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Incident Response Branch

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Donald C. Cook Nuclear Plant Units 1 and 2
Docket Nos. 50-315 and 50-316
License Nos. DPR-58 and DPR-74
SITE-SPECIFIC AND STATE EMERGENCY PLANNING INFORMATION

U. S. Nuclear Regulatory Commission
Chief, Incident Response Branch
Office for Analysis and Evaluation of Operational Data
Washington, D.C. 20555

August 10, 1994

Dear Sir:

In response to Administrative Letter 94-07, we are enclosing ten (10) copies of our 1994 Emergency Information Calendar for Berrien County. These calendars are the means by which we disseminate basic emergency planning information annually to those members of the public within the plume exposure pathway emergency planning zone.

The state and local emergency plans are controlled and updated by the appropriate state and county agencies. Our site emergency plan contains brief outlines of the county and state plans. However, the appropriate county and state government agencies should be contacted to obtain current copies of the county and state plans and to be placed on distribution lists for future updates.

Sincerely,

W. J. Smith
for E. E. Fitzpatrick
Vice President

blb
Attachments

cc: A. A. Blind
G. Charnoff
J. B. Martin - Region III
NFEM Section Chief
NRC Resident Inspector
J. R. Padgett

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1994

EMERGENCY INFORMATION CALENDAR
FOR BERRIEN COUNTY

IMPORTANT MATERIAL

PLEASE READ AND KEEP

Emergency information index

Please read this booklet. Then give it to all family members, visitors or employees of your business or establishment to read. Make sure everyone is familiar with its contents. Keep it handy for use and review throughout the year in case of a serious emergency in Berrien County.

This booklet contains information that would be important for residents and visitors to Berrien County in any serious emergency. It is specifically for people who live, work or go to school within 10 miles of the Cook Nuclear Plant at Bridgman. It also contains information that would be useful to area farmers, food processors and distributors in an emergency.

This *1994 Emergency Information Calendar* was prepared by Indiana Michigan Power Company (I&M) in cooperation with the Berrien County Sheriff Department's Office of Emergency Preparedness and the Emergency Management Division of the Michigan Department of State Police. *This edition replaces all previous issues.*



If you have questions about anything in this booklet, need more information about emergency planning or just want extra copies, call or write any of the offices below:

Cook Energy Information Center
Box 115
Bridgman, Michigan 49106
Telephone: (616) 465-6101 or 983-2028

Indiana Michigan Power
Peoples State Bank Building
830 Pleasant Street
St. Joseph, Michigan 49085
Telephone: (616) 927-2461

Indiana Michigan Power
606 Redbud Trail
Buchanan, Michigan 49107
Telephone: (616) 695-3841

Office of Emergency Preparedness
Berrien County Sheriff's Department
919 Port Street
St. Joseph, Michigan 49085
Telephone: (616) 983-7141

During an emergency...



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Printed on recycled paper.

If you hear sirens

- Tune to one of these TV or radio stations immediately.

You will be told if there is a serious emergency in Berrien County.

WNDU-TV 16	WHFB-AM 1060	WHFB-FM 99.9	WAUS-FM 90.7
WSBT-TV 22	WNIL-AM 1290	WAOR-FM 95.3	WEFM-FM 95.9
WSJV-TV 28	WSJM-AM 1400	WIRX-FM 107	WCSE-FM 97.5
	WCSY-AM 940	WCSY-FM 98.3	

- Follow all broadcast instructions promptly.

You will be told what actions you should take, if any.

- If told to seek shelter, stay indoors

Follow broadcast instructions and read page 4.

- If told to evacuate, leave as soon as you can.

Follow broadcast instructions and read page 5.



Boaters/Campers

- If you are boating on Lake Michigan and hear sirens, don't wait for further warning. Tune to marine channel 16 (156.8 MHz) or to a radio station above for emergency information. Marine patrol boats also will warn boaters on Lake Michigan if there's a serious emergency. You will be told the location of safe waterways and docking areas.

- If you are camping, hiking, swimming or visiting at Warren Dunes State Park or Weko Beach, you will be warned of a serious emergency by sirens. At Warren Dunes, the park public address system or mobile alert units also may be used. Please follow all emergency instructions from park officials.



