



Harrison Rural Electrification Association, Inc.

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Your Touchstone Energy® Partner



www.harrisonrea.com

Right-of-way maintenance and vegetation control

Summer is over and fall is close at hand. While all the beauty of nature's foliage is around us, it also raises the issue of tree and vegetation control for Harrison Rural Electrification's (HREA) power lines.

The cooperative's right-of-way program is an integral part of the co-op's maintenance plan. This is especially true because of the heavily forested land where HREA's rural service area is located.

HREA spends approximately \$600,000 annually on tree trimming and vegetation control. Each year, the cooperative cuts, trims or treats vegetation on a predetermined basis. Each annual cycle covers approximately 90 miles of electric lines (75 miles in 2010 due to budget cutbacks). This schedule allows a 10-year cycle to complete the entire system. Ideally, the average cutting cycle should be closer to three to five years.

When a tree is cut, its roots are still alive. Re-sprouting is prevented with a follow-up herbicide application. The cooperative's approach to rights-of-way is an effective and environmentally safe way to manage brush growing around many miles of co-op poles. It also is the premier vegetation control method preferred by industry experts nationwide.

Depending on the type of line, the co-op usually maintains a 10-foot clearance (20 feet total) on both sides of its poles and power lines. In typical circumstances, right-of-way maintenance helps prevent outages and reduces line damage caused by trees. A clear right-of-way makes it easier to locate broken poles, downed lines and other equipment failures so repairs can be made more quickly.

At times, some homeowners are reluctant to have their trees trimmed. Residential trees can cause difficulties if they're plant-

Manager's Corner

by
Gary Jackson,
CEO/General
Manager



ed too close to power lines. Having trees growing through or near HREA power lines only invites difficulties during storms and high winds. The co-op and its consumers have experienced this during past storms.

HREA makes a concerted effort to work with property owners on tree-related issues.

For more information about the right-of-way maintenance program or to alert the co-op of trees on your property that potentially could cause a power outage, contact Harold Gains at 304-624-6365.

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Energy Efficiency

Tip of the Month

Use the moisture sensor feature on your clothes dryer if it has one. This option shuts down the dryer when clothes are dry. In addition, clean the lint filter after each load. This improves air circulation and increases the dryer's efficiency.

Source: U.S. Department of Energy

Electrical safety in the neighborhood

When thinking about your home or neighborhood, chances are you don't picture power lines. They're easy to overlook, stringing high above your roof, along property lines and roadways, or near trees. But the old adage "Out of sight, out of mind" may be dangerous — power lines pose serious electrical hazards if forgotten.

Trees can be a power line's worst enemy. Strong winds, storms and heavy ice can topple trees or shatter branches that pull down power lines and cause outages. Sometimes, even if heavily damaged, lines remain energized with the potential to electrify trees and nearby objects.

Arcing and flashovers between power lines and trees are also dangerous. In winter, extra weight from snow and ice can bend or break tree branches, bringing them close to power lines. During warm weather or when power lines are carrying heavy electrical loads, they can heat up and sag as much as 15 or 20 feet, dropping them toward nearby vegetation. Electric current caused by arcing or flashovers between power lines and trees in either situation can easily injure or even kill an individual nearby.

Follow these safety tips and be sure to pay attention to power lines:

- Make sure to always look for nearby power lines before you cut down any tree or trim branches. If a tree falls into a power line, contact your local electric cooperative.

- Treat all power lines as energized. Never climb or attempt to handle a tree that has a limb caught in a power line. You may not see any visible evidence that the tree is "electrified" or dangerous.
- Make sure to maintain required clearances between equipment and power lines.
- If a fire starts from a fallen power line, notify the fire department and your local electric co-op. Stay away from the site of the electrical hazard. Make sure others stay clear of the line and treat it as energized.
- Do not use water on or near a fallen power line.

Along with taking necessary steps to respond to an electrical emergency, you can help stop potential power line problems before they start by practicing these safety measures:

- If you notice anything such as trees or branches that might interfere with power lines or pose a serious threat, notify your electric cooperative.
- If you are planning to plant trees on your property, make sure not to plant them directly under or within at least 25 feet of power lines for short trees, and at least 40 feet away for medium-sized trees.
- Shrubs, hedges and other plants should be kept clear of electric towers and poles.

