

SLEMCO

POWER

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2013

TAILGATE TIME!

Is the game
the excuse
for a party or
the party an
excuse for
a game?

PAGE 4

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TakeNote

SLEMCO HONORS EMPLOYEE MILESTONES

SLEMCO will honor employees and directors celebrating major milestones or retirement at its annual awards ceremony in December. Those receiving awards have a combined 718 years of service to SLEMCO and its members (Lucky Account Number 4500366200).

Retiring after 39 years is James Campbell of Maurice, an underground specialist; Warehouse Clerk Joe Culotta of Lafayette is retiring with 29 years of service; George Fawcett, director of marketing from Lafayette, is retiring with 33 years of service; Substation Foreman Steve Guidroz of Opelousas is retiring after 32 years of service; Linda Guillory, a CAD/CAM specialist from Lafayette, is retiring after 31 years of service; Kenneth Hebert of Crowley, a serviceman, is retiring after 32 years of service; Chief Financial Officer Gary Smith of Sunset is retiring after 27 years of service; Class A Lineman James Randy Soileau of Ville Platte is retiring after 27 years of service; Service Dispatcher Glenn Speer of Breaux Bridge is retiring after 33 years of service; Lance Lambrecht, a warehouse clerk from Lafayette, is retiring after 30 years, and Lineman Keith LeBlanc of Opelousas is retiring after 30 years of service.

Celebrating 35 years with SLEMCO

is Cheryl Guidry, a customer services supervisor from Arnaudville.

Four employees are celebrating 30 years each with the company. They are Terri Benoit, a personnel representative from Carencro; Lyndon Champagne, a dispatcher from Washington; Paula Lejeune, an office services clerk from Carencro, and Tracey Walton, a customer service representative from Melville.

Celebrating 25 years each with the company are Line Foreman

Kevin J. Benoit of Branch; Line Foreman Paul Guidry of Abbeville; Substation Foreman Michael Hebert of Carencro, and Shane Theriot, a meter reader from Breaux Bridge.

Two employees and one board member mark 20 years each with SLEMCO:

Board Member Joseph David Simon Jr. of Gueydan; Gary David of Youngsville, an underground crew foreman, and Mona Stout of Opelousas, a customer service representative.

Celebrating 10 years each with SLEMCO are Meter Reader Shawn Bowser of Lafayette; Meter Reader Casey Carter of Carencro; Class A Lineman Shane Dugas of Lafayette; Customer Records Clerk Brandi Hardy of Arnaudville; Class B Lineman Brandon Hebert of Arnaudville, and Underground Crew Foreman Barry Letchworth of Lafayette.



2014 SLEMCO HOLIDAYS

All SLEMCO offices will be closed for holidays on the following dates:

JANUARY 1 - New Years Day

MARCH 4 - Mardi Gras

APRIL 18 - Good Friday

MAY 26 - Memorial Day

JULY 4 - Independence Day

SEPTEMBER 1 - Labor Day

NOVEMBER 27 & 28 - Thanksgiving

DECEMBER 24 & 25 - Christmas Eve and Christmas Day

JANUARY 1, 2015 - New Years Day



Jonathan Clements, Lineman Apprentice

Photo by Curtis Darrah

NEW EQUIPMENT INCREASES LINEMAN SAFETY

After years of free climbing, SLEMCO linemen are now using a new protection device that helps prevent falling from a pole while climbing or working. Eighty-four employees were issued a SuperSqueeze™ belt recently to help secure them during line work.

When used correctly, the device keeps linemen constantly secured and reduces injury. If the lineman slips and begins to fall, the SuperSqueeze™ cinches tightly around the pole, using the worker's body weight and gravity to minimize the distance of the fall to mere inches. Then the lineman can either continue climbing or

descend. The device includes a secondary lanyard. This is used so the lineman is continually tethered to the pole when crossing over obstructions on the line, such as cable or telephone attachments (Lucky Account Number 2130190300).

Designed by linemen who witnessed the fatal fall of a co-worker, the SuperSqueeze™ has been refined over the last several years to make pole climbing as safe and efficient as possible. The added protection ensures SLEMCO employees' safety—for themselves and their families.



ENERGY SAVING IDEAS

USE ONLINE TOOLS TO CUT HOME ENERGY USE

If you know how much energy you are using, you can conserve and possibly save some cash. Unfortunately, understanding energy use in your home is not as straightforward as for your car. Based on your miles per gallon, it's easy to understand whether your car is using energy efficiently. But getting a handle on your home's kilowatt usage is not as easy.

But online tools can help put home energy use at your fingertips, collect information on your home to determine problem areas and offer solutions.

