

The NEWS LINE

RUTHERFORD ELECTRIC MEMBERSHIP CORPORATION

www.remc.com

Your Touchstone Energy Cooperative



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Now Serving 67,052 Members

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Generator Safety: Our Lives are on the Line

The safety of you, our members, and our employees is a top priority at Rutherford EMC, especially during dangerous times. When storms hit our area, we rush to your aid.

Our line crews take necessary precautions before they work on downed power lines. First, they verify a circuit has been de-energized, and that proper switches are opened and tagged to isolate the circuit from the system. We place grounds on the circuit—on both sides of workers—to make sure the line cannot be energized while work's being done.

But even after these measures, our workers' lives remain in your hands.

Rutherford EMC is proud of our outstanding safety record, but sometimes, no matter how many steps we take to keep everyone safe, the very people we are there to help unknowingly put our lives—and their own—in danger.

Portable generators, widely used when power lines are down, can prove fatal to lineworkers and your neighbors when used improperly.

In 2005, a lineman died in Flomaton, Ala., when he contacted a power line that was energized by an improperly installed generator. Forty-one-year-old Ronnie Adams of Winterville, Ga., was working to restore power after Hurricane Dennis. He was married and had two teenage children.

Of course, no one would ever purposely cause the death of a lineworker. Nevertheless, a generator connected to a home's wiring or plugged into a regular household outlet can cause backfeeding along power lines and electrocute anyone who comes in contact with them—even if the line seems dead.

And Rutherford EMC employees are not the only ones in danger when a portable generator is used improperly. Generator owners themselves may be at risk of electrocution, fire injury, property damage, or carbon monoxide poisoning if they do not follow the necessary safety rules.

Portable generators can be very helpful to consumers during outages. But we urge you to follow these safety guidelines when using one:

- **Never connect a generator directly to your home's wiring unless your home has been wired for generator use.** This can cause backfeeding along power lines and electrocute anyone coming in contact with them, including lineworkers making repairs. Have a licensed electrician install the equipment necessary to safely connect emergency generators to your home.
- **Always plug appliances directly into generators.** Connecting the generator to your home's circuits or wiring must be done by a qualified, licensed electrician who will install a transfer switch to prevent back-feeding.
- **Use heavy-duty, outdoor-rated extension cords.** Make sure extension cords are free of cuts or tears and the plug has three prongs. Overloaded cords can cause fires or equipment damage.

- **Ensure your generator is properly grounded.**
- **Never overload a generator.** A portable generator should only be used when necessary to power essential equipment or appliances.
- **Turn off all equipment powered by the generator before shutting it down.**
- **Keep the generator dry.** Operate it on a dry surface under an open structure.
- **Always have a fully charged fire extinguisher nearby.**
- **Never fuel a generator while it is operating.**
- **Read and adhere to the manufacturer's instructions for safe operation.** Never cut corners when it comes to safety.

We encourage you to protect the well-being and safety of your family during outages, and safeguard those who come to your aid during emergency situations.

For a free pamphlet on how to operate a portable generator safely, please contact REMC at 1-800-521-0920 or 828-245-1621.

Be Prepared Before the Storm

Here are some basic items you should store in your home in case of emergency:

- **Water:** Three day supply, one gallon per person per day
- **Food:** Three day supply, non-perishable, high-energy
- **Clothing, bedding, and sanitation supplies**
- **Tools:** Can opener, plates, utensils, flashlight, batteries, cash, bleach, hand sanitizer
- **First aid supplies, medicine**
- **Important documents**



Visit redcross.org/domore to learn more about disaster kits.

Source: American Red Cross, Federal Emergency Management Agency

SWAP SHOP

Rutherford Electric Membership Corporation provides Swap Shop ads as a free service to its members. Guidelines are as follows: Ads are published first-come, first-served. When the 1 1/2 pages allotted for ads are full, the remaining ads will be held over for the next issue. Ads will not be run more than once. Commercial ads will not be accepted. We reserve the right to edit, condense, or deny publication of any advertisement. Rutherford Electric Membership Corp. assumes no responsibility for the content of any advertisement and does not endorse or warrant any of the goods or services so advertised. Please include your account number with your ad.

Mail your ads to: Newsletter Editor, Rutherford EMC, PO Box 1569, Forest City, NC, 28043-1569 or e-mail at gmcDaniel@remc.com. No phone calls please.

FOR SALE

'03 Cadillac CTS - pearl white w/tan leather, exceptionally maintained, \$8,550. 954-818-1686.

