

SLEMCO

POWER

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HEALTHY CHOICES

Taking control of your health
may be easier than you think
PAGE 4

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TakeNote

NOTIFY SLEMCO WHEN WORKING NEAR HIGH VOLTAGE LINES

To promote worker and public safety, the Louisiana legislature has adopted rules for those who work near overhead power lines. Specifically, Louisiana law (LRS 45: 141 - 146) prohibits unauthorized persons from working—including moving any equipment—within 10 feet of any high voltage overhead electric utility line.

If any unauthorized person intends to work within 10 feet of any high voltage overhead electric utility line, the person

responsible for the work must notify the owner or operator of the high voltage overhead electric utility line not less than 48 hours prior to commencing work.

Work shall be performed only after satisfactory mutual arrangements have been completed between the owner or operator of the high voltage overhead electric utility line and the person responsible for the work (Lucky Account Number 3424537500).



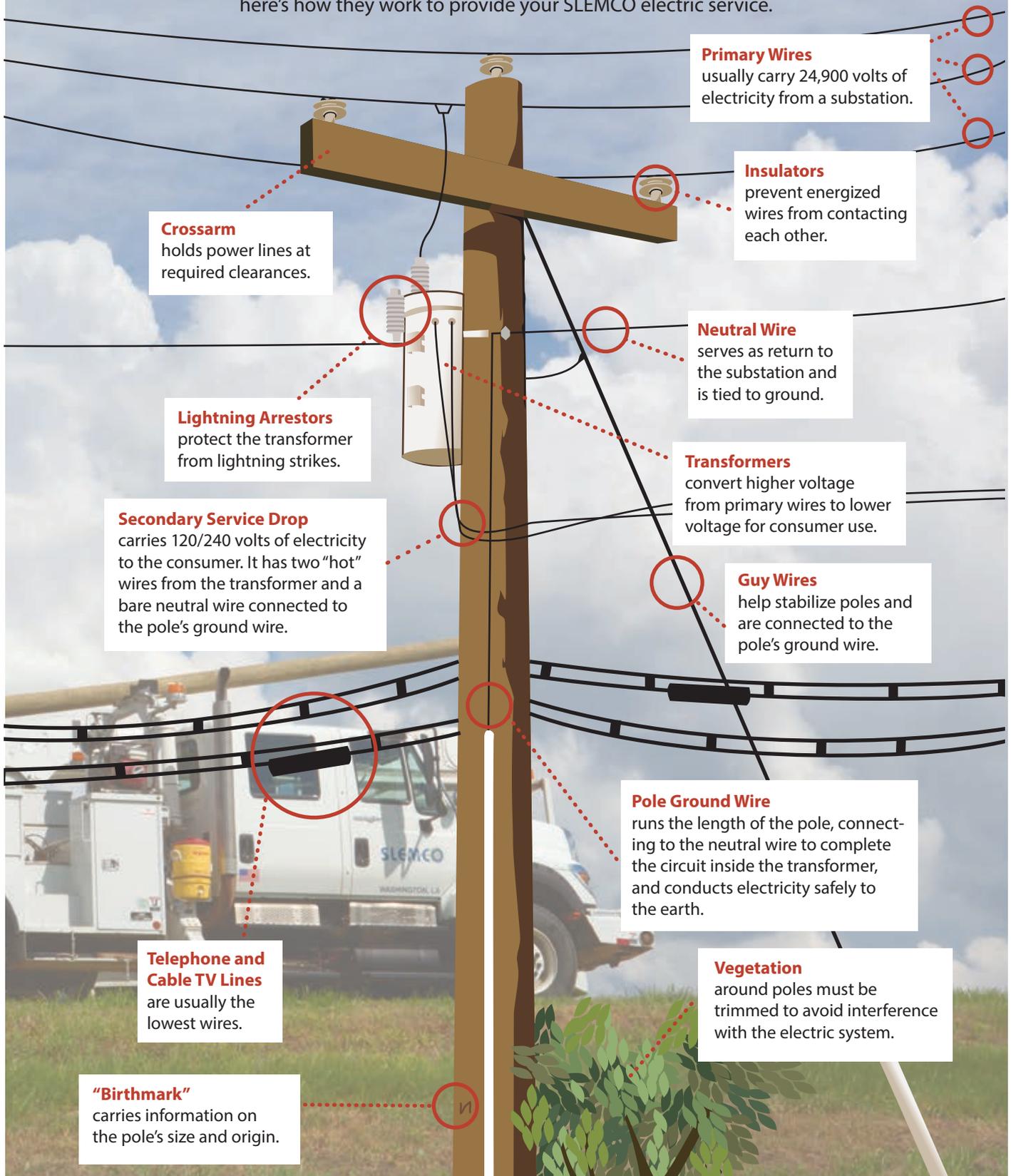
Call **896-5384** or **896-5551** to notify SLEMCO if you intend to work within 10 feet of one of our high voltage overhead electric utility lines.



SAFETY AWARD—SLEMCO recently received the Louisiana Workers Compensation Corporation (LWCC) Safest 70 Award for 2016, our fourth since the recognition program began 10 years ago. The top 70 companies were selected based on their safety efforts and program effectiveness in preventing injuries and controlling costs. The safety of our employees is our highest priority so we are very proud of this accomplishment. Shown here (from left) are Nathan Melancon, SLEMCO safety and training coordinator; Damian Simoneaux, LWCC lead safety services consultant; Greg Lavergne, SLEMCO safety, training and loss supervisor, and Neil Arnaud, SLEMCO safety and training coordinator (Lucky Account Number 3246598000).

SLEMCO ELECTRIC POLE HOW IT WORKS

Ever wonder what's on our poles? Although poles may vary depending on location and service, here's how they work to provide your SLEMCO electric service.



Crossarm
holds power lines at required clearances.

Primary Wires
usually carry 24,900 volts of electricity from a substation.

Insulators
prevent energized wires from contacting each other.

Lightning Arrestors
protect the transformer from lightning strikes.

Neutral Wire
serves as return to the substation and is tied to ground.

Secondary Service Drop
carries 120/240 volts of electricity to the consumer. It has two "hot" wires from the transformer and a bare neutral wire connected to the pole's ground wire.

Transformers
convert higher voltage from primary wires to lower voltage for consumer use.

Guy Wires
help stabilize poles and are connected to the pole's ground wire.



Pole Ground Wire
runs the length of the pole, connecting to the neutral wire to complete the circuit inside the transformer, and conducts electricity safely to the earth.

Telephone and Cable TV Lines
are usually the lowest wires.

Vegetation
around poles must be trimmed to avoid interference with the electric system.

"Birthmark"
carries information on the pole's size and origin.

THE 5-2-1-0 PLAN



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BY CURTIS DARRAH

In Acadiana we celebrate our *joie de vivre*, but we might find even more joy—and a longer life—by making a few simple changes for a healthier lifestyle.

Unfortunately, when it comes to a healthy lifestyle, Louisiana has plenty of room for improvement. We lead the nation in obesity and are second to last in overall health among the 50 states. Locally, our major health problems are cancer, cardiovascular disease, obesity and diabetes.

But the driving force behind those health problems is our own behavior, according to Bradley Cruice, R.N., B.S.N., M.B.A.-M.H.M. Cruice is a health educator who is regional coordinator for the state health department's Well-Ahead Louisiana program, as well as state coordinator for Action for Healthy Kids.

"If we can work on these behavioral risk factors, we'll be golden," Cruice said. It all comes down to combining healthy activity with moderate physical exercise.

Want a healthier lifestyle? Just remember to make the numbers 5-2-1-0 part of every day (Lucky Account Number 1453064001).

"That's **five** servings of fruits and vegetables a day, less than **two** hours of screen time, **one** hour of physical activity

and **zero** sugary drinks," Cruice advises. You could add one more number—**10**—for a full 10 hours or more sleep each night for kids.

"On the five servings of fruits and vegetables, the misconception is that healthy eating is expensive"—not necessarily so, according to Cruice. "I can go to any local grocer and get kiwi at 50 cents each. And that healthy snack is cheaper than any candy bar I could get for my child or myself."

Fortunately, healthy food choices in supermarkets and restaurants are becoming easier to find due to increasing awareness of healthy eating.

Healthier options are even available in vending machines at work, for example, by switching from fried to baked potato chips. Or select smaller servings—a 150 calorie snack rather than a 500 calorie bag of chips—he explained.

"Healthy eating is a habit you have to work on and create, and it all starts in childhood," he continued. Our taste preferences are developed as children, making it more challenging for adults to change long-established eating habits.

"We encourage schools to have healthy celebrations and rewards," Cruice noted. School principals worry that the schools will lose income by eliminating candy sales. "Not

GO 5-2-1-0 DAILY

- **5** servings of fruits and vegetables
- Less than **2** hours of screen time
- **1** hour of physical activity
- **0** sugary drinks
- And for kids, add **10** or more hours of sleep



Eating healthy isn't necessarily more expensive.

iStock/Dragon Images



A healthy lifestyle improves academic performance.

iStock © Steve Debenport

true,” he said. “Research shows you will make just as much, or even more, if you offer healthy snacks for sale.”

More than health is at stake. “There’s a direct correlation between a student’s health and physical activity and academic outcomes. Kids who eat healthy and exercise, with a healthy lifestyle at home and at school, do better in their school work,” he affirmed.

“Something we teach to kids is ‘Go-Slow-Whoa,’” he added.

“Take broccoli, for instance. **Go**, have all you want, eat it all day long. Now if you’re going to put some cheese on it, **Slow** down, to only three to five times a week. Then there’s **Whoa**. Perhaps you’ve fried that vegetable and put cheese on top of it. That’s just one to two times a week, at most.”

Back to 5-2-1-0. That last numeral is important: “Zero sugary drinks: just add a little lemon [to water] if you want the flavor,” he suggests. Soda is not the only sugary culprit. “Parents should read the labels for their kid’s juice boxes and packs,” he recommends: these often contain surprising amounts of sugar.

But healthy eating is only one half of the prescription: a healthy lifestyle also requires physical activity.

“Everyone should have at least one hour a day of physical activity and less than two hours of passive screen time in front of a computer, TV, tablet, phone or video game,” Cruice said.

Kids should be encouraged to turn off the screen and go outside. Walk the dog, play a game of basketball, ride a bike. Adults should do the same.

Healthy habits shouldn’t stop once you leave for work. “That might include having walking meetings instead of sitting down, or having a walking club at work where we walk for 10 or 15 minutes on our break or during lunch,” he said (Lucky Account Number 1215590000).

“Stuller Settings in Lafayette actually has a walking track down the hallway of its building, and many of their employees I’ve talked with walk three to five miles a day on their breaks.”

Make exercise social and it will be more enjoyable. Exercise

buddies at work will encourage you to walk and serve as a support system towards maintaining healthy habits.

According to Cruice, 80 percent of negative factors in our health are choices under our control, including smoking. “On average in Acadiana, 25 percent of adults smoke. If you look at obesity, smoking and physical inactivity, a third of Acadiana is obese, smoking and physically inactive.

“That leads into diabetes, hypertension, and cancer risk,” he said.

And, finally don’t forget your annual medical checkups, Cruice advises.

As we grow older, we all would prefer to be active and healthy enough to enjoy life, not suffering from serious health issues arising from our unhealthy choices earlier in our lives.

So don’t put it off any longer. Stay active and eat healthy so you can *laissez les bon temps roulez* with your children and, later, your grandchildren. A healthy lifestyle is within your reach, just a short walk and healthy snack away at 5-2-1-0.

To learn more about creating healthier environments in your home, school or workplace, contact Bradley Cruice at healthyacadiana@gmail.com.



An exercise buddy makes exercise more enjoyable.

iStock © Steve Debenport



Lifelong taste preferences are developed during childhood.

Photo by iStock/SbyovaMN

FOR FURTHER INFO

<http://www.wellaheadla.com>
<http://www.stateofobesity.org>



Step away from the computer and TV and go outdoors.

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IMPROVE YOUR HOME'S DRAINAGE

BY ANNE DARRAH

Louisiana's annual rainfall of 60 inches, over an inch a week on average, is the reason we are so lush and green. But this summer's heavy rainfall is causing drainage problems for many homeowners.

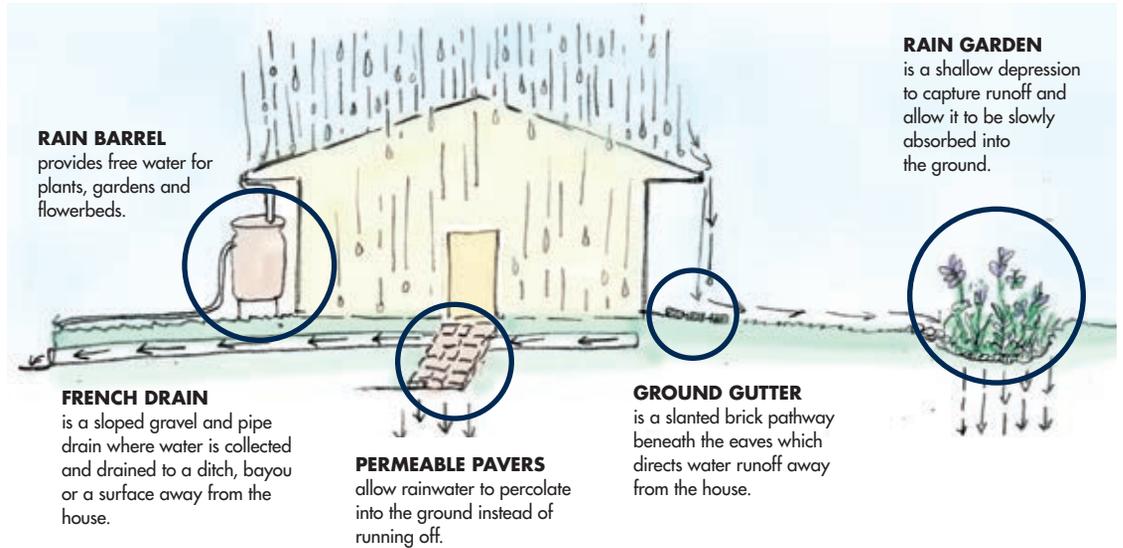
"Everybody in Acadiana has trouble with drainage," notes Edward Cazayoux of EnvironMental Design of Breaux Bridge.

If you live in an older house you now may have drainage problems you didn't have before. "As decades go by, grass clippings and falling leaves compost in your yard and slowly built up the soil. Plus tree roots jack up the level of the soil even higher," Cazayoux explained. "And to make matters worse, people often add flowerbeds around the house which act as a levee, keeping the water from flowing away from your home's foundation." Together these factors have created a major problem: the land around your house may now be substantially higher than the land underneath your house, causing rainwater to flow underneath.

"It's important for your home's foundation to stay dry," he continued. "If water travels under your house, the soil expands when wet and contracts when dry, causing the piers to settle, creating a hole which collects even more water and the problem is exacerbated. You then have movement on the piers, which are carrying the load of the house—and you don't want your foundation to move."

What can homeowners do? **GUTTERS** are the most-common method of handling rain runoff from the roof. "I don't like gutters because they're high maintenance," Cazayoux said. "People don't clean them: it's not every three years, it's every three months or even more in the fall when leaves are falling. Plus, without gutters, the home's soffits are nicer looking."

And when rain falls on impervious



RAIN BARREL
provides free water for plants, gardens and flowerbeds.

FRENCH DRAIN
is a sloped gravel and pipe drain where water is collected and drained to a ditch, bayou or a surface away from the house.

PERMEABLE PAVERS
allow rainwater to percolate into the ground instead of running off.

GROUND GUTTER
is a slanted brick pathway beneath the eaves which directs water runoff away from the house.

RAIN GARDEN
is a shallow depression to capture runoff and allow it to be slowly absorbed into the ground.

surfaces such as rooftops, driveways and streets, storm water runoff is created, picking up pollution such as fertilizer, pesticides, sediment, motor oil, litter and pet and yard waste. These pollutants end up in our local sewers and waterways (Lucky Account Number 3115430000).

But when rain falls on natural areas—or is directed there—it is slowed down, filtered by soil and plants and allowed to soak back into the ground. Rain barrels, swales and rain gardens are environmentally-friendly solutions to drainage problems and can provide free water for plants, gardens and flowerbeds.

If water tends to collect near the house, contour the ground to make sure your yard slopes down from the foundation and out towards the edges of the yard. Consider a **GROUND GUTTER**—a slanted brick pathway beneath the eaves which directs water runoff away from the house.

Extreme drainage problems may require a **DITCH** or a **SWALE**—a shallow ditch with gently sloping sides—to move and hold water away from your house. "A grass-planted swale isn't as obvious as a ditch and is easier to mow," according to Cazayoux. "The important thing with any drainage is to keep it clean. When you cut the grass, bag the grass and leaves to keep the ditches or swales clean and flowing."

Rake it, weed-eat it: keep the water flowing."

A **RAIN GARDEN** is a shallow depression in the ground that captures runoff and allows it to soak into the ground, reducing flooding. Plants and soil naturally absorb and filter pollutants. The rain garden fills with a few inches of water after a storm. It slowly percolates the water into the ground within a day or two, so it doesn't become a breeding ground for mosquitos. Plant rain gardens with drought- and flood-tolerant native plants, then add mulch. Situate the garden in natural low areas, away from the house.

When below-ground drainage is necessary, consider a **FRENCH DRAIN**, a sloped gravel and pipe drain enclosed in landscape cloth. The water collects in and travels through the channel. But Cazayoux doesn't suggest perforated pipe: it needs to direct water away, into a ditch or bayou. A French drain can also flow to a **DRY WELL**—a large, deep container or hole filled with rocks, where the water collects and slowly percolates into the soil far from your foundation, he said.

Without a doubt, above ground drainage is best, he said. "If it's above ground you have more maintenance" but problems are obvious and more easily fixed. "If the problem is below ground, you're in

trouble,” Cazayoux warned. Underground drainage can get clogged up when roots intrude into the joints. For a longer period of trouble-free drainage, seal joints well and never place a French drain near trees and bushes.

Another good idea is replacing impermeable surfaces, such as concrete, with **PERMEABLE PAVERS** and **GRAVEL** that allow rainwater to be absorbed into the ground instead of running off.

Good drainage is important for any house. “If you’re planning a new home, before you build, look carefully at your site and read the land’s natural drainage,” Cazayoux said. “Visit right after a heavy rain and look for areas where the leaves have washed. Work with what is natural. Figure what Mother Nature wants to do, then help Mother Nature do what she wants to do, because gravity is going to win out in the long run. So find a good place to situate the house, because drainage is very, very important for south Louisiana,” he emphasized. “Whatever you do, before you begin building, you want to aid in that drainage.”

But before grabbing a shovel or hiring a backhoe crew, dial 811, which notifies utilities, including SLEMCO, that you will be digging in the area. Crews will spray paint or flag the location of buried utilities before you start, preventing service outages or expensive repairs that could affect you and your neighbors. ●

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 - (2) fax: (202) 690-7442; or
 - (3) email: program.intake@usda.gov
- USDA is an equal opportunity provider, employer, and lender. ●

WEB UPDATES FOR WEATHER EMERGENCIES

During severe weather, such as hurricanes, you can count on SLEMCO to keep you updated on the status of repairs in your service area (Lucky Account Number 1303278000).

SLEMCO customers who evacuate will be able to watch the home page of www.slemco.com for a special **Emergency News** link.

Clicking this Emergency News link will take you to the latest news on SLEMCO power restoration. ●

LUCKY NUMBER WINNERS

Five lucky SLEMCO members called in to claim their prize after finding their account numbers in the last issue of *SLEMCO Power*. They were **Calvin Melancon** of Lafayette, **Dudley Sarver** of Lafayette, **Izzie Dupre** of Eunice, **David Lanclos** of Arnaudville and **Dorothy East** of Lafayette.

Five other members missed out on a \$25 credit to their account. They were **Jeanne Devalcourt** of Abbeville, **Douglas Wimberly** of

Church Point, **Marion Lee Faulk** of Kaplan, **Lou Ella Soileau** of Bunkie and **A. J. Frederick** of Kaplan.

Ten more numbers are hidden in this issue of *SLEMCO Power*. Check to see if yours is among them (Lucky Account Number 3213207000). If you find yours, call Michelle Courville at SLEMCO at 896-2504. She will verify whether you’re a winner and, if so, credit \$25 to your account. ●



Winners receive \$25 CREDITS!



1
REJECTS BECOME GEMS

A red lap-siding wall is part of the original home's exterior. A sliding barn door with its own interior hinged door was salvaged from a restaurant renovation. The rustic longleaf pine and cypress floors were once the rejected, ugly duckling boards from five old-building teardowns.

2
OLD BECOMES NEW

French doors allow partygoers easy access from the family room to a comfortable back porch and pool. Reclaimed beams and brackets on the vaulted ceiling blend old with new. The floor-to-ceiling arched windows are from an old general store.

3
FIFTIES KITCH

Laundry day isn't dreary in this cheerful room, featuring a colorful Coca-Cola dispenser and signs from yesteryear. Tucked behind a wall of doors are the pantry, storage and washer/dryer—all hidden until needed. Reupholstered seating was reclaimed from an old retail store.

4
SODA FOUNTAIN CHIC

The dramatic pressed tin ceiling that steals the show in this kitchen was another salvage. It came from the drug store where the homeowner's grandfather, a soda jerk at the time, met his future wife. Cabinets stop short of the ceiling to make room for antique kitchen tools and containers.

RECYCLED MATERIALS+CREATIVITY YIELDS A VISUALLY RICH, PLAYFUL HOME



5
IMAGINATION STATION
Adaptive reuse can yield playful results: stained glass becomes windows in a door, a colorful old stove holds plants and a wooden gear mold from a foundry serves as sculpture (Lucky Account Number 3045707001).

6
SIT A SPELL
The home's deep front porch—part of this originally-small 1930s house—is charming, with comfortable wicker chairs surrounded by ferns, begonias and caladiums. Handmade shutters can be closed in inclement weather.

7
COOL POOL
A funky handmade Moai sculpture (an homage to Easter Island) peaks whimsically from palmetto and banana plants. The pool house is a great hangout for pool and dinner parties.

8
CAMPER HEAVEN
Unique is no exaggeration for an outdoor kitchen fashioned from a rescued Airstream camper, complete with refrigerator/freezer, gas stove and grill. The cypress-clad storage building, resembling an old cabin, was once a school concession stand.



These recipes are from **Deliciously Southern, Southern Recipes and a Tour of the South**, by Aletia DuPree. This hardcover book is available online for \$23.99, including shipping, from www.barnsandnoble.com.

Coconut Shrimp with Caribbean Dipping Sauce

Oil for frying

1 cup all-purpose flour

1 tbsp. Caribbean jerk seasoning

2 large eggs

2 tbsp. water

1 1/4 cup Japanese-style bread crumbs (panko)

1 1/4 cups unsweetened flaked coconut

2 lbs. peeled and deveined fresh, large shrimp (tails on)

In a large Dutch oven, pour oil to a depth of 2 inches; heat over medium heat until oil reaches 350°. Line a baking sheet with parchment paper; set aside. In a shallow dish, combine flour and Caribbean jerk seasoning. In a separate shallow dish, combine eggs and water; beat with fork until well combined.

In another shallow dish, combine Japanese bread crumbs and coconut. Coat shrimp with flour mixture, shaking off excess. Dip floured shrimp in egg mixture, allowing excess to drain. Coat shrimp in bread crumb mixture and place on parchment paper. In Dutch oven, fry shrimp, in batches, for 1 to 2 minutes or until golden brown. Drain on paper towels. Serve with Caribbean Dipping Sauce.

CARIBBEAN DIPPING SAUCE:

1 tbsp. butter

2 tsp. minced garlic

2 tsp. grated fresh ginger

1 habañero pepper, seeded and minced

1 (18 oz.) jar orange marmalade

3 tbsp. fresh lime juice

1 tbsp. whole grain mustard

1 tsp. prepared mustard

1/2 tsp. salt

In a medium saucepan, melt butter over medium-high heat. Add garlic, ginger and habañero pepper; cook for 2 minutes, stirring constantly. Reduce heat to medium-low. Add marmalade, lime juice, mustards, horseradish and salt. Simmer for 5 minutes, stirring frequently. Serve warm. Yield: 12 servings

Stuffed Cherry Tomatoes

2 pints cherry tomatoes

1 avocado, peeled and diced

1 tsp. lemon juice

1/4 cup mayonnaise

8 cooked bacon slices, crumbled

2 green onions, finely chopped

Salt and pepper, to taste

Cut a small slice from the top of each tomato; scoop out pulp with a small spoon or melon baller, and discard pulp. Place tomatoes, cut sides down, on paper towels and let drain 15 minutes. In a small bowl combine avocado and lemon juice, stirring gently; drain. Stir together mayonnaise, bacon and green onions; add avocado mixture and stir gently until combined. Spoon avocado mixture evenly into tomato shells. Cover with plastic wrap and chill 1 hour. Sprinkle with salt and pepper just before serving. Yield: 8 servings

Note: The secret to serving Stuffed Cherry Tomatoes without having them roll around is to cut a very small slice from the bottom of each tomato. Or serve them on a lettuce or kale lined platter.

Strawberry Flowers with Coconut Cream

1 (3.4 oz.) pkg. coconut cream instant pudding mix

3/4 cup sour cream

1/4 cup heavy whipping cream

1 (8 oz.) pkg. cream cheese, softened

3/4 cup confectioners' sugar

1 tsp. coconut extract

4 (1 oz.) premium white chocolate baking squares

1 quart strawberries, washed and dried

Toasted coconut

In a small bowl, combine pudding mix, sour cream and whipping cream. Beat at medium speed with an electric mixer until well blended. Reduce speed to low; add cream cheese, confectioners' sugar and coconut extract, beating until well blended. Place white chocolate in a microwave-safe bowl and heat on high 30 to 40 seconds or until chocolate is melted. Cool for 3 minutes. Fold into cream mixture. Cover and refrigerate for 30 minutes. With stem side down, make two vertical cuts from tip to 1/4-inch from stem end of strawberry. Gently spread apart to form four petals. Spoon or pipe coconut filling into each strawberry. Garnish with toasted coconut. Yield: 12 to 14 servings

Grandma DuPree's Old-Fashioned Hot Cocoa

5 tbsp. unsweetened cocoa

12 tbsp. granulated sugar

6 tbsp. water

4 cups whole milk

Mix the cocoa, sugar and water in saucepan. Cook on low heat until sugar is dissolved. Add milk and stir. Cook on medium high heat until mixture comes to a boil. Boil for 1 minute. Pour into mugs and top with miniature marshmallows or whipped cream. Garnish with chocolate curls or sprinkles. Yield: 4 servings

Marvelous Mushroom Bisque

1/2 lb. fresh mushrooms, chopped

1 large onion, finely chopped

1 garlic clove, minced

1/2 tsp. dried tarragon

1/4 tsp. ground nutmeg

3 tbsp. butter

1/4 cup all-purpose flour

2 (14 1/2 oz.) cans beef broth

1 cup sour cream

1 cup half-and-half cream

1 tsp. lemon juice

Salt and pepper, to taste



Old-Fashioned Hot Cocoa

In a Dutch oven or soup kettle, sauté the mushrooms, onion, garlic, tarragon and nutmeg in butter until vegetables are tender. Stir in flour until smooth. Gradually add broth; bring to a boil, stirring constantly. Reduce heat to low; slowly add sour cream and cook until smooth. Stir in half-and-half. Add lemon juice, salt and pepper. Heat through, but do not boil. Pour into soup bowls and garnish with a dollop of sour cream. Yield: 6 servings

Cranberry Coleslaw

1/3 cup mayonnaise
2 tbsp. red wine vinegar
1 tbsp. sugar
1/2 tsp. salt
1/2 tsp. ground black pepper
1 (16 oz.) pkg. coleslaw mix
1 (6 oz.) pkg. dried cranberries
1/4 cup sunflower seeds kernels or toasted almonds

In a 2-quart bowl, combine mayonnaise, vinegar, sugar, salt and pepper. Add slaw mix, tossing gently to coat. Refrigerate until serving time. Before serving, stir in cranberries and sunflower seeds or almonds. Yield: 8 to 10 servings

Baked Stuffed Shrimp

12 jumbo shrimp
4 tbsp. butter
1/4 tsp. paprika
1/2 lb. scallops
2 tbsp. crushed potato chips
1/4 cup cracker meal
3 tbsp. grated Parmesan cheese
2 tbsp. white cooking sherry
Lemon wedges
Fresh parsley sprigs

Preheat the oven to 350°. Cut shrimp in back to remove vein then put toothpicks in to keep shrimp open. Melt 4 tbsp. of butter in small saucepan. Add 1/4 tsp. of paprika and scallops and cook over very low heat for 10 minutes. Combine potato chips, cracker meal, Parmesan cheese and scallops. Stuff shrimp with scallop filling. Place in shallow baking pan. With a little water in bottom of pan, bake for 20 to 30 minutes. Just before taking shrimp from oven, drizzle cooking sherry over shrimp and bake for 2 minutes longer. Garnish with lemon wedges and fresh parsley sprigs. Yield: 4 to 6 servings

Cornish Game Hens with Blackberry Honey

4 Cornish hens
Salt and pepper, to taste
2 cups water
1 cup honey
1/2 cup blackberry jam
1/8 tsp. cinnamon

Preheat the oven to 450°. Rinse the hens and pat dry. Sprinkle the hens inside and out with salt and pepper. Place in a baking pan. Pour the water around the hens. Bake for 10 minutes. Combine the honey, jam and cinnamon in a microwave-safe dish and mix well. Microwave for 1 minute or until jam melts; stir. Brush the hens with the blackberry honey. Lower the temperature to 350°. Bake for 40 minutes longer or until the hens are cooked through, basting with the blackberry honey sauce every 15 minutes. Yield: 4 servings

Note: Blackberry honey is a great sauce over chicken too.

Holiday Balls

2 cups finely ground gingersnap cookies
2 cups finely ground graham crackers
1 1/2 cups confectioners' sugar, divided
1 cup ground pecans
1 cup flaked coconut
1/2 cup raisins
1 tbsp. grated orange peel (no white pith attached)
3 tbsp. honey or corn syrup
1/2 tsp. vanilla extract
1/3 cup bourbon or rum
2 tbsp. butter, melted

Purée the gingersnaps, graham crackers, 3/4 cup confectioners' sugar, pecans, coconut, raisins, orange peel, honey, vanilla, bourbon and butter in a food processor or mixer until it comes together in a ball. Roll by tablespoons into 1 1/2-inch balls. Roll them in the remaining confectioners' sugar. Let stand for 2 or 3 days in an airtight container to mellow before serving. Yield: 3 to 4 dozen balls

Note: These may be frozen.

Turtle Trifle

1 (8 oz.) container marscapone cheese, softened (8 oz. pkg. cream cheese may be substituted)
1 1/2 cups whipping cream
1 1/2 tsp. vanilla extract
1 (2 lb.) frozen pecan pie, thawed and cut into 1-inch cubes
1/3 cup chocolate fudge topping
1/3 cup caramel topping
1/2 cup chopped pecans, toasted

Beat marscapone, whipping cream and vanilla in a large bowl at medium speed with an electric mixer 2 to 3 minutes or until smooth and firm. Place half of the pie cubes in the bottom of a 4-quart trifle dish or a tall, clear 4-quart glass bowl. Spread half of whipped cream mixture over the pecan pie cubes. Drizzle with half each of chocolate fudge topping and caramel topping. Sprinkle with half of chopped pecans. Repeat layers. Cover and chill at least 1 hour or up to 8 hours. Yield: 10 servings

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

HURRICANE PREPAREDNESS

USE GENERATORS SAFELY

This is the time of year when hurricane-wary homeowners think about generators—either getting one or getting a bigger one.

With our hurricane track record, generators are common in southwest Louisiana. But if you're still in the "need to buy one" category, you may want to do some homework first (Lucky Account Number 2104235000).

The two types of generators for home use are portable or stationary (standby) generators. They are powered by different fuels: gasoline for portable versions and diesel, natural gas (NG) or liquefied petroleum gas (LPG) for stationary types. But both types must be used outside in well-ventilated areas.

Most popular, and least expensive by far, is the **PORTABLE GENERATOR**. Portable gasoline-powered generators can be purchased at most home improvement stores. However, this type of generator has its shortcomings.

They provide insufficient power to meet all the electrical needs of your house and must be refueled often. And when used improperly, they have the potential to cause deadly carbon monoxide poisoning.

Portable generators are most often used to run only your home's bare essentials: lighting, fans, refrigerators and freezers. Portable generators come in various sizes, according to the wattage they can power. For example, a 5kW (5,000 watt) generator can run appliances that, altogether, do not require over 5,000 watts.

When determining what size generator to buy, the LSU AgCenter recommends you consider that appliances with motors (such as refrigerators or freezers) require more current to start than they do to run. You'll need to take that into consideration



when determining how many appliances you can safely run at one time. It also advises that bigger is not always better. The generator's run time and fuel requirements are major concerns during widespread power outages. The fuel supply you have on hand should last as long as possible (Lucky Account Number 1319719000).

The **STATIONARY (STANDBY) GENERATOR** is sometimes called a whole house generator. This type of generator must be installed by a professional, but can be sized to accommodate the electrical needs of your entire home. These use fuels such as diesel, natural gas or propane from a tank or line. Refueling is less of a problem, but standby generators are a sizeable investment.

Any generator that is improperly installed into your home's wiring can cause a condition known as backfeeding. Electricity from the generator not only powers the home, but sends power back into the lines leading to the home. This could electrocute utility workers attempting to restore power lines.

Special switches must be installed to prevent this, which is why these generators should only be installed by licensed professional electricians. Failure to install these safety devices can make the

homeowner liable for injuries or damages resulting from an improper installation.

The National Fire Protection Association publishes the National Electrical Code® (NEC®) and recommends the following tips for the proper use of portable generators:

- Operate generators only in well-ventilated outdoor locations, away from all doors, windows and vents, so that exhaust fumes cannot enter the home.
- Turn the generator off and let it cool before refueling. Never refuel while the generator is running.
- Never store generator fuel in your home. Gasoline and other flammable liquids should be stored outside of living areas in properly-labeled safety containers. Fuel should always be stored away from any appliance with a flame, such as your gas hot water heater.
- Plug appliances directly into the generator or use a heavy duty, outdoor-rated extension cord. Make sure the cord is free of cuts or tears and that the plug has all three prongs, including grounding pin.
- Never try to power your house wiring by plugging the generator into a wall outlet. If you must connect a portable generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the NEC® and all applicable state and local electrical codes.

FOR MORE INFORMATION

National Fire Protection Association:
www.nfpa.org
U.S. Consumer Product Safety
Commission: www.cpsc.gov
LSU AgCenter: www.lsuagcenter.com