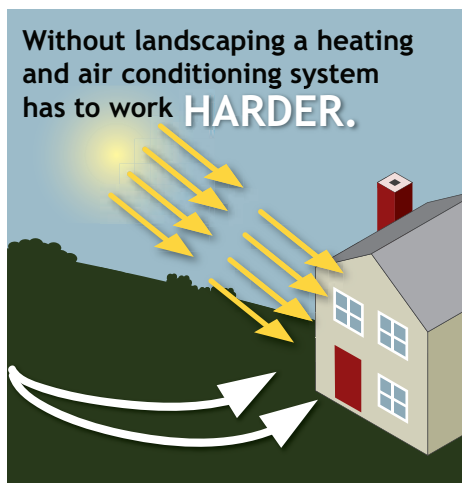
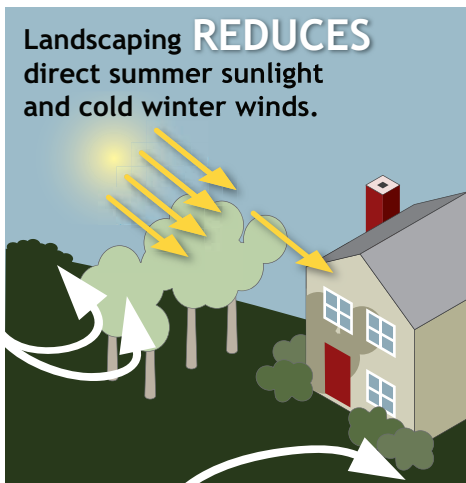
Source: U.S. Department of Energy

Planting savings

You've upgraded your appliances, insulation and lighting to help lower your monthly electric bill. What else can you do? Plenty, if you have a yard with landscaping options. The right combination of plants and trees can unearth hidden energy savings.

Climate determines the direction your landscaping planning should take. The United States is divided into four different types of regions: temperate, hot-arid, hot-humid and cool.

Folks living in the temperate band across the Northwest, Midwest and Northeast parts of the nation should maximize the warmth of winter sun. Likewise, summer shade should be prized. Winter winds should be deflected from buildings, while summer breezes need to be brought toward a home.



Ready, set, GROW!

Find out more about your climate, microclimates, shading dos and don'ts, and windbreaks at www.energysavers.gov.

To learn more ways to save energy around your home, visit www.TogetherweSave.com.

Source: U.S. Department of Energy, Office of Energy Efficiency and Renewable Energy

Don't let gutter cleaning lead to injury

One of the least anticipated fall cleanup projects involves a home's gutters. Don't make it even less of a joy by getting hurt.

Underwriters Laboratories, Inc., reminds homeowners to buy only ladders with the UL mark to certify they've been tested for safety.

Work with a helper and wear a toolbelt — you never should carry equipment while climbing.

Never overreach. Make sure the ladder you are using is the proper size for the project.

Make sure your shoes have nonskid soles and that the rungs on the ladder are dry to avert slipping.

ESFI says, 'Test before you touch'

Electrical hazards are the sixth leading cause of workplace fatalities. According to the Electrical Safety Foundation International (ESFI), contact with large appliances, such as air conditioners, contributes to nearly 20 percent of consumer product electrocutions.

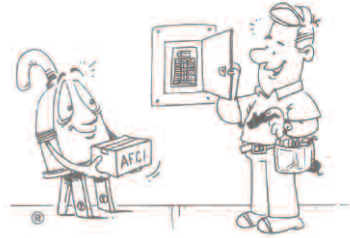
Whether at home or in the workplace, there are a number of safety precautions that can reduce the chance of deaths, injuries and economic losses due to electrical hazards:

Use ground-fault circuit interrupters (GFCIs) and arc-fault circuit interrupters (AFCIs) to help

prevent electrocutions.

Understand your electrical system — know which fuse or circuit breaker controls each switch, light and outlet.

Make sure circuits are turned off before starting electrical work, and take measures to make sure they are not turned back on while



working.

Use a circuit tester. Make sure it is working by testing it before and after you use it to test the circuit.

Always test before you touch.

Source: *Electrical Safety Foundation International*

The right tree in the right place

The Arbor Day Foundation encourages thoughtful practices that help preserve community trees while also benefiting electric co-op consumers.

Trees can help cool your home and neighborhood, break cold winds to lower your heating costs and provide food for wildlife. Properly placed trees can lower line clearance costs for utility companies, reduce tree mortality and result in healthier community forests.

