



Harrison Rural Electrification Association, Inc.

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Your Touchstone Energy® Partners



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Strength in numbers

Electricity is a necessity, not a luxury. In these difficult economic times, a lot of Americans are struggling to make ends meet. As not-for-profit, consumer-owned-and-controlled electric co-ops, we want to make certain that each and every citizen in this country can continue to receive affordable electric power.

Congress currently is working to address issues related to “climate change” and debating federal mandates regarding renewable energy development and energy efficiency. Even if Congress doesn’t act, the U.S. Supreme Court has given the U.S. Environmental Protection Agency a green light to put in place new rules curbing emissions of carbon dioxide from power plants.

As a result of these efforts, there’s little doubt energy bills are going to rise. The only question is whether higher energy

bills will be kept affordable.

Electric co-ops are dealing with a very different situation than we have in the past. Electric bills will go up because of the climate change and energy policy decisions of U.S. senators and representatives on Capitol Hill—or worse, unelected federal bureaucrats. Higher energy costs will become the norm as we all are forced to comply with these government mandates.

At Harrison Rural Electric, we’re talking to our members of Congress, trying to convince them to work with us to make sure that we deal with “climate change” in a way that keeps electric bills affordable. To accomplish this goal, we need your help.

Nationwide, 42 million consumers are served by electric cooperatives. If every co-op consumer contacted their senators and representatives, we could make a real impact on the final

Manager’s Corner

by
Gary Jackson,
CEO/General
Manager



shape of any energy or climate change legislation.

Over the last year, electric co-op consumers have made their voices heard on keeping electric bills affordable through the Our Energy, Our Future™ grassroots awareness campaign. More than 1.6 million messages have been sent to Congress so far—you can add to that list by visiting www.ourenergy.coop. If you’ve already sent an “Our Energy” letter, do it again and again. We periodically update the letters.

Make certain that those who lead us in Washington, D.C., hear from you today.

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Energy Efficiency

Tip of the Month

Replacing just four 75-W incandescent light bulbs with four 23-W compact fluorescent equivalents will save almost \$200 over the life of the bulbs.

Source: Alliance to Save Energy

illuminator ■ ■ ■ illuminator ■ ■ ■ illuminator ■ ■ ■ illuminator

West Union was taken, but not an arrow was shot

by BILL HURST/TURTLE BEAR

West Union, W.Va., has an annual event to celebrate its birthday with vendors, programs and a parade. Everyone is asked to participate in creating an outhouse theme.

We are part of the Middle Island Creek People, a Native American intertribal group. We meet once a month outside of West Union on Rock Run.

On July 22, 2008, our chief called us together to decorate our parade floats. The main one was decorated with pine, feathers, gourds, deer skulls and various mounted animals such as bears, coyotes, turkeys and squirrels. Our tribal drum was centered on the float with players seated around it. After finishing this float, we started on our outhouse. Native Americans did not have outhouses, so we went with a forest theme. Our war chief told me he had a job for me. The outhouse float had tree saplings with birds in them, and we used many items similar to the main float. I was told to sit on a log in the "woods." I tried to find a leather vest, but with no success. Since I didn't want to wear a cotton shirt, I just removed it.

Dressed in a loin-cloth, tan-colored shorts and buckskin leggings, I did look a little bare, so I added a red wig, red headband and a turkey feather. A friend of our tribe was dressed in bib overalls, boots and a straw hat. As our



prisoner, he was tied up with a long rope and carried a very large pooper scooper. As we went through West Union, I would kick wet pinecones through a hole in the bottom of the float, and our prisoner would scoop them up and toss them on the float. When he lagged behind, our warriors attacked him with lances and tomahawks. Many members and friends walked and danced alongside our float. We brought smiles to many faces.

Several parents had their children's pictures taken

with me on the float while we waited for the outcome of the contest. Some of our members got special recognition certificates, and we won several trophies for both floats.

We also set up a teepee, demonstrated cooking, knife and tomahawk throwing, and sold some

handmade crafts at the ball field near the farmers' market pavilion. We look forward to being invited back each year, and we hope all of you will come and spend a day of fun next year at the annual West Union celebration

Back-to-school health tips

by MEG JONES

As your kids head back to school this fall, they're probably eyeing that backpack featuring characters from this year's hottest television show or the latest fashions from the mall.

They're probably not quite as in tune with the shots and safety tips they need to stay healthy—which makes your job as a parent even more important.

Here are a few health and safety tips from the U.S. Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) to help your kids stay healthy and thrive through the beginning of the school year and beyond.

Make sure they're up to date on their shots

According to the CDC, in most states it is the responsibility of parents, not family doctors, to provide shot

records to the health department and to schools.

It's very important for parents to stay on top of this, because in most states children are not allowed to enter school or child-care centers unless they can prove they've had all of the required shots for their age group.

Want more information? Visit the CDC Web site (<http://www.cdc.gov/vaccines>) for shot schedules, recommendations and guidelines, and charts that you can download and print to track your child's shots.

Remember backpack safety

Choose a backpack with wide, padded straps and a padded back. Pack light—the backpack should never weigh more than 10 to 20 percent of your child's body weight. That means your 80-pound son's load shouldn't weigh more than about 15 pounds.

