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Office Hours
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Monday-Friday
(Drive-thru Hours)

www.cwemc.com

Payment Methods

Payments can be made at our Chatom and Jackson offices with cash, checks, debit or credit cards

Our Customer Service Representatives can accept payments over the phone using a credit card or debit card

Local Pages Editor
Anna Wright



How Your Relay Dollars Work in the Fight Against Cancer

Relay For Life is the signature fund-raising event for the American Cancer Society. People from all over the country participate in Relay For Life and raise millions of dollars in hopes of finding a cure.

Our community of Clarke and Washington Counties also participate in Relay For Life and raise money to help find a cure for cancer.

The majority of money raised during Relay goes directly to research, but some of those funds benefit our local cancer patients.

Here are some ways your Relay funds are spent in supporting local cancer patients.

Look Good...Feel Better patient support program in Clarke and Washington counties. Look Good... Feel Better is a free program for women undergoing cancer treatment. This program helps them cope with the changes in their skin and hair by teaching them make-up application techniques, skin care

tips as well as how to wear, and care for a wig.

The American Cancer Society also provides our communities with a program called Reach to Recovery, which is a volunteer program that matches breast cancer survivors with anyone who has a concern about breast cancer. Whether the person has been diagnosed with breast cancer, undergone surgery or found a suspicious lump, a volunteer listens to the person's concerns and recommends resources and support.

The American Cancer Society is also here in our community providing transportation assistance to our local patients as well as lodging assistance through the Hope Lodge in Birmingham.

The American Cancer Society's 800 number (1-800-ACS-2345) and website (www.cancer.org) are available 24 hours a day/ 7 days a week/ 365 days a year to assist anyone who has a question about their or a loved one's diagnosis, treatment options or available resources.

These are just a few of the many ways the American Cancer Society is here in Clarke and Washington counties putting those hard earned Relay dollars to good use.

If you participate in Relay For Life in any way, you should be proud that your work is helping to provide these much needed services to our local cancer patients. Your involvement really does help save lives.



MONTGOMERY YOUTH TOUR



On the steps of the State Archives Museum: Sydney Thomas, Cole Harrell, Corwren Horton, Megan Goldman and Luke Wheeler



Above the Alabama State Senate chamber: Luke Wheeler, Cole Harrell, Megan Goldman, Sydney Thomas and Corwren Horton.



On the steps of Alabama's State Capitol: Corwren Horton, Sydney Thomas, Megan Goldman, Luke Wheeler & Cole Harrell

Clarke-Washington EMC recently sent five local students to the Montgomery Youth Tour, March 3-5th.

Those local students who attended the trip are Luke Wheeler of Millry H.S., Megan Goldman of Leroy H.S., Sydney Thomas of Jackson H.S., Cole Harrell of Jackson Academy and Corwren Horton, also of Jackson Academy.

The Montgomery Youth Tour is organized by the Alabama Rural Electric Association and includes students from rural electric cooperatives around Alabama. This trip gives students an opportunity to learn about our state government and history, leadership, and electric cooperatives.

The three day trip included a tour of the Alabama State Capitol, watching the ongoing in the chambers of the Alabama House of Representatives and Alabama State Senate, touring the Rosa Parks Museum and the State Archives Museums and taking a river boat cruise down the Alabama River.

Cea Cohen Elliott a motivational speaker encouraged students to set high goals and then stop at nothing to achieve them.

Students visited with Alabama Rep. Marc Keahey and CWEMC Manager Stan Wilson during a luncheon at the State Archives Museum.

These students were selected to attend this trip by participating in CWEMC's annual Youth Tour contest.



Five local students visited Montgomery for the Alabama Rural Electric Association's Montgomery Youth Tour. Rep. Marc Keahey and CWEMC Manager Stan Wilson met with the students during the AREA Legislative Luncheon: Alabama Rep. Marc Keahey, Luke Wheeler-Millry High School, Megan Goldman-Leroy High School, Sydney Thomas-Jackson High School and Cole Harrell and Corwren Horton of Jackson Academy and CWEMC Manager Stan Wilson.

Options Offer Convenience

Clarke-Washington EMC offers several convenient options to pay your electric bill without stepping foot into one of our offices or walking to the mailbox.

Local Bank-Members can pay their electrical bill at the following banks: First United Security Bank in Coffeerville, Thomasville, Fulton and Grove Hill; Capstone Bank in McIntosh; and Merchants Bank in Grove Hill and Thomasville. Bills must be paid by the 10th of the month with

an electric bill stub and bill payment.

Automatic Bank Draft-Your payment is withdrawn directly from your bank account on the 10th of each month. Stop by one of our offices to fill out a form to have this option.

Credit Card Draft-The total amount of your electric bill is charged to your credit card on the 10th of each month. This option will need to be set up by stopping by one of our offices.

Phone call-With one call to our offices, customer service representatives can accept credit card, debit card or e-check payments during our business hours. We only accept

Mastercard and Visa debit or credit cards.

E-check-Information from your personal check will be entered into our billing program and the electric bill amount will be deducted from your account, just as if you had written a check.

Drive through-Our drive-through hours are from 7 a.m. to 4 p.m. at both office locations

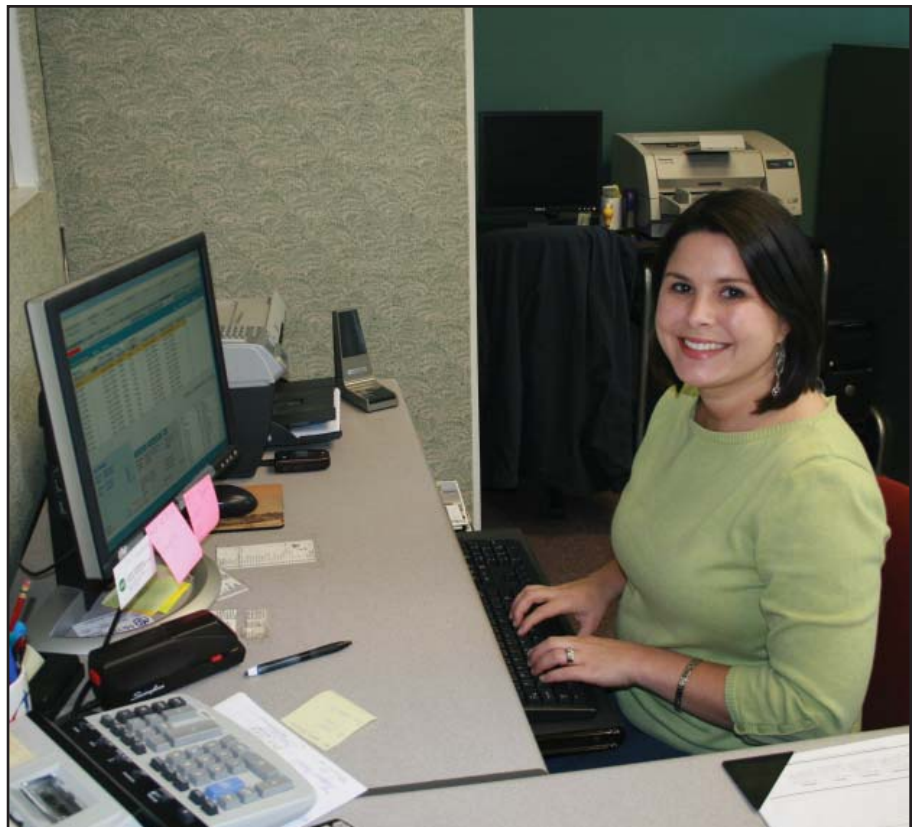
On-line-www.cwemc.com is Clarke-Washington EMC's Web site where members can go to pay their bill on line. Follow the instructions on the online billing information page. Customer's password is located on your electric bill, just under the total.

Levelized Billing

Want to make your electric bill fit your monthly budget? We realize that the constant weather changes in Alabama often cause drastic fluctuations in power bills during heating and cooling seasons. Clarke-Washington Electric Membership Corporation has a program that is designed specifically to help our members' budget for these fluctuating bills.

There are no surprises with levelized billing. A levelized bill is based on the average billing for 12 months - and you are billed for that average amount, so you pay approximately the same amount every month.

In order to be placed on levelized billing, your account must have a zero balance. Complete the levelized billing enrollment form by picking up the form at one of our offices or downloading it from our Web site at www.cwemc.com or give us a call at 1-800-323-9081.



Clarke-Washington EMC employees are always willing to help our members. Suzanne Harrell of the Jackson office is ready to help our members learn more about the options of paying their monthly bill more conveniently.

Check a/c before it heats up

Even if your central air conditioning was working fine at the end of last summer, it's time for a tune-up.

Every year before the weather gets too hot, have a qualified air conditioning technician take a look at your system to do some routine maintenance and to resolve budding problems that could leave you sweltering in mid-summer.

Early spring is the best time to schedule an air conditioner tune-up because you beat the summer rush. Ask your technician to include these checks in the tune-up:

Top off the refrigerant. If the level is very low, have the technician evaluate the system for a leak.

Clean the evaporator and condenser coils to allow more efficient operation.

Check all electrical components and controls for proper function.

Oil the motors.

Clean or replace the filters.

During the summer, change your air conditioner's filters every other month. Clean filters will help your system operate cheaper and more efficiently.

Turn off the TV & unplug it

The electronic equipment in your home theater is costing you a bundle in energy bills—even when you're not using it.

Your TV, DVR and stereo system continue to use trace amounts of electricity, even when they're turned off. The only way to prevent them from wasting this "vampire power" is to unplug them when you're not using them.

Any device that you can turn on and off via remote control uses "vampire power" so it will remain responsive to the remote.

To make unplugging them convenient, plug all of your electronics into a power strip that connects to a light switch—and just flip the switch off before you leave the room. New "smart" power strips use motion sensors to determine when the electronics are in use, and they shut them off automatically when they're idle.

Buy a power strip with a built-in surge protector to guard your expensive equipment against damage during storm-induced power surges.

Here are some more ways to save energy in the home theater:

- Use energy-efficient compact fluorescent light bulbs in recessed lighting fixtures to create dramatic lighting effects.
- Switch your light switches for dimmers to create mood lighting and burn less energy. CFLs aren't a good choice if you're using dimmer switches.
- Choose Energy Star TVs and computers, which are designed to use less power whether they're on or off.

'Summer' School: Lessons on Keeping Cool

School will soon be out for the summer, but here's a test: On a hot day, will setting the thermostat at a very low temperature cool your house faster?

If you answered yes, you're in need of summer school.

Lowering the thermostat beyond the temperature you desire only makes your air conditioner run longer, not faster. You could end up paying more money for an uncomfortably chilly house.

Here are a few more lessons to add to your air conditioning know-how:

- Want to pay to be cool only when you're at home? Install a programmable thermostat, which lets you set the thermostat higher for hours when the house is empty, but lower during your at-home hours. It takes less energy to re-cool your home when you return than it does to keep it cool while you're gone.
- Set the thermostat at 78 degrees. You'll save about 15 percent on your cooling bill over a 72-degree setting, while remaining comfortable.
- Keep lamps and other heat-emitting devices—like TVs and large electronics—away from the thermostat. Such appliances can trick the thermostat into "thinking" the air is warmer than it really is so it should keep running when the house is already cool.
- The morning sun might help you wake up, but don't forget to close your curtains and window shades before you leave the house for the day to keep the sun's heat out.
- If you use room air conditioners, make sure they fit snugly into window frames, and close all heating ducts.

May is Skin Cancer Prevention & Detection Month

Skin cancer is the most common of all cancers, accounting for about half of all cancers. The most common types of skin cancer are melanoma, basal cell carcinoma and squamous cell cancer.

Melanoma:

Melanoma accounts for five percent of skin cancer cases, but causes the most skin cancer deaths. It can almost always be cured if caught in the early stages.

Melanoma is a cancer that begins in the melanocytes. These skin cells make melanin which makes skin tan or brown and protects the deeper layers of the skin from the harmful effects of the sun.

Basal Cell Carcinoma:

Eight out of 10 skin cancers are basal cell carcinomas and usually begin on areas that are exposed to the sun, such as the head and neck.

This type of skin cancer usually grows slowly but if it is not treated, it can grow into nearby areas and spread into the bone or other tissues beneath the skin.

Squamous Cell Cancer:

Squamous cell skin cancer accounts for about two out of 10 skin cancers. Squamous cell cancer often appears on places of the body that are exposed to the sun like the face, ears, neck, lips and back of the hands and can even start with scars on the skin.

If not found and treated early this cancer is most likely to spread to lymph nodes and into fatty tissues.

While taking preventative measures to identify possible skin cancer on your skin, remember that most skin cancer is curable if it is caught and treated early. Often skin cancer is found on the trunk of men and the legs of women but there is always the exception.

Set up annual visits with a dermatologist who can keep track of moles or skin areas that could need some medical attention.

The American Cancer Society has created a catchy phrase to help protect your skin : Slip! Slop! Slap! & Wrap!

- Slip on a Shirt
- Slop on Sunscreen-SPF 15 or higher
- Slap on a Hat
- Wrap on Sunglasses

Slip! Slop! Slap! & Wrap SKIN CANCER

1. Slip on a Shirt
2. Slop on Sunscreen
3. Slap on a Hat
4. Wrap on Sunglasses



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TIMBER!

Timber is a considerable cash crop for this area of Alabama. Yet oftentimes dead trees and limbs are the cause of power outages around our service area.

Clarke-Washington EMC right-of-way crews work to maintain the area around powerlines free from debris and vegetation. A right-of-way is the area underneath and around powerlines. Crews cut dead trees and spray vegetation to keep the area clear.

Right-of-way clearing also allows linemen to work faster and more efficiently when restoring or repairing lines.

In recent months Clarke-Washington EMC has cut hundreds of dead pines throughout our service area.

Clarke-Washington EMC right-of-way crew member Frankie Tarleton cuts down a dead pine tree near a power line in the Bates Lake area.

