

Spotlight



Published by Jackson Energy Cooperative • McKee, Kentucky

Space heaters can be costly to operate

Winter months are the prime season for electric heater advertisements that claim to slash your monthly utility bills.

But buyer beware. "When it comes to saving energy, there are no magic solutions," asserts Brian Sloboda, senior program manager for energy efficiency at the Cooperative Research Network. "Anyone promising to slash your utility bill by double digits is stretching the truth to the breaking point."

For example, most electric space heaters are rated at 1,500 watts. Operating a 1,500-watt heater for 12 hours a day for a month would add \$54 to your bill.

All electric space heaters, whether they are lower priced models costing less than \$50 or the heaters in fancy wooden cabinets for several hundred dollars, are rated as 100 percent efficient.

Heat pumps, however, operate at higher efficiencies and can be up to 200 percent or more efficient.



USING A SPACE heater 12 hours a day will add an extra \$54 a month to your electric bill, even if it comes surrounded by a fancy wooden cabinet. The best way to save on utility bills is to make your home more energy efficient by sealing air leaks and adding insulation.

But if you're looking for ways to lower your utility bill, there's no good substitute for old-fashioned energy efficiency measures like weather stripping around doors, caulking around windows, adding

insulation to your attic, plugging leaks in ductwork, and regularly replacing heat pump filters.


For more energy saving tips, log on to www.TogetherWeSave.com.

Jackson Energy

Working for You

SPOTLIGHT

Published by Jackson Energy
Karen Combs CCC, Editor

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Honoring the peacemakers

Christmas is a time when we think about peace and goodwill, but sometimes, peace doesn't come until after a war. Members of our armed services are those who put their lives on the line during war time so the rest of us can enjoy the peace the follows.

So it seems appropriate that the holiday season is an especially appropriate time to honor our veterans.

That's what Kentucky's electric cooperatives did in October when they sponsored an Honor Flight to Washington, D.C.

Jackson Energy and 15 other Kentucky electric cooperatives joined with the Bluegrass Chapter of the Honor Flight Network to take 29 veterans, free of charge, to visit the World War II Memorial and other war monuments. Twenty-seven of the men were veterans of World War II; two others fought in the Korean War.

We treated these former soldiers, marines and sailors like the heroes they are.

When they arrived at the Louisville International Airport about 5:30 a.m., they were greeted by the warm

smiles of their volunteer escorts and other grateful citizens.

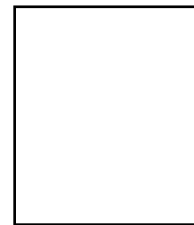
When they landed at Baltimore International Airport later that morning, they were met by hundreds more well-wishers.

The veterans traveled from Baltimore to Washington in a chartered bus. As the day progressed, their stories poured out.

"They talk about the heroes coming back. In my opinion the heroes never came back," said Kirtly Green, 85, from Frankfort, who served on a Navy destroyer.

"It's been wonderful. I didn't know it was going to be this great," said John Shafer, 91, of Milton. "The only other time I felt this good was when I came back from the war."

From all of us here at Jackson Energy, we hope you enjoy the peace of the season made possible by all the veterans who serve.



Don Schaefer
President & CEO

JACKSON ENERGY offices will be closed December 23 and 26 for the Christmas holiday, and January 2 for New Year's Day.





28th Annual
**International
Lineman's
Rodeo & Expo**



Rodeo Champs

Jackson Energy's linemen earned a spot at the top of their profession when they came in second place at the International Lineman's Rodeo competition in Kansas City.

Competing with teams from the United States, Jamaica, England, Canada, Guatemala and Russia, Jackson Energy's Marty York, Brian Turner and Garry Creech, were awarded second place in the Cooperative Journeyman category at the awards ceremony.

"We're proud of our linemen rodeo teams," says Jackson Energy President & CEO Don Schaefer, "and this competition highlights the training, hard work and dedication of our employees as they keep the lights on in Southeastern Kentucky."

JEC team takes second in international competition



JEC Lineman Team of Garry Creech, Marty York and Brian Turner placed second in the Cooperative Division of the International Lineman's Rodeo in October. The event included teams from the United States and five foreign countries.