To get started, obtain your current cost per kilowatt-hour from your SLEMCO bill or online on our website's Rates Comparison (<http://www.slemco.com/site312.php>).

The Department of Energy's Home Energy Saver (<http://hes.lbl.gov/consumer>) was the first web-based, do-it-yourself online energy audit tool for homeowners. By filling in information about your home, you can estimate how much energy and money you'll save through specific energy-efficiency improvements (Lucky Account Number 1202350000).

EnergySavvy.com is the latest way for consumers to get online energy audits through its free resource for homeowners at www.energysavvy.com/home-energy. Users can click on graphics of equipment and building materials to help answer easy questions. The program then displays a score and areas needing improvement. The website even offers information about tax rebates and incentives, as well as the opportunity to contact a local contractor.



“IT’S ALL ABOUT THE PEOPLE” CHAMPIONS



The University of Louisiana at Lafayette has a reputation for some of the nation’s best tailgating.

Around Cajun Field at home games, large screen TVs display instant replays through a thin haze of grill smoke. Coolers of beverages help beat the summer heat lingering into mid-September. Flags and pennant help identify groups amidst a flowing sea of red—those tens of thousands of Raging Cajun fans—whether the destination is a half-million dollar RV in a reserved slot in the shadow of the north end zone or a modest grill and canopy on the parking lot periphery.

Tailgating has a life of its own beyond the game, a sport unto itself for families, generation after generation. University of Southwestern Louisiana alumni who first tailgated in the 1970s continue today with their children, now students at present-day UL Lafayette. Years from now many will tailgate in the same spots with their children’s children.



OF TAILGATING

BY CURTIS DARRAH | PHOTOS BY P.C. PIAZZA



TAILGATE SAFELY

CLEAN. Wash hands if preparing food. Unclean hands cause half of food-borne illness.

SEPARATE. Defrost meats at home. Seal raw or thawed meat in plastic wrap to avoid contaminating other food. Use one cooler for drinks and another for uncooked meat.

REFRIGERATE. Use a refrigerator thermometer and pack food with enough ice to maintain temperatures below 40°F.

GRILL. Use a clean food thermometer and cook to a minimum of 145° for beef and pork, 160° for ground meats and 165° for poultry, hot dogs or sausage. Always cook on a firm, level surface and away from hanging decorations. Keep kids, crowds and flying footballs away from the grill: assign someone to keep an eye on it as long as it is hot. Bottled water or melted ice can extinguish coals before you head in to the game, leaving a cool grill to pack for the trip home.

TOSS. Throw away any perishable food before entering the stadium. Food that sits out at 90° for an hour is unsafe. ●



All tailgating areas around Cajun Field are reserved and require a pass, some highly sought after and jealously guarded at renewal time. But lacking such reservations, traditional tailgating in the literal sense—serving food and drink from the back of a car or truck—is allowed in the general parking areas as long as it does not interfere with parking. So bring your cooler and join the party.

Just don't think you'll outdo the crew of professional cooks from local restaurants who arrive with a cargo trailer of cooking gear, including fryers, burners and a "Cajun microwave" for the 38-pound pig that they have been roasting since late morning. Their first course of shrimp fritters with green onions was long gone by the time this succulent pork was ready for their ravenous crowd (Lucky Account Number 4500157900).

Food. Friends. More food. Passing strangers become new friends—and even more food gets shared. For some, the game is almost an afterthought. Some, despite season tickets, watch football on TV under the shade trees from the comfort of their reserved spots. Is the game the excuse for a party, or the party an excuse for a game?

By the way, the Ragin' Cajun's won 70-7 that September afternoon, the perfect final course for the start of a long-awaited tailgating season. ●

For more info on tailgating at Cajun Field: <http://www.ragincajuns.com/sports/2012/8/7/Football%20Tailgating.aspx>

ACADIANS GAVE THANKS LONG BEFORE THE PILGRIMS

When it came to “passing a good time,” the ancestors of the Cajuns had them beat

By Jim Bradshaw

After turkeys or cornucopias spilling out fruit, nuts and other goodies, the image most linked with Thanksgiving is a Pilgrim, dressed in somber clothes and a tall black hat. We associate the holiday with what we call the first Thanksgiving, celebrated in 1621.

That may have been the first Pilgrim feast, but it certainly wasn't the first big bash for settlers and Indians in the New World of the Americas (Lucky Account Number 1016984402).

The first Acadians feasted with their Indian friends long before the Pilgrims set foot on this side of the Atlantic. And when you compare the accounts of the two celebrations, it appears that the Cajuns-to-be had a lot more fun. The Acadians partied all winter, while we are told the Pilgrim feast lasted only three days.

