

JAMUP

published by Southern Illinois Electric Cooperative, Dongola, Illinois

A Touchstone Energy® Cooperative 

Building stronger, safer communities



Brent Goforth
Director of Member Services

As students head back to school, families across Southern Illinois are settling into new routines. From packing backpacks and preparing lunches to adjusting schedules, it's a season of fresh

starts and new opportunities. It's also a great time to remember the values that connect our communities and the importance of staying safe every day.

At Southern Illinois Electric Cooperative, we believe education extends far beyond the classroom. As a member-owned cooperative, we're guided by the Seven Cooperative Principles, which include Education, Training and Information, Concern for Community and Cooperation Among Cooperatives. These principles remind us that investing in knowledge and looking out for one another helps build stronger, safer communities for everyone.

Back-to-school season is also the perfect opportunity to review electrical safety at home and on the road. As children walk to bus stops or ride their bikes, remind them to stay far away from downed power lines and utility equipment. If they ever see a fallen line, they should assume it is energized, stay at least 30 feet away, and immediately tell a trusted adult. Parents can also help by reminding young drivers to slow down in school zones and avoid distractions behind



the wheel, especially near utility crews working to maintain the electric system. **Allison Wilbur**

At home, take a few minutes to check that power cords are in good condition, outlets aren't overloaded, and electronic devices are used according to the manufacturer's instructions. As students charge laptops, tablets and phones for another school year, using the right chargers and keeping devices away from water can help prevent electrical hazards.

Being part of a cooperative means we're all connected. Every member has a voice, and every member plays a

role in creating a safer, more informed community. Whether it's supporting local schools, sharing safety knowledge, or investing in reliable electric service, Southern Illinois Electric Cooperative is proud to power the places where our children learn, grow and dream.

As another school year begins, let's work together to make it a successful and safe one. By combining the cooperative spirit with everyday safety habits, we can help ensure our students, families and communities have a bright future ahead.

ENERGY EFFICIENCY TIP OF THE MONTH

August heat can put your air conditioner to the test, making it a great time to check your system's air filter. A dirty, clogged filter restricts airflow, forcing your cooling system to work harder than necessary to keep your home comfortable. That extra strain can reduce efficiency, increase energy use and contribute to unnecessary wear and tear on equipment. Inspect your filter monthly during periods of heavy air conditioner use and replace it if it appears dirty. A clean filter supports efficient operation and can even enhance indoor air quality—helping you stay cool and comfortable during the hottest days of summer.



Live Line Demo Presentation

A crew comprised of Crew Foreman Daniel Hileman, Journeyman Linemen David Thompson and Jeff Roach, and Apprentice Lineman Caleb Atherton, along with Director of Member Services Brent Goforth, recently presented the Live Line Demo to a group of students at Metropolis Elementary school. This up-close look at the power electricity can exert if conditions are not just right is an eye-opening experience for the students and chaperones alike! Hazards to be on the lookout for, as well as safe work and play practices were just a few topics they covered. **Cathy L. Atkins** It is important to always stay vigilant and practice caution if you ever come into close proximity with a downed power line. Always assume it's energized and call the appropriate authorities, including the utility provider, to ensure it is de-energized before being repaired!



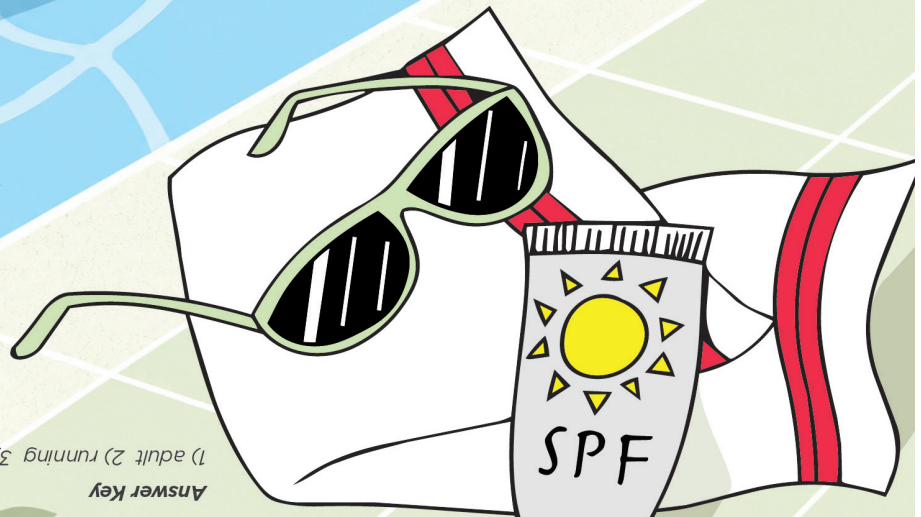
SWIMMING POOL SAFETY WORD SCRAMBLE



Dive into this word scramble challenge! Read the pool safety tips below to uncover the scrambled words. Remember these tips to stay safe while having fun in the sun.

Double check your work in the answer key.

1. Never swim without an **lutda** nearby, even if you know how to swim.
2. Walk around the pool. **Gunnin** on wet surfaces can cause slips and falls.
3. Wear **cessrnuen** and drink plenty of water to stay safe in the summer heat.
4. Keep **cilarcteel** devices, cords and speakers far away from the water.
5. If you see lightning or hear **drehtnu**, get out of the pool immediately and go indoors.



Answer Key
1) adult 2) running 3) sunscreen 4) electrical 5) thunder

Member prize

In this issue of the JAMUP, we printed the names of three SIEC members who are eligible to receive a \$10 credit toward their utility bill. If you find your name printed in this center section and it's not part of the story, call Brent with your account number at **800-762-1400** to claim your prize.

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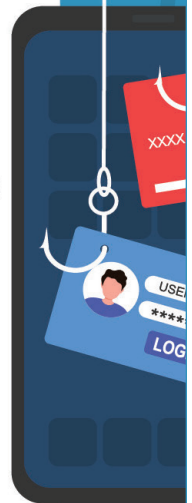
TIPS TO AVOID ENERGY SCAMS



One of the best ways to protect yourself from online scams is by using strong passwords. While many people focus on complexity—adding symbols, numbers and capital letters—password length is equally important. A longer password or passphrase is generally harder for cybercriminals to crack than a short, complex one. Consider creating a memorable phrase made up of several unrelated words, and avoid using personal information like birthdays or pet names. Use a unique password for each account and enable multi-factor authentication when possible. Taking these simple steps can help keep your personal information and online accounts secure.

Randy S. Adams

Source: CISA



Safety Tip

Heading to college? Never charge your phone under a pillow, on bedding or in bed with you. It can overheat and cause burns or start a fire. Instead, set up a dedicated charging station on a hard surface in your room.



**Safe
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