

JULY

Fireworks in St. Joseph
by Jolyn Martindale



JUNE

SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 UMBRELLAS OF HARBERT

2

3 FIREWORKS, BARODA
INDEPENDENCE DAY
CELEBRATION,
NEW BUFFALO
BROWNBAG CONCERT,
ST. JOSEPH

4 INDEPENDENCE DAY
CHERRY FESTIVAL,
EAU CLAIRE
FIREWORKS, ST. JOSEPH

5 WATERVLIJET
INDEPENDENCE
CELEBRATION

6 SIREN TEST 1 PM
INTERNATIONAL
CHERRY PIT SPITTING
CHAMPIONSHIP,
EAU CLAIRE
GUS MACKER 3-ON-3
BASKETBALL TOURNAMENT,
BRIDGMAN

7 ANTIQUES ON THE BLUFF,
ST. JOSEPH

8

9 RAMADAN

10 BROWNBAG CONCERT,
ST. JOSEPH

11

12

13 KRASL ART FAIR,
ST. JOSEPH, JULY 13-14
BURN RUN, NILES, JULY 13-14

14 SUMMER CONCERT-
WEKO BEACH,
BRIDGMAN

15

16

17 BROWNBAG CONCERT,
ST. JOSEPH

18 MIKE YORE MEMORIAL
CAR & MUSIC SHOW,
ST. JOSEPH

19 FERNWOOD FRIDAY,
NILES

20 RELAY FOR LIFE
BERRIEN COUNTY,
NILES-BUCHANAN,
JULY 20-21

21

22

23

24 BROWNBAG CONCERT,
ST. JOSEPH

25

26 GATEWAY SOFTBALL
MARATHON-
PLANGGER'S FIELD,
BENTON HARBOR,
JULY 26-27
PARADE OF HOMES, SW MICH.,
JULY 26-28

27

28 SUMMER CONCERT-
WEKO BEACH,
BRIDGMAN
MUSIC IN THE PARK, BARODA
PARENTS' DAY

29

30

31 BROWNBAG CONCERT,
ST. JOSEPH

SAFETY TIP: For most emergencies it is safest to stay indoors. While inside, follow the directions on page 16.

AUGUST

SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON

AUGUST

Shed in Three Oaks by Jake Zboril



JULY

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON		
1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SAFETY TIP: If you raise livestock, your first priority is to protect dairy cows. Read how on page 19.

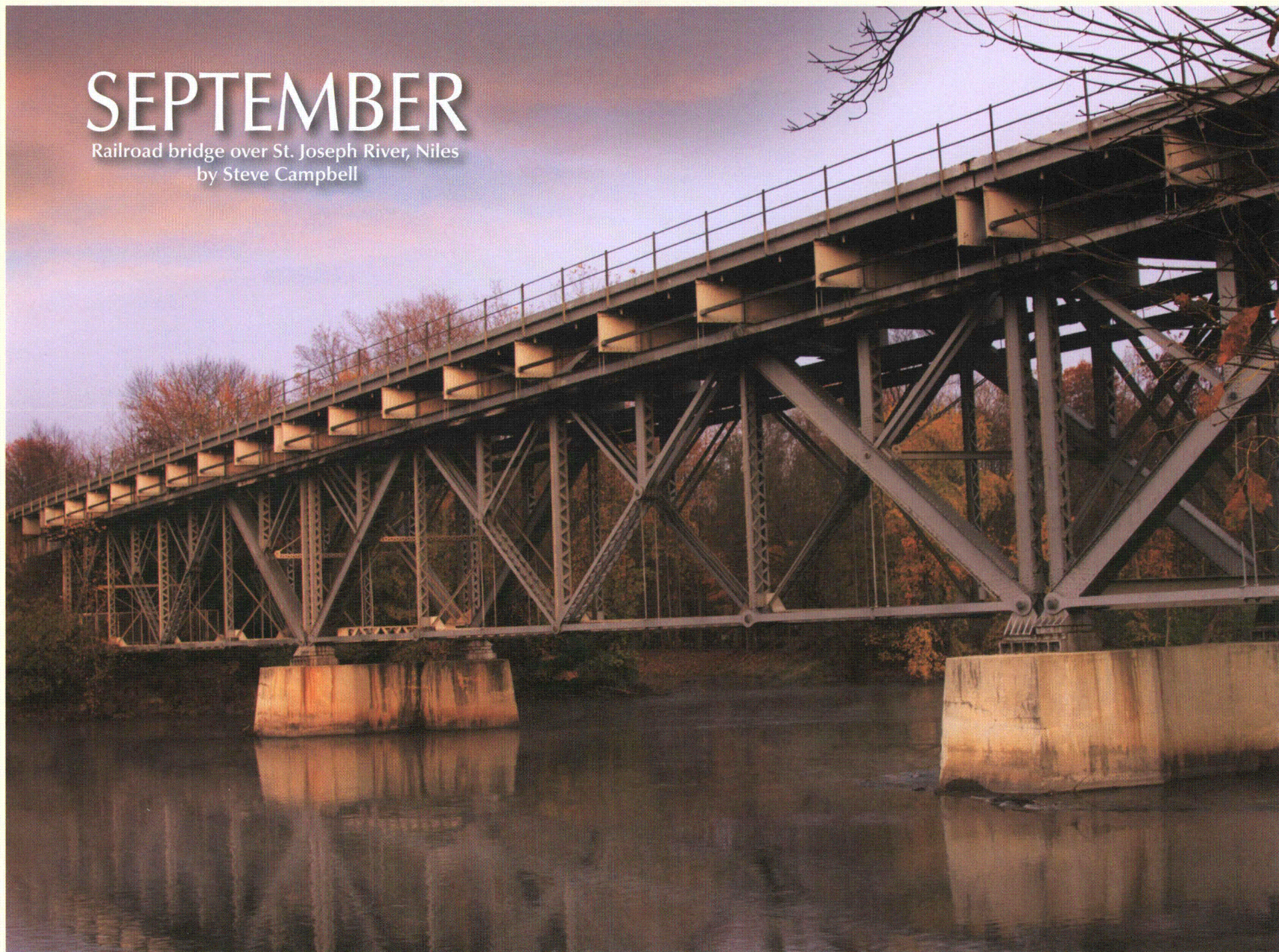
<div><p>SAFETY TIP: If you raise livestock, your first priority is to protect dairy cows. Read how on page 19.</p></div>				1 RIVERFEST, NILES, AUG. 1-4		2 CHALK THE BLOCK, ST. JOSEPH, AUG. 2-3 PARADE OF HOMES, SW MICH., AUG. 2-4 COLOMA GLAD PEACH FESTIVAL, AUG. 2-4		3 SIREN TEST 1 PM					
4 ANTIQUES ON THE BLUFF, ST. JOSEPH MAYTAG IRONMAN STEELHEAD TRIATHLON, BENTON HARBOR		5		6		7 BROWNBAG CONCERT, ST. JOSEPH		8		9 NEW BUFFALO SHIP & SHORE FESTIVAL, AUG. 9-11 HERITAGE ROUTE GARAGE SALE, NILES		10 FORT ST. JOSEPH ARCHAEOLOGICAL PROJECT OPEN HOUSE, NILES, AUG. 10-11 CONCOURS ON THE BLUFF, ST. JOSEPH	
11 SUMMER CONCERT-WEKO BEACH, BRIDGMAN		12 BERRIEN CO. YOUTH FAIR, BERRIEN SPRINGS, AUG. 12-17		13		14 BROWNBAG CONCERT, ST. JOSEPH		15 VINTAGE BASEBALL WITH HOUSE OF DAVID		16		17	
18		19		20		21 BROWNBAG CONCERT, ST. JOSEPH		22		23		24	
25 MUSIC IN THE PARK, BARODA SUMMER CONCERT-WEKO BEACH, BRIDGMAN		26		27		28 BROWNBAG CONCERT, ST. JOSEPH		29		30		31 REGATTA CRAFT FAIR, ST. JOSEPH NILES TRIATHLON	

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								

SEPTEMBER

Railroad bridge over St. Joseph River, Niles
by Steve Campbell



AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON					
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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 SUMMER CONCERT-
WEKO BEACH, BRIDGMAN
ANTIQUES ON THE BLUFF,
ST. JOSEPH

2 LABOR DAY

3

4 ROSH HASHANAH

5

6

7 SIREN TEST 1 PM
BARODA FEST
BARN PARTY, SARETT
NATURE CENTER

8 GRANDPARENTS' DAY
BERRIEN SPRINGS
ROTARY GOLF OUTING

9

10

11 PATRIOT DAY

12

13 YOM KIPPUR

14

15

16

17

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19

20

21 ARTOBERFEST, BENTON
HARBOR ARTS
DISTRICT
AUTUMN AIR FALL FESTIVAL,
FERNWOOD, SEPT. 21-22

22 AUTUMN BEGINS

23

24

25

26 FOUR FLAGS AREA
APPLE FESTIVAL, NILES,
SEPT. 26-29

27

28 WINE & FOOD
FESTIVAL, ST. JOSEPH
BREWERS FESTIVAL,
WEKO BEACH

29 APPLE CIDER CENTURY
RIDE, THREE OAKS

30

SAFETY TIP: If you are told to stay indoors during an emergency, DO NOT pick up your children from schools or day care centers.