30-gal. aquarium w/stand - \$100; 20-gal. aquarium w/stand, \$75; live corals, \$15 ea.; fax/phone/copier, \$20. 704-813-7241.

Platform scales - \$200; 110 John Deere riding mower, \$700; 116 John Deere riding mower, \$750; lawn edger, \$175; weed eater w/blade, \$175; sickle mower for Cub or Super A, \$100. Calvin at 704-435-3302.

Body kit for '06 Nissan 350Z - includes front & rear bumpers, side skirts & spoiler, all new, \$600. David at 704-460-3378.

Grandview Farms, Lincolnton, N.C. - lovely 0.87 acre building lot w/trees & cleared area, great price. 386-341-1451.

Utility trailer - 5x8, metal floor, 1-ft. wooden sides, lights wired & furnished, mobile home wheels & tires, like new cond., current license & title, \$550. 828-433-8401 aft. 4 pm.

One Ford truck seat - blue, fits 1954-79; new & used chrome w/wood grain, fits Ford 1970-72; front bumper guards, fit 1964-76 Ford truck; new armrest for truck, 1968-72. 828-397-3416.

Power chair - hardly used, \$300, cost \$3,500. 704-922-0561.

Paving equipment. 704-691-9497.

Uniflame gas grill w/side burner - 1 yr. old, \$75; steel car ramps, \$25; Magnavox 20" color TV, \$50; Mark IV camper top for Ford Ranger, \$200; 5-position chaise lawn chair, \$25. 704-228-9828.

'06 Sunset Creek by SunnyBrook 30.5' travel trailer - Model 26.8FL, immaculate, 1-owner, purchased new in '07, bay window, ducted heat & air, sleeps 6, smoke-free & pet-free, like new blk. appliances, green & beige colors, private bath (separate from BR), queen bed, \$12,500 neg. Serious inquiries only. 704-739-0788.

Baby play bed - 704-538-7615.

Full-sz. solid brown sofa - brand new upholstery, never been sat on. 704-538-8912.

Mountain top 2.65-ac. lot - partially cleared, about 2,800' in elevation, million dollar view of other mountains, Silver Creek Subdivision POA, good roads, dues \$150/yr., \$25,000. 850-384-4082.

Manufactured by Toku, a brand-new Lampe L-50 pneumatic sinker drill - purchase price \$2,225, will take \$1,600 plus you pay shipping if you can't pick it up, weighs 60 lbs., 24" in length, consumption 84 cfm, 3/4" hose included, runs on minimum of 90 psi, holds up to a 10' hexagonal drill rod. 404-274-4953.

4-wheeler - '03 Polaris Predator 90, 1-owner, red & black, well-maintained (new battery, oil, gas, spark plug & fuses), under 75 hrs. of operation,

stored inside, all manuals & info., helmet, exc. cond., \$1,450. 704-732-5106 (8:30-5 pm) or 704-735-9573 aft. 5 pm.

'97 800 Suzuki Marauder motorcycle w/saddlebags - Mustang seat, \$2,900. Greg or Michael at 828-433-4950 during day.

8' slate pool table - \$500; Southern Foods commercial freezer, \$300; living room suite, \$200; coffee table & 2 end tables, \$50. 828-448-5239 aft. 7 pm.

Grave plot w/vault in Old Rugged Cross section at Forest Lawn Cemetery, Lincolnton, N.C. - \$1,200. 704-735-4219, Mon.-Fri., 9 am-6 pm.

'66 Chevrolet PU - low mileage, new oak flooring in bed, tires, exhaust, chrome bumpers & weather stripping around windshield & doors all new, red, rebuilt 203 eng. w/less than 300 mi. on it, \$13,500. 704-462-2883, 8 am-8 pm.

Sears Kenmore washing machine water pump - brand-new, \$50. 828-625-2575.

3.46-acre estate building lot near Morganton, N.C. - underground electric, paved roads, highway frontage, wooded, quiet rural setting w/abundant flora & fauna, \$38,500, owner financing w/10% down. 828-223-7959.

Plus size clothes - casual & business, sizes 22-26, many brand-new w/tags, will sell individually or in lots. 828-442-6979.

1.85 acres in Dallas (between Lincolnton & Gastonia) - mobile home on property but needs repairs to be livable, will discuss price/arrangements for land; '94 Buick Skyark, 2-door, body & interior in good cond., does not run, BO. 704-648-7896, 12 noon-9 pm.

18' enclosed trailer w/ramp door. 828-584-2308.

