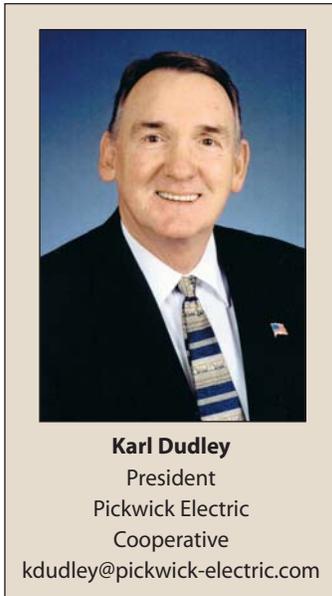


Make plans to attend PEC's annual meeting

The time is rapidly approaching for us to meet again for Pickwick Electric Cooperative's annual meeting. This meeting is used by the members and management to make reports, exchange information and conduct the business of the cooperative.

We invite all members to attend and help us celebrate 72 years of service to the community. The 2007 event will kick off at 4:30 p.m. Tuesday, Sept. 11, at McNairy Central High School with free hot dogs and soft drinks, party jumpers, displays and



entertainment for everyone. Each of the first 500 members to register will receive a custom travel mug.

The Renewed Gospel Quartet will perform at this year's annual meeting, along with the Adamsville High School Choir. Both groups will offer a wide variety of music that will be pleasing to the ear.

In addition to the travel mug, food and entertainment, a number of nice door prizes will be given away.

Please join us as we celebrate this special occasion.

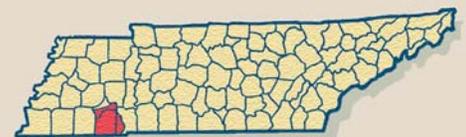


The Renewed Gospel Quartet from Dyersburg, Tenn., will perform at this year's annual meeting. The group has more than 115 years of combined gospel music experience. They were recently recognized by Gov. Phil Bredesen for their contributions to gospel music. From left are Mike Hoffman, Danny Presley, Charles Vaughn and Keith Ozment.



Pickwick Electric Cooperative

Serving members in all of
McNairy County and
portions of Chester,
Hardeman and Hardin
counties in Tennessee and
Alcorn and Tishomingo
counties in Mississippi



530 Mulberry Avenue

P.O. Box 49

Selmer, TN 38375

Phone Numbers:

(731) 645-3411

(731) 632-3333

1-800-372-8258

Web site:

www.pickwick-electric.com

These five pages contain local

news and information

for members of Pickwick

Electric Cooperative.



PEC offers water heater incentives

Pickwick Electric Cooperative residential electric water heater incentive program

A \$50 incentive will be paid toward the purchase of a new electric water heater when an existing electric water heater is replaced.

A \$200 incentive will be paid when a new electric water heater is installed in an all-electric new home.

A \$50 incentive will be paid when a new electric water heater is installed in a new home with gas heat.

A \$200 incentive will be paid when a gas water heater is replaced with a new electric water heater.

For more details, call 646-3786, 646-3825 or 646-3764.

Guidelines to follow to receive electric water heater incentives:

1. Notify Pickwick Electric Cooperative that your water heater has been replaced and that you are requesting incentive money.
2. The member services department will set up a date to verify installation.
3. The homeowner, tenant or contractor must provide PEC with a copy of the invoice showing the date and place of purchase and the cost of the electric water heater (new homes excluded).
4. PEC must have a signed document stating whether the incentive is to be paid to the homeowner, tenant or contractor.
5. All incentives will be processed after the member services representative has verified that the new electric water heater has been installed.

Include home energy savings in your vacation plans

For consumers going on vacation this summer, the nation's electric utilities advise them to make sure their home's energy use takes a vacation as well. Simple tips can save consumers money while they are away.

Air conditioning

Set the thermostat to 85 degrees. If it is a programmable thermostat, use the "hold" or the "vacation" setting to keep it at that temperature.

Electronics

Computers, CD/DVD players, TVs and VCRs — these and other electronic appliances use electricity even when they are not turned on. Unplug them before leaving.

Lighting

Consumers can improve their energy savings and their home's security by using timers to operate lights each night. And by installing compact fluorescent bulbs, or CFLs, in those lamps, consumers will be saving more energy, up to 66 percent less in each lamp, and the bulb will last approximately 10 times longer than a regular incandescent bulb.