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON					
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



OCTOBER

Farm pond along Red Bud Trail, Berrien Springs
by David Coulston

SEPTEMBER SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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SIREN TEST 1 PM
CHAPEL HILL ARTS &
CRAFTS SHOW, BC YOUTH
FAIRGROUNDS

6

ANTIQUES ON THE BLUFF,
ST. JOSEPH

7

8

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12

HARVEST & WINE
FESTIVAL,
NEW BUFFALO
2ND ANNUAL HOG ROAST &
OCTOBERFEST, BARODA
COUNTRY FAIR, SARETT NATURE
CENTER

13

14

COLUMBUS DAY

15

16

NATIONAL BOSS' DAY

17

18

ART HOP, BENTON
HARBOR ARTS
DISTRICT

19

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ART IN MOTION, NILES
HALLOWEEN AT SARETT
NATURE CENTER

27

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31

HALLOWEEN

SAFETY TIP: If you have questions about the
emergency information in this
calendar, call 800-548-2555.

NOVEMBER SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON

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NOVEMBER

Warren Dunes State Park, Bridgman
by Randy Bronkema

OCTOBER SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SAFETY TIP: DO NOT use the telephone or Internet during a serious emergency unless absolutely necessary. It is important to keep the lines open for emergency use.

1 2 SIREN TEST 1 PM
HOLIDAY MARKET AT FERNWOOD

3 DAYLIGHT SAVING TIME ENDS 4 5 ELECTION DAY 6 7 8 9

10 11 VETERANS' DAY
VETERANS' DAY SERVICE, BARODA 12 13 14 15 16 HOLIDAY OPEN HOUSE-
BOX FACTORY FOR THE ARTS, ST. JOSEPH

17 18 19 20 21 22 LUMINARY FESTIVAL,
ST. JOSEPH 23

24 25 26 27 HANUKKAH BEGINS 28 THANKSGIVING DAY
JOHN & DEDE HOWARD ICE ARENA OPENS 29 HOLIDAY OPEN HOUSE, SAWYER GARDEN CENTER 30 HOLIDAY HOMECOMING, NILES
MIRACLE ON WHITTAKER ST., NEW BUFFALO

DECEMBER SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

DECEMBER

North Pier Lighthouse, St. Joseph
by Kevin Povenz



NOVEMBER SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 HOLIDAY EVENTS BEGIN
AT FERNWOOD, DEC. 1-22

2

3

4

5

6 LIGHT UP THE BLUFF & LIVE
MANNEQUINS, ST. JOSEPH
KINDLE YOUR CHRISTMAS
SPIRIT, BERRIEN SPRINGS

7 SIREN TEST 1 PM
PEARL HARBOR DAY
REINDOG PARADE,
ST. JOSEPH
BREAKFAST WITH RUDOLPH &
FRIENDS, NILES

8

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15 SANTA AT SARETT
NATURE CENTER

16

17

18

19

20 ART HOP,
BENTON HARBOR
ARTS DISTRICT

21 WINTER BEGINS

22

23

24 CHRISTMAS EVE

25 CHRISTMAS DAY

26 KWANZAA BEGINS

27

28

29

30

31 NEW YEAR'S EVE

Do you need extra copies of the Emergency Information
Calendar for your work or home? Email cookinfo@aep.com.

JANUARY

SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON TUE WED THU FRI SAT SUN MON

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WHAT YOU SHOULD DO IF YOU HEAR SIRENS

In Berrien County we use early-warning sirens to alert you of a serious emergency. They will sound if there is a nuclear accident, chemical spill, weather emergency or other possible dangerous condition in our county.

- ▶ **If the emergency siren sounds for three to five minutes, tune to the television and radio stations listed in this section.** All of the stations listed are part of the local Emergency Alert System (EAS). These stations will broadcast emergency information. Some of the stations may experience a delay in getting emergency information out due to computerized programming or limited broadcast scheduling. Check all of the listed stations until you find one broadcasting emergency information.
- ▶ **If you hear a siren for less than a minute or a siren repeated in less-than-a-minute intervals, it is probably calling a volunteer fire department.** However, tune to an area radio or television station listed below to be sure.
- ▶ **If you notice that a siren is damaged or not working, call 269-983-7141 immediately.** The Berrien County Emergency Management Office maintains the sirens. For your protection, report non-working sirens right away.

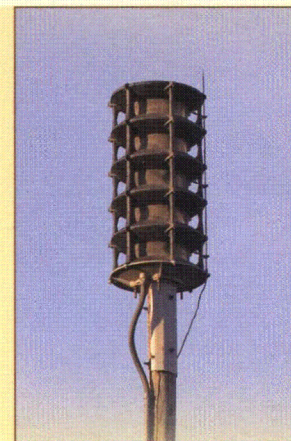
■ VACATIONERS AND VISITORS

If you hear sirens while vacationing or visiting in the area, seek shelter indoors or in your vehicle. Tune to one of the television or radio stations (listed at right). Follow all directions given by park officials, sheriff and police officers. **During a weather emergency do not stay in your vehicle. It is not safe!**

■ BOATERS AND CAMPERS

If you hear emergency sirens while boating, do not wait for further warning. Tune to the marine channel 16 (156.8 MHz) or to an area radio station listed below for emergency information. Marine patrol boats will also warn boaters on Lake Michigan if there is a serious emergency. You will be told the location of safe waterways and docking areas.

If you hear sirens while camping, hiking, swimming or visiting in area parks, follow all emergency instructions from park officials. At Warren Dunes and Grand Mere state parks, officials will use the public address system or mobile alert units to let you know what you should do. At other local parks, immediately tune to an area radio station listed at right and follow instructions.



The sirens are tested on the first Saturday of the month at 1 p.m.

All monthly tests, except for April, consist of a short siren sound lasting less than a minute. On the first Saturday of April, we test all emergency sirens for three minutes at 1 p.m. as part of our comprehensive safety plan. At other times, you may hear sound-level tests also lasting less than a minute.

■ TUNE TO ONE OF THESE RADIO OR TV STATIONS FOR EMERGENCY INFORMATION.

Radio			
AM	FM		
WNIL - 1290	WAUS - 90.7	WEFM - 95.9	WCSY - 103.7
WSJM - 1400	WSJM - 94.9	WYTZ - 97.5	WIRX - 107.1
	WAOR - 95.7	WCXT - 98.3	
All call letters are accurate at the time of printing. All stations are on the air 24 hours.			
Television			
WNDU - TV 16	WSBT - TV 22	WSJV - TV 28	WBND - TV 57
All call letters are accurate at the time of printing.			

Follow all broadcast instructions promptly.

The radio or television news person will tell you what actions you should take, if any.

WHAT YOU SHOULD DO IF YOU ARE TOLD TO SEEK SHELTER OR STAY INDOORS

For most emergencies it is safer to stay indoors. The wind will blow any toxic or poisonous fumes and gases away in a short time. During a severe weather emergency, buildings offer the best protection, especially basements. While indoors, do the following:

- **Keep calm.** Panic is your worst enemy in any emergency.
- **Close all windows and doors, and bring pets inside.**
- **Turn off all air-intake systems** such as fans and air conditioners. Turn down furnace thermostat. Close fireplace dampers.
- **If your building has a basement,** take a radio and go there.
- **Do not go outside** to see what is happening until you are told it is safe to go out or are told to evacuate. If you must go outdoors briefly to warn someone during a nuclear emergency, cover your nose and mouth with a piece of cloth such as a towel or scarf.
- **Do not use the telephone or internet** unless it is absolutely necessary. We must keep telephone lines open for emergency use.
- **Stay out of your car or vehicle in a weather emergency.** Seek shelter in the basement of a nearby building or in a ditch until the weather emergency passes.