Antique chest of drawers & antique rope bed - both handmade, dovetail & pre-Civil War, \$450 ea.; Longaberger Mother's Day & natural spring basket sets, \$45 ea.; Reader's Digest book collection (13 books), \$65; winter snow print, sea foam green mat, beautiful frame, \$39. 704-922-8991.

3-BR, 2-BA house on 1.5 acres - close to Robert L. Patton High School, Burke County, N.C., \$119,500; 2-BR, 2-BA house on 0.75 acres, close to Mull Elementary School, Burke County, N.C., \$89,900. 828-448-5239 aft. 7 pm.

Used Perfection oil circulator - like new, large model, \$100. 828-324-7816.

4 adorable Beagle pups - born May 7 & 8, 2010, will be ready to go the weekend of June 19, 2 females & 2 males, good hunting parents, \$100 ea. 704-435-5971.

'55 black Chev. coupe w/black & white int. - motor rebuilt, 78,284 mi., front & rear bumper bars, Wonder Bar radio, very good cond., must see to apprec., \$29,500; exercise bike w/2 seats (1 regular size & 1 larger), timer, handlebars move back & forth, \$70; wide variety of new cabinet hardware; Sears Craftsman 42" lawn mower, \$400. 828-437-5041 or 828-403-5976.

'06 Harley-Davidson Electra Glide Classic motorcycle - like new, 6,900 mi., \$14,500 OBO. 704-214-1040.

Almost new scales; almost new small refrig.; hardly used-collector's item, phone rings, characters Mickey Mouse, Donald Duck & Goofy play instruments, \$60 firm. 704-435-4550.

Shop-Vac - wet & dry; Sears 2-1/4-ton hydraulic jack; Sears stereo cassette player w/detachable speaker box; Whirlpool water cooler; automatic

bread baker; Sears portable generator; World War II books & video. 704-445-9174.

Assorted wrenches & tools - make offer; 1941 Briggs & Stratton ZZ military engine/generator, 120V, complete, \$250 firm; 6000-watt, 120/230V, 10-HP generator, used 30 hrs., runs good, \$350; 2 each 15 cu. in. vertical shaft lawn mower engines, complete, both for \$20; engine only, '89 Ford 3.0-V6 eng., complete, runs good, \$150. 828-287-8034.

'95 Coachmen Catalina 27' motor home - Ford E-350 460 engine, 40,000 mi., 4000-watt Onan generator, flat-screen TV & VCR, 1-queen, table & couch beds, 1 overhead single bed, shower separate from bathroom, \$13,000 OBO. 704-472-5741.

'04 Ford F-150 PU - 4x4, 5.4 Triton V-8, extended cab, Leonard fiberglass camper top, bed liner, towing pkg., off-road pkg., 1-owner w/only 29,000 orig. mi., new tires, \$19,000. 704-538-6831.

5.25 acres of wooded land in Burke County, N.C. - Oak Hill Fire District, just off Frank Whisnant Rd. on Kinglets Lane, large road front, a must see. 828-437-4798.

'06 Flagstaff 20' travel trailer - sleeps 7, full kit. & BA, like new cond., payoff of \$11,000 or take over payments at \$229/mo., must sell; twin size bed w/trundle, light oak finish, \$250; entertainment center, made by Broyhill, holds up to 27" TV, yellow pine finish, \$200; '88 stratos 16-1/2' bass boat, 35-HP Mercury eng., \$3,000 neg. 828-328-8258.

'99 Volvo O/T truck - Cummins eng., super 10 trans., some body damage, on road till 10/09, \$5,000; tow dolly, used once, pulled cargo van, \$800; '88 Driftwood by Rockwood motor home, decent shape, runs, \$2,000. Cash only. 704-300-2717; serious inquiries only.

Bush Hog brand 6' rotary cutter - Model #306 stump jumper, 2 blades w/2 laminated wheels (1 on each side), pull type w/John Deere cylinder, good cond., ready to mow, \$600. 704-538-0808 aft. 1 pm.

'68 Ford Mustang - body straight, fuchsia in color, 6-cyl., runs good, \$3,000; '99 KTM dirt bike, 400-4 stroke (SC), runs good, new tires, \$1,500; air-hockey table, regulation size, works good, \$250. 828-439-9991.

Harmonic crankshaft balancer & removal tool for '92 Mitsubishi Diamante 3.0 - \$75; engine & trans. only, '79 Dodge truck 440 eng. & trans., 30,000 original mi., \$800 OBO; '89 Ford E350 diesel, ex-U-Haul 20' van w/loading ramp, new tires, runs good, \$3,000 OBO. 828-287-8034.