Also participating in the rodeo were another journeyman team, Shane Vickers, Gerard Lakes and Willis Sizemore, and Jackson Energy apprentice lineman Jeremy Rayborn.

Linemen rodeos test the safety and job skills of the competitors, and the International Lineman's Rodeo is one of the largest in the world.

It draws around 3,000 visitors and competitors each year to the National Agriculture Center in Bonner Springs, Kansas, for a day of climbing poles and performing line repairs.

As the teams compete in the various categories, judges grade their technical and safety skills.

Save for the holidays and throughout the year at these local businesses and receive discounts with your Jackson Energy Co-op Connections card.

LAUREL COUNTY -

Banners, Signs & Etc. - 15% off custom order. Excludes 24-hour rush delivery
Baptist Family Fitness - 25% off initiation fee for membership and/or 1 free month of martial arts
Baymont Inn & Suites - 15% off rack rate
Beauty Works - 10% off products
Brentwood Pharmacy - 10% off over the counter medication, no limit. \$5 off a new or transferred prescription, limit 4 per year
Brookhaven Christian Books - 10% off one item in stock
Burger King - 10% discount on order
Carousel Florist - 10% off in-store purchase
Carpet Country - 10% off all carpet, vinyl and tile products in stock
Clay Building Supply - 10% off hardware and paint and paint products
Clayton Homes of London - \$250 discount on all stock units
Clinical Care Skin Med Spa - 10% off any facial, 15% off microderma, Botox or Derma fillers
Colters Fine Jewelry - 20% off all gold, free jewelry inspection, free cleaning
Comfort Suites - 10% off rack rate
Cook Tire - Free rotate & balance
Cooper Building - 5% discount
Country Inn Suites of London - \$62.95 per night
Cumberland Valley Office Suppliers - 15% off catalog orders
Days Inn Cumberland Falls Highway - \$49.98 + tax, flat rate
Econo Lodge - 10% discount
Economy Inn - Discounted rate of \$30 + tax for 1 bedroom and \$32 for 2 bedroom; free internet, cable TV.
Elegant Designs by Robert - 10% discount
Enterprise Rent A Car - 10% discount off standard rates
Hampton Inn North - \$89 + tax. Hampton Inn Exit 38 - \$79 + tax.
Holiday Inn Express - 15% discount off room rates
Hometown Bank - 1st order of basic checks free with new personal account
IP&P Biztech Office Solutions - 10% off any vinyl sign, print order or janitorial supplies over \$100
J & R Body Shop, LLC - 10% off all auto body repair work
Kain Family Ford - 10% off regularly priced repairs and maintenance
Keystone Locksmith - Buy 1 key at reg. price and get 1 free. Excludes speciality keys and transponder keys. 10-20% off service calls in local calling area - Knox, Laurel & Whitley counties.
Little Caesars Pizza - Free crazy bread with purchase of 4 pizzas
Mr. Electric - \$10 off service call
Oakley Chiropractic Center - Complimentary consultation, exam
One MedSpa - Standard 10% discount on spa service or products
Paperdolls Ladies Clothing Boutique - 10% off regular-priced purchase.
Pizza Hut - 10% off menu items, excluding buffet
Premier Martial Arts - Free beginners course, plus 10% off sign up fee
Sentinel Office Supplies - 10% off.
Shear Attitude Hair Professionals - Free keratin protein treatment with every chemical service
Silver Spoon Formals - \$25 off purchase of \$250 or more.
Southern States London Coop - 10% discount on vegetable seed, garden fertilizer, lawn & garden chemicals, lawn & garden seeds that are not already specially priced.
Stanley Steamer - Clean 3 rooms for \$99 (reg. \$42 each room)
Storage Rentals of America - 5% off first month's rent
The Computer Clinic - \$20 off Labor on computer repair. New home or business

alarm installs, phone systems, networking, other, \$100 off labor.
The Computer Place - 10% discount on labor, 5% discount on all computer, hardware, printers, monitors, etc.
The Costume Shop - 10% off costume rental
The Scavenger Hunt - 10% discount.
The Wellness Spa of London - 10% off any suevice
The White Lily Florals & Gifts - 10% off purchase
Tri-State Wholesale - 5% off energy efficient glass windows and energy efficient siding
Window World of London - Free disposal of old windows or doors with purchase of new windows or doors. A \$50 value
Xtreme Auto Sales of London - \$100 off retail price

