

McDonough Power Cooperative

2009 Annual Meeting

Check out our state association's Toyota Prius PHEV (plug-in hybrid electric vehicle). The vehicle is part of a national research project sponsored by the US Department of Energy and our national association's Cooperative Research Network.



Registration begins at 6 p.m.
Business meeting at 7 p.m.

Please join us to find out what's going on at your cooperative.

Thursday, August 27th
at The Crossing in Macomb

PRIZES ~ PRIZES ~ PRIZES ~ PRIZES ~ PRIZES ~ PRIZES

We will draw for prizes throughout
the evening including 3 - \$200 energy credits

Pork chop sandwiches,
chips, cookies & soda
Served 6-7 p.m.

Members attending
receive a \$5 bill credit

Hear about the new
Co-op Connections
discount program

Visit our innovative display to
find out what makes your home
more energy efficient

We hope to see you there!



McDonough Power Cooperative

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Office hours:
7 a.m. - 4 p.m. - Weekdays

DIRECTORS

Michael Cox, Chairman

Steve Lynn, Vice Chairman

Steve Youngquist, Secretary

Stan Prox, Treasurer

Robert J. Dwyer

Steve Hall

Walter Lewis

Jeffrey Moore

Jerry Riggins

John D. McMillan, Attorney

**All Co-op Electric
Outages 837-1400**

A Touchstone Energy® Cooperative
The power of human connections



Sullivan Represented McDonough Power Cooperative in Washington

Mark Sullivan of Rushville represented McDonough Power Cooperative in Washington, D.C., during the annual “Youth to Washington” Tour, June 12-19. This event, sponsored by the electric and telephone cooperatives of Illinois, began 50 years ago to introduce rural youths to our democratic form of government and cooperatives.



Sullivan met with Congressman Aaron Schock and was among 65 rural Illinois youth leaders selected for the trip. The Illinois students joined 1,532 young leaders from across the country. In addition to the Capitol, they also visited Arlington National Cemetery, the Washington National Cathedral, several Smithsonian Museums, the U.S. Holocaust Memorial Museum, the World War II Memorial, the Royal Embassy of Saudi Arabia, the National Archives, the Newseum and a number of other historical sites. (531C1C-900B)

From left are Chaperones Josh and Kelly Hamm, Schock and Sullivan. Kelly

Hamm is an employee of McDonough Power Cooperative. (5224D5-958A)

McDonough Power Cooperative is a member of Touchstone Energy® – an alliance of more than 685 local, consumer-owned electric utilities around the country. McDonough Power is committed to providing superior service based on four core principles: integrity, accountability, innovation and commitment to community. The co-op serves more than 5,184 members over 1,409 miles of line in parts of Fulton, Hancock, Henderson, Knox, McDonough, Schuyler and Warren counties. For more information visit www.mcdonoughpower.com.

Find out how you can save money just by being a member of McDonough Power

Details at the Annual Meeting

We are pleased to announce that McDonough Power Cooperative will soon be involved in the Touchstone Energy Co-op Connections Card program. Each of our members will receive a card that will help save on prescription drug costs and products they buy from national and local retailers. More information will be coming at the Annual Meeting August 27th and in future issues of Illinois Country Living!





Electric Co-op Leaders Speak Frankly with Congress

Efforts underscore message of the Our Energy, Our Future™ campaign

In early May, roughly 3,000 electric cooperative leaders from across the country converged on Capitol Hill with a critical message for Congress — electricity must remain reliable and electric bills affordable. Representing McDonough Power Cooperative were Steve Epperson, President and CEO, as well as district 4 board representative, Stan Prox.



In face-to-face meetings with lawmakers, the co-op representatives stressed that if climate change legislation wasn't enacted, the U.S. Environmental Protection Agency (EPA) would take matters into

its own hands. In mid-April the agency announced it was ready to use the federal Clean Air Act to curtail the release of carbon dioxide and five other greenhouse gases blamed for contributing to climate change. Believing the Clean Air Act “not well-suited” to addressing global climate change, electric co-ops are urging Congress to act on a simple, affordable, flexible, and effective solution.

A proposed cap-and-trade plan being pushed by Congress, designed to curb carbon dioxide and other greenhouse gas emissions, would set a specific limit on such emissions from sources like power plants, factories, and refineries, requiring those sources to account for

all greenhouse gases with allowances. An ever-shrinking number of allowances would be traded between companies. Unfortunately, under some parts of this plan the price to generate electricity from fossil fuels — a price directly tied to electric bills — could potentially fall into the hands of Wall Street speculators.

“You can either side with Wall Street and the speculators, or you can side with Main Street, your constituents, and your electric cooperative,” said Glenn English, CEO of the Arlington, Va.-based National Rural Electric Cooperative Association, the service arm of the nation’s 900-plus consumer-owned, not-for-profit electric co-ops. (534A5B-266B)

While messages from electric co-op leaders carry a lot of weight on Capitol Hill, nothing compares to the voices of co-op members themselves: the 42 million hard-working citizens that will ultimately foot electric bills impacted by federal climate change policy.

Become a part of the conversation today, and join the hundreds of thousands of electric co-op consumers already involved in the Our Energy, Our Future™ grassroots campaign. Please visit www.ourenergy.coop for more information on how your personal story can impact energy legislation on a national level.

MAP LOCATION GAME

Every month we will have four map location numbers hidden throughout *The Wire*. If you find your map location number, call our office and identify your number and the page that it is on. If correct, you will win a \$10 credit on your next electric bill.



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. (724D9-630B)

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.

And for good reason: today, we move, travel or change doctors far more often than our parents and grandparents did. Also, doctor's offices and clinics store records of children's shots and the dates they were received only for a few years.

It's very important for parents to stay on top of this because in most states, children are not allowed to enter school or childcare centers unless they can prove that 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/default.htm>) for shot schedules, recommendations and guidelines, and charts that you can download and print to track your child's shots.

Make the first day easier.

Remind your child that they are not the only one who may be uneasy about the first day. Point out the good points of starting school – they'll see old friends and will meet new ones.

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.

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 <http://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 it 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

All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.

Your child should ride in a car safety seat with a harness as long as possible and then ride in an approved booster seat.

Your child should ride in an approved booster seat until the seat belt fits them 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

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 is even 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.

Meg Jones, marketing communications senior advisor with the National Rural Electric Cooperative Association, writes group health articles for Insurance and Financial Services.

Insurance & Financial Services (IFS) administers the NRECA Group Benefits Trust that covers more than 100,000 electric cooperative employees and their families, directors, and retirees.