Samuel Champlain thought up the feast when he organized *L'Ordre de Bon Temps* to help get his handful of settlers through the cold winter of 1606–1607 at the tiny Port-Royal settlement on Canada's Acadian peninsula. That was more than a dozen years before the Mayflower struck Plymouth Rock. When the Pilgrims invited Indian friends to share the table, they were only doing what the Acadians had done years before.

We know that Champlain's Indian friends helped with the first Acadian celebration because Marc Lescarbot, one of the earliest chroniclers of the Acadian settlement, recorded that Membertou, a leader of the friendly Micmacs, particularly liked the wine. The chief said “[w]hen he had drunk of it, he sleeps well and has no more fear nor care,” according to Lescarbot.

Membertou may not have been the only one to sleep without care. Champlain wrote later, “We spent this winter very



pleasantly and had good fare.” The venerable historian Francis Parkman reported more precisely, “Most bountiful provision had been made for the temporal wants of the colonists. . . . Of wine, in particular, the supply was so generous that every man in Port Royal was served three pints daily.”

It appears that Micmac hunters and fishermen were more than willing to help put meat on the table in exchange for a sip or two of the good fruit of Bordeaux.

Champlain formed the 15 officers and gentlemen who were at the Port-Royal colony that winter into his Order of Good Cheer (Lucky Account Number 2220700306).

According to Parkman, “Each was Grand Master in turn, holding office for one day. It was his function to cater for the company; and, as it became a point of honor to fill the post with credit, the prospective Grand Master was usually busy for several days before coming to his dignity, in hunting, fishing, or bartering provisions with the Indians. Thus did . . . [the] table groan beneath all of the luxuries of the winter forest: flesh of moose, caribou, and deer, beaver, otter, and hare, bears and wildcats; with ducks, geese, grouse, and plover; sturgeon, too, and trout, and fish innumerable, speared through the ice.”

The meal was served at noon, and with great ceremony.

In Parkman's translation of Lescarbot's account, “The Grand Master entered the hall, a napkin on his shoulder, his staff of office in his hand, and the collar of the Order . . . about his neck. The brotherhood followed, each bearing a dish. The invited guests were the Indian chiefs, of whom old Membertou was daily present, seated at table with the French. . . . Those of humbler degree . . . sat on the floor or crouched together in the corners of the hall, eagerly awaiting their portion of biscuit or bread, a novel and much coveted luxury.”

The bread, baked in an outdoor oven and made from wheat brought from France, was much finer than anything that could be made from the native plants on the Acadian peninsula.

The first black man in North America may well have been at the table too, translating Membertou's mutterings as he supped and sipped. His name was Mathieu d'Acosta, and he had visited the Acadian peninsula aboard a Portuguese ship (probably a fishing boat), learned the Micmac language and came to Acadie as a translator with this first band of settlers.

At the end of the meal, the Grand Master of the Day turned over his badge of honor to his successor for the following day, toasting him, of course, with another cup of wine. Then the members of *L'Ordre de Bon Temps* gathered around the fire and sang.

So as the rest of the nation credits the Pilgrims with the first Thanksgiving, here in Acadiana we can toast the memory of our Acadian ancestors. They were the first to celebrate, with their Native American friends, the bounty they found in the New World, sharing good cheer, food, drink and song as they *laissez les bon temps rouler* through the long, dark, northern winter in Acadie.



Lita Mills, Customer Services Supervisor

NEW TECHNOLOGY IMPROVES OUR PHONE SYSTEM

SLEMCO recently replaced its phone system to better serve our customers. Our new Avaya IP Office system uses Voice Over Internet Protocol technology and is specifically designed for mid-sized companies like SLEMCO. Among its advantages are more built-in applications, easier administration, outstanding reliability and more cost effectiveness compared to our previous system.

Our old phone system relied on outdated hardware and software. The result was increasing support and maintenance costs. A conversion to a newer system was the most practical and cost-effective solution.

New features of SLEMCO's system include call recording for security and quality assurance, voice message delivery to e-mail or mobile phone inboxes, a company directory that can be accessed through the phone and ample room for future growth (Lucky Account Number 3414152500).