ESTILL COUNTY -

All Things Country Magazine - \$5 off 1-year subscription (regularly \$24, now \$19)
Arthur's Body Shop - 58% discount on all glass, 20% discount on towing
Baker's Pool Supply - 10% off pool & spa chemicals
Bryant's Paint Store - 10% discount
Cornett's Chrysler - Free brake inspection with tire rotation, 10% off Mopar accessories, excludes heavy duty trucks
D'Signs, Inc. - 10% discount on license plates, signs and screen printing
E-Z Rent to Own - 1 week free with new rental
Hot Spot Tanning - Buy 17 visits \$30 and get 4 free
JR's Furniture - 30% off suggested retail, excludes electronic & appliances
King Tut Video - Buy three previously viewed DVD or VHS and get one free
Meades Do-It-Center - 15% off regular price hardware, lawn & garden materials.
Moonlight Body Shop - 10% off labor on insurance collision claims.
Oak Tree Inn - 10% off regular rate
Ravenna Florist & Greenhouses - \$5 off purchase of \$40 or more
River City Dry Cleaners - 10% off prepaid incoming orders
Sherrard's Jewelers - 20% off any item in stock, excludes Fenton glass
The Pizza Place - \$3 off large pizza at regular price

OWSLEY COUNTY -

Booneville Flower & Gift Gallery - \$2 off one dozen roses
Dooley's Diner - Free dessert with purchase of t-bone steak dinner
Jacob's Trade Center - 10% off regular priced items
Linda's Victorian B & B - 10% off. Credit cards not accepted. Reservations only
Sag Hollow Golf Club - \$4 off 18-hole round or \$2 off 9-hole round of golf
Sam's Pizza, Salad & Subs - 10% off any purchase

ROCKCASTLE COUNTY -

Brock Studio - Family portraits - home/outdoors - 25% off session, 15% off master finished 16X20. Wedding photography - \$50 off a 16X20 master portrait. 1st 50 miles travel free
Dari DeLite - 10% off pizza
Denny's - \$1 off any entree, lunch or dinner
Design & Service Computers - 10% off design and computer service dial-up internet services. In-store payments only.
Godfather's Pizza - \$3 off large, \$2 off medium
Jack's Pro Hardware - 10% off, excludes sale items
Kentucky Fried Chicken (KFC) - 2 piece Square Deal, \$2.99
Kentucky Music Hall of Fame - Buy one get one free admission
McNew Monuments - 5% off vases
Mt. Vernon Florist & Gifts - 10% off cash & carry purchases
National Heritage Inn & Suites - 10% off regular room rental. Good Sun. thru Thursday
Perry's Autobody & Rental Cars, LLC - 10% discount on all insurance deductibles. Free pickup and delivery service

It pays to be a member...

Save with hundreds of local, state & national discounts

Subway of Mt. Vernon - \$1 off reg. footlong, 50¢ off 6" sub. Not good with any other offer.

JACKSON COUNTY -

Appalachian Federal Credit Union - No fee savings account. One account per card, per year.

Cain's Edgewood Cabins & Old School House Inn - 10% off a one-night stay.

Donna's Cut & Curl - \$2 off shampoo, cut & style.

Flower & Gift Gallery - 10% off cash purchase

Gray Hawk Mini Mall - 10% off upholstery fabrics.

Images by Vicki - Percentage off services. See manager for details.

Marcum's True Value Hardware - 5% off all hardware purchases. 10% off all major appliances

Marx Studio - 10% off any a la carte portrait.

Mountain Computer Service - 10% off repair bill, excludes purchases or installation of software

Nett's Greenhouse - 10% discount on plants purchased.

People's Pro Hardware - 5% off purchase.

Shady Lane Cottage - Spend 6 nights, get a free night on Sunday and receive a \$10 per night discount each night you stay.

Subway of McKee - Buy any 6" regular sub, and get another 6" for 99¢. Excludes double meat sandwiches, value meals or in combination with other discounts or coupons offered.

CLAY COUNTY -

Aileen's Hair Place - 10% off hair care products

B & H Shoes - 10% off purchase, excludes sale items

Brandon's Starter & Alternator Shop - 5% off cash purchase over \$100. Excludes batteries.

