

Wake ElectriConnection

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Youth Tour 2007: Rising seniors apply now

Wake Electric will award two expense paid trips to Washington, D.C., for the 2007 Rural Electric Youth Tour scheduled for June 9 - 15. The contest is open to all high school juniors (rising seniors) living in counties Wake Electric serves, including Durham, Franklin, Granville, Johnston, Nash, Vance and Wake. Winners will travel by chartered bus to the nation's capital where they will join approximately 1,300 other

Youth Tourists from 40 states.

Contestants for the Youth Tour must write a brief (around 300 words) report from one of the five topics provided.

1. Imagine a week-long power outage in your neighborhood, or interview someone who remembers life before electricity. Without electricity, how would your day-to-day life be different?
2. What are the basic differences between cooperatives and other forms of business?
3. What are the pros and cons of deregulating the electric industry?
4. What new or different source(s) of energy could we see in the future?
5. What new or different ways could electricity be used in the future?

Each of Wake Electric's winners will receive a \$1,000 scholarship for college, in addition to the trip.



Other Youth Tour scholarships are provided by our statewide organization, North Carolina Association of Electric Cooperatives. The \$2,500 Gwyn B. Price Youth Tour Scholarship, the \$2,000 Katie Bunch Memorial Scholarship and the \$2,000 Youth Leadership Council Scholarship are awarded each year to Youth Tourists. All Youth Tourists who participate from North Carolina are eligible to apply for the scholarships.

Applications must be completed and returned to the cooperative by January 31, 2007. Applications are available at www.wemc.com. For additional information, contact Matt Vernon at 919.863.6315 or, send an e-mail to matt.vernon@wemc.com.

Wake ElectriConnection

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A Touchstone Energy® Cooperative



From Your Manager...

Innovation is key to our future needs

The success of a co-op is dependent on how well it responds to the needs of its local members.

Touchstone Energy® electric cooperatives are dedicated to meeting the needs of their members by following four core values: integrity, accountability, innovation, and commitment to community.

Each of these cornerstones is key to providing excellent service and helping improve the quality of life in rural communities across the country.

Touchstone Energy electric cooperatives are responding to member's needs with innovative new technologies and services.

Electric cooperatives lead the industry in automated meter reading, or AMR for short. AMR systems use existing power lines as a communication path to every meter on the system. And while the main objective is accurate and efficient meter reading, AMR systems actually provide much more.

For example, AMR systems are being used to provide improved end-of-line voltage monitoring. This means better power quality for co-op members. AMR systems are also being used to respond to and track outages, as well as perform remote connects and disconnects. This high-tech meter system helps shorten the length of outages, improves efficiency, and saves money. With an AMR system, co-ops can provide members with information about their daily energy use and improve their energy budget.

AMR systems can reduce the need for sending trucks and personnel to accounts. Co-ops are also integrating AMR systems with supervisory control and data acquisition (SCADA) systems that remotely control and monitor substations. By combining AMR with SCADA and other systems like automated outage notification and computerized mapping systems, electric cooperatives are creating powerful new systems that offer faster and better service.

Beyond the core business of providing electricity, many cooperatives work independently or team up with other co-ops and industry partners to provide some desperately needed

infrastructure systems, such as broadband internet service.

Electric cooperatives across rural America are now promoting WildBlue satellite broadband service to their members. Without broadband service in place, enticing new businesses and jobs to rural areas is nearly impossible.

In today's society, electric cooperatives are devoted to their focus on innovation and new technology. Co-ops promote energy efficiency and encourage conservation. For example, some cooperatives are installing new transformers that use soybean oil, instead of mineral oil; biodegradable oil like this is safer for the environment in the event of a spill.

Co-ops are committed to providing safe and reliable electricity at the lowest possible cost. Each co-op is different with local needs that will dictate the innovative approach it takes to provide better service.

Electric cooperatives continue to use integrity, accountability, innovation, and commitment to community as a foundation for doing the right thing now, and in serving future generations of co-op members.



Jim Mangum

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Wake Electric awards students for achievement

Twenty local students have each been awarded a \$50 U.S. Savings Bond in Wake Electric's "Give Us an 'A' contest." The students were randomly selected to receive the awards after submitting their report cards with at least one "A" during the grading period. This is part of the Cooperative's commitment to supporting the local communities we serve by encouraging academic achievement.

The next drawing will be on Friday, March 30, 2007. Entries should be sent to this address: Wake Electric, Post Office Box 1229, Wake Forest, NC, 27588. Students should include their parent/guardian names and addresses, as well as the school the student attends. Congratulations to the winners listed below:

Kaitlin Oakes, daughter of Robert and Geraldine Oakes of Youngsville, Youngsville Elementary.

Katherine Jones, daughter of Allen and Nancy Jones of Oxford, J F Webb High.

Cody Tuck, child of Tim and Tami Tuck of Franklinton, G C Hawley Middle.

Rena Jett, daughter of Daryl and Denise Jett of Creedmoor, Creedmoor Elementary.

Miranda Gooch, daughter of Renee Gooch of Creedmoor, G C Hawley Middle.

Ashlee Short, daughter of David and Glenda Short of Kittrell, Crossroads Christian.

