



Facts about Mercury in CFLs

Ads and packaging materials for compact fluorescent light bulbs (CFLs) proclaim that they use seventy-five percent less energy and last much longer than standard incandescent bulbs. However, if you read the fine print on the packaging or find the notice on the base of each bulb, you'll see that it contains mercury.

While that may raise an alarm in your mind, there's no need to worry. The amount of mercury inside the glass tubes of an average CFL is miniscule—about the equivalent of the tip of a ballpoint pen—and it's especially small when compared to other items you may have around your home. The amount of mercury in a CFL runs about 4-5 milligrams (mg), while a glass fever thermometer contains 500 mg, and an old-style thermostat could contain up to 3,000 mg.

CFLs are safe to handle and use in your home, and they release no mercury when in operation. Even if you break a CFL, the amount of mercury that may become airborne poses a very low risk of exposure, says ENERGY STAR. (To prevent breakage, carefully unpack a CFL, and always screw and unscrew the bulb by its base.) When CFLs burn out or break, the best course of action is to recycle them.

CFLs fall into the U.S. Environmental Protection Agency (EPA) category of *Household Hazardous Waste* (HHW), but there's no federal or state requirement that the bulbs be recycled. There are several HHW recycling centers in every state that accept CFLs. Some hardware stores and other retailers may have CFL recycling buckets on hand.

To find out if there's a facility or store near you that accepts CFLs, go to the Earth 911 website at www.earth911.org, or call 800-CLEANUP. Be sure to call the facility or store that's listed before you make the trip, to ensure that it allows homeowners or apartment dwellers to drop off CFLs.

If one of these recycling options is not available to you, you may put burned out or broken CFLs with your regular trash—but in no case should you burn or incinerate them. Here's what EPA says about properly disposing of CFLs.



Burned-out CFLs: Put the CFL in a sealed plastic bag, and place it with your regular trash.

Broken CFLs: If you break a CFL in your home, open nearby windows to disperse any vapor that may escape, and carefully sweep up the glass shards. (Don't use your hands!) Wipe the area with a damp paper towel to remove glass fragments; don't use a vacuum cleaner. Put the fragments, the base of the bulb, and the paper towel in a sealed plastic bag, and place it with your regular trash.

CFLs are a great idea. They'll help you cut your utility bills, and they'll help reduce the need for electricity production. However, to create the maximum benefit for the environment, recycling burned-out and broken CFLs makes sense.

Source: Energy Star, NRDC

<http://mcconeelectric.coop>
McCone Electric's website

ENERGY STAR

Donna Lala is McCone Electric's newest employee

McCone Electric welcomes Donna Lala as our newest employee. Donna was hired on August 1 to fill the position of Cashier/ Receptionist.

Donna is married to JR Lala who has taught in the Circle School system for many years. Donna enjoys reading and fishing but not both at the same time.

Her and her husband spend a lot of time at Fort Peck lake where they have a cabin.



McCone Electric has a variety of Compact Fluorescents on hand, and we have low prices for them

We are stocking 40, 60, 75, 100, 150, 200, 250, and 450 watt equivalent compact fluorescents mini-spiral bulbs for sell to our cooperative members. We also have 40 watt equivalent vanity globe bulbs for bathroom fixtures, and outdoor flood lamps.

An easy way to save on your energy bill is to buy compact fluorescent light (CFL) bulbs to replace standard incandescent bulbs.

Take advantage of the new lower pricing we are now offering. We have been able to lower prices considerably since we found a cheaper source of supply.



CFL Incandescent

Watts	Equiv. watts	Price
9	40	\$2.65
13	60	\$2.65
18	75	\$3.00
23	100	\$3.00
36	150	\$6.25
40	200	\$7.50
55	250	\$11.70
105	450	\$16.50
11 globe	40	\$4.25

*Have you used your
"Coop Connections Card" yet?*



So far, McCone Electric Cooperative members have saved **\$52,175.38** on the cost of their prescription drugs by using the Coop Connections Card at their pharmacy. This has worked out to be a **33.2%** savings on the total cost of the prescriptions filled. Not bad, for a little plastic card you received free of charge.

Safety Tips for Outdoor Activities

Outdoor adventures such as swimming, camping, and hiking are rewarding ways to connect with nature. However, a few common-sense precautions can help to ensure a safe, fun excursion.

When planning your outdoor trip, make certain you know the area and weather forecast. Buy a map and plan to go with at least one other person. Give a copy of your itinerary and list of any equipment you're bringing as well as the make, year, and license plate number of your car to someone your trust. Find out the location of the nearest hospital and also the nearest ranger station and phone, as cell phone coverage is not always available.

Take an American Red Cross Basic First Aid course so you can deal with common mishaps. The American Red Cross offers a Wilderness and Remote First Aid course, designed to teach folks how to respond to emergencies—such as animal-bite wounds, broken bones, plant poisoning, lightning strikes, and hypothermia—when help is more than one hour away. Make sure everyone in your group is physically able to handle the trip. If you have a medical condition, get the approval of your doctor beforehand and pack extra supplies of any required medications.