Clay Carpets - 10% discount on all carpet and vinyl rugs in stock. Excludes sale items.

Clay Building Supply - 10% off hardware and paint and paint products

Dobson & Keith - 15% off regularly priced items

Long John Silvers - 10% off any meal, excludes other discounts or coupons

Manchester Dry Cleaners - 5% off purchase.

Pizza Hut - \$3 off large pizza.

Showtime Video - 5% off rentals

Subway of Manchester - Buy one 6" sub and get a 21 oz. drink free. Meal deals and other discounts not included.

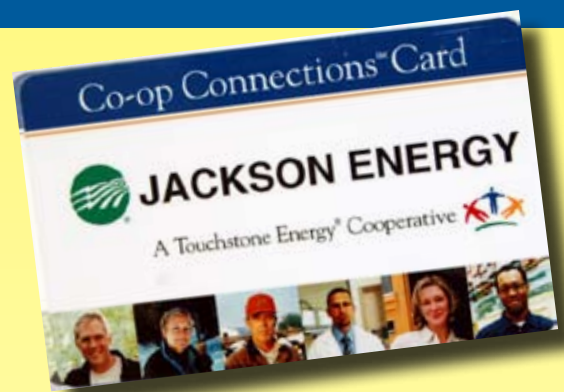
LEE COUNTY -

Brandenburg Furniture - 10% discount on select living room and bedroom suites

Marshall Auto Parts - 6% discount up to \$300 total purchase per visit, excludes sale items

Moore's Hometown Video - Rent 2 new movies and get 1 old movie free

Ross Tires, Inc. - \$8 off set of four tires



Subway - Free 20 oz. drink with purchase of a 6 in. or 12 in. sandwich. Excludes meal deals or other discounts

NOTICE: All discount offers are subject to change without notice.

PHARMACY DISCOUNT

SAVE 10-60% on prescriptions with the Co-op Connections pharmacy discount program. The pharmacy program information is included on the back of the card and is accepted by more than 48,000 local and national pharmacies.

Search online to find discounted prices on prescriptions (www.rxpricequotes.com) and participating locations (www.locateproviders.com).

Or call (800) 800-7616 for Member Services for more information about the pharmacy discount program.

For more information about Jackson Energy's Co-op Connections card and the most current discount offers, log on to, www.jacksonenergy.com, and click on the Co-op Connections card logo.



PLANNING A TRIP?

For a complete listing of regional, state and national discount offers - including hotels - log on to www.jacksonenergy.com



The days are counting down until family and friends arrive for holiday celebrations. You may have a number of items left on your "to do" list for the season, but be sure to keep safety at the top of that list.

The National Christmas Tree Association identifies overloaded electrical outlets and faulty wires as the most common cause of fires. Make sure that you:

- Use only holiday lights that have been safety tested and have the UL label.
- Check each light strand for broken sockets, frayed cords, or faulty plugs; and always be sure to unplug the lights when replacing a bulb.
- Don't string together more than three standard-size sets of lights or you could risk overloading the circuit.
- Always unplug lights before going to bed or leaving your home.
- Also, place fresh-cut trees away from heat sources, such as heat registers, fireplaces and televisions; and water a fresh-cut tree frequently.
- Keep electric cords out of high-traffic areas. Do not run cords through doorways or hide them under rugs or carpets.



Join us for a capital tour

Jackson Energy will begin accepting applications on January 1, 2012 for the Jackson Energy Washington Youth Tour. Join youth from across the U.S. in Washington, D. C., for an action-packed week in June to tour the nation's capital and also learn how your government works. Jackson Energy will sponsor four (4) students who are in transition from their junior to senior year of high school.

REQUIREMENTS FOR APPLICANTS

1. Winning applicants will be selected from eight (8) finalists in an essay contest. The subject for the essay is "Why I Would Like to Visit Washington, D.C." and should be no less than 500 words and no more than 1,200 words. Jackson Energy will provide additional information once the application has been received, and it has been verified that the student's parent or guardian is a member of the electric cooperative. The deadline for the essay to be returned to the Jackson Energy office is March 1, 2012.
2. Applicants shall be in their junior year of high school during the 2011-2012 school year. Applicants, their parents or legal guardian must be a cooperative member with their primary residence or business served by the cooperative.
3. The eight (8) finalists will be selected to attend the Frankfort Youth Tour, which will include a day-long tour of Frankfort and visits to appropriate state government sites.
4. Applicants must not be a member of the immediate family of an employee or director of Jackson Energy. Immediate family is defined as a child of an employee or director.
5. Youth Tour Winners will be asked to attend the week-long Rural Electric Washington Youth Tour program, which will be held in June.

Applicant's Name _____

Address _____ City _____

State _____ Zip Code _____

Social Security Number _____

Name on electric bill _____

Phone Number _____

Student's Signature _____

RETURN TO:

Youth Tour Essay Program, Jackson Energy,
115 Jackson Energy Lane, McKee, KY 40447





JACKSON ENERGY Director Landis Cornett, center, presents a \$800 Operation Round-Up check to Beth's Blessing. Accepting the check are left, Heather Baker, and Debbie Estridge, right, who work with the agency. Beth's Blessing, which is based in Clay County, is currently working to open a drug and alcohol counseling program.

Operation Round-Up grant awarded to Beth's Blessing

Jackson Energy's Operation Round-Up program recently awarded an \$800 grant to Beth's Blessing, which is headquartered in Clay County. Operation Round-Up receives funding from Jackson Energy members, who donate spare change each month on their electric bill to the fund. For more information on Operation Round-Up, call 1 800-262-7480, or log on to the Jackson Energy website, www.jacksonenergy.com.

Holidays don't have to be dreadful for family members that have diabetes.

Manage your diabetes and enjoy the holiday festivities with your family and friends, recommends Carolyn E. Hacker, Registered Dietitian & Diabetes Regional Coordinator, with the Cumberland Valley District Health Department.

Winter is a season of holiday celebrations, football play-offs, and other occasions when family and friends get together over meals and snacks. For people with type 2 diabetes, it can be especially challenging to stick to a meal plan.

However, you don't have to completely sacrifice all of your favorite foods. The key is to make a variety of healthy food choices and limit portion sizes. Also plan for a minimum of 30 minutes exercise a day to burn off the undesirable calories eaten during holiday meals.

Healthy eating tips for the season include -

- Eat a healthy snack: Eating a healthy snack prior to leaving home can prevent overeating at the party.
- Plan ahead: Check out the party food options before you begin eating, and make a mental note of what and how much you will eat. Your food choices should fit into your meal plan.
- Bring a dish: Share your healthy dish with family and friends.





YOUR FUTURE IS IN YOUR HANDS...

**WE WANT TO HELP
YOU PAY FOR IT**

APPLICATIONS will be accepted beginning January 1, 2012 for all those who wish to compete for \$1,200 scholarships awarded through the Jackson Energy Scholarship Essay program. Final applications and essays must be returned to Jackson Energy no later than March 1, 2012 to be considered.

REQUIREMENTS FOR APPLICANTS

1. Applicants shall be at least a senior in high school and be no more than 21 years of age. Their 22nd birthday shall not come before June 30 of the contest year, 2012.
2. Applicants shall be enrolled or planning to enroll in a bona fide education or training institution.
3. Applicants, their parents or legal guardian must be a cooperative member with their primary residence or business served by the cooperative.
4. Students will write an essay for the contest. The essay topic and requirements will be mailed after the application below has been received and processed.
5. Scholarships will be paid directly to the college, university or institution of higher education of choice, or to reimburse the recipient for allowable expenses if a receipt showing proof of payment is presented to the Consumer Services Department. Scholarships can be used toward books, tuition, housing, lab fees or other costs directly related to education.
6. Applicants must not be a member of the immediate family of an employee or director of Jackson Energy. Immediate family is defined as a spouse or child of an employee or director.
7. Applicants shall not be previous winners of the Jackson Energy Scholarship Essay Contest.
8. Winners of scholarships will be asked to appear at the Jackson Energy Annual meeting for recognition.

Applicant's Name _____ Age _____

Address _____ City _____ State _____ Zip Code _____

Social Security Number _____ Name on electric bill _____

Phone Number _____

Student's Signature _____



RETURN TO:

Scholarship Essay Program, Jackson Energy, 115 Jackson Energy Lane, McKee, KY 40447

