



MEMBER NEWSLETTER

FEBRUARY 2009

*Dear Members:* \_\_\_\_\_ *by Jeff Hohn*

## Board Member Receives Lifetime Achievement Award



### **Inside:**

Look up and live.....2  
Happy Valentines... 3  
Congratulations Ron.....4

In recognition of a lifetime of service on behalf of the people of Wyoming, the Missouri River Basin and federal power customers throughout the Rocky Mountain Region, High Plains Board Member Harold "Hub" Thompson was awarded the Frederick G. Simonton Distinguished Service Award at the Mid-West Electric Consumers Association Annual Meeting held in Denver on December 8, 2009. Hub began his Rural Electric career in 1980 when he was elected to the Board of Directors for Hot Springs County Rural Electric Cooperative. In 1981 became the Cooperative's representative on the Tri-State Board. He has served as the President of Tri-State since 1984. In 1998 he helped spearhead the merger of Hot Springs County Rural Electric and Riverton Valley Rural Electric to form High Plains Power. He also helped guide Tri-State through a major acquisition of another power supplier's assets in 1992, and in 2000, he spearheaded the merger efforts between Tri-State and Plains Electric Cooperative located in Albuquerque, New Mexico.

Mid-West Electric Consumers Association is a regional coalition of both Rural Electric Cooperatives and Municipal utilities in nine states that purchase power from federal multi-purpose projects in the Missouri River Basin. Since 1986, the association's Board of Directors has presented its top award to individuals who have made a profound

difference for the people of the Missouri River Basin and users of the federal power program nationwide, in memory of Frederick G. Simonton, who served as Mid-West's executive director for 22 years.

Hub has always been a strong supporter of the Rural Electric Cooperatives. In the late 1980's, he took the leadership role in the successful, precedent-setting effort to fight off an investor owned utilities ("IOU") attempt to takeover the Shoshone River Power Cooperative located in Cody. After a lengthy court battle, the sale was stopped, and the IOU was found liable for interference in the power supply contract. The IOU was also trying takeover other Cooperatives at the same time. If they had won the case it would have been the death of most, if not all of the Cooperatives in Wyoming, and probably would have begun a domino effect for the Cooperatives in the rest of the Country. It is also because of this case that the Rural Utilities Service ("RUS") began putting what is called the Shoshone Language into member contracts. The language states that a Rural Electric Cooperative could not be sold without first satisfying all debt to the power supplier and RUS. The precedent set by this case has also thwarted several other attempts by IOUs to purchase Cooperatives.

If you would like to contact me for any reason, my email address is [jhhpp@wyoming.com](mailto:jhhpp@wyoming.com)

# “Look up and live!”

by Rich Lobdell, Safety/Regulatory Coordinator

“Look up and live!” It’s as true today as it was when the words were first uttered. Electric Cooperatives and Investor Owned Utilities have been shouting this message for decades and yet the danger inherent in approaching any power line still gets ignored.

Voltage on the lines pictured ranges from 7200 volts to 14,400 volts to the ground that you are standing on. People lucky enough,

depending on your definition of luck, to survive contact with these voltages are faced with weeks or months of burn treatment, amputation or both. Contact accidents are life ending or life altering events!

Experienced crane operators or tree trimmers are not allowed to be any closer than ten feet from these lines. Lines must be **at least** 18.5 feet above a roadway. Homes, shops, garages or any kind of

building should **never** be located beneath a high voltage line.

Every year lives are cut short or changed forever because someone approached too close to an electric line. An inadvertent slip is all it takes to make a contact that can never be recalled.

If you see a situation like this, don’t be afraid to speak up. You may save a life. Call our office at 307-856-9426 or 800-445-0613.

Have a safe and happy 2010 and remember to; “Look up and live.”

Below: The shop is entirely too close to overhead power lines. The builders put themselves in mortal danger when constructing this building.



Above: Here is an example of an addition to a home that lacks proper, safe clearance from the power lines.



Left: These sailboats are entirely too close to a high voltage line. The steel rigging lines pose an extreme electrocution hazard.

# Happy Valentine's Day!

Since February 14th is Valentine's Day we want to take this time to remind all of you to be Heart Smart. With this being the first part of February, you are probably well into keeping your 2010 New Year's resolution of eating healthy and exercising.

The American Heart Association has a wealth of information regarding heart health. The below article outlines the warning signs of heart attacks and strokes.



## Heart Attack – Stroke Warning Signs

*from the American Heart Association*

### Heart Attack Warning Signs

Some heart attacks are sudden and intense – the “movie heart attack,” where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath** with or without chest discomfort.

- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

*As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.*

Learn the signs, but remember

this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives – maybe your own. **Don't wait more than five minutes to call 9-1-1 or your emergency response number.**

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they



arrive – up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

### Stroke Warning Signs

If you or someone with you has one or more of these signs, don't delay!

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-

term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.

A **TIA**, or transient ischemic attack, is a “warning stroke” or “mini-stroke” that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.

**The 2010 Annual Meeting  
is scheduled for April 17th.  
Mark your calendars.**

**See the March newsletter for  
more information.**

***Congratulations, Ron!***



Carol and Ron Rogers

After over 34 years of service, Ron Rogers retired from High Plains Power. Ron began his cooperative career with Riverton Valley Electric on July 14, 1975.

Rogers was a dedicated and hard working journeyman lineman. We at High Plains Power wish the best for Ron and his wife, Carol. Thank you for your years of service, Ron!

High Plains Power

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