Tall trees surrounding your home, such as maple, oak, pine and spruce, provide summer shade to

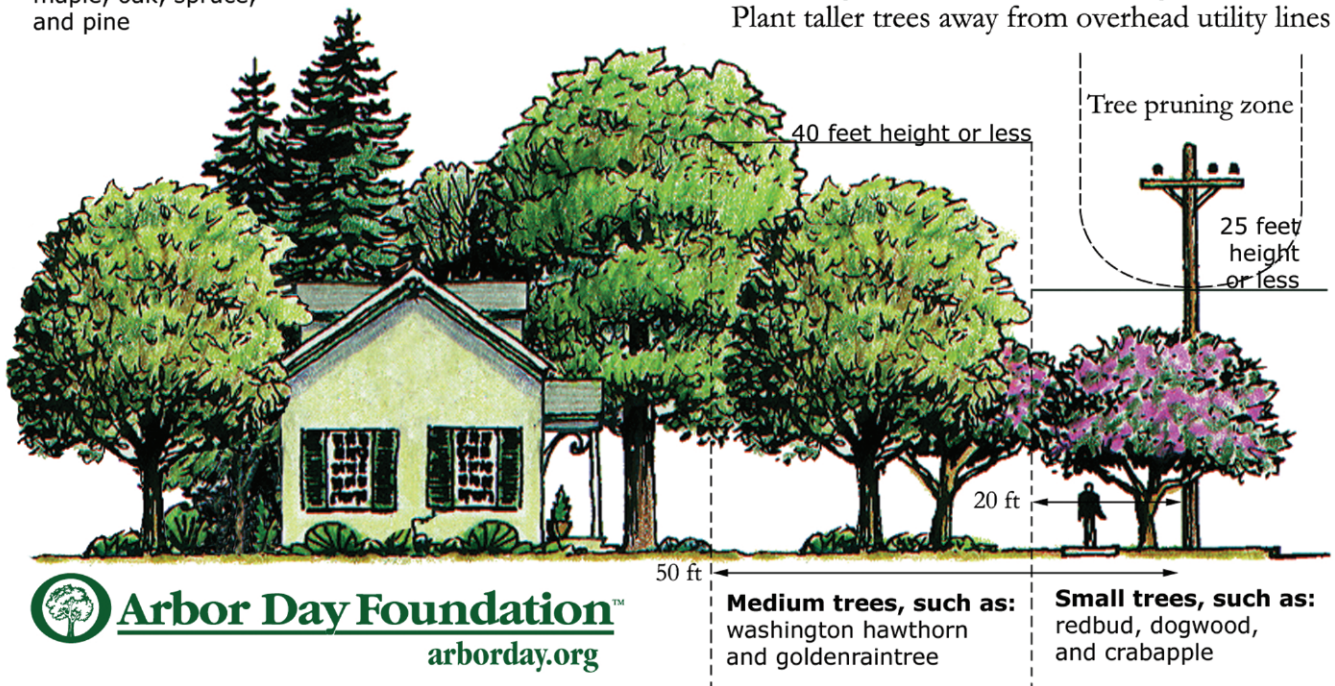
lower cooling costs and keep out cold winter winds. Medium trees, 40 feet or less in mature height, might include Washington hawthorn and golden-rain tree, while smaller trees suitable for planting beneath utility lines might include redbud, dogwood and crabapple. When planting near utility lines, consider a 25 foot maximum mature height and 20 foot spread.

To learn more about which trees might work best in your yard, visit www.arborday.org.

Tall trees, such as:
maple, oak, spruce,
and pine

Plant the right tree in the right place

Plant taller trees away from overhead utility lines



 **Arbor Day Foundation**
arborday.org

Balance good and bad for healthy arteries

It's odd to think of something like cholesterol having a split personality, but it's true. Cholesterol can be good or bad, and the right balance of these levels could tip the scales in your favor when it comes to your risk of heart disease.

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked. High blood cholesterol — partially resulting from too much bad, low-density lipoprotein (LDL) — affects more than 65 million Americans. Lowering cholesterol levels by increasing good high-density lipoprotein (HDL) lessens your risk for developing heart disease and reduces your chances of having a heart attack or stroke.

How does cholesterol cause heart disease?

When there is too much LDL (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time arteries become narrow and restrict blood flow to the heart. Blood carries oxygen

to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High LDL levels do not cause symptoms, so many people are unaware that their cholesterol level is too high. So it's important to find out what your cholesterol numbers are, because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chances of a heart attack.