IMPORTANT: Do not pick up children from schools or daycare centers. School staff and child caregivers will keep children in school until it is safe to go out again.

Functional Needs: If you need special help in an emergency, fill out the card to the right and mail it right away.

People with functional needs in an emergency include those with vision or hearing impairments, physical or mental disabilities, or no means of transportation. To get help in an emergency, please fill out the Functional Needs card on the next page and mail it today. **IMPORTANT: Please fill out a new Functional Needs card each year.** The Berrien County Health Department will keep your functional needs information on file for one year. Please fill out a new card and mail it in as soon as you get your new calendar.

If you know people with functional needs, please volunteer to help them in an emergency. If they do not live nearby or you are not able to help them, please make sure they fill out and mail the Functional Needs card.

FUNCTIONAL NEEDS CARD

Cut along the dashed line. ✂



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST-CLASS MAIL

PERMIT NO. 10

BRIDGMAN, MI

POSTAGE WILL BE PAID BY ADDRESSEE

DIVISION OF BERRIEN COUNTY SHERIFF'S OFFICE
BERRIEN COUNTY EMERGENCY MANAGEMENT
2100 E EMPIRE AVE
BENTON HARBOR MI 49022-9995



**If you have functional needs,
fill out the other side
of this card.**

WHAT YOU SHOULD DO IF YOU ARE TOLD TO EVACUATE

- ▶ **Listen to the radio or television (see page 16) for instructions.** They will give you evacuation routes and directions to open reception centers.
- ▶ **Go directly to a reception center and register.** Follow the evacuation routes to the nearest open reception center. The map below shows evacuation routes in red and marks the four reception centers with red triangles. Please register when you arrive at the center so family and friends will know where you are. After you have registered you may go to stay with friends or family who live outside the danger area. Or if you prefer, you will be assigned to a safe, nearby gathering place.
- ▶ **Stay calm.** You and others with you should have time to get ready to leave safely.
- ▶ **Take only essential items.** Pack as if you were going on a trip for only a few days. Use the list below as a guide.
- ▶ **Do not take firearms, alcoholic beverages or illegal drugs.**
- ▶ **If you have functional needs and have sent in a post card,** you will receive necessary assistance. If you need help, listen to a local TV or radio station (see page 16) for the telephone number you can call.

For a nuclear emergency, call 866-362-3105.

- ▶ **Have a plan for your pets.** Keep in mind that currently, reception centers will only accept pets if they are service animals. Make arrangements to stay with relatives, friends or at a pet-friendly hotel outside of the area. Remember to bring your emergency pet kit that includes food, water, medicines, leashes and tags. For more information, see: BringYourPet.com, PetTravelCenter.com and PetsWelcome.com.
- ▶ **Turn off small appliances, lights and water faucets.** However, leave your refrigerator and freezer on.
- ▶ **Turn off all air-intake systems** such as fans and air conditioning. Turn down furnace thermostat. Close fireplace dampers.
- ▶ **Close and lock all windows and doors.** The evacuated area will be secured and you will not be allowed to return until it is safe.
- ▶ **Check on neighbors.** Make sure they know how to evacuate and that they have transportation.

2013 FUNCTIONAL NEEDS INFORMATION

If you have functional needs, please fill in this card, fold, seal it with tape and mail today! You must send in a card each year to keep our files up to date.

Name: _____

Street Address: _____

City: _____

Zip: _____

Phone: () _____

(Contact Berrien County Emergency Management at 269-983-7111 Ext. 4915 if there are special directions to your home.)

If you are a part-time resident, please circle the months you stay in Berrien County.

Jan Feb Mar Apr May June July Aug Sep Oct Nov Dec

Functional Need (circle all that apply):

Vision-Impaired Hearing/Speech-Impaired Wheelchair Walker/Cane
Bedridden Ventilator Oxygen Other _____

Fold here

Transportation Information

Can a family member or friend provide you with transportation if asked to evacuate during an emergency?

Yes ____ No ____

Pet Information

Do you have pets that would require special attention if you were to evacuate your home? If so, indicate number of:

Cats ____ Dogs ____

Service Dogs ____

Other (describe) _____

Emergency Contacts

Primary

Relationship

Phone

Alternate

Relationship

Phone

Cut along the dashed line. ✂

IMPORTANT: Do not pick up your children from schools or child-care centers. If necessary, they will be taken to shelters outside the danger zone. Listen for directions on TV or radio stations (see page 16) about where and when they can be picked up when it is safe. Do not worry if you or a family member are in a hospital or other special-care facility, as they also have emergency procedures.

■ THINGS YOU WILL WANT TO BRING WITH YOU

- ☐ **Basics:** cash, the Cook Plant *Emergency Information Calendar*, portable radio, flashlight, extra batteries, keys, tool kit, bank books, checkbook, wallet, purse
- ☐ **Bedding:** blankets, pillows, sleeping bags
- ☐ **Toiletries:** soap, towels, toothpaste and toothbrushes, razors, sanitary napkins or supplies
- ☐ **Special items:** special-diet foods, baby formula and bottles, diapers, favorite toys or games
- ☐ **Health supplies:** medicines, glasses, dentures, hearing aids, first aid kit, prescription information
- ☐ **Identification:** driver's license, credit cards and important papers
- ☐ **Pet supplies**

■ ONCE YOU ARE IN YOUR VEHICLE

- **Drive carefully.** There is no need to speed. Follow directions of all sheriff, police and traffic officers.
- **Close all windows and vents.** Shut off heating and air conditioning.
- **Listen to the radio** (see page 16). Follow emergency instructions on your car or portable radio. You will be told when it is safe to return.

■ RECEPTION CENTER LOCATIONS

Follow the evacuation route to one of these four reception centers (see map at right). Listen to an area radio or TV station (see page 16) to learn which reception centers are open.

A Coloma High School
300 W. St. Joseph Street
(Red Arrow Highway)
Coloma

B Watervliet High School
450 E. St. Joseph Street
(Red Arrow Highway)
Watervliet

C Brandywine High School
South of Niles & East of M-51
1700 Bell Road
Niles

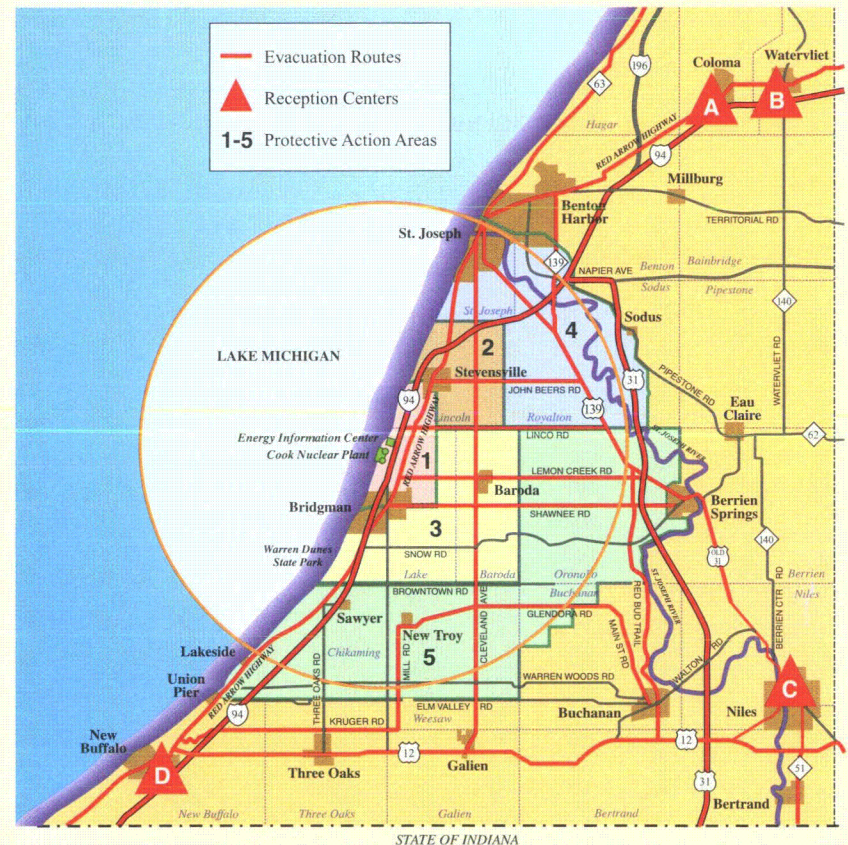
D New Buffalo High School
South of U.S. 12
1112 E. Clay Street
New Buffalo

■ COOK NUCLEAR PLANT EMERGENCY PLANNING ZONE

The white circle area below is a 10-mile radius of the Cook Nuclear Plant in Bridgman. It is the Emergency Planning Zone (EPZ). The early-warning siren system for Berrien County is within the EPZ. When necessary, area TV and radio stations (see page 16) will alert people living inside the EPZ if there is an emergency.

The map shows the Protective Action Areas for the Cook Nuclear Plant. During an emergency, we will identify these areas by numbers 1, 2, 3, 4 or 5. For example, the TV or radio station (see page 16) may say, "Protective Action Area 1 must evacuate." Or "Protective Action Area 2 must take shelter." Know which of the five Protective Action Areas you live or work in so you can respond promptly to instructions.

The map uses red lines to show evacuation routes. It uses red, lettered triangles to show the four reception center locations. During an emergency, listen to area TV or radio stations (see page 16) to learn which evacuation routes and reception centers to use.



NUCLEAR EMERGENCY TERMS

In the unlikely event that there is an emergency at the Cook Nuclear Plant, four terms will be used to describe each situation. Those four terms are explained below. They are listed in order of least serious (1) to most serious (4).

Because of the many safeguards and highly skilled people operating the Cook Nuclear Plant, it is very unlikely that a serious event will ever occur there. Chances of you having to seek shelter or evacuate because of a nuclear emergency are very remote. In most cases, evacuation is ordered as a safety measure before any danger can come to you or your family. Federal law, however, requires that the public be told what to do in case of a significant release of radioactive material from the Cook Nuclear Plant. Please keep this Emergency Information Calendar handy and become familiar with its contents.

Sometimes you will hear news about a drill or an exercise involving the Cook Nuclear Plant. That is because federal, state, county and plant officials are required by law to participate regularly in drills and exercises so they are prepared in case of an emergency.

Remember, you will hear early-warning sirens if shelter or evacuation is necessary. See page 16.

When the sirens sound, listen to an area TV or radio station for emergency information (see list on page 16) and follow instructions.

1. UNUSUAL EVENT A minor problem at the Cook Nuclear Plant that varies from normal or routine operations. No release of radioactive material is expected. Cook Plant officials will notify federal, state and county officials. You will not have to do anything.

2. ALERT An abnormal plant condition that could result in a small release of radioactive material inside the plant. This is still considered a minor event. Cook Plant officials will notify federal, state and county officials to stand by. It is not likely that you will have to do anything.

3. SITE AREA EMERGENCY This is a more serious situation that could result in a release of radioactive material around the plant site. All federal, state and county officials will be ready to help if needed. Protective measures may be required to ensure the safety of the public in a limited area near the plant site boundary. If so, the sirens may sound. Tune in immediately to an area TV or radio station (see page 16) to learn whether you will need to seek shelter or evacuate.

4. GENERAL EMERGENCY This is the most serious situation possible at the Cook Nuclear Plant. It could result in the release of a large amount of radioactive material outside the plant boundary. All federal, state and county officials will provide help as needed. Protective measures may be required to ensure the safety of the public as far as 10 miles from the plant. The sirens will sound and you will be told by area TV and radio stations (see page 16) if shelter or evacuation is necessary.

Two other key terms: radiation and contamination

- ▶ **Radiation** refers to the particles and waves given off by radioactive material. It is a form of energy that occurs naturally and artificially. We are exposed to it every day. However, radiation could be harmful to your health and safety if the levels are high enough and the exposure lasts long enough.
- ▶ **Contamination** is when radioactive material is where it is not supposed to be. Food, water or air is considered contaminated if it contains more or different types of radioactive material than would be normally present. Our bodies, for example, contain very small amounts of the radioactive elements potassium 40, carbon 14 and tritium. We are not considered to be contaminated because these elements exist within us naturally. However, the presence of strontium 90 (a possible by-product of a nuclear power plant emergency) in food, air or water can indicate contamination.

■ STATE OF MICHIGAN POTASSIUM IODIDE DISTRIBUTION

Radioactive iodine (radioiodine) is one of the products that could be released in the unlikely event of a serious nuclear power plant accident. Potassium iodide (KI) is a non-radioactive form of iodine that may be taken to reduce the amount of radioactive iodine absorbed by the body's thyroid gland. KI offers protection only to the thyroid gland and its use would be to supplement evacuation and in-place sheltering. Evacuation and in-place sheltering are the primary means of protection in a radiological emergency.

State and county officials will use the Emergency Alert System (EAS) to notify the public of the need to evacuate to an in-place shelter or to take KI. KI is available to persons within 10 miles of Cook Nuclear Plant through the Michigan Department of Community Health (MDCH). **Detailed instructions on the MDCH distribution of KI can be found on page 21 of this calendar or www.michigan.gov/KI.** It is necessary to pick up your KI prior to an emergency situation at the plant. Complete your voucher and pick up your KI at a participating pharmacy at your earliest convenience. **You will NOT be able to get KI from the pharmacy during a nuclear plant emergency.**

People who are allergic to iodine should not use KI. In the event of an allergic reaction, contact a doctor.

■ FACTS ABOUT RADIATION

Radiation is a natural fact of life.

Radiation is a form of energy like light or sunshine. There is radiation all around us. We are exposed to small amounts of radioactive materials every moment of our lives.

How we measure radiation.

You cannot see, taste, hear or smell ionizing radiation. But we can measure it with special instruments. We use a unit called a millirem (mRem) to measure ionizing radiation.

On average, a person living in the U.S. receives about 620 mRem per year from all radiation sources. A person living within 10 miles of the Cook Nuclear Plant receives an average of about 175 mRem per year from all sources. That is because we live at a low elevation and do not live near any radioactive rock formations. Such low-level radiation is well below the annual limit of 5,000 mRem for nuclear plant workers set by the Nuclear Regulatory Commission (NRC).

Natural background radiation is in the air we breathe.

The sun covers our earth with cosmic radiation. Some rocks and minerals give off small amounts of radiation. One source you may be familiar with is radon gas. Many building materials contain radiation. In fact, radioactive particles are in the air we breathe, the food we eat and the water we drink. Even our bodies are slightly radioactive. These sources of radiation are called natural background radiation.

Natural background radiation sources (measured in mRem per year)

AIR : 200	COSMIC RAYS : 30	EARTH & ROCKS : 46
FOOD & WATER : 40	BUILDING MATERIALS : 7	

We make and use radioactive sources every day.

Besides naturally occurring radiation, there is also artificial (human-made) radiation. Radioactive materials are used in medical and dental X-rays. They are used to help diagnose and treat diseases such as cancer. Science and industry use radioactive materials for research and to do such things as X-ray welds. Other sources of radioactive materials are color TVs, smoke detectors, some luminous-dial watches and clocks. Very small amounts of radiation come from generating electricity with nuclear power.

Artificial radiation sources (measured in mRem per year)

CHEST X-RAY : 10	COAST-TO-COAST AIRLINE FLIGHT : 2.5
VIEWING COLOR TV 1 HOUR/DAY : 1	LIVING BY THE COOK PLANT : < 1

■ TYPES OF RADIATION

Radiation includes such things as light, heat and radio waves. However, when we speak of radiation we usually mean "ionizing" radiation. This radiation can produce high-energy, charged particles called "ions" in the materials it strikes.

The main types of ionizing radiation are:

- Alpha particles, which can be stopped by a sheet of paper.
- Beta particles, which can be stopped by a thin sheet of metal.
- Gamma rays, which can be stopped almost completely by three feet of concrete.
- Neutron particles, which can be stopped by water, concrete and metal.

■ EFFECTS OF RADIATION

Just as too much exposure to the sun can cause a painful sunburn, too much exposure to certain levels and types of radiation can have harmful effects. You would, however, have to be exposed to radiation doses over 20,000 mRem within a day to produce effects measurable by a trained doctor. Very large doses of 50,000 to 100,000 mRem are required before you would feel any ill effects.

The amount of exposure from radiation depends on:

- Length of time you are exposed.
- How far you are from the source of radiation.
- Which part of your body is exposed.
- How much material you inhale or take into your body.

Your health or physical condition can affect your reaction to radiation exposure. For example, you should be aware that **unborn babies and very young children are more likely to be harmed by radiation exposure.**

The less radiation you are exposed to, the less chance you have of receiving any harmful effects. That is why it is so important to have an emergency plan in place near a nuclear power plant. We need to treat radiation with caution and common sense.

Cook Nuclear Plant workers regularly check radiation levels both inside and outside the plant. In the unlikely event of a serious nuclear accident at the plant, state and federal health experts would be called in to take radiation readings beyond the plant site boundary. These readings would determine what steps, if any, you, your family and coworkers would need to take to protect yourselves.

NOTICE TO FARMERS, FOOD PROCESSORS AND DISTRIBUTORS

■ HOW WILL YOU BE NOTIFIED IN A NUCLEAR EMERGENCY?

The State of Michigan will evaluate the seriousness of a nuclear accident. It will order actions to protect the public and the food supply.

- ▶ **If you live within 10 miles of the Cook Nuclear Plant**, your first warning may be the sounding of emergency sirens. If you hear a siren for three to five minutes, tune to a radio or television station listed on page 16 for emergency information.
- ▶ **If you live farther than 10 miles from the plant**, you will be notified by area radio and TV stations (see page 16). The news report will let you know if you need to take protective action, or a Cooperative Extension Service official will contact you. Please follow the emergency instructions right away.
- ▶ **If you have questions about a real or potential emergency**, please contact the Michigan Department of Agriculture and Rural Development at 800-292-3939.

■ WHAT SHOULD YOU DO IF YOU ARE TOLD TO SEEK SHELTER?

During a nuclear emergency, it is very important to limit your outdoor activities as much as possible. Please stay indoors and follow the instructions provided in radio and television messages (see page 16).

■ WHAT SHOULD YOU DO IF YOU ARE ORDERED TO EVACUATE YOUR FARM?

If you live within 10 miles of the Cook Nuclear Plant, you may be told to evacuate. You may be permitted, with directions from the state, to reenter the evacuated area temporarily to tend to the needs of your farm. You will receive instructions on what routes to use, safety precautions and decontamination procedures.

Your Cooperative Extension Service agent can provide animal health and feeding guidelines.

■ HOW CAN A NUCLEAR EMERGENCY CONTAMINATE FOOD?

During a nuclear emergency, dust-sized, radioactive materials can fall onto fruits, vegetables or grains. This food could enter the food supply and be eaten by the public. For example: Cows could eat grass covered with radioactive iodine 131. Traces of the iodine could be passed through to the milk and then to people who drink it. Iodine 131 has the potential to concentrate in the human thyroid gland where it could cause thyroid cancer.

■ PROTECTING THE FOOD SUPPLY DURING A NUCLEAR EMERGENCY

Following a nuclear emergency, the public could be exposed to radioactive material in several ways. At first, particles and gases released into the air could be ingested or inhaled directly. Additional exposure could result from eating or drinking food or milk contaminated by traces of radioactive material. Farmers, food processors and distributors will be required to take steps to protect the food supply. Every step will be taken to minimize or avoid contamination. Please read this page and the next to learn how to protect the food supply in the event of a nuclear emergency.

■ SAMPLES WILL BE COLLECTED TO DETERMINE PROTECTIVE ACTION.

After an accidental release of radioactive material, State of Michigan emergency workers will determine what protective steps you will need to take. Emergency workers will collect samples of air, water and soil to see whether there is radioactive contamination, where it is located and the amount. Samples of milk, forage, crops and processed foods also may be taken. Field data and other factors will be used by the state to determine the best course of action to protect the public and the food supply.

Samples may be taken as far away as 50 miles from the plant site. State of Michigan emergency workers will give farmers, food processors and distributors outside of the 10-mile radius of the Cook Nuclear Plant specific instructions on how to collect and test samples.

■ SAMPLES ARE BEING TAKEN NOW TO GIVE US A BASELINE.

Radioactive materials occur naturally in the environment. So Indiana Michigan Power and State of Michigan emergency workers continually take samples of the air, water, milk, vegetation and animal life near the Cook Nuclear Plant. This gives them a "natural" baseline for comparison in the event of a nuclear emergency.

■ HOW TO PROTECT YOUR WATER SUPPLY IN A NUCLEAR EMERGENCY

Store as much water as you can for your livestock. Cover open wells, tanks and other storage containers. Close off the intakes from contaminated ponds, streams or cisterns. In general, water from wells and water heaters should be safe to use.

Radioactive contaminants deposited on the ground usually will travel very slowly into the soil. If contaminants fall onto the surface of lakes and rivers, the radioactive materials may get into the ground water supplies. It takes just a few hours for streams and lakes to carry the contaminants many miles.

■ HOW TO PROTECT YOUR LIVESTOCK OR POULTRY IN A NUCLEAR EMERGENCY

The first priority is to protect dairy animals because radioactive materials can quickly enter the food chain through milk and other dairy products. If sheltering is required, shelter your dairy animals first.

Shelter livestock in covered barns or sheds unless the weather is extremely hot or other factors make sheltering impossible. Provide your animals stored feed such as hay, silage and bagged grain. Whenever possible, draw water for your animals from a well. Avoid using water from ponds, rivers and creeks. This will help to minimize the amount of radioactive material ingested by your animals.

Poultry are more resistant to radioactive contamination than other farm animals. Keep them in your enclosed facility and continue to give them stored feed and well water. If your poultry are normally kept outdoors, bring them inside if possible. Eggshells provide natural protection from contamination. Generally, eggs will be safe to eat after the shells are washed to remove surface contamination.

■ DO NOT DESTROY YOUR ANIMALS.

Destroy your animals only if you get orders from state or federal authorities. Do not slaughter any animals except for immediate food needs. Generally, animals that are exposed to radioactive contaminants and radioactive rainwater will survive. Many will be marketable and safe for humans to eat. However, do not allow animals to graze in open fields unless the State of Michigan, your Cooperative Extension Service agent or another government official gives you permission.

■ WHAT YOU SHOULD DO IF FEED IS RADIOACTIVELY CONTAMINATED

Only in extreme emergencies may you feed your livestock contaminated grain or hay. If you must use the contaminated feed, you may be able to reduce the level of contamination. For example, if the feed is stored outside, the contamination may be greater at or near the surface of the feed pile. You may be able to reduce the contamination level significantly by removing the top portion.

Do not dispose of contaminated feed or hay unless spoilage has made it inedible. Generally, contaminated products may be salvageable after adequate time passes and they are properly processed. Please keep contaminated feed supplies separate from other feed so the contamination does not spread. Your Cooperative Extension Service agent can provide you with specific information.

■ WHO PAYS FOR LOST OR DESTROYED FARM PRODUCTS?

Farmers, food processors and distributors could face serious financial losses following a nuclear emergency. Under federal law, you will be reimbursed for any of these losses. The Price-Anderson Act, enacted by Congress in 1957, requires the operators of nuclear power plants and certain other nuclear facilities to purchase nuclear liability insurance policies for the protection of the public. As a result, no-fault insurance pools are in place to pay claims promptly without lengthy court hearings. Claimants need only prove that the injury or property damage resulted from the nuclear emergency. Commercial insurance policies exclude coverage for nuclear emergencies because the Price-Anderson Act makes coverage unnecessary.



NOTICE TO FARMERS, FOOD PROCESSORS AND DISTRIBUTORS, *continued*

■ WHAT YOU SHOULD DO WITH FOOD AND PRODUCTS CONTAMINATED IN A NUCLEAR EMERGENCY

Crops in the field

Let your standing crops grow to maturity. The level of radiation exposure they will receive should not affect their growth. Most contaminants will be washed off in the rain. Or, over time, the crops will return to safe levels as they grow. If special harvesting procedures are required, your Cooperative Extension Service agent will give you instructions.

Roots and tubers

Potatoes, carrots and plants that mature under the ground generally are safe to eat. Make sure to thoroughly wash and peel these products to remove soil particles and contaminants.

Fruits and vegetables in the field

Unprotected plants may have particles of radioactive contamination on their surfaces. Before eating them, wash thoroughly. Then brush, scrub or peel the outer layers. Some leafy vegetables may be eaten after you remove the outer layers.

If your crops do not need to be harvested immediately, leave them in the field or on the trees. They should be able to be harvested once your area is declared safe again.

You may lose some ripe fruits and vegetables to spoilage. Contamination levels in your area may be too high for field workers to harvest your crop in a timely manner. You will be reimbursed for crop losses.

Honey and apiary products

Following a nuclear emergency, State of Michigan emergency workers will need to take samples and analyze honey and beehives in the Protective Action Areas. Contact your Cooperative Extension Service agent for guidance.

Farm products

If radioactive particles or material are present in large amounts, you may be advised not to use, eat or sell garden produce or animal products until samples are taken and analyzed. State of Michigan emergency workers will conduct the sample tests and analysis. Please follow their orders to protect the public's and your safety.

Milk

Milk contaminated at low levels of iodine 131 may be converted to powdered milk or cheese. Then it will be stored until the iodine's radioactivity diminishes to safe levels. It may also be used in animal feed.

Wildlife and plants

After a nuclear emergency, wild game such as deer, rabbit, squirrel, pheasant and partridge may eat food and water contaminated with radioactive particles. State of Michigan emergency workers may advise you not to eat wild game until it has been sampled and assessed to be safe. Wild edible plants, such as native herbs, mushrooms, dandelion greens, spearmint, peppermint or wintergreen may have particles of contamination on their surfaces, too. Before eating, be sure to wash, brush, scrub or peel to minimize contamination.

How soon will the radioactivity reach safe levels?

The speed that radioactivity diminishes depends on several things. Inert gases released from a nuclear power plant lose their radioactivity within minutes. Wind or heavy rain tend to remove radioactive material from plants very quickly. In some cases, however, a hard rain after a nuclear emergency may splash contaminated soil onto plant surfaces. This will increase the amount of radioactive material on low-standing plants.

■ WHAT STEPS CAN BE TAKEN TO RESTORE CONTAMINATED SOILS?

There are several steps that can be taken to restore soils contaminated in a nuclear emergency. One is not to use the soil for a period of time. In a worst-case situation, heavily contaminated soil may need to be removed and sent to an approved radioactive waste disposal facility. Such drastic action may not be possible for large fields, but may be used for small plots or areas such as walkways near buildings where people come in close contact with it.

In less severe situations, fiber crops may be planted instead of fruits and vegetables. Deep plowing may be used to keep the radioactive contaminants below the root zone until the radioactivity decays to safe levels over time. Liming may also be used to limit the absorption of specific radioactive elements by crops.

Farmers will receive guidance from the United States Department of Agriculture's Natural Resources Conservation Service on how to restore valuable soils to productive use.

■ WHAT SHOULD FOOD PROCESSORS AND DISTRIBUTORS DO IN A NUCLEAR EMERGENCY?

After a nuclear emergency, government officials may restrict the movement of contaminated food products or withhold them from the marketplace. These products should not be released until they are considered safe for consumption or a decision is made to dispose of them. State of Michigan emergency workers will instruct you on how to safely handle and dispose of contaminated food products.

The environmental damage caused by a nuclear reaction may be short-lived. Steps can be taken to make a full recovery.

IMPORTANT: Do not destroy any animals, crops, milk or feed supplies unless directed by authorities to do so.

■ FOR MORE INFORMATION, CONTACT:

MSU-Berrien County Cooperative Extension Service

269-944-4126

1737 Hillandale Road

Benton Harbor, MI 49022

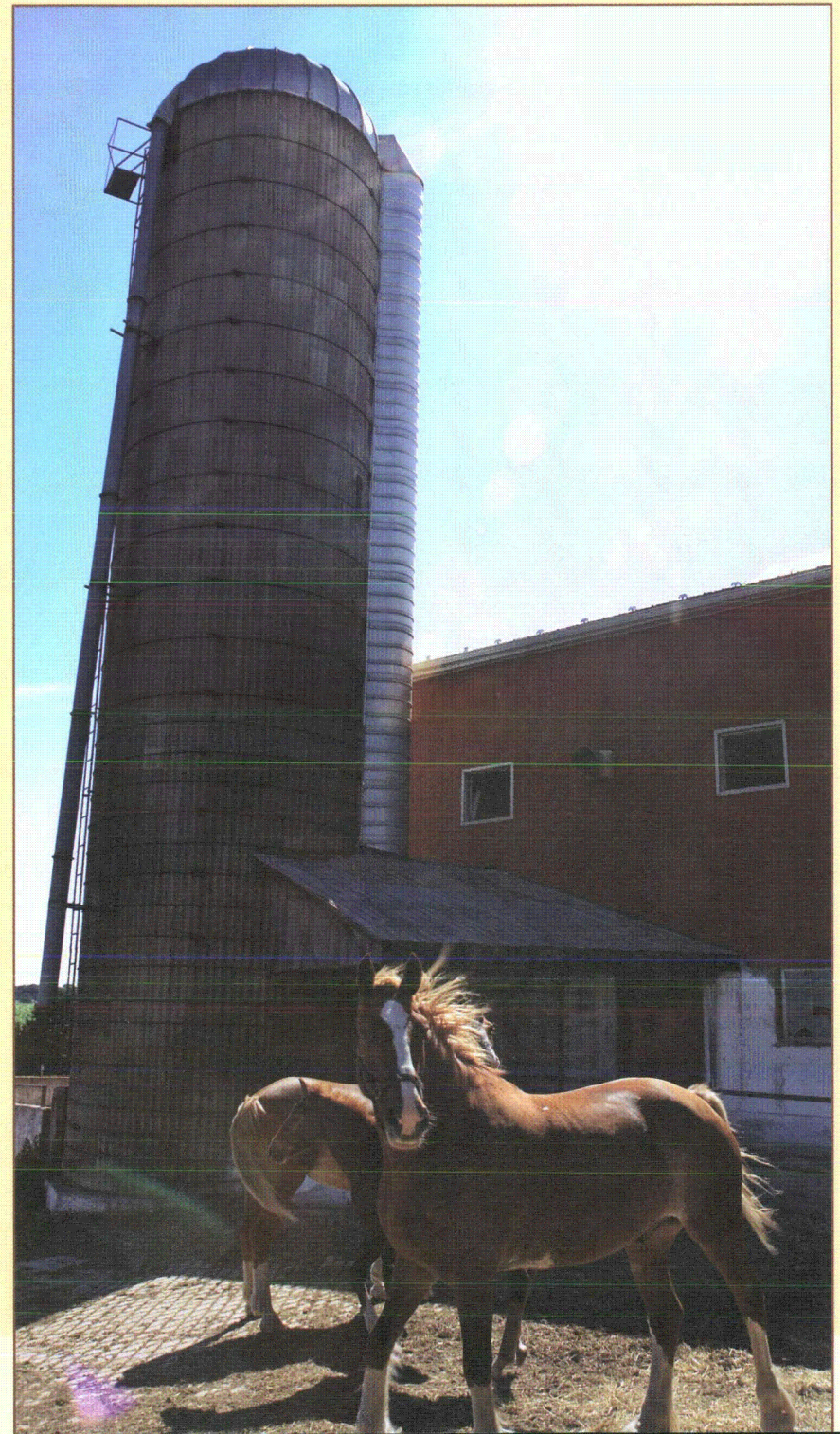
www.msue.msu.edu/berrien

■ IF YOU HAVE QUESTIONS ABOUT A REAL OR POTENTIAL EMERGENCY, YOU MAY ALSO CONTACT THE MICHIGAN DEPARTMENT OF AGRICULTURE AND RURAL DEVELOPMENT:

Michigan Department of Agriculture and Rural Development

800-292-3939

www.michigan.gov/mdard





Department of Community Health

If you live within 10 miles of the Cook Nuclear Plant, it is recommended that you keep potassium iodide (KI) tablets on hand for everyone in your home or business. To get your KI tablets at no cost to you, complete the voucher below and take it to one of the listed pharmacies.

If you have KI tablets from this program, you do not need to get more this year.



Do you have your potassium iodide (KI) tablets?

Get your free supply at area pharmacies

Potassium iodide (KI) is available at no cost to people who live or work within 10 miles of the Cook Nuclear Plant. In the unlikely event of a serious accident at the Cook Plant, taking KI will help protect your thyroid from injuries caused by exposure to radioactive iodine.

To get your KI tablets, please read the information in this calendar, complete the voucher and take it to one of the participating pharmacies listed on the voucher. Please get your tablets now so you are ready if you are ever asked to take them. **You will NOT be able to get KI from the pharmacy during a nuclear plant emergency.**

What is KI?

KI (the chemical name for the drug "potassium iodide") is a non-prescription iodine pill. Iodine is an element that is found in nature and is also an important part of your diet. Because iodine is so important for your health, it is added to table salt. However, the iodine in the KI pill is much stronger than the iodine in table salt. Table salt cannot be used as a replacement for KI.

How does KI work?

In the unlikely event of a serious accident at a nuclear power plant, one form of radiation, radioactive iodine, could be released into the air. This type of radiation can be stored in your thyroid gland. This can cause thyroid cancer or other thyroid problems over time. Children are most at risk of thyroid injury from exposure to radioactive iodine. KI protects your thyroid by filling it up with a safe form of iodine so that it can't take in radioactive iodine.

It is important for you to know that KI does not protect your whole body from radioactive material. KI protects only your thyroid gland.

How can I get KI?

Complete the voucher and take it to one of the participating pharmacies (see list on other side). The pharmacy will provide you with the amount of KI that you need. Place the KI in a safe, dry location and keep it in its foil packet. You should keep it on hand as part of your emergency supply kit (to learn what to keep in your kit, see page 22 in this calendar). Be sure to get your KI now. You will not be able to get it from the pharmacy during a nuclear power plant emergency.

When should I take KI?

Take KI only if a "General Emergency" has been declared at the Cook Nuclear Plant. If the emergency sirens sound for three minutes or more, tune to your local radio or television station (see list on page 16 in this calendar). Follow the instructions given by emergency officials. You may be instructed to shelter-in-place or evacuate. You should take KI only if the radio or TV announcements say that the power plant has declared a "General Emergency," the most serious type of plant emergency.

If you are told to evacuate and don't have your KI readily available, don't waste time searching for it. Evacuating or sheltering-in-place is the best way to protect yourself from harm due to radiation.

How much KI should I take?

One dose protects the thyroid for 24 hours. You should be safely evacuated within the 24 hour time period. Taking more than the recommended dose will not help you and it will increase the risk of side effects.

Use the information in this chart to take the correct amount for one dose.

AGE	WEIGHT	NUMBER OF TABLETS
18+ years	Any weight (includes pregnant and breastfeeding women)	Two (2) 65 mg tablets
12-18 years	150 lbs. or more	Two (2) 65 mg tablets
12-18 years	Less than 150 lbs.	One (1) 65 mg tablet
3-12 years		One (1) 65 mg tablet
1 month-3 years		Half (1/2) 65 mg tablet (Pharmacy will provide directions for crushing and mixing tablet into a liquid.)
Birth to 1 month		Quarter (1/4) 65 mg tablet (Pharmacy will provide directions for crushing and mixing tablet into a liquid.)

What side effects could I have from taking KI?

KI can cause minor side effects. You could have an upset stomach or swelling in your mouth. If you have a serious reaction such as fever, joint pain, swelling of the face or body or trouble breathing, **get medical help right away!**

Who should NOT take KI?

You should not take KI if:

- You are allergic to iodine. A shellfish allergy may not mean that you are allergic to iodine. Talk to your physician or allergist if you have a shellfish allergy.
- You have dermatitis herpetiformis (DH) or hypocomplementemic urticarial vasculitis syndrome (HUVS), very rare skin conditions.

Check with your doctor if:

- You already have a thyroid condition.
- You are unsure whether or not to take KI.

The Michigan Department of Community Health (MDCH) runs the KI program.
For more information, contact: 800-648-6942 | Email: mdch-ki@michigan.gov | www.michigan.gov/KI

Participating pharmacies

You may pick up your KI tablets at the following pharmacies:

- Meijer Pharmacy, 1920 Pipestone Rd., Benton Harbor, MI
- Meijer Pharmacy, 5019 Red Arrow Hwy., Stevensville, MI
- Meijer Pharmacy, 5150 S. Franklin St., Michigan City, IN
- Shoreline Pharmacy, 950 Blue Star Hwy., South Haven, MI

How does this program apply to businesses?

Businesses can obtain KI for their employees, clients or patients. Businesses with more than 400 employees/clients/patients should call or email the Michigan Department of Community Health (MDCH) to arrange for delivery of KI. If a business chooses to participate in the program, it is responsible for having a dispensing plan that complies with these instructions. If your business chooses not to participate, you can provide a copy of this voucher to your employees so that they can obtain their personal supply of KI.

Read this information before signing the voucher.

Signing the form means that you agree to and understand the following: I understand that:

- KI is an over-the-counter, non-prescription drug.
- KI is to be taken only when a General Emergency has been declared at the Cook Nuclear Plant.
- KI is NOT a substitute for evacuation or sheltering-in-place. I will follow the instructions of emergency officials.
- KI only protects the thyroid gland from radioactive iodine. It does not protect the rest of the body. In a nuclear power plant emergency, there could be health risks from other forms of radiation.
- Although taking KI is usually safe, it can cause problems in people who have thyroid disease or are allergic to iodine. People who have dermatitis herpetiformis (DH) or hypocomplementemic urticarial vasculitis syndrome (HUVS), two very rare skin diseases, should not take KI without first talking to their doctor.

I agree that:

- I will follow all instructions on how to use potassium iodide (KI).
- I will hold the pharmacy harmless from all liability, claims, suits or actions related to the use, delivery, labeling and packaging of KI.

Additional agreements for businesses

- I own or represent the business/institution named on the voucher.
- This business/institution will provide information on dosing and medical contraindications to all employees/clients prior to distributing KI. (NOTE: You will find this information in each box of KI and on the MDCH website at www.michigan.gov/KI.)

To qualify to receive KI tablets for your household or business, you must:

- Live or work within 10 miles of the Cook Nuclear Plant.
- Be 18 years or older.
- Present a government-issued photo ID.

Cut along the dashed line. ✂

2012-2013 Potassium Iodide (KI) Voucher

By signing this form, I agree that I have read the KI information provided and that I am obtaining KI for people who live or work within 10 miles of the Cook Nuclear Plant.

Complete 1 or 2:

1. Requesting KI for Household Use

Name: _____

Address: _____

City: _____ Zip: _____

County: _____ Telephone: () _____ - _____

Number of people living at your home address: _____

Ages of people living at your home address: _____

2. Requesting KI for Business Use

Name of Business: _____

Address: _____

City: _____ Zip: _____

Contact Name: _____

County: _____ Telephone: () _____ - _____

Number of employees/patients/residents/clients at this address: _____

Signature: _____ Date: _____

Pharmacy use only

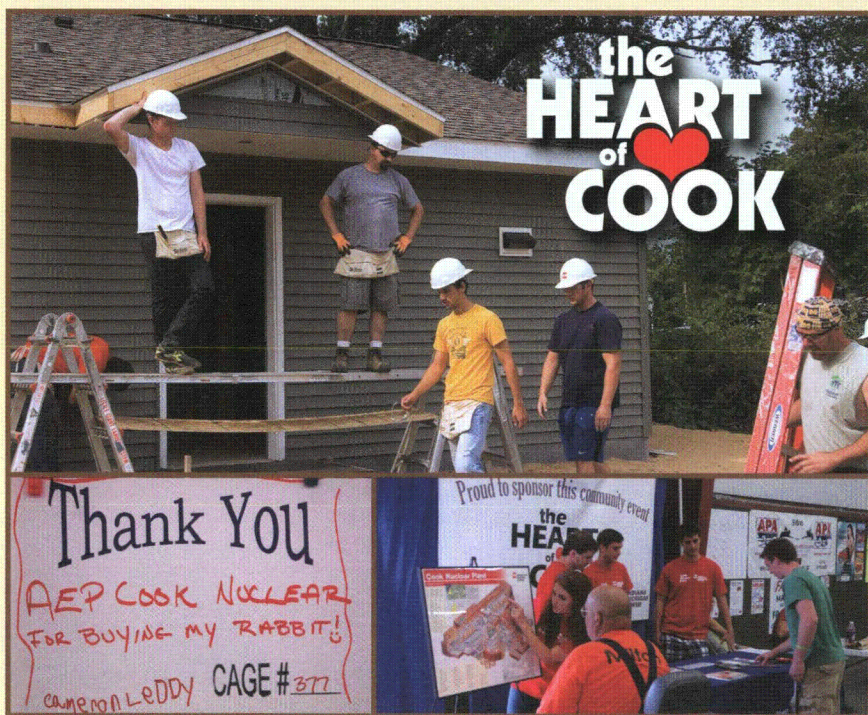
of boxes dispensed: _____ Lot #: _____ Date dispensed: _____

Pharmacy name: _____ Pharmacy #: _____

City: _____

Cut along the dashed line. ✂

CARING FOR OUR COMMUNITY



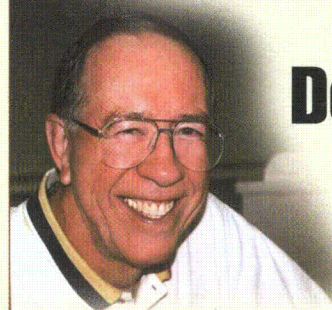
Whether it is funding and constructing a Harbor Habitat house this past summer, distributing \$52,000 with the Heart of Cook grants to 39 employee-selected nonprofit organizations and projects or maintaining a strong partnership with Lake Michigan College's Energy Production Technology course offerings, Cook employees pitch in to help their neighbors.

And it's not just long-time employees either. Some of the plant's most active volunteers for school energy education programs, the Berrien County Youth Fair, American Cancer Society's Relay for Life of Berrien County and other

community enhancing projects are members of the North American Young Generation in Nuclear. This energetic team of new employees, 35 years old and younger, is an inspiration to other Cook employees as well as young people in area corporations.

Does your favorite community organization need financial or volunteer help? Talk with neighbors or family members who work at Cook Plant or contact:

Cook Energy Center
P.O. Box 850
Bridgman, MI 49106
800-548-2555
cookinfo@aep.com



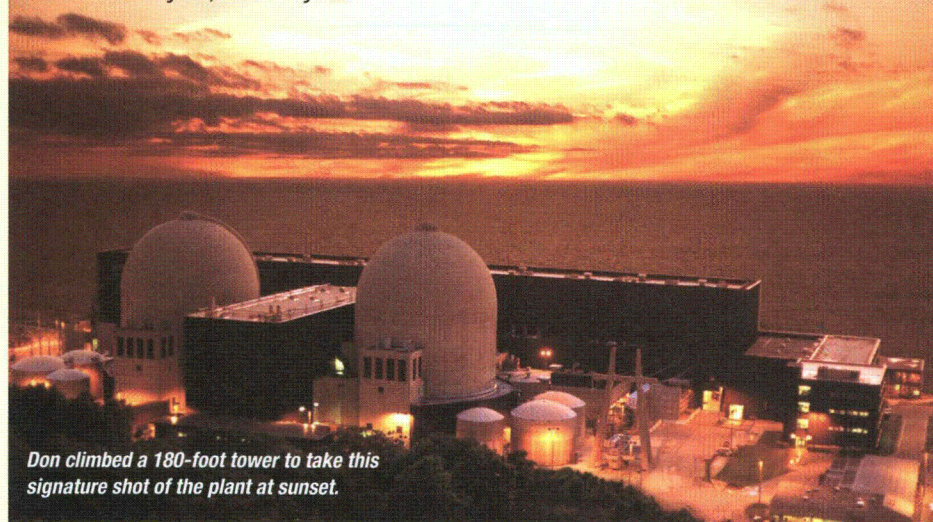
Don went to great heights to tell our stories

DON AMES, 1931-2012

Whether he was taking breathtaking vistas from his airplane or shooting in the depths of the Cook Nuclear Plant, Don Ames and his camera were amazing. He documented our energy story from the day we broke ground to build our two nuclear units until the last couple of years.

Don's aerial, event and nature photographs appeared in every home in Berrien County starting with our 1995 Emergency Calendar. We know our stories will live on through his photographs. But we will miss his endearing sense of humor and warm smile.

Thank you, Don. Fly on.



Don climbed a 180-foot tower to take this signature shot of the plant at sunset.

START PREPARING NOW!

Emergency situations often catch people off guard. A good way to stay safe in an emergency is to know what to do ahead of time. Here are five steps you can take now to make sure you, your family and the people you work with are prepared to handle any emergency.

1. After you read this Emergency Information Calendar, please share it with your family or coworkers. Then display it where you can find it quickly when you need it.

2. Keep the following items together in a safe, easy-to-get-to place:

- | | | |
|---|--|---|
| <input type="checkbox"/> Emergency cash | <input type="checkbox"/> Checkbook | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Your important papers | <input type="checkbox"/> Bank books | <input type="checkbox"/> Credit cards |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Portable radio | <input type="checkbox"/> Personal identification |
| <input type="checkbox"/> Extra keys | <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Potassium iodide (KI),
if obtained in advance |
| <input type="checkbox"/> Prescription medicines | <input type="checkbox"/> Flashlight | |

3. Make a list of personal instructions that you, your family or coworkers will need to follow in an emergency. Keep a list of supplies you may need with the instructions. Include on your supply list the items in step 2 above and the evacuation supplies listed on page 17.

4. Keep your vehicle in good running order. Fill your gas tank whenever it gets below half. If you do not have a car or do not have someone to drive you in an emergency, fill out the Functional Needs card on pages 16 and 17. Mail the card right away. You do not need a stamp.

5. If you know people who have functional needs, make sure they mail in a Functional Needs card. They include people who are vision-impaired; hearing-impaired; speech-impaired; have physical disabilities such as using a wheelchair, walker or oxygen tank; or have mental disabilities. Please help them fill out the Functional Needs card and return it right away (see pages 16 and 17). We have members on our emergency team to help people with functional needs get to safety. Also, if you know someone who is blind or cannot read well, please read this emergency information calendar to him or her. Then display it where family or friends can find it fast.

Photographs © 2013, Cook Nuclear Plant.
This calendar replaces all previous issues.

IMPORTANT PHONE NUMBERS AND EMERGENCY INFORMATION

List all the phone numbers and emergency information you or a member of your household or business may need in a personal emergency. Please include names and numbers for your:

Doctor: _____	Sheriff: _____
Hospital: _____	School: _____
Ambulance: _____	Child caregiver: _____
Dentist: _____	Neighbor: _____
Police: _____	Pharmacist: _____
Fire department: _____	Work: _____

Name of person or service	Telephone number
Berrien County Emergency Services	911
Cook Nuclear Public Inquiry Line	866-362-3105
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Use this space to also list any special health or medical information that an emergency team member may need to know about you, your family members or coworkers.

Special health needs or emergency information: _____



COOK SECURITY – ALWAYS AT THE READY

Security at U.S. nuclear plants has always been extremely robust. Maybe that's because we never stop trying to get better. At Cook, we recently made multi-million-dollar physical equipment upgrades to keep Cook at the top of the security curve. We exercise and practice with elite forces, and always stand at the ready to protect your health and safety.



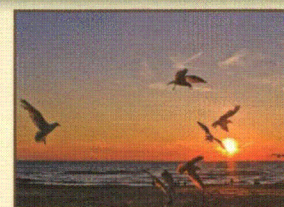
Printed on 10% post-consumer recycled paper



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



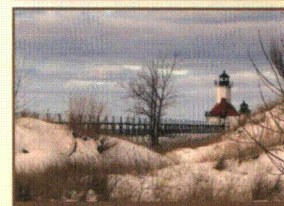
SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

THANKS FOR GIVING US YOUR BEST SHOT

Professional and amateur photographers submitted more than 500 photographs in this year's contest. Thank you to everyone who shared such incredible scenes and treasured moments in Berrien County. To look at all of the entries, visit our [Facebook.com/CookNuclear](https://www.facebook.com/CookNuclear) page and click on the Take Your Best Shot icon. You'll see how tough it was for us to pick only 12 photos!

Start snapping. You could win \$250 in our 2014 emergency calendar photo contest.

With so much talent to tap in our area, we're holding this contest again. Visit [Facebook.com/CookNuclear](https://www.facebook.com/CookNuclear) to learn about our simple guidelines and how to submit your work. We can't wait to see what you send!