Registered adult Pugs (1 male & 1 bred female) & reg. adult puggles (2 bred females), females black, \$500 for all 4; 4 reg. Chihuahuas, 3 females, 1 male, \$500 for all 4; reg. female Great Pyrenees, \$75; '84 Winnebago, 31' long, 64,000 mi., \$7,000; 8N Ford tractor, new motor, \$3,200. 704-538-8068.

Dorm refrig. - \$40; horse collar w/haines & chain, \$125; dough bowl, 36x16, \$50; 40" wagon wheel coffee table/smoked glass top & wagon wheel hub lamp, \$450 for both; solid oak table w/chairs, \$250; old cane bottom rocker, \$75; leather chair & ottoman, \$200; 24" RCA color TV, \$50; commercial air compressor, \$550. 704-922-3135.

Victorian hat & stand - \$75; Old Sultan Thanksgiving children's book, 1898, \$59; Discovery Quest Reading Together at Home, \$50; WFU straw hat, \$20; Gerry women's goose down ski jacket & matching bibs, blue, \$75; wedding gown, sz. 8, \$99. 704-922-8991.

MISCELLANEOUS

For Free: Two full-blooded female Boxers to good home - one spayed 3-yr. old & one 1-yr. old. David at 980-241-0803 or 704-735-0636.

For Free: Grate for fireplace. 704-854-3651.

For Rent: 3 Myrtle Beach rentals - Ocean Lakes, 4 BRs, 2 BAs; N. Myrtle, Tilghman Bch. Racquet Club condo, sleeps 8; Compass Cove, oceanfront eff., sleeps 4. Great deals. Wonderful amenities. 704-435-6995.

For Rent: Vacation rentals, Bluegreen Resorts, Myrtle Beach, S.C. - Harbour Lights, 2 BRs, sleeps 6-8, Intercoastal Waterway, July 16-18; Carolina Grande, 3 BRs, sleeps up to 12, ocean view, July 23 & 24; Shore Crest Villas, ocean view, 1 BR, sleeps 4, Aug. 6-8; SeaGlass Tower, 1 BR, deluxe, sleeps 4, ocean view, July 31-Aug. 2; SeaGlass Tower, 1 BR, oceanfront, Aug. 8-14. 704-922-8997.

For Rent: Condo on the Gulf of Mexico at Ft.

Myers Beach, Fla. - beachfront, sleeps 6, 2 BRs, 2 BAs, wide beach, hot tub, pool, tennis court, game room, gas grills & activities, July 17-24, 2010, \$875. 727-376-1498.

For Rent: Mobile home between Casar & Belwood, N.C. - rent includes water; references & deposit required. 704-538-7615.

For Rent: 2-BR, 1-1/2-BA apartment off I-40 West, Exit 107 (Drexel) - bedrooms are upstairs, rent includes water & trash pick-up, \$425/mo., references, deposit \$425, no pets, not Section 8. 828-433-9515.

For Rent: Vacation cabin - 3 BRs, 2 BAs, sleeps 8, fully furnished, gated community, quiet seclusion near all recreation in western N.C. foothills, rent by the weekend, week or month during summer & fall. 828-223-7959.

For Rent: 14x70, 2-BR, 2-BA mob. home on 2-acre private lot in Cherryville area - septic tank & well, electric heat, C/A, dishwasher, stove & refrig., hookup for washer & dryer, outside storage bldg.,

maximum of 4 people, ref. required, \$300 dep., \$425/mo. 704-898-5429.

WANTED

30-HP diesel tractor - Ford or M Ferguson. Calvin at 704-435-3302.

June apples. 704-732-2769.

12' or **14'** enclosed trailer. 828-584-2308.

Roommate to share beautiful 4-BR, 3-1/2-BA custom-built home on 2 ac. - 5 mi. from new CMC Lincolnton Hosp., must be professional, mature, drug-free, have a clean background & love animals, owner has 3 large dogs & 1 kitten, available immediately, rent negotiable depending on contribution to household upkeep, ref. required. 704-735-2481.

Acetylene & oxygen bottle set for welding torch - small, medium or large size OK, including bottle dolly if it goes w/them, will pay cash if priced reasonably. 828-223-7959.



ENERGY EFFICIENCY TIP

Heat from sunlight coming through windows and hitting the roof can increase air conditioner use significantly. Use shade trees and scrubs in landscaping design to reduce cooling costs. Block heat in the summer—but let it through in the winter—with deciduous trees, which will lose their leaves in the winter.