By the numbers

The National Heart, Lung and Blood Institute suggests everyone age 20 and older should have their cholesterol measured at least once every five years. A lipoprotein profile blood test taken after a 9- to 12-hour fast provides:

- Total cholesterol
- LDL (bad) cholesterol — the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol — which helps keep cholesterol from building up in the arteries
- Triglycerides — another form of fat in your blood

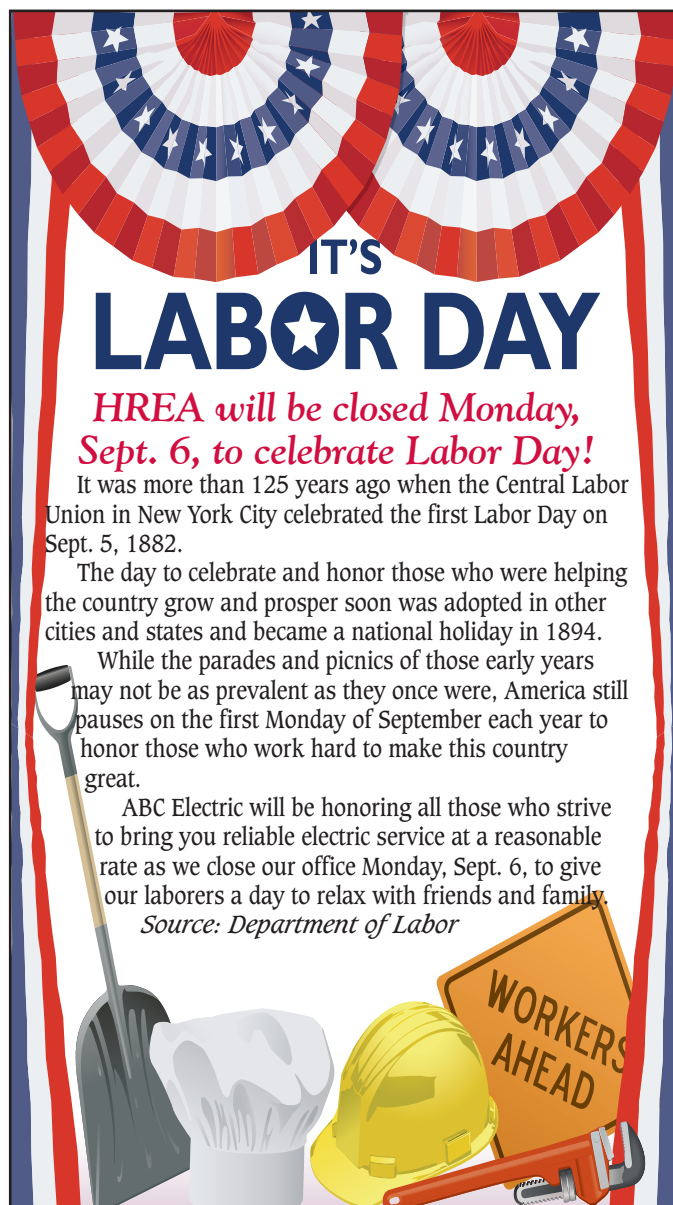
HDL protects against heart disease, so higher numbers are better. A level less than 40 mg/dL is low and considered a major risk factor. HDL levels of 60 mg/dL or more help lower your risk for heart disease. Triglycerides can also raise heart disease risk. Those with total cholesterol levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment.

To keep your cholesterol under control:

- schedule a screening
- eat foods low in cholesterol and saturated fat and free of trans fat
- maintain a healthy weight
- be physically active
- follow your health care professional's advice

To learn more, visit www.nhlbi.nih.gov, keyword: cholesterol.

Source: National Heart, Lung and Blood Institute, American Heart Association



**IT'S
LABOR DAY**

HREA will be closed Monday, Sept. 6, to celebrate Labor Day!

It was more than 125 years ago when the Central Labor Union in New York City celebrated the first Labor Day on Sept. 5, 1882.

The day to celebrate and honor those who were helping the country grow and prosper soon was adopted in other cities and states and became a national holiday in 1894.

While the parades and picnics of those early years may not be as prevalent as they once were, America still pauses on the first Monday of September each year to honor those who work hard to make this country great.

ABC Electric will be honoring all those who strive to bring you reliable electric service at a reasonable rate as we close our office Monday, Sept. 6, to give our laborers a day to relax with friends and family.

Source: Department of Labor

Did you know ...

- Downsizing your computer monitor can save money. Switching from a 17-inch monitor to a 14-inch monitor can cut associated energy costs by a third.

- The refrigerator accounts for about 10 percent of a home's energy use. Make sure the seal around the door is clean and closes tight.