LUCKY NUMBER WINNERS

None of the 10 SLEMCO members whose account numbers were hidden in the last issue of *SLEMCO Power* called in to claim their \$10 prizes. The 10 members were **Tracy Gabriel** of Lafayette, **Martha Poirier** of Rayne, **Adolph Joubert** of Washington, **Chet Mitchell** of Palmetto, **Frank Higgins** of Sunset, **Benjamin Lemelle** of Opelousas, **Candace Kasperski**



of Kaplan, **Joey Ougel** of Branch, **Corrine Iden** of Youngville and **Tony Nelson** of Eunice. Ten more numbers are hidden in this issue of *SLEMCO Power*. Check to see if yours is among them (Lucky Account Number 3049187800). If so, call Mrs. Gayle Babin at SLEMCO at 896-2504. She will verify if you're a winner and, if so, credit \$10 to your account.

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DOUBLE DUTY ISLANDS

PREP, SERVE, DINE—THESE ISLANDS WITH COUNTER SEATING WILL DO IT ALL

WELCOME AND GATHER ROUND

In Louisiana, the kitchen, where family and friends gather, is often the heart of the home. This traditional kitchen features cypress cabinets and an over-size, storage-studded pecky cypress and granite island. Everyday dishes are stacked at one end and cookbooks at the other—all for quick access. Comfortable leather stools encourage visiting with the cook.



SMALL WONDER

Even a small island can have big impact: this one houses cookbooks, wine rack, prep sink, storage and a snack bar. If removing a wall requires building a column, just build it into the design. Lighting in the header illuminates dining and food prep and a foot rail offers seating comfort.

CHAIRS + STOOLS = PERFECT PARTNERS

If you don't need the extra storage, offer seating on both sides. This large island features backless stools on the kitchen side—perfect for breakfast or lunch, but able to disappear under the counter during food preparation. This double duty island also replaces a traditional dining table: dining chairs on the side open to the living room can be used for more formal meals.



Text: Anne Darrah | Designer: Lisa Bourque Design | Photos: Catherine Guidry

PICK A BETTER BULB

The incandescent light bulb has been around, basically unchanged, since 1879. But over the last few years, technology is pushing the standard incandescent bulb out of our homes and into the museum as yet another quaint artifact of the past.

Lighting technology is evolving rapidly. The compact fluorescent bulb (CFL) that has become our most common energy-saving lighting alternative is also likely to be pushed aside by the newer light emitting diode (LED) bulb.

You don't have to be a lighting expert to pick the best bulb for the fixtures in your home. Understanding a few bulb basics will make puzzling through the alternatives a lot easier.

Let's start with the grandfather of today's home lighting, the **incandescent**. Just as when Thomas Edison invented it over 130 years ago, light is emitted when electricity heats the bulb's filament until it glows red hot.

Bulbs such as halogen and krypton/xenon are simply new forms of incandescents that use specific types of gas inside the bulb. The result is a small, bright bulb that lasts longer than traditional incandescents but costs more.

The incandescent has served us well for over a century because it offered some solid advantages. These bulbs are inexpensive and the warm light they create is pleasing to most people.

But the trade-offs were its short life and incredible inefficiency—80 percent of its energy use is wasted as heat. That's why this type of bulb is being phased out in favor of newer alternatives.

The first, the **CFL**, is a modern, energy-efficient light source offering similar advantages to full-sized fluorescent tubes. In fluorescents, electricity controlled by an electronic ballast activates mercury vapor to create light. But unlike those familiar long, unattractive fluorescent tubes, CFLs can be used in normal screw-in fixtures and will last much longer than an incandescent.

CFLs have improved significantly over the past few years. These bulbs are now available in most common incandescent shapes and provide more light color options. According to ENERGY STAR, while most CFLs come in "warm" colors to match the yellowish light of incandescent bulbs, you can also choose "cooler" colors with whiter and bluish hues, ideal for reading and task lighting. Color in lighting is measured on the Kelvin scale (K) and is marked on CFL packaging. For warmer color look for 2700–3000K; 3500–4100K gives a bright white light while 5000–6500K is bluer and more like daylight.

But CFLs are more expensive than incandescents, may not perform well in extremely high or low temperatures and raise serious disposal issues because they contain mercury. CFLs may have a much shorter life than claimed when used in fixtures that are turned on and off often. Some are dimmable, but only certain

models (Lucky Account Number 4513781501).

Which brings us to the **LED**. These bulbs are complex little marvels. They contain tiny electronic chips that glow to produce light, coupled with a driver, optics and heat sink.

It's easy to love LEDs, the most energy-efficient light source on the market. They contain no mercury. Available in most standard incandescent shapes and a variety of colors, they are the longest lasting bulbs available, with a lifespan 50 times longer than incandescents and up to five times longer than CFLs.