Vacationers/Visitors

- If you are vacationing or visiting in the area and hear sirens, seek shelter indoors or in your vehicle immediately. But stay out of your vehicle in a weather emergency; it's not safe! Tune to one of the TV or radio stations above for emergency instructions. Follow all directions given by park officials, sheriff and police officers.

Remember, the early-warning sirens are used to alert you of a serious nuclear accident, chemical spill, weather emergency or other possibly dangerous condition in Berrien County. The warning sirens will sound from three to five minutes.

In Berrien County, the sirens are tested on the first Saturday of the month at 1 p.m. The test consists of a short siren sound lasting less than a minute.

Many volunteer fire departments' sirens also may sound for less than a minute, but usually the call is repeated. Don't act on rumor or suspicion. Tune to the above TV and radio stations whenever you hear sirens.

All of the above stations take part in the local News Media Notification System (which is similar to the national Emergency Broadcast System) and will broadcast emergency information. However, some stations could experience a few minutes delay in getting out emergency information due to computerized programming or limited broadcast scheduling. Check all listed stations until you find one broadcasting emergency information.

The sirens are controlled by the Berrien County Sheriff's Office of Emergency Preparedness. If you notice a siren has been damaged or is not working, please call them at 983-7141 at once to report it for your own protection, please.



Special Needs

- **If you have Special Needs** because you (or whomever you identify) are blind, hearing impaired, handicapped or need transportation in an emergency, fill out and mail the enclosed Special-Needs postcard (opposite page 2) even if you sent in a card in the past. Or, have someone fill out and mail the card for you.

Since transportation resources will be limited in an emergency, only people who truly need help should send in a card.

When you mail the Special-Needs card, the Berrien County Health Department will keep the information on file for one year. Special warning or protective actions then can be taken for you (or whomever you identify) in a serious emergency in Berrien County. But since cards are kept on file for only a year, anyone with Special Needs must complete and return a card annually when this booklet is issued.



If told to seek shelter...

- **Stay indoors** until you are told it is safe to go out.
- **Close all windows and doors.**
- **Turn off** all air-intake systems like fans, air conditioning or combustion heating and fireplace dampers.
- **Shelter pets** and animals, if possible.
- **Tune to the TV and radio stations on page 3** for emergency instructions.
- **Don't go outside** to see what's happening. 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.
- **Don't use the telephone** unless there is a serious need.
- **Don't try to pick up children at school.** School staffs will keep children in school until it is safe to go out again.
- **Don't worry if you are in a hospital** or other special-care facility. You will be protected.
- **Don't panic!** It's your worst enemy in an emergency.

Remember, for most emergencies, it's safer to stay indoors. That's because toxic fumes and gases usually pass in a short time in the direction the wind is blowing. And, during severe weather emergencies, buildings offer the best protection, especially basements.

If told to evacuate...

- **Leave if you can** But listen closely to the TV and radio stations on page 3 to be sure you are included in the evacuation area. Check the map on page 7. It shows cities, evacuation routes and reception centers in Berrien County.
- **Listen for locations and directions** to reception centers. All four reception centers on page 7 may not be open. Listen to a TV or radio station on page 3 to find out which reception centers are open. You and your family should go to an announced reception center to register. After registering, you can stay with relatives or friends who live outside the danger area. Or, if you prefer, you will be assigned to a congregate-care center.
- **Prepare to leave calmly!** Evacuate does not mean "run for it!" You and your family should have time to get ready safely.
- **Take only essential items.** Pack as if you were going on a trip for a few days.
- **Don't take firearms,** alcoholic beverages or illegal drugs.
- **Don't try to pick up children** at school or friends and family members in hospitals or other special-care facilities. If necessary, they will be taken to shelters outside the danger zone. Listen for instructions on the TV and radio stations on page 3 about where and when they can be picked up, if necessary, when it is safe.
- **Don't worry if you are in a hospital** or other special-care facility. You will be protected. If you have Special Needs and previously sent in a postcard, you will receive necessary assistance. If you want help, listen to a TV or radio station on page 3 for the telephone number you can call.
- **Don't take pets** with you unless you're staying with relatives or friends who will accept them. Shelters will not accept pets. Leave pets at home indoors with a few days' supply of food and water. If you do have a place to take pets, don't forget to bring pet food, medicines, leashes and tags.
- **Shelter livestock, if possible.** Make sure they have enough stored feed and well water to last two or three days. Listen to a TV or radio station on page 3 for additional livestock information. Also read page 8.
- **Turn off** small appliances, lights and water faucets.
- **Turn down** the furnace or shut off fans, air conditioning and all air-intake systems.
- **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 to evacuate and have transportation.