Source: U.S. Department of Energy

★ **ALL REMC OFFICES
WILL BE CLOSED ON
MONDAY, JULY 5
FOR
INDEPENDENCE DAY.** ★

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Staying Cool in Hot Weather

Summertime brings high temperatures, fun outdoor activities and unfortunately, some heat-related risks. People are already heading to beaches, campgrounds, parks and cookouts. These are all great summertime destinations, and by making a few simple changes, you can stay safe and healthy in the heat:

- Drink more fluids, regardless of your activity level. Don't wait until you're thirsty to drink. Avoid liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid.
- Stay indoors in an air-conditioned place if it's hot outside—even a few hours spent in air conditioning can help your body stay cooler if you do go into the heat.
- Electric fans provide a breeze, but when the temperature is in the high 90s, fans will not prevent heat-related illness because they do not cool the air. A better way to avoid the heat is to take a cool shower or bath.
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave a person or animal in a closed, parked vehicle. Even on mildly warm days, when the outside temperature is only 72 degrees, the temperature in a car can be more than 100 degrees.
- Although anyone at anytime can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - ✓ Infants and young children
 - ✓ People over 65-years-old
 - ✓ People who have a mental illness
 - ✓ Those who are physically ill, especially with heart disease or high blood pressure

For all who are outdoors during the summer, be mindful of the possibility of heat exhaustion. Symptoms include: heavy sweating, faintness, rapid pulse, low blood pressure, nausea, a low-grade fever, headache and flushed skin.

It is especially important to watch for signs of heat exhaustion because if left untreated it can lead to heat stroke (when the body reaches 104 degrees), which can be fatal.

Try to limit your outdoor activities to the morning and evening when temperatures are cooler. If you're outside in the middle of the day, stay in the shade and put on sunscreen of SPF 15 or higher. The most effective sunscreens say "broad spectrum" or "UVA/UVB protection" on their labels.

Summer does mean fun in the sun, just as long as you and your family know how to stay cool.



10 HOT TIPS for GREEN SUMMER COOKING

By John Bruce

Keep your cool this summer when preparing meals. You can save money and reduce your energy use with these 10 easy tips for going green when cooking summer meals (and year round, for that matter).

1. Cook outdoors when possible to reduce the load on your air conditioner. Try a solar cooker or oven. Solar cookers and ovens are by far the most energy-efficient cooking appliances. They require no fuel, reduce unwanted summer heat in your home by taking cooking outside, and can accommodate any food a slow cooker can. Some solar ovens can reach 500 degrees. To learn more, visit www.solarcooking.org.
2. Toaster ovens, convection ovens and slow cookers get the job done with less energy than conventional stovetops or ovens, especially when preparing smaller meals.
3. Use as small a pan, as little water, and as little pre-heating time as possible.
4. Bake in glass or ceramic ovenware instead of metal. You can turn the temperature down by 25 degrees, and foods will cook in the same amount of time.

5. Avoid thawing food in the microwave. Thawing food in the fridge is far more energy efficient, contributes to the fridge's cooling, and is safer than thawing food on the countertop or in the sink.
6. Don't open the door and peek in the oven. Use the oven window instead!
7. Clean burner pans (the pans under the burners that catch grease) regularly. They'll more effectively reflect heat to the cookware. Dirty burner pans absorb heat and reduce efficiency.
8. Use flat-bottom cookware that rests evenly on the surface of electric coil burners, solid-disk elements, or radiant elements under smooth-top ceramic glass.
9. Use residual heat. Turn the stove or oven off before cooking is done to allow cooking to continue while reducing energy use. An electric burner element can be turned off two minutes before removing the cookware, since it remains hot. Ovens can be turned off 20 minutes before cooking's done.
10. Consider substituting one or more stovetop burners with an induction cooker. The typical efficiency of an induction cooker is 84 percent and gas stovetops are 40 percent efficient, according to the U.S. Department of Energy. What's more, induction cookers (which require magnetic cookware such as cast iron or enameled steel) produce as much heat as gas and are less costly to operate than a conventional electric burner. Visit www.theinductionsite.com to learn more.



Solar cookers and ovens are by far the most energy-efficient cooking appliances. They reflect heat from sunlight to a central area to heat food or water.

Sources: U.S. Department of Energy, Solar Cookers International, American Council for an Energy Efficient Economy

John Bruce is a freelance writer based in South Carolina. He writes on energy efficiency for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.