Make an emergency checklist of necessary items for each potential situation and include accordingly. Although an overnight trip may not be planned, pack as though it were, with extra clothes, food, water, a compass, blankets, a radio with batteries, flashlights, waterproof matches, and a whistle.

At the top of any emergency checklist should be a first aid kit. While available in a variety of sizes and prices, you may wish to assemble one at home, so you can tailor it to your specific needs. Remember to pack all items in a waterproof container. Below are lists of essential and optional materials to include:



Essential: First aid manual, bandages, gauze, medical tape, knife, tweezers, scissors, pain reliever, antiseptic, antibiotic ointment, antacid, burn ointment, insect repellent, sunscreen, mirror, plastic gloves, pen/pencil, notepad.

Optional: Ace bandage, anti-allergy, anti-itch, anti-diarrhea medicine, children's medications, thermometer, ice pack, irrigation syringe, sling, splint, snake-bite kit, bee-sting kit, saline solution.

These tips offer a good start to a safer outdoor adventure and may make the difference between a great trip and a potential disaster.

Source: American Red Cross

Did You Know?

The Co-op Connection Card's pharmacy discount is accepted at **24,000** independently-owned pharmacies nationwide.

To find a pharmacy in your co-op's service territory that accepts the card, visit www.locateproviders.com, type the password 22203 into the third box, under the Groups field, and click "continue." From there, you can enter your ZIP code and export a list of locations to a handy Excel chart.

Co-op Connections Card: By the Numbers



351

Number of Touchstone Energy cooperatives that offer the card to their members.

\$30 Million

Approximate amount saved since

29.4 Million

Co-op Connection Cards printed to date for use by cooperative members

204,000

Coupons printed from the Co-op Connections link to Coupons.com

20,000

Number of discount deals offered by participating businesses across the country.



WANTED

Interested members who would like to learn more about electric cooperatives.

Are you interested in knowing more about how your rural electric cooperative operates? If so, you may be eligible to be our guest, and participate in a special course designed just for you. We will sponsor a couple, or single individual, to attend classes during the Montana Electric Cooperatives' Association Annual Meeting. This year's meeting will be in Great Falls on October 4-5-6, 2011. Special sessions are set up for participants that come from all across Montana. Through workshops, presentations, and discussions, personnel from various cooperatives help you learn how rural electric cooperatives work. If you are selected, your expenses will be paid for by McCone Electric Co-op., Inc.

IT'S YOUR COOPERATIVE - GET INVOLVED!

Submit this application by September 15, 2011 to:

McCone Electric Co-op., Inc.
P.O. Box 368, Circle, MT 59215

NAME _____ PHONE _____
ADDRESS _____

2011 MONTANA ELECTRIC COOPERATIVES ASSOCIATION ANNUAL MEETING

McCone Electric Co-op., Inc.
Office Hours
8 a.m. to 5 p.m. weekdays
Telephone 406-485-3430
or toll-free 1-800-684-3605

OFFICERS AND TRUSTEES

Patti Murphy, Pres. Circle, MT
Arne Sutton, V.P. Circle, MT
Ruth Hinnaland, Sec. Brockway, MT
Conrad Moline, Treas. Brockway, MT
Dean McCabe Circle, MT
Henry Green Circle, MT
Brent McRae Jordan, MT
Don Bogar Vida, MT
Brent Kluth Vida, MT

OFFICE PERSONNEL

Mike Kays General Manager
Theresa Haynie Office Manager
Nichole Sikveland ... Consumer Accts. Supv.
Jennifer Hogan Plant Accountant
Sonja Arnston Payroll/Accts. Payable
Kelsy Solberg Billing Clerk
Donna Lala Cashier / Receptionist
Jack Miles Member Services Director
CJ Reid Member Services Director

We Received a Thank You

Dear McCone Electric,

*Thanks for the \$40 gift certificate.
Also, thanks for all the work you do
and the good service.*

Delly & Lil Stundahl



Touchstone Energy[®]
The power of human connections

The Trouble Reporting Number is
406-485-3430 or 1-800-684-3605
A dispatcher is available to
answer your call at all times

LINE PERSONNEL

CIRCLE / RICHEY AREA

Larry Schmidt Plant Superintendent
Jere Loudon Line Foreman
Dwane Mury Sub Foreman
Ed Crockett Sub Foreman
Dennis Murphy Sub Foreman
Rex Sikveland Sub Foreman
Bryan Becker Lineman
Dane Hanson Apprentice Lineman
Clay Nagle Apprentice Lineman
Scott Becker Meter Technician

JORDAN AREA

Jim Gibson Sub Foreman
Jordan Dasinger Lineman
Jesse Obergfell Apprentice Lineman
Adam Stanton Apprentice Lineman

WINNETT AREA

Ron Heitz Sub Foreman