellent condition, many extras. \$25,000. Call for information at 618-946-2045 or 618-372-8471.

**For Sale:** Winchendon (Paul McCobb) blond birchwood drop leaf “modern” table. Very good unfinished condition. Has production number/label underneath. An American collectible, from the 1950’s. \$725. For details call 217-324-3869.

**For Sale:** Willett Buffet cabinet - Wildwood cherry; dining table - solid Elswick cherry, six cane chairs. Will consider separating set. \$1,395. For details, contact mgowner79@yahoo.com or at 217-710-5614.

**For Sale:** Men’s Giant RS940 race/road bike. Mint condition. \$200. 217-324-3869.

**For Sale:** 1930’s era Four poster bedroom set, dresser/mirror, chest of drawers. Walnut. Very nice. Excellent condition. \$2,150. For details, contact: mgowner79@yahoo.com or at 217-710-5614.

**For Sale:** Choice frontage property for homesite, located Route 16 between Hillsboro/Litchfield. Wooded, privacy. Nice area. Details at 217-324-3869.

**For Sale:** Home in Litchfield, 3 br/1ba; New tan siding, new windows, many updates. Hot tub and new deck. Detached 24' x 36' new garage, floor heated. Central air. Full basement, carpeted. Asphalt driveway. \$93,500. More details, 217-851-4647.

**For Sale:** 1994 Hitchhiker 2m 30-foot fifth wheel camper with slide out and rear kitchen. Good condition. Awning, A/C, and more. \$9,200 obo. Call 618-979-6869 or 618-466-5147.

**For Sale:** Kimpor portable generator, 3,000 watts. Excellent condition. Used 10 hours. Electric and manual start. \$800 firm. Call 618-979-6869 or 618-466-5147.

**For Sale:** Undeveloped rural land between Hillsboro and Litchfield, off Route 16 for 1 home site as a lot. Call 217-710-5614.

**For Sale:** Water tanks, 100 gallon and 50 gallon, for cattle or horses. Call 217-835-2546.

**For Sale:** Jacuzzi water pump surface mount. \$99. Call 217-835-2546.

**For Sale:** Wood fence post 6', \$2. 6' feeder with hay rack, \$45. Call 217-835-2546.

**For Sale:** Craftsman lawnmower, 12 HP, 38" cut, 5 speed, good condition, new battery. \$200. Call 217-436-2275.

**For Sale:** Four cemetery lots, Roselawn Cemetery in Bethalto, selling for half price. Call 618-585-3482.

**PRICE LOWERED \$1,000!** 2004 Coleman Bayside Elite pop-up camper. 2 queens; 1 double. 2 stoves. A/C. 16K new. \$3500 OBO. 618-786-3655

**For Sale:** 42x34 gas/wood fireplace, gas logs, gas doors, 18" pipe and cap, \$200 for all. Call 217-556-3555.

## April Outage Summary

**4/3 – 11:10 a.m.**

Mt. Olive, tree through line, off 4 hours.

**4/3 – 11:45 a.m.**

Witt, wire broke, off 3 hours.

**4/4 – 6:19 a.m.**

Hillsboro, bad insulator, off 4 hours.

**4/4 – 6:26 a.m.**

Hillyard, tree on line, off 2 hours.

**4/4 – 9:35 a.m.**

Richwood, tree fell through line, off 2 hours.

**4/6 – 8:25 a.m.**

Scottville, OCR opened, off 2 hours.

**4/9 – 3:27 p.m.**

Staunton, OCR opened, off 2 hours.

**4/11 – 12:26 a.m.**

Bird, Polk, Brushy Mound, OCR opened, off 2 hours.

**4/12 – 9:45 a.m.**

South Palmyra, tree on line, off 1 hour.

**4/16 – 8:14 a.m.**

Mt. Olive, Staunton, tree on line, off 2 hours.

**4/18 – 4:28 a.m.**

Otter Creek, OCR opened, off 2 hours.

**4/19 – 4:52 a.m.**

East Fork, crossarm brace came loose, off 2 hours.

**4/19 – 5:30 p.m.**

Macoupin, Jersey, Montgomery counties, storm outages due to high wind.

**4/22 – 1:06 a.m.**

Hillyard, OCR opened, off 2 hours.

**4/22 – 7:46 a.m.**

South Palmyra, animal on line, off 3 hours.

**4/22 – 11:19 a.m.**

Polk, tree on line, off 2 hours.

**4/27 – 3:53 a.m.**

Honey Point, stinger wire broke on line, off 2 hours.

# Know how to survive auto accidents involving power lines

**I**nstincts tell us to flee danger. Unfortunately, in vehicle accidents that bring down power lines, these natural inclinations can lead to tragic results.

Safe Electricity and MJM Electric Cooperative want everyone to know: If your car hits a power pole, or otherwise brings a power line down, stay in your vehicle and wait until the utility is on the scene and ensures the lines have been de-energized. If you come upon or witness an accident involving toppled power poles and lines, don't leave your vehicle to approach the accident scene.

Indiana teenagers Lee Whittaker and Ashley Taylor saw a power line safety demonstration at their high school and never dreamed their new knowledge would be put to the test. Five days later, they and two classmates were in a car that crashed into a utility pole, bringing live power lines to the ground. Fortunately, they heeded the safety advice they'd received, and survived because they knew the right actions to take. And they helped others who approached the scene by warning them to stay away. A video of their story can be seen on [www.SafeElectricity.org](http://www.SafeElectricity.org).



According to the National Highway Traffic and Safety Administration, there are tens of thousands of accidents each year in which power poles are struck by cars or large equipment. Each one of these accidents has the potential to bring down power lines. Surviving the accident itself might not be enough to stay alive without awareness of the right moves to make.

In the vast majority of those accidents, the safest place to be is inside the car. Only in the rare instance of fire should people exit the car. Then, they must know how to do so safely, jumping free and clear of the vehicle, landing with feet together and hopping away. It's difficult to get out without creating a path for current to flow, which is why one should get out only if forced to.