



Roanoke Electric **FLASHES**

Roanoke EC new headquarters opening soon!

Roanoke Electric Cooperative will be moving from its longtime home located at 409 N. Main Street, Rich Square, to a more modern facility this month. On Monday, November 23, the new facility will be operational.

The Roanoke Center, established in 2003, will also remain open at its existing location and serve as a collection site for those members who wish to make payments in Rich Square. It fosters sustainable



ROANOKE ELECTRIC COOPERATIVE OFFICE



economic and community development in northeastern North Carolina by addressing the needs of individual citizens and

businesses. Visit www.roanokecenter.org for more information.

Josh Lane Golf Tournament raises funds for juvenile diabetes

Roanoke Electric Cooperative, Glover Construction and the Juvenile Diabetes Research Foundation recently embodied the co-op's slogan, "The power of human connections," to help JDRF come \$29,300 closer to a cure for diabetes.

The 10th annual golf tournament was held on Tuesday, September 15, at the Beechwood Country Club in Ahoskie. The tournament hosted 110 golfers and a special guest, Kelly Gaita from Fox 43-TV in Hampton Roads. After interviewing players and sponsors, Kelly found time to show off her golfing skills.

Juvenile Diabetes, a chronic disease caused by failure of the pancreas to produce insulin,

affects more than 16 million Americans every year. More than one half of them do not know they have the disease.

The Juvenile Diabetes Research Foundation was founded in 1970 by parents of children with diabetes. The mission is to find a cure through the support of research. One hundred percent of the proceeds will benefit the Juvenile Diabetes Research Foundation.

Roanoke Electric Cooperative has a long history of supporting the community through various grants. The Roanoke Electric's Operation Roundup® program, along with Glover construction, joined forces to support the Josh Lane Classic Golf Tournament.



Beverly Spiver takes a swing at the fundraising tournament.

The tournament is named for Josh Lane, son of REC employee David Lane, who has Type I diabetes. The tournament committee, David and his son, Josh, and Roanoke Electric Cooperative thank all participants, vendors, volunteers and contributors in making the cure for diabetes a little closer to reality.

Think electric safety in preparing for the cold

As the leaves change to their beautiful autumn hues and the weather gets colder, keep in mind the following electrical safety tips for the change of season:

- ❑ Make sure space heaters are in good repair and certified by an independent testing lab such as Underwriters Laboratories (UL). Also check that power cords are not frayed, cracked or cut.
- ❑ Do not use an extension cord to power a space heater. Plug directly into the electrical outlet. Make sure the circuit can handle the power demands of the space heater and any other appliances plugged into it.
- ❑ Keep space heaters at least three feet away from flammable materials such as curtains, draperies, loose paper and upholstery. Keep space heaters out of reach from small children and pets. Never use heaters as drying racks.
- ❑ Space heaters should have an automatic shut-off in the event they tip over.
- ❑ If the heater is running on fuels such as gas, kerosene or wood, follow manufacturer's instructions carefully. Make sure carbon monoxide

detectors are installed. Keep chimneys and flues free from corrosion or blockages.

- ❑ Check to see if electric blankets are in good repair and certified by an independent testing lab like UL. Do not tuck your electric blanket under the mattress and don't put anything on top of the blanket. Do not allow pets to sleep on electric blankets.
- ❑ Check cold weather tools, like leaf and snow blowers, to ensure power cords are in good repair. Extension cords need to be approved for outdoor use.
- ❑ Use only weatherproof outdoor electrical appliances for outdoor activities.



Source: Electrical Safety Foundation International

Tips to prevent the flu

- ❑ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ❑ Cover your nose and mouth with a tissue when you cough or sneeze. Throw tissue in the trash after you use it.
- ❑ If you don't have a tissue, cough or sneeze into the upper sleeve, not your hands.
- ❑ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ❑ Try to avoid close contact with sick people.
- ❑ If you get sick with the flu, stay home from work or school and limit contact with others to keep from making them sick.
- ❑ Get the recommended seasonal flu vaccine.
- ❑ Get the recommended H1N1 vaccine when it becomes available.



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MY ENERGY COSTS JUST
BY PULLING A FEW PLUGS.**

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For more flu information, visit www.flu.nc.gov or call N.C. CARE-LINE, (800) 662-7030 (TTY 1-877-452-2514). Source N.C. Department of Health and Human Services, www.ncdhhs.gov.

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Enjoy the holidays safely with these cooking tips

Cooking is one of the most popular ways to celebrate the holidays, and as the holiday season begins, people all over will start dusting off their aprons and head back into the kitchen. Cooking is a way to gather with family and friends, but make sure everyone is acquainted with some kitchen safety basics before getting started.

Before and after cooking

- ❑ Be sure that there is a fire extinguisher easily accessible in your kitchen. Make sure everyone in your home knows where the fire extinguisher is and how to use it.
- ❑ Don't let grease build on range tops, ovens or toaster ovens. Grease is a fire hazard, and remember, water should never be used to extinguish a grease fire.
- ❑ Keep flammable items, such as paper towels, plastic bags and holiday decorations, at least three feet away from range tops.
- ❑ Carefully read and follow the operating instructions of your kitchen appliances before using them.
- ❑ Never plug kitchen appliances into extension cords. This could overload the outlets and cause a fire.
- ❑ Plug all appliances directly into outlets when you are using them, and be sure to unplug them when you're finished. Not only is unplugging appliances safer, it also saves energy.

While cooking

- ❑ Never use cooking appliances near the sink or any other wet areas.
- ❑ When you are cooking on your range top, turn pot



handles toward the back of the range to prevent children from reaching up and pulling down a hot pot or pan.

- ❑ Always stay in the kitchen when you are cooking anything on the stove. If you have to leave the kitchen, turn off the stove while you are gone.
- ❑ Take extra precautions if you're planning a more elaborate meal, like a fried turkey. Never try to use a turkey fryer indoors, even if you think it may be too cold to cook outside. These devices are serious fire hazards. Read the extensive safety instructions that come with turkey fryers very carefully.

Follow these simple cooking safety tips and enjoy the meals you share with your family and friends this holiday season.

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Holiday closing

Roanoke Electric Cooperative offices will be closed on Thursday, November 26, and Friday, November 27, in celebration of the Thanksgiving holiday. For emergencies, please call (800) 358-9437.



Spring forward...Fall back....

Daylight Saving Time (DST) ends at 2 a.m. on Sunday, November 1. Don't forget to turn your clocks back. The National Fire Protection Association and the U.S. Consumer Product Safety Commission recommend changing the battery in your smoke and carbon monoxide detectors when changing clocks for Daylight Saving Time. Switching to Energy efficient bulbs in your ceiling fixtures could save you \$30 a year per bulb on your electricity bill. Visit www.energystar.gov for more information.