Unfortunately, all this comes at a price. Although they can last 20,000 to 50,000 hours or more, a LED bulb may cost \$50 compared to a \$1 incandescent of similar output. Fortunately, LED bulbs use one-tenth the energy, so they pay for themselves after about a year. As LED prices continue to fall, that payback time decreases. And with LEDs, your savings accumulate. Used eight hours a day, an LED may last for 17 years, saving hundreds of dollars in energy and bulb replacements over its lifetime. And although current LEDs are not as bright as CFL or halogen bulbs, their technology continues to improve.

LEDs are dimmable, unlike many CFLs. They have no filament so they are durable, even if dropped. They generate less heat and, containing no mercury, avoid the disposal problems or hazardous cleanup of broken CFLs.

Because LEDs are expensive, for cost efficiency experts recommend using them in areas with the highest lighting demand, such as the kitchen, dining and living room, where they may remain on much of the day.

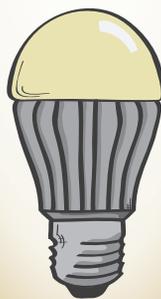
When shopping for new bulbs, compare bulbs of similar size, color and brightness. When comparing, remember that *watt* is actually an indicator of how much energy the bulb uses, not its output.

We often use watts to compare one standard incandescent bulb to another: it is much less useful when comparing, say, your old 100-watt incandescent to a CFL or LED. Instead, check the label for *lumens*, which is the amount of light each bulb will produce. The higher the lumens, the more light.

Check the bulb package for the Lighting Facts label. It will show brightness, energy use, estimated energy costs, expected life and light color in kelvins, allowing you to make an informed choice.

Not every CFL or LED can be used in every type of light fixture, so also check the package for recommendations regarding your intended application, such as enclosed fixtures where heat can shorten the life of such bulbs and reduce your savings (Lucky Account Number 2034130000).

For further information, visit the ENERGY STAR Choose a Light Guide: http://www.energystar.gov/index.cfm?c=cfls.cfls_choose_guide.



These recipes come from Holly Clegg's **Trim & Terrific Kitchen 101: Secrets to Cooking Confidence**, highlighting cooking basics plus 150 easy, healthy recipes and available for \$24.95 at local and online bookstores. Visit www.hollyclegg.com for more recipes.



Butter Pecan Roasted Sweet Potatoes

6 cups peeled Louisiana yam (sweet potato) cubes (about 1/2-inch)
2 tbsp. butter, cut into small pieces
2 tbsp. light brown sugar
1/4 cup chopped pecans
1/8 tsp. cayenne pepper

Preheat oven 400°. Line baking sheet with foil. Spread cubed sweet potatoes evenly on pan. Bake 30–35 minutes, turning potatoes after 20 minutes. Remove from oven and sprinkle with butter, brown sugar, pecans and cayenne pepper. Return to oven and continue baking 10–15 minutes or until sugar is caramelized. Yield: 8 (1/2-cup) servings

Nutritional info per serving: Calories 148, Fat 5g, Saturated Fat 2g, Cholesterol 8mg, Sodium 81mg, Carbohydrates 24g, Dietary Fiber 3g, Total Sugars 8g, Protein 2g. Dietary Exchanges: 1 1/2 starch, 1/2 fat

Roasted Broccoli

4 cups broccoli florets
2 tbsp. olive oil
salt and pepper to taste
2 tbsp. grated Parmesan cheese
1 tbsp. lemon juice
1 tsp. lemon rind, optional
2 tsp. pine nuts, toasted, optional

Preheat oven 425°. Line baking pan with foil. Toss broccoli with oil and

season to taste; arrange in single layer on pan. Roast about 20 minutes or until tender and browned around edges. Remove from oven and toss with cheese, lemon juice, lemon rind and pine nuts, if desired. Yield: 6 (2/3 cup) servings

Note: Bottled lemon juice may be substituted for fresh lemon juice and rind. Any toasted nut may be substituted for pine nuts.

Nutritional info per serving: Calories 68, Calories from Fat 0%, Fat 5g, Saturated Fat 1g, Cholesterol 1mg, Sodium 46mg, Carbohydrates 4g, Dietary Fiber 2g, Total Sugars 1g, Protein 2g. Dietary Exchanges: 1 vegetable, 1 fat



Glazed Salmon

1/4 cup honey
2 tbsp. low-sodium soy sauce
2 tbsp. lime juice
1 tbsp. Dijon mustard
4 (6-oz.) salmon fillets

In small bowl, whisk together honey, soy sauce, lime juice and mustard. Marinate salmon in sauce in refrigerator several hours, or time permitted (do not discard marinade).

In nonstick skillet coated with nonstick cooking spray, cook salmon on each side, 3–5 minutes, until golden brown, crispy, and just cooked through. Transfer salmon to platter.