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Doddridge County Relay for Life is lots of fun for a very good cause

The annual Doddridge County Relay for Life was held June 12 at Cline-Stansberry Stadium in West Union. The field is easily accessible and is situated right off of Route 50.

The activities began with the “survivors’ walk” and continued on through the night. The field was surrounded with luminary bags that each contained a candle, and these were lit at dark to represent those who have lost their battle with cancer, as well as those who have survived.

Harrison Rural Electric employees April Greathouse and Debbie Yerkey attended this year’s relay, as they have in past years. April, our cashier/receptionist, walked around the track for hours that night. April’s husband, Tim, is a cancer survivor, so this cause is very close to her heart. Debbie, our head book-keeper, and her sister, Sue Yerkey, were there in memory of their mother, who lost her battle with breast cancer several years ago. (Debbie took all the pictures you see with this article.) Former board director Carol Zickefoose was there with her husband, Rex, who also has survived his fight with cancer.

All money raised at this event was donated to the American Cancer Society so it can continue to search for a cure, and hopefully someday, this deadly disease will be completely eradicated. Until that day, however, the Relay for Life will continue, and we hope many of you will join in next year.



Sue Yerkey remembers her mom.



Cancer survivor Rex Zickefoose and his wife, Carol



Debbie and Sue Yerkey and Christian



April jailed to help raise money.



Cancer survivor Tim Greathouse and his wife, April

The perfect way to freeze fresh vegetables

When it comes to freezing vegetables, you'll need to choose the best candidates. For example, potatoes, lettuce, cucumbers and celery tend to turn soft and mushy when they are frozen and then thawed out, but onions, peppers and tomatoes can be successfully frozen if you're going to use them in a soup, stew or casserole. Other vegetables such as green beans, lima beans, peas and corn tend to maintain their original shape. They can be frozen, then cooked and served, and still look and taste as fresh as they originally were.

Before you begin freezing your fresh produce, make sure you pick items that are in good condition. Avoid using bruised, soft, wormy or overly ripe produce. For the best flavors, choose vegetables that have just reached ripeness. This is the time when the flavor is at its peak.

Start the process by washing each produce item thoroughly by using clean, cool tap water. Next, you'll need to prepare the vegetables. Remove peas from their pod, remove strings and the ends from green beans, cut the tops and bottoms off of red beets, etc. You'll also need to cut up certain vegetables into bite-size pieces.

The next step is called "blanching." Blanching helps to keep the natural flavor intact while the item is in a frozen state. There are two ways to blanch vegetables: the boiling water method and the steam method.

Back to school health tips

Getting there (and back) safely

Teach your child how to be safe on the bus, walking on sidewalks and riding in the car. Make sure your child knows these basic safety tips. The complete list of tips is available on the American Academy of Pediatrics Web site at www.aap.org/advocacy/releases/augschool.cfm.

School bus

If your child's school bus has lap/shoulder seat belts, make sure your child knows how they work and to wear them at all times when on the bus. If your child's school bus does not have lap/shoulder belts, ask the school to buy or lease buses with lap/shoulder belts.

Always wait for the bus to stop moving before stepping off the curb to get on.

Take a seat right away and do not move around on the bus.

Car

Your child should ride in an approved booster seat until the seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age).

All children under 13 years of age should ride in the rear seat of a car. Remember that many crashes occur

For the boiling method, you'll need to boil a large pot of water on your stove top. Pour washed, prepared vegetables into the boiling water, and when the water starts boiling again, start timing. (The amount of time varies according to the vegetable, so check the internet or your county extension office for exact times.)

The steam method uses a steamer that fits onto the top of a pot. Place the vegetables inside the steamer as soon as the water in the pot begins to boil. Cover the steamer with its lid and start timing.

Once the fresh vegetables have been boiled or steamed, it is necessary to stop the cooking process by chilling them at once. The easiest way to do this is to place the produce in a kettle full of cold tap water. Allow the vegetables to cool down until they are completely cool inside and out. Drain the cooled vegetables in a colander.

Pack the vegetables in bags or containers firmly and fill each one up. Carefully squeeze the air out of freezer bags before you seal them shut. Secure each bag, put lids on containers and mark each one with the name of the vegetable and the date it was processed. Place in the freezer, and when you want nice, fresh-tasting vegetables, all you have to do is open the freezer and there they are.

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while new teen drivers are going to and from school.

You should limit the number of teens in the car with a teen driver to prevent driver distractions; this even is required by law in many states.

Bike

Always wear a bicycle helmet, no matter how short or long the ride.

Ride on the right side of the road, going the same direction as the traffic.

Use appropriate hand signals when making turns. Follow traffic light and stop sign rules.

Wear bright-colored clothing to increase visibility. Know the "rules of the road."

Walking to school

Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.

Be realistic about your child's ability to walk to school without an adult. Because small children don't have a lot of experience around traffic, they may take risks that could put them in harm's way. Carefully consider whether or not your child is ready to walk to school without adult supervision.

Bright-colored clothing will make your child more visible to drivers.