Some items you may need:

Bedding: blankets, pillows, sleeping bags.

Toiletries: soap, towels, toothpaste, toothbrushes, razors, sanitary supplies.

Essentials: this *Emergency Information Calendar*, portable radio, flashlight, extra batteries, keys, tool kit, bank books, checkbook, cash, wallet, purse.

Specialties: baby formula, diet foods, diapers, bottles, favorite toys or games.

Health supplies: medicines, glasses, dentures, hearing aid, first-aid kit.

Identification: driver's license, credit cards, important personal items.

Once you're in your vehicle...

- Close all windows and vents. Shut off heating or air conditioning.
- Drive carefully. Follow directions of all sheriff, police and traffic officers.
- Continue to listen to emergency instructions on your car or portable radio. You will be told when it is safe to return.

Notes



Emergency phone numbers

List phone numbers for police, sheriff, fire department, ambulance, doctors, hospital and other persons or services you and your family may need to call in a personal emergency. If you need help during a serious emergency in Berrien County, listen to a TV or radio station on page 3 for the special telephone number to call.

<u>Name of person or service</u>	<u>Telephone number</u>
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<i>Emergency Services</i>	
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	<i>911</i>
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<i>Nuclear emergency only</i>	
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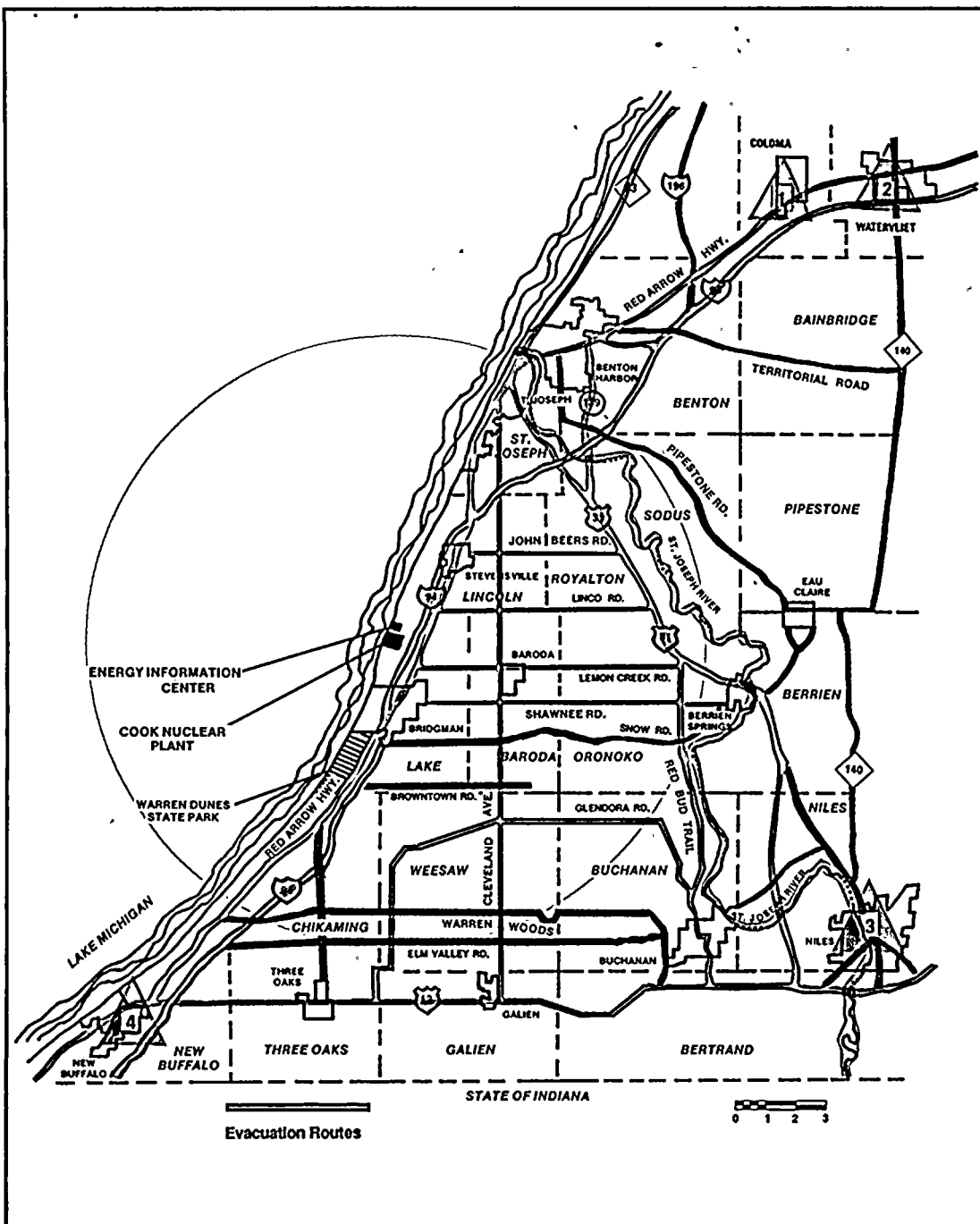
	<i>925-2991</i>
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Personal instructions, supplies