Allison Schulz, daughter of John and Jennifer Schulz of Wake Forest, Franklin Academy.

Cameron Hill, child of Jessie and Kathy Hill of Youngsville, Youngsville Elementary.

Jordan Fisher, child of Steven and Diane Fisher of Kittrell, Southern Vance High.

Dustin Thorne, son of Dennis and Cindy Thorne of Battleboro, Red Oak Middle.

Shana Wilkins, daughter of Beverly Thomas of Louisburg, Louisburg High.

Samantha Hovaniec, daughter of Chuck and Gloria Hovaniec of Raleigh, Heritage Middle.

Kimberly Eddins, daughter of James and Kimberly Eddins of Raleigh, Heritage Middle.

Tyre Thorpe, child of Donnie Thorpe and Bronzella Taylor of Franklinton, Wilton Elementary.

Kaitlin Gibson, daughter of Cheryl Gibson of Wake Forest, Heritage Middle.

Brittney Vair, daughter of Steve and Debbie Vair of Wake Forest, Heritage Middle.

Nicole Doherty, daughter of Fred and Carolyn Doherty of Wake Forest, Wake Forest-Rolesville High.

Devin Martin, child of Eric and Marla Martin of Garner, Southeast Raleigh High.

Matthew Hill, son of Jessie and Kathy Hill of Youngsville, Franklinton High.

Paige Pernell, daughter of Charles and Sherry Pernell of Kittrell, Northern Vance High.

Just a phone call away...

Call Wake Electric anytime to report power outages at the following numbers:

(919) 863-6499 or (800) 743-3155

- Regular Office Hours are 8 a.m. to 5 p.m., Monday through Friday
- Telephone Hours: 7 a.m. to 9 p.m., Monday through Friday at (919) 863-6300 or (800) 474-6300
- Underground locating service, call N.C. One-Call Center at (800) 632-4949
- Interactive customer service line for inquiries on accounts or to report outages from a touch-tone phone: (919) 863-6499 or (800) 743-3155

Attention Members:

Mark your calendar...

*Wake Electric's Annual Meeting of Members has been scheduled for **Friday, March 23, 2007** at the Louisburg College Auditorium.*

Registration begins at 6:00 p.m. and the business meeting will start at 7:30 p.m. Cash prizes will be awarded. Check out next month's newsletter for more information.

We look forward to seeing you there!

Prepare your homes for winter weather

As temperatures fall, Safe Electricity© encourages people to take steps now to improve both home energy efficiency and safety during the home heating season.

Energy dollars can pour out of homes through drafty doors, windows, uninsulated attics, walls, floors, and basements while safety risks go unnoticed. A small investment of time now can pay big dividends in keeping your home safe and warm this winter.

“Most winterizing steps can pay for themselves relatively quickly with heating bill savings,” says Molly Hall, director of Safe Electricity. “Weather stripping and caulking are inexpensive and among the simplest, most effective ways to boost efficiency and cut energy costs year round.”

“As you take steps to winterize your home, you can also inspect for electrical hazards and eliminate electrical fire and shock risks,” adds Jay Solomon, University of Illinois Extension Engineering Educator. “For example, as you check around outlets and other places where air can leak, also check for overloaded outlets and cover plates that are warm to the touch.”

Approximately one-third of all house fires nationwide occur during the cold, home-heating season. Many of these winter fires can be attributed to faulty and improper use and maintenance of heating equipment.

If an electric space heater is used, make sure the wiring is adequate, and check for cord fraying splitting wires, or overheating. Do not place a portable heater in high-traffic areas and keep it clear of flammables such as curtains, bedding, clothes and furniture. Never use extension cords with electric heaters.

“Don’t overlook simple energy-saving steps such as opening curtains to let sunshine warm your home, and closing them at night to keep warmth in,” reminds Hall, “and make sure fireplace dampers are closed when not in use,” she says. “These are effective energy-saving tips that cost you nothing.”



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How changing seasons could affect your mood

Every 365 days, the earth completes a revolution around the sun, fading summer into fall and winter to spring. For some people, the changing seasons bring drastic changes in mood.

According to the American Academy of Family Physicians, 10-20 percent of adults in the U.S. may experience mild Seasonal Affective Disorder (SAD), a cyclic and seasonal condition with symptoms like depression, low energy, sleepiness, overeating, changes in appetite, weight loss or gain, insomnia and anxiety.

For those who experience SAD, symptoms recur every year at about the same time and are unrelated to other major life events.

Most people with SAD experience depression in the winter and enjoy a more positive outlook in spring and summer.

Weak winter sun can lead to depressive episodes

The National Mental Health Association reports that an excess amount of melatonin, a sleep hormone released in the brain, might be to blame for symptoms of winter depression. The brain releases melatonin when it is dark; short winter days with less sunlight cause the brain to produce more melatonin than it should. Too much melatonin can cause sleepiness and depression.

Lack of sunlight can also confuse your body’s circadian rhythm, or 24-hour cycle, making it difficult to maintain normal sleeping and waking hours.

Beat the seasonal blues

All experts agree that if you experience serious symptoms of depression or have thoughts of suicide, you should see a doctor to get help.