Add remaining honey glaze to skillet, and simmer, stirring, until mixture comes to boil. Return salmon to pan, heat thoroughly; serve immediately. Yield: 4 servings

Note: For easy cleanup, marinate in a plastic bag.

Nutritional info per serving: Calories 297, Calories from Fat 24%, Fat 8g, Saturated Fat 1g, Cholesterol 80mg, Sodium 403mg, Carbohydrates 20g, Dietary Fiber 0g, Total Sugars 19g, Protein 36g. Dietary Exchanges: 1 1/2 other carbohydrate, 5 lean meat

Cool Coleslaw

4 cups shredded cabbage (bag coleslaw)
1 bunch green onions, chopped
1/2 cup chopped red onion
1/2 cup chopped cucumber
2 tbsp. lime juice
2 tbsp. cider or seasoned rice vinegar
1 tbsp. olive oil
1 (11-oz.) can mandarin oranges, drained
2 tbsp. chopped fresh mint
1/4 cup coarsely chopped peanuts

In large bowl, combine cabbage, green onions, red onion and cucumber. In small bowl, whisk together lime juice, vinegar and oil; pour over slaw and mix. Carefully add mandarin oranges. To serve, add mint and peanuts, mixing well. Season to taste. Yield: 10 (1/2-cup) servings

Nutritional info per serving: Calories 65, Calories from Fat 41%, Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 51mg, Carbohydrates 8g, Dietary Fiber 2g, Total Sugars 5g, Protein 2g. Dietary Exchanges: 1/2 other carbohydrate, 1/2 fat

Asian Shrimp with Orange Dipping Sauce

1 lb. medium-large peeled shrimp
2 tbsp. low-sodium soy sauce
2 tbsp. lemon juice
1 tsp. minced fresh ginger
1 tsp. cumin
1 tbsp. canola or sesame oil
Orange Dipping Sauce

Combine all ingredients except oil in plastic bag and refrigerate until ready

to cook. Grill shrimp or cook in large nonstick skillet in heated oil 3–5 minutes on each side, or until done (discard marinade). Serve with Orange Dipping Sauce. Yield: 4 servings

ORANGE DIPPING SAUCE
1/2 cup orange marmalade
1/4 cup hoisin sauce
2 tbsp. sweet chili sauce
1/2 tsp. grated fresh ginger

Combine all ingredients in bowl.

Note: Hoisin sauce is available in the Asian section of the grocery store.

Nutritional information per serving: Calories 218, Calories from Fat 5%, Fat 1g, Saturated Fat 0g, Cholesterol 143mg, Sodium 521mg, Carbohydrates 37g, Dietary Fiber 0g, Total Sugars 32g, Protein 16g. Dietary Exchanges: 2 1/2 other carbohydrate, 2 1/2 lean meat

Chicken Chipotle Tacos with Avocado Salsa

1/4 cup chopped red onion
1 tsp. minced garlic
2–3 tbsp. chopped canned chipotle peppers
1 tbsp. honey
2 cups chopped tomatoes
1/4 cup chopped green onions
2 cups shredded skinless rotisserie chicken breast
salt and pepper to taste
8 small flour tortillas, heated
Avocado Salsa

In large nonstick skillet coated with nonstick cooking spray, sauté onion and garlic 3–5 minutes, stirring. Add chipotle peppers, honey and tomatoes, cooking and stirring 5–7 minutes, or until slightly thickened. Add green onions and chicken. Season to taste. Top each tortilla with chicken mixture and Avocado Salsa. Yield: 8 tacos

AVOCADO SALSA
1/3 cup finely chopped cucumber
1/3 cup finely chopped red onion
1 large avocado, diced
1/2 teaspoon olive oil
1 tbsp. lime juice
salt and pepper to taste

In bowl, combine all ingredients.

Refrigerate until using.

Note: Chipotle peppers are found in Mexican section of the grocery. May substitute 1 tsp. chili powder if preferred.



Nutritional info per serving: Calories 246, Calories from Fat 38%, Fat 11g, Saturated Fat 2g, Cholesterol 32mg, Sodium 451mg, Carbohydrates 24g, Dietary Fiber 4g, Total Sugars 5g, Protein 15g. Dietary Exchanges: 1 starch, 2 vegetable, 1 1/2 lean meat, 1 fat

Bananas Foster Pudding Pie

2 cups chocolate cookie crumbs
3 tbsp. melted butter plus 2 tbsp. butter
2 tsp. vanilla extract
1/2 cup light brown sugar
1 tsp. ground cinnamon
1/2 tsp. ground ginger
3–4 bananas, peeled and sliced
2 (4-serving) boxes instant French vanilla or banana pie pudding and pie filling
2 1/2 cups skim milk
1/4 cup crème de banana liqueur, dark rum or skim milk
1 (8-oz.) container frozen fat-free whipped topping, thawed

In 9-inch pie plate or springform pan, combine cookie crumbs, 3 tbsp. melted butter and vanilla. Press into pie plate. Refrigerate.