List below any special instructions or supplies for you or your family in an emergency. Don't forget to take the items suggested on page 5. If you have Special Needs, mail the enclosed postcard immediately.

Emergency Planning Zone (EPZ)



The area (yellow circle) within a 10-mile radius of the Cook Nuclear Plant at Bridgman is called the Emergency Planning Zone (EPZ). The early-warning siren system for Berrien County is located within the EPZ. People outside the EPZ will be alerted, if necessary in an emergency, by the TV and radio stations on page 3.

Reception centers, Evacuation routes

If told to evacuate, you and your family should register at one of the four reception centers below so relatives and friends will know where you are. Listen to a TV or radio station on page 3 to find out which reception centers are open. Follow the evacuation routes in red on the map at left to an announced reception center.

1. Coloma High School
Red Arrow Highway
2. Watervliet High School
Red Arrow Highway
Watervliet
3. Brandywine High School
1620 LaSalle Avenue
Niles
4. New Buffalo High School
222 S. Whittaker Street
New Buffalo

Summary

The public could be exposed to radioactive material in several ways following a nuclear incident. At first, particles and gases released into the air could be ingested or inhaled directly. Additional exposure could result from consumption of food or milk contaminated by traces of radioactive material. Farmers, food processors and distributors will be required to take steps to address the matter of food-supply contamination. Proper actions will ensure that contamination is minimized or avoided.

If you are alerted to a nuclear emergency by warning sirens or by some other means, tune to a TV or radio station on page 3 for information immediately.

You may also want to contact your Cooperative Extension Service agent or the Michigan Department of Agriculture for specific information. Locations and telephone numbers of local Cooperative Extension Service offices are listed on page 14.

Do not destroy any animals, crops, milk or feed supplies unless directed to do so. The environmental damage caused by a nuclear incident may be short-lived. Steps can generally be taken to make a full recovery.