Water-heating

Turn the water heater's temperature down to the lowest setting. Many water heaters have a "vacation" setting for this purpose. Leave a reminder to turn it back up upon returning home.

Waterbed owners should unplug the heater or at least lower the temperature 10 degrees.

Pool owners should shorten the operating time for the pool filter and automatic cleaning sweep (if applicable). A pool cover can save energy, too. According to the U.S. Department of Energy, up to 70 percent of pool heat loss is by evaporation.

Refrigerator

Adjust the refrigerator control to a warmer setting. If going on an extended trip, consider emptying the fridge and turning it off. Remember to leave the door open to prevent mildew.

For more information on how to use your energy more efficiently this summer and all year-round, contact Pickwick Electric Cooperative.

Touring Washington, D.C.

Many teens from Tennessee and across the nation began their summer vacation with an exciting, unforgettable trip to Washington, D.C. They were the winners of a highly competitive short story writing contest sponsored by their local electric cooperatives.

Representing Pickwick Electric Cooperative were Elizabeth Davis and Caitlin Beckham from Adamsville High School and Stephanie Griffin, Alisha Isbell, Jourdan Kirk and Danica Stevens from McNairy Central High School. Samantha Hall, English teacher from McNairy Central, and PEC representatives Beverly Lambert and Debbie Tennyson participated as advisers.

The trip offered students a tremendous opportunity to learn about electric cooperatives, American history and U.S. government. They visited with their representatives in the House and the Senate to gain knowledge about our country's political process.

While touring the Washington area, the group visited several historical sites. The first stop on the tour was Monticello, home of former president Thomas Jefferson. The tour continued with a visit to the Marine Museum; Arlington National Cemetery; the Smithsonian Museum Complex; the Washington National Cathedral; Mount Vernon, home of George Washington; the Peterson House where Lincoln died; the Navy Museum; the Library of Congress; and a guided tour of the Capitol.

The group also had the pleasure of watching a Potomac Nationals baseball game and the musical production "George M" at Toby's Dinner Theatre.



Above: While traveling to Washington D.C., the PEC group visited Monticello. They are from left, Samantha Hall, Caitlin Beckham, Stephanie Griffin, Danica Stephens, Jourdan Kirk, Alisha Isbell, Elizabeth Davis, Debbie Tennyson and Beverly Lambert. **Below,** stops on the tour included, clockwise from bottom left, the Vietnam Veterans Memorial, U.S. Capitol, Washington National Cathedral, Korean War Veterans Memorial and Library of Congress.

PEC's goal is to provide our members with the best electric service possible but also to carry on the tradition of helping educate and send leaders out into the community. "We feel that the Youth Tour contributes to that goal, and we're proud to be involved in an activity that offers students in our service area the opportunity to take part in such a worthwhile educational process," says PEC President Karl Dudley.



ON THE COVER

From left are Beverly Lambert, Samantha Hall, Alisha Isbell, Jourdan Kirk, Caitlin Beckham, Stephanie Griffin, Danica Stevens, Elizabeth Davis and Debbie Tennyson.



Smith pleased with heat pump



Harry Smith of Selmer is one of PEC's many satisfied customers with a new electric heat pump.

Are you looking for a way to lower your monthly electric bill and improve the comfort of your home? Many of Pickwick Electric's members are finding that an electric heat pump is the answer. It's an efficient and economical way to both heat and cool your home.

Mr. and Mrs. Harry Smith of Selmer recently installed an electric heat pump in their home. "This is the second unit I have installed," Mr. Smith said. "I got good service out of the first one, and it lasted 17 years. I'd have to say I have been pleased with heat pumps and would recommend one to anyone."

Before installing the first heat pump, the Smiths used electric space heaters for heating and a window air conditioner for cooling. "When my air conditioner went out, I decided to give the electric heat pump a try," Smith said. "Now that we've used the heat pump, we have found it to be very reasonable to operate. I have been satisfied with my electric bills, and the heat pump seems to be paying for itself in savings on my electric bill."

Just what is an electric heat pump? Technically, it's a device that captures heat from one environment and moves it to another. The heat pump operates like a standard air conditioner in the summer, removing heat and humidity from your home and pumping it outdoors. In the winter, the air source heat pump captures and compresses heat energy from the outside air and pumps it indoors. This is possible because all air, even cold winter variety, contains heat.

The heat pump heats your home evenly to a pleasant temperature with a constant output of tempered air that is normally between 85 degrees Fahrenheit and 95-plus degrees. Smith said he keeps his thermostat set at 77 degrees in the summer

and 73 degrees during the heating season. "These settings seem to keep our home at a fairly comfortable temperature without any hot or cold spots," he said.

In most cases, the cost of the heat pump unit is slightly higher than the cost of most alternatives. Yet, the heat pump's lower operating cost, long life expectancy and lower maintenance costs more than compensate for the initial price tag.

If your old heating and cooling system needs replacing or if you're building a new home, why not consider an electric heat pump? A member who meets the program requirements can borrow up to \$10,000 for one unit and \$12,500 for the installation of two units.

When applying for financing, members are given a list of contractors who have agreed to install heat pumps to Tennessee Valley Authority standards. The member then chooses a contractor from that list to install the heat pump.

Once the unit is installed, an inspection is performed by PEC to verify that program standards and requirements have been met. "The inspection is one of the key benefits of participating in the TVA heat pump program," said PEC Electrification Advisor Kevin Roy.

After the unit passes inspection, a monthly installment is added to the electric bill. The unit can be financed from one month to 120 months.

Even if you don't want to finance a heat pump, you can still participate in the heat pump installation and inspection program. Participating in this program assures you, the homeowner, that you are getting an energy-efficient heat pump system. For more information, call Pickwick Electric Cooperative at 646-3825, 646-3786 or 646-3764.



PEC Electrification Advisor Kevin Roy inspects a new heat pump system.



Your body is telling you to cool it

To keep cool during the summer, pay attention to your body's signals.

According to the National Institutes of Health (NIH), if you ignore symptoms that warn you to cool down, heat cramps can lead to heat exhaustion or deadly heatstroke.

Most at risk are babies and children, elderly and obese people and those taking certain medications. None of us is immune, however.

According to the NIH, heat illness shows itself innocently enough. If you experience profuse sweating, fatigue, thirst and muscle cramps, rest in a cool place, drink fluids and massage your muscles until they relax. If you ignore those symptoms, they will be followed by signs of heat exhaustion — headache, dizziness and light-headedness, weakness, nausea and vomiting and dark urine. Finally, if left untreated, full-blown heatstroke can develop. Symptoms of heatstroke are fever (temperature above 104 degrees Fahrenheit), irrational behavior, extreme confusion, hot and dry skin, rapid and shallow breathing, seizures and unconsciousness.

How to help with heat illness

If you observe someone suffering from the symptoms of heat illness, the NIH advises:

- Have the person lie down in a cool place with their feet elevated about 12 inches.
- Apply cool, wet cloths (or cool water directly) to a person's skin, especially the neck, armpits and groin. Use a fan to lower body temperature.
- If alert, give the person beverages to sip or make a salted drink by adding a teaspoon of salt to a quart of water. Administer a half-cup every 15 minutes. Cool water will do if salt isn't available.
- If the person shows signs of shock (bluish lips and fingernails and decreased alertness), starts having seizures or loses consciousness, call 911 and follow the operator's instructions.

Stay cool and hydrated

Prevention is the best cure. Wear light-colored, breathable clothing. This works for everybody from babies to

grandparents. Avoid using creams or ointments — except sunscreen — on babies because they block pores, encouraging heat rash.

Kids need to drink eight ounces of fluid every 20 minutes when they're playing in the sun, so scheduled breaks are helpful.

Adults should drink more fluids on hot, humid days, too. As the temperature rises, consume additional water if you're sweating. During exercise, consume an extra one or two cups of water. Some adults need two to three cups an hour or more if they are sweating heavily or exercising longer, according to the

Mayo Clinic.

And don't forget that your risk increases if you consume alcohol. Caffeinated drinks also dehydrate.

Women who are pregnant or nursing should increase their fluid intake more than most adults, according to the medical experts. Pregnant women are advised to drink 10 cups of water a day in a temperate environment, and nursing moms need to consume 12.5 cups of water per day. Pregnant women should keep their body temperatures below 101 degrees, to keep their fetuses safe.

The best solution is to stay in an air-conditioned place during hot humid days. Keep in mind that when temperatures reach the 90s, electric fans alone won't prevent heat illnesses.