In nonstick skillet, melt 2 tbsp. butter and add sugar, cooking until slightly thickened and bubbly. Add cinnamon, ginger and bananas; cook until bananas are tender. Pour evenly over set crust. Return to refrigerator.

In bowl, whisk together pudding, milk and liqueur until thickened. Carefully spread over banana mixture. Top with whipped topping. Refrigerate. Yield: 8–10 servings

Note: for a step saver, use prepared cookie pie crust. For an amazing banana

ice cream pie, substitute nonfat frozen vanilla ice cream for pudding.

Nutritional info per serving: Calories 377, Calories from Fat 22%, Fat 9g, Saturated Fat 5g, Cholesterol 17mg, Sodium 528mg, Carbohydrates 67g, Dietary Fiber 2g, Total Sugars 44g, Protein 4g. Dietary Exchanges: 4 1/2 other carbohydrate, 2 fat

Ooey Goopy Squares

1 (18.25-oz.) box yellow cake mix
1/2 cup butter, melted
1 egg
1 tbsp. water
1 (8-oz.) pkg. reduced-fat cream cheese
1 (16-oz.) box confectioners' sugar
2 egg whites
1 tsp. vanilla extract
1 cup semisweet chocolate chips

Preheat oven to 350°. Coat 13x9x2-inch baking pan with nonstick cooking spray. In mixing bowl, beat together cake mix, butter, egg, and water until well mixed. Spread batter into prepared pan.

In mixing bowl, beat together cream cheese, confectioners' sugar, egg whites, and vanilla. Stir in chocolate chips. Pour this mixture over batter in pan.

Bake 40–50 minutes or until top is golden brown. Cool to room temperature and cut into squares. Yield: 48 squares

Nutritional info per serving: Calories 138, Calories from Fat 36%, Fat 6g, Saturated Fat 3g, Cholesterol 13mg, Sodium 112mg, Carbohydrates 21g, Dietary Fiber 0g, Total Sugars 17g, Protein 2g. Dietary Exchanges: 1 1/2 other carbohydrate, 1 fat



For extra copies of these recipes or to e-mail a copy to a friend, visit *SLEMCO Power* magazine online at www.slemco.com.

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A Cajun & Creole Christmas

A GUIDE TO HOLIDAY EVENTS IN ACADIANA

For a complete listing of area Christmas activities, contact the Lafayette Convention & Visitors Commission at 337-232-3737, 800-345-1958 or on the Web at www.lafayettetravel.com.

NÖEL ON THE PRAIRIE • Nov. 9; Sat. 9 a.m.–5 p.m., Sun. 1–5 p.m. • (337) 546-6776 • Eunice • Free • Largest shopping event with discounts throughout the city. Local merchants participate. Look for the red signs. Register to win an app. \$600 shopping spree.

COUNTRY CHRISTMAS • Nov. 17 • Sugar Mill Pond Town Center, Youngsville • (337) 856-2323

FESTIVAL OF CHRISTMAS • Nov. 23–Dec. 21 • Tues.–Sat. 10 a.m.–4 p.m., Sun. 1–4 p.m. • 411 Clara St., Jennings • (337) 824-0114 • Adults \$5, Children \$1 • The Zigler Museum is decorated for Christmas with more than 25 trees and decorations.

DOWNTOWN ALIVE! OFFICIAL LIGHTING OF THE CITY TREE • Nov. 27; 5:30–8:30 p.m. • Parc Sans Souci, 201 E. Vermilion St., Lafayette • (337) 291-5566 • Free • Join the Pine Leaf Boys for a special Thanksgiving Eve holiday celebration at Downtown Alive!, where Mayor Joey Durel will light the official city Christmas tree!

CHRISTMAS IN CROWLEY • Nov. 28–Dec. 3 • Historic Downtown, Parkerson Ave., Crowley • 5 p.m.–midnight • (337) 783-0824 • Free • Over 200,000 dazzling animated holiday lights synchronized to music. Tune your radio to 93.3 FM and listen to the lights!

SAFARI OF LIGHTS • Nov. 29–Dec. 30 • Zoo of Acadiana, 5601 Hwy. 90 E, Broussard • 5–9 p.m. • (337) 837-4325, www.zooofacadiana.org • \$6 admission for 3 years old and above • Stroll the glistening pathways of the Zoo at night with still and animated lighted animal figurines and the North Pole Express Train ride.

NOËL ACADIEN AU VILLAGE • Nov. 30–Dec. 23; 5:30–9 p.m. • Acadian Village, Lafayette • (337) 981-2364, www.acadianvillage.org • \$9 at the gate; \$7 in advance • Half a million lights, displays, food, entertainment and holiday shopping.

HOLIDAY MAGIC • Nov. 30–Dec. 14; 8 a.m.–5 p.m. (hours may vary) • Jennings retail stores • (337) 824-0933 • No admission • Open house; Christmas sales at area retail businesses

BREAUX BRIDGE CHRISTMAS PARADE • Dec. 1; 2 p.m. • Downtown Main Street • (337) 332-8500 • Free

CHRISTMAS IN CROWLEY “A HOLIDAY AFFAIR” • Dec. 4; 6–8 p.m. • Historic Downtown, Parkerson Ave., Crowley • (337) 783-0824 • Free • 5th annual holiday lights synchronized to music, pictures with Santa, live nativity, Christmas carolers and bell choirs and much more!

CHRISTMAS IN SCOTT • Dec. 4; 6 p.m. • 916 Cayret St., Downtown Scott near the railroad tracks • (337) 233-1130 • Free • Join us for the official lighting of our Christmas tree and a visit/photo op with Santa Claus.



FESTIVAL OF LIGHT • Dec. 6; 5–10 p.m. • Oil Center, Lafayette • (337) 232-1267, www.theoilcenter.com

LIGHTING OF THE VILLAGE • Dec. 6 • 828 E. Landry St., Opelousas • 800-424-5442, www.cityofopelousas.com • Free • The historic village comes alive with lights. Vendors, live reindeer, Santa, choir, balloon artist and more!

REBBIENS & RICE • Dec. • 6–7, all day; special shopping hours observed • Crowley Merchants • (337) 788-0177 • No admission • Merchants in the Crowley area will offer in-store giveaways, drawings and special discounts.

CITY OF BROUSSARD CHRISTMAS PARADE • Dec. 7; 1 p.m. • Begins at the intersection of S. Morgan–Albertson Pkwy. • (337) 837-668

CARENCRO COUNTRY CHRISTMAS • Dec. 7; 9 a.m.–4 p.m. • 5115 N. University, Carencro • (337) 896-6686, (337) 280-9570 • Free • Family-oriented traditional event with choirs, singers, arts & crafts, food booths and pictures with Santa. Christmas Children’s Parade begins at 2 p.m.

SONIC CHRISTMAS PARADE • Dec. 8; 1–3 p.m. • Downtown to the Oil Center, Lafayette • (337) 988-5301 • Free

SACRÉ COEUR KAYCEE AUXILIARY ANNUAL CHRISTMAS SHOPPING EXTRAVAGANZA • Dec. 7 • (337) 783-9076 • Corner of South Ave. E. and Elm St., Crowley

KIWANIS CHRISTMAS PARADE • Dec. 8; 2 p.m. • (337) 394-9767, (337) 552-5090 • Begins near St. Martinville Sr. High School, down Main Street and ends off Denier Street, St. Martinville • Free • Community event to kick off the festive holiday season.

ST. LUCY FESTIVAL OF LIGHT AND CHRISTMAS PARADE • Dec. 8 • (337) 394-2233, <http://stlucyfestival.com> • St. Martin de Tours Church Square, St. Martinville

CHRISTMAS ON THE LAKE • Dec. 14; noon–9:30 p.m. • (337) 774-2211 • South end of Arthur Ave. & Lake Arthur Park • Free • Hall of trees display at City Hall for two weeks. Gumbo cook-off, vendors on Main Street for Christmas shopping. Parade at 6 p.m., followed by fireworks.

MAMOU ROTARY CAJUN CHRISTMAS PARADE • Dec. 14; 5:30 p.m. • (337) 224-8400, (337) 305-0616 • Begins at Mamou High School, runs through business district on 6th St. and returns to the school. • Free • Parade will feature visiting queens, marching bands, Cajun music bands and Santa Claus pulled by egrets, the official bird of Cajun country.

LESSONS & CAROLS • Dec. 15 • (337) 232-1322, www.saintjohncathedral.org • 914 St. John St., Lafayette

NEW YEAR’S NOON • Dec. 31; 10 a.m.–2 p.m. • (337) 232-8500, www.childrensmuseumofacadiana.com • Children’s Museum of Acadiana, Lafayette