Notice to Farmers, food processors, distributors

Protecting the food supply during a nuclear emergency

This portion of the *Emergency Information Calendar* outlines plans to protect the food supply in the event of a nuclear emergency. Information in this section includes the following:

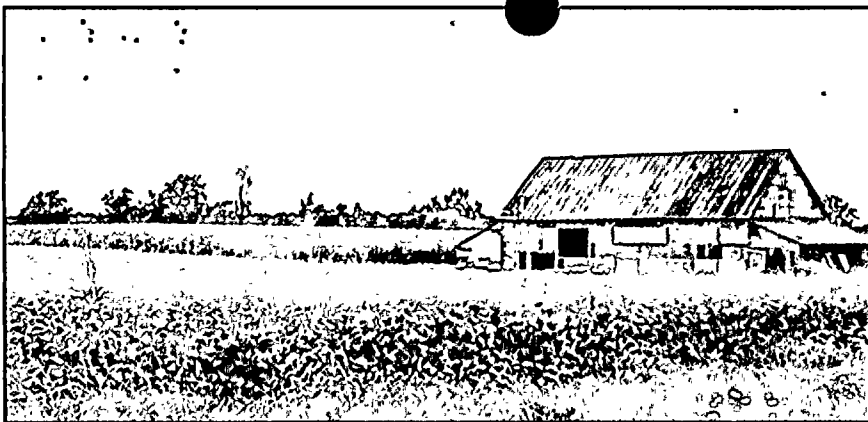
- How you will be notified in a nuclear emergency.
- Actions which may be necessary to protect the food supply.
- Who to contact for more information.

How you will be notified in a nuclear emergency

Public warning process

The State of Michigan is responsible for evaluating the severity of a nuclear incident and ordering actions to protect the public and the food supply. If you live within 10 miles of the Cook Plant, your first warning may be the sounding of local emergency sirens. *If you hear a siren, tune to a radio or TV station listed on page 3 for emergency information.* If you live further than 10 miles from the plant, you will be notified by area radio and TV stations, if necessary, or by a Cooperative Extension Service official.

If you have questions about a real or potential emergency, please contact the Michigan Department of Agriculture.



Actions which may be necessary to protect the food supply

Data collection helps determine protective actions

Following an accidental release of radioactive material, emergency workers from the Michigan Department of Health and the Michigan Department of Agriculture will collect air, water and soil samples to determine the existence, amount and location of any contamination. Samples of milk, forage, crops and processed foods also may be obtained. 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.

Because naturally occurring radioactive materials can always be found in the environment, Indiana Michigan Power and the Michigan Department of Public Health conduct a continuous program to sample air, water, milk, vegetation and animal life near the Cook Plant. In this way, they are able to establish a baseline for comparison in the event of a nuclear emergency.

The area designated for post-accident environmental sampling could extend as far as 50 miles from the plant site. Specific instructions regarding the collection and testing process will be made available to farmers, food processors and distributors in the affected area by the Michigan Department of Agriculture.

Sheltering in an emergency

If you are told to take shelter because of a nuclear emergency, limit your outdoor activities as much as possible. Refer to page 5 of this booklet for specific actions you and your family should take for personal protection. Steps to protect the food supply are different and are outlined in this section of the booklet.

Who pays for lost or destroyed farm products?

Farmers, food processors and distributors could face serious financial losses following a nuclear incident. However, federal law ensures that such losses will be reimbursed. The Price-Anderson Act, enacted by Congress in 1957, requires the operators of nuclear-power plants and certain other nuclear facilities 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 accidents because Price-Anderson's provisions make such coverage unnecessary.

Contamination and radiation

The term "contamination" means, quite simply, 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 normally be present. Our bodies, for example, contain very small amounts of the radioactive elements potassium 40, carbon 14 and tritium. However, we are not considered to be contaminated because these elements exist within us naturally. On the other hand, the presence of strontium 90 (a possible by-product of a nuclear-power plant accident) in food, air or water may be indicative of contamination.

"Radiation" refers to the particles and waves given off by radioactive material. The radiation given off by contaminants could be considered harmful if the levels are high enough and the exposure lasts long enough (see page 32).

How contamination can occur

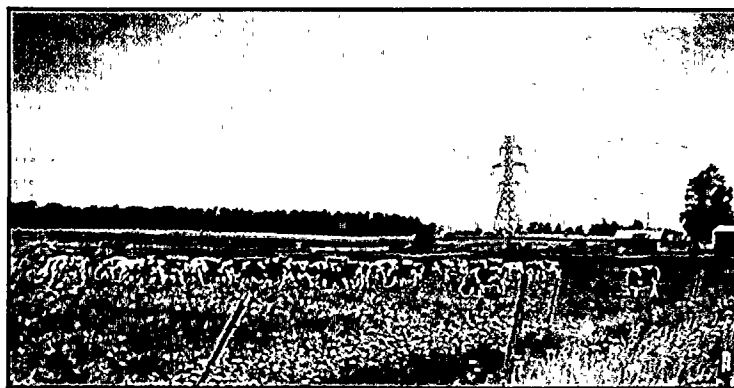
Dust-sized radioactive particles released into the air during a nuclear incident could fall on fruits, vegetables or grains which could enter the food supply and be eaten by the public. For example, dairy cows and goats could eat grasses covered with radioactive iodine 131. Traces of the iodine could be passed through to the milk and then to consumers. Iodine 131 has the potential to concentrate in the human thyroid gland where it could cause thyroid cancer.

What to do if an evacuation is ordered

If you live within 10 miles of the Cook Plant, you could be asked to evacuate the area in a nuclear incident (*see page 5*). If you must leave your animals, be sure to provide enough well water and feed to sustain them until they can be cared for again. You may be permitted, at the direction of the state, to re-enter 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 guidance.

Protection of livestock

It is essential that priority be given to protecting dairy animals because radioactive materials can quickly enter the food chain through milk and other dairy products. If sheltering is required, shelter these animals first.



Shelter livestock in covered barns or sheds unless extremely hot weather or other factors make this impossible. Provide your animals stored feed such as hay, silage and bagged grain. Whenever possible, animals should be provided water drawn from wells. Open sources such as ponds, creeks or rivers should be avoided if possible. These protective measures will minimize the amount of radioactive material available to your animals. Since evacuation of farm animals will not normally be possible after a nuclear incident, sheltering and the use of stored feed and well water are the most effective means of limiting contamination.

Poultry are more resistant to radioactive contamination than other farm animals. Since most are raised in confined facilities and receive stored feed and well water, they can be sheltered in their existing structures. If your poultry animals are normally kept outdoors, they should be brought inside if possible. Egg shells provide natural protection from contamination. Generally, eggs will be safe to eat after the shells are washed to remove surface contaminants.

If animals have been exposed to radioactive particles carried by winds or rain from the accident site, they should be washed with uncontaminated water before being brought into a shelter.

Save your animals

Do not destroy any animals unless directed to do so by state or federal authorities. Do not slaughter any animals except for immediate food needs. Generally, animals that are exposed to radioactive contaminants and rain water will survive and may be marketable and safe for human consumption. Do not allow animals to graze in open fields unless you are advised to do so by the State of Michigan, your Cooperative Extension Service agent or other governmental official.

Contaminated feed

Only in extreme emergencies may contaminated grain or hay be used for feed. If you must use feed which has been identified as contaminated, you may be able to reduce the level of contamination. For example, if the feed was stored outside, the contamination may be greater at or near the surface of the feed pile. Removal of the top portion may greatly reduce the amount of contamination present.

Do not dispose of contaminated feed or hay because it may be salvageable over time. You should, however, keep it separated from non-contaminated feed supplies and animals so the contamination is not spread. Contact your Cooperative Extension Service agent for guidance.

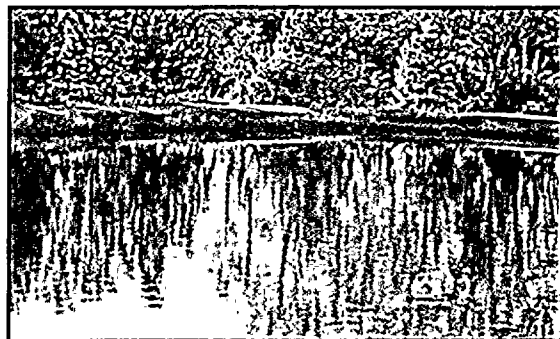
Water supplies

Store as much water as possible for livestock. Cover open wells, tanks and other storage containers to prevent or limit contamination. Close off the intakes from contaminated water sources (ponds, streams or cisterns) to prevent circulation of contaminated water. Generally, water from wells and water heaters should be safe to use.

Unless soils are highly permeable, contaