



Manager's Message

Dear Members: _____ by Jeff Hohn



WE NEED YOUR HELP

Due to the large area that we cover, we are asking for your help. It has been about five (5) years since we have done a system wide meter read. With the cost of labor and transportation continually increasing, we are asking you to help us out by sending in your meter reading. In your September bill there will be a card for you to enter your meter reading and mail it into us with your bill payment. If you do not want to mail it in, you can go to our website at www.highplainspower.org and enter it there. There will be instructions on the card informing you on the different ways to send us your meter reading. Because we have over 12,000 meters, we ask that you do not call the office to report your reading. In today's economy, we are continually looking for ways to control the costs that affect your bill. This is just one of the ways that you can help us out. We really appreciate your assistance.

TRI-STATE STAFF SUBMITTING 2010 BUDGET

At the August Board Meeting, the staff of Tri-State submitted their 2010 budget and capital expenditures. The Board will have a month to review it. At their September meeting, the Board will vote to accept it or make any necessary

changes. After they approve the final budget that is when we will know what, if any, our rate increase will be. So in the October newsletter, we will be notifying you of any increase for 2010 from Tri-State.

MOTHER NATURE DOES SOME DAMAGE

As you saw in last month's newsletter, Mother Nature caused some damage to our system. We have found a couple of other areas where the river is encroaching on our system. We will be moving our structures in the very near future before a major outage occurs. In order to move our structures safely, we will be having some planned power outages. We will be notifying everyone affected by mail. So, please watch your mail over the next few months for notification of the planned outages. If you see anything that looks out of the ordinary, and could be a potential problem, please call us so that we can go out and look at it. If we can repair it before it fails, the outage will be much shorter.

If you would like to contact me for any reason, my email address is ijhpp@wyoming.com.

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High Plains Power will be close September 7th to observe Labor Day.

BACK TO SCHOOL TIPS

It seems like it was just yesterday that school doors were closing for the summer. Parents, teachers and students were excited about the anticipated vacations and summer activities. By the time you receive this newsletter the summer activities and vacations are now in the past. Please read this article to help children have another safe school year.

The following health and safety tips are from the American Academy of Pediatrics (AAP).



- * Choose a backpack with wide, padded shoulder straps and a padded back.
- * Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the your child's body weight.
- * Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.



Review the basic rules with your youngster:

School Bus

* If your child's school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the

bus. If your child's school bus does not have lap/shoulder belts, encourage the school to buy or lease buses with lap/shoulder belts.

* Wait for the bus to stop before approaching it from the curb.

* Do not move around on the bus.

* Check to see that no other traffic is coming before crossing.

* Make sure to always remain in clear view of the bus driver.

* Children should always board and exit the bus at locations that provide safe access to the bus or to the school building.

Car

* All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.

* Your child should ride in a car safety seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when she has reached the top weight or height allowed for her seat, her shoulders are above the top harness slots, or her ears have reached the top of the seat.

* Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age). This means that the child is tall enough to sit against the vehicle seat back with her legs bent at the knees and feet hanging down and the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, and not the stomach.

* All children under 13 years of age should ride in the rear seat of vehicles. If you must drive more children than can fit in the rear seat (when carpooling, for example), move the front-seat passenger's seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly

without it.

* Remember that many crashes occur while novice teen drivers are going to and from school. You should require seat belt use, limit the number of teen passengers, do not allow eating, drinking, cell phone conversations or texting to prevent driver distraction; and limit nighttime driving and driving in inclement weather. Familiarize yourself with your state's graduated driver license law and consider the use of a parent-teen driver agreement to facilitate the early driving learning process.

Bike

* Always wear a bicycle helmet, no matter how short or long the ride.

* Ride on the right, in the same direction as auto traffic.

* Use appropriate hand signals.

* Respect traffic lights and stop signs.

* Wear bright color clothing to increase visibility.

* Know the "rules of the road."

Walking to School

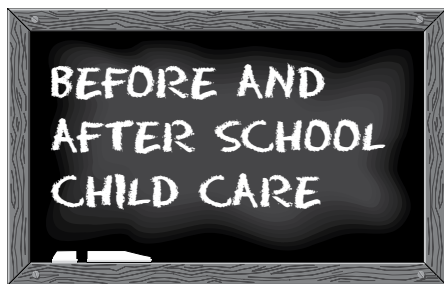
* Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.

* Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.

* If your child is young or is walking to new school, walk with them the first week to make sure they know the route and can do it safely.

* Bright colored clothing will make your child more visible to drivers.

* In neighborhoods with higher levels of traffic, consider starting a "walking school bus," in which an adult accompanies a group of neighborhood children walking to school.



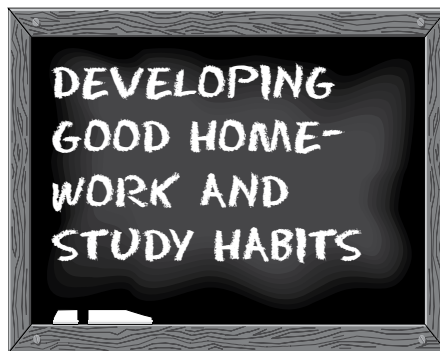
* During middle childhood, youngsters need supervision. A responsible adult should be available to get them ready and off to school in the morning and watch over them after school until you return home from work.

* Children approaching adolescence (11- and 12-year-olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.

* If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have

a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.

* If you choose a commercial after-school program, inquire about the training of the staff. There should be a high staff-to-child ratio, and the rooms and the playground should be safe.



* Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their

bedroom or another part of the home that offers privacy.

* Set aside ample time for homework.
* Establish a household rule that the TV set stays off during homework time.

* Supervise computer and internet use.

* Be available to answer questions and offer assistance, but never do a child's homework for her.

* Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.

* If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

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PLEASE READ YOUR METER

This month we are asking **EVERYONE** to read their meters. Whether you have a residential, time-of-use, irrigation, seasonal, etc. account...please read and submit your reading by

OCTOBER 10, 2009.

Next month you may resume the way your meter reading is submitted.

Ways to submit your reading(s):

- In person
- Drop boxes
- Mail
- Website - highplainspower.org

§ Meter readings

Name on Account _____

Meter Reading _____

Time-of-Use Meter Reading A _____

B _____

Phone Number _____

Account Number _____

Date _____

Run your Refrigerator for Less

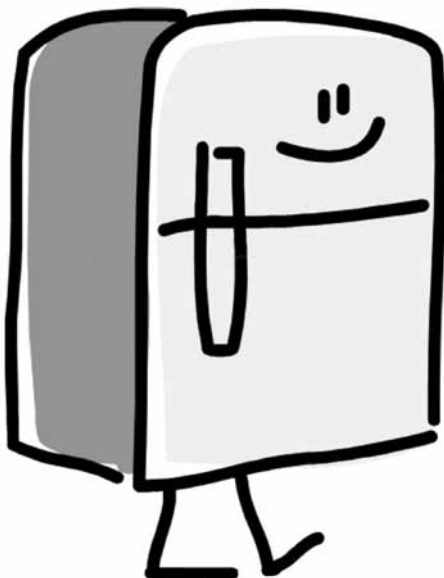
Your refrigerator uses more electricity than all your other kitchen appliances combined. To keep its costs down, follow these energy-saving tips.

Clean the coils twice a year. This will improve efficiency by 30 to 50 percent. Brush and vacuum the coils at the bottom or the back of the refrigerator. A coil cleaning brush is bendable to fit in tight areas.

Keep it full. Your refrigerator and freezer run more efficiently when they're full. Put water containers in the fridge and ice bags in the freezer to keep them filled. Keep the refrigerator setting between 35 and 38 degrees and the freezer between 0 and 5 degrees.

Test your refrigerator's seal. Refrigerator door seals wear out over time. Test your seal by closing a dollar bill in the door. If it pulls out easily, replace the seal.

Upgrade. If your fridge was made before 2001, it's using at least 40 percent more electricity than new Energy Star models. If you buy a new model, recycle your old one (visit www.recyclemyoldfridge.com to find out how). Don't hook up the old one in the basement or garage- an inefficient refrigerator costs as much as \$280 a year in electricity, according to the Consumer Energy Center. Any money you save buying food in bulk and storing it in an inefficient second fridge is lost in electric costs.



High Plains Power

NEWS

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