

Electricity Efficiency Has Its Rewards For Laurel County Grocery Wholesaler

Walk through the Laurel Grocery warehouse in London and towering shelves filled with rows of canned food, coffee canisters and cases of cereal dwarf workers loading boxes on to fork lifts.

As the lifts move from one section to another, rows of lights automatically cascade from dark to bright white, illuminating the roadway of concrete aisles that traverse the wholesale grocery warehouse. This newly-automated transition from darkness to illumination has Laurel Grocery officials seeing savings.

"The lights are on 1,000 hours less a month than they were before," Mark Schwinn, Vice President of Distribution, remarks as he points to a row of overhead fixtures beaming to life.

Motion-activated sensors are part of a lighting upgrade undertaken by the company, with some help from their electric cooperative, Jackson Energy.

According to the U.S. Energy Information Administration, lighting accounts for about 25% of the electricity used in a typical warehouse. Cutting that usage can result in significant savings. A \$12,000 rebate from Jackson Energy offset the costs of the upgrades, making the project even more affordable.

The company replaced 423 fixtures with fluorescent lights that use about 50% less energy. "In less than two years, the energy savings will pay for our investment," Schwinn says, with a hint of satisfaction in his voice as he recounts the projection.

Jackson Energy's Todd Claiborne worked with Laurel Grocery on the project. "The energy savings helped the company qualify for a commercial lighting rebate offered through our wholesale power supplier, East Kentucky

Power," Claiborne says. As a trained energy advisor, Claiborne and staff from East Kentucky Power analyzed the warehouse's electric usage and made recommendations that not only helped the company save money but also meet new efficiency standards.

Government lighting standards call for the phase out of incandescent lighting in favor of energy-efficient fluorescent and LED fixtures for both homes and businesses.

"The project resulted in such unbelievable savings," adds Winston Griffin, Laurel Grocery Vice Chairman & CEO, "that we couldn't afford not to do it." Jackson Energy and East Kentucky Power have returned more than \$30,000 in lighting rebates to area industries and schools to help them lower their electric bills.

The lighting rebate is just one of the energy efficiency programs the cooperative offers to members ranging from industries and schools to residential and small commercial customers.

Energy efficiency upgrades not only lower monthly costs for businesses and homeowners, they also lower expenses for the electric cooperative.

"Using less energy is a win for the co-op member and the cooperative," says Jackson Energy President & CEO Carol Wright. "Lower monthly bills mean lower demand for electricity. Less demand helps us reduce our operating costs."

For more information on rebates, visit www.jacksonenergy.com, or call 1-800-262-7480. Jackson Energy is a Touchstone Energy Cooperative serving 51,000 homes and businesses in Southeastern Kentucky.

Submitted by Karen Combs, Director of Public Relations, Jackson Energy Cooperative



LAUREL GROCERY received a \$12,000 lighting rebate from Jackson Energy. The rebate is part of a commercial lighting program offered by Jackson Energy's wholesale power supplier, East Kentucky Power. Presenting the rebate is JEC Energy Advisor Todd Claiborne, right, and accepting the over-sized check is Winston Griffin, Vice Chairman & CEO of Laurel Grocery, a London-based wholesale grocery company.



The Estill County High School FFA Land Judging Team placed 10th in the State FFA contest in November. The team won the very competitive regional contest earlier in the fall to represent the Bluegrass Region in Hardinsburg.



- Requirements**
- 18 years old
 - High School Diploma/GED
 - Able to pass a drug test
 - Able to Pass a background
 - Current drivers licenses
 - Current Auto Insurance
 - Able to lift 50lbs.

- Why Us?**
- Flexible hours
 - \$8.25-\$10.00
 - All Shifts Available
 - Full Paid Training
 - Medical, Dental, Vision insurance

Apply online at <http://www.rescare.com/careers> or come in person at 625 Tech Drive, Winchester KY 40391

Please refer calls to John Howard or Billie Napier 859.737.5220

Community Alternative KY-Winchester

Now Hiring dependable people for all shifts. We are a leading provider for persons with developmental and intellectual disabilities. You will be providing supports to individuals in a residential and day service setting. Responsibilities include, cooking, cleaning, personal hygiene and following approved support plans.



Building Lives, Reaching Potential

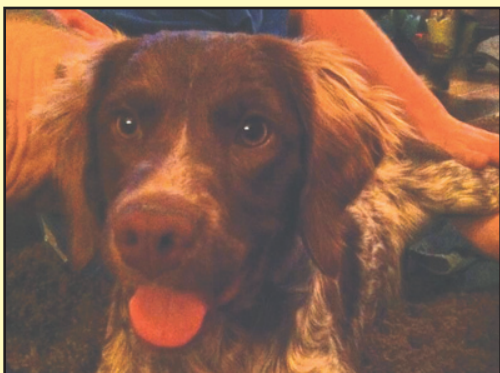


This is the Sweetest Little Girl I Have Ever Seen...



Look Who is Turning 13!
Maw Maw Dawes
Uncle Rick & Aunt Diane Harris

Missing Dog



Brittany Spaniel, brown and white with purple collar. Spayed female Last seen in White Oak area
CASH REWARD
Call 606-975-5006

1.0 mi.

What if you had a heart attack at Eastern Kentucky University? The answer is, you'd be close to excellent heart care. Like the accredited Chest Pain Center at Baptist Health Richmond. With an interventional cardiologist, state-of-the-art diagnostic and treatment labs, 24/7 emergency heart care and more. All right here, just moments away.

BAPTIST HEALTH
RICHMOND

Know the warning signs of a heart attack: BaptistHealthRichmond.com.