Now's the Time To Make Your Voice Heard

MESSAGE FROM INTERIM MANAGER BARRY MURCHISON

This month, the American people will take to the polls to choose the next president of the United States, members of Congress and state legislators. As electric cooperatives strive to meet our present and future energy needs, we are asking lawmakers of all stripes what they'll do to ensure that consumers continue to enjoy safe, reliable and affordable electric power.

Today, many policymakers and elected officials believe renewable energy—like wind, solar and biomass (tree trimmings, farm byproducts, animal waste and landfill gas)—provide the solution to addressing climate change and establishing energy independence. But to keep the lights on and electric rates affordable, electric cooperatives will need to make use of all available generation resources, including renewables, nuclear power and fossil fuels like coal and natural gas.

Our nation's electric system, commonly referred to as the grid, relies on a network of power plants, transmission lines and distribution facilities woven in an intricate web to provide us with electricity. When a piece of this puzzle doesn't fit or goes missing, brownouts and blackouts can occur.

By 2030, demand for electricity is predicted to increase by 30 percent over current levels, and our country has used up the excess power capacity it once had available. That means we will need to build power plants, all at a time when costs for construction materials such as steel, copper and concrete, and generation fuels such as natural gas and coal, are skyrocketing. The challenges we face are immense.

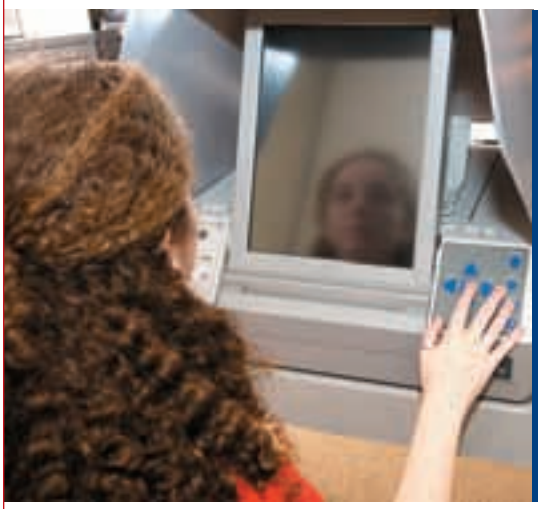
As a result, electric cooperatives are urging lawmakers to invest in technology that will allow us to help all households become more energy efficient. It makes sense for lawmakers to fast-track plans for building new transmission lines—connecting rural regions where renewable electricity is generated to the population centers where it's consumed—to cut through the red tape that prevents construction of nuclear power plants and the capture and permanent storage of carbon from coal-fired power plants (as a way to reduce carbon dioxide emissions blamed for contributing to global climate change).

These steps will not only strengthen our nation's electric infrastructure and head off an impending electric power crisis, but also will significantly lower greenhouse gas emissions. Even better, they will help ensure that any climate-change goals ultimately adopted remain politically and economically sustainable over the decades necessary to make a difference.

Now's the time to make your voice heard. In addition to casting your vote November 4, you can also help educate and inform lawmakers about these concerns. Electric cooperatives are currently engaged in a grassroots campaign called "Our Energy, Our Future: A Dialogue With America." Nearly 400,000 letters and e-mails already have been sent to Congress by your fellow consumers from all across the United States, each asking critical energy questions. To join the effort, visit **WWW.OURENERGY.COOP.**

In partnership with the federal government, electric cooperatives met the greatest engineering challenge of the 20th century—spreading the benefits of electric power to the most remote corners of our nation. The time has come once again for Congress to step up and make certain we continue to enjoy the electric service we depend on at a price we can afford.

YOUR VOTE COUNTS!



Heading to the polling place is an important privilege Americans enjoy. Please exercise your rights not only by casting your ballots but also by contacting your elected representatives and letting them know what you want them to do for you.

REMEMBER TO VOTE TUESDAY, NOVEMBER 4

Lamar Electric Cooperative lent its pole-setting equipment and expertise to a project to erect an artificial eagle's nest on a ranch in Red River County. It is hoped that it will attract a bald eagle family.

Fabricated Nest Could Attract Bald Eagles

Lamar Electric Cooperative installed a fabricated eagle's nest in a wildlife conservation project coordinated by Stanley V. Graff at his ranch in Red River County.

Graff became interested in erecting the artificial nest after reading a newspaper article about a manmade nest replacing a nest that had collapsed. Graff has spotted an eagle on his property and is working with the Fort Worth Zoo and the Texas Parks and Wildlife Department. He hopes the nest will attract eagles there to breed. Bald eagles mate for life and return to the same nest each year to reproduce.

Graff contacted LEC to participate in the project. LEC equipment and crews were on-site to dig the holes, set the poles and lift the nest to its location atop two poles near a lake on Graff's property.

LAMAR ELECTRIC COOPERATIVE

1485 North Main Street
P.O. Box 580 • Paris, TX 75461
Phone (903) 784-4303

For general information and outages after hours, call **(903) 784-4303** local or **1-800-782-9010** toll-free

Operating in Lamar, Red River, Delta and Fannin counties

Find us on the web at **www.lamarelectric.coop**

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YOUR "LOCAL PAGES"
This section of *Texas Co-op Power* magazine is produced by LEC each month to provide you with information about current events, safety, special programs and other activities of the cooperative. If you have any comments or suggestions, please contact the local office.

MEMBER BENEFITS:
- Level billing
- Automated meter reading
- Free bank draft service
- Visa, Discover and MasterCard accepted

HAPPY THANKSGIVING

from

Lamar Electric Cooperative

Our offices will be closed Thursday and Friday, November 27-28, in observance of the holiday.

B & D TAXIDERMY

$10 Off

When you show your Co-op Connections Card!

903-737-8604

The economy. Saving energy. Climate change. All the things

YOU'RE TALKING ABOUT

we're already working out.

At your electric co-op, we don't simply send electricity to your home. We look out for you and your entire community. And we do so for a very simple reason—it's our community, too. That's why we are always working to keep the lights on and our costs down. Because we pay the same bills you pay. Your hometown is our hometown. And together, we can't go wrong.

Lamar Electric Cooperative

Your Touchstone Energy® Cooperative

Looking out for you.

Co-op Connections®

1st Choice Pest Control

OFFERING $10 OFF INITIAL GENERAL PEST CONTROL SERVICE

- Commercial and residential pest control services for termites, roaches, ants, fleas, ticks and other insects and rodents
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Papa Murphy's Pizza

OFFERING $3 OFF FAMILY-SIZE PIZZA (LIMIT 3 PER ORDER)

- Take and Bake Pizza handmade in their kitchen, home-baked in your oven.
- Open 10 a.m.-9 p.m. Sundays-Thursdays and 10 a.m.-10 p.m. Fridays-Saturdays. Located at 2705 Lamar Ave. in Paris. Phone (903) 785-0036
- Matt Terry, owner

Quality Craft Picture Frames

OFFERING 20 PERCENT OFF CUSTOM FRAMING INCLUDING FRAME, MAT AND GLASS

- Custom-made picture framing, shadowboxes, needle work, well-known artist prints, ready-made frames, mirrors and more.
- Hours of operation are 8:30 a.m.-5:30 p.m. Mondays-Fridays. Located at 2030 Clarksville St. in Paris. Phone (903) 785-2760
- Owners Harold and Doris Cody invite you to come in and see what they have to offer.

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$3,533.27 Saved

On prescriptions by members using their Co-op Connections® Card

In August, 153 prescriptions were filled and members saved $1,711.10, averaging 24 percent off the retail price.

This valuable member benefit is absolutely free!

Want to do some price checking on your prescriptions? Visit www.rxpricequotes.com to see the discounted price from our local pharmacies.

Even if you have medical coverage, compare your coverage to the discounts. Sometimes the Co-op Connections discount is better than your medical insurance!

The pharmacy will need the group and member numbers on the back of the card to process the discount.

What To Do When the Lights Go Out

When severe weather causes power outages, employees of Lamar EC begin working immediately to restore service as quickly as possible. Primary lines serving hundreds of customers are serviced first, then the secondary lines serving just a few are serviced. Medical facilities and individuals on life-support systems get top priority.

When your lights go out, look outside and see whether your neighbors are also in the dark. If they're not, check your fuse box or circuit breaker to see if you can locate the problem.

If the outage has affected your neighbors, call Lamar EC at (903) 784-4303 or 1-800-782-9010.

Outages that occur in severe weather, or that last for an extended period of time, can place a heavy burden on the system at the moment power is restored. To prevent an overload on the system and possibly another outage, take these steps:

- Turn off every inside light except one.
- Turn down your thermostat.
- In cold weather, close windows and drapes to save heat. Pick one room on the warm side of the house (preferably one with a fireplace). Close the door to the rest of the house and use blankets to insulate your windows.
- If the outage lasts over 60 minutes, turn off your electric water heater.
- Make sure your kitchen range is off, both the surface and the oven. Never use it for heat.
- Turn off all unnecessary appliances.
- Avoid opening the freezer door. A full, freestanding freezer will keep food at freezing temperatures for about two days; a half-full freezer about a day. For more information about food safety during and after a power outage, call the USDA Food Safety Hotline at 1-800-535-4555.
- If you see a downed power line, STAY AWAY! And call Lamar EC at once!
- Leave your porch light on so workers will know when your power has been restored.
- When power comes back on, slowly switch your appliances and lights back on and gradually return your thermostat to its normal setting.

PREPARING FOR SEVERE WEATHER

LAMAR EC

works hard to keep the power on for its customers, but severe weather can sometimes put us in the dark. You'll be safer and less inconvenienced if you have the following emergency supplies on hand:

- flashlight with fresh batteries
- radio with fresh batteries
- candles and holders
- blankets
- matches
- wind-up clock
- firewood and kindling
- manual can opener
- charcoal grill with charcoal
- paper plates and plastic utensils
- lighter
- bottled water
- nonperishable food
- extra batteries

10 Ways To Save Energy—and Money—this Winter

No money for new windows or thicker insulation? Here are 10 cheap and easy ways to shave your energy use this winter—without feeling cold:

1. Turn on your ceiling fan—yes, in the winter. Switch the direction of the fan to clockwise (just flip the switch on the fan's base into the "winter" position), and run the unit slowly. It will circulate the warm air that rises to your ceiling and make you feel warmer while you're in the room.

2. Add weatherstripping or caulk around windows and doors to keep warm air from leaking out and cold air from sneaking in.

3. Rearrange your furniture. Move it away from heating vents. Push your most frequently used furniture away from exterior walls, which can feel colder than interior walls.

4. Install a programmable thermostat. Turning back your thermostat by 10 to 15 degrees for eight hours a day can save you up to 15 percent on heat.

5. Open drapes and blinds every day to let the warm sun in. Close them when it gets dark.

6. Repair leaks in your ductwork's seams and joints with a duct-sealing compound.

7. Wear a sweater so you can lower the thermostat a few degrees. You can save 1 percent on your heating bill for every degree you drop the heat.

8. Close the vents and doors in unused rooms.

9. Replace burned-out lightbulbs with compact fluorescent lights. CFLs use 75 percent less energy than incandescent bulbs.

10. Switch to cold water for washing clothes and dishes.

NOVEMBER 22, 2008

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food, fun, holiday song and hand-crafted goods

more than 120 vendors from near and far

annual Senior Citizen's Bazaar

Warm your hearts & your bellies!

first annual

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sanctioned by the Chili Appreciation Society International

Cookin' starts at 9am - Eatin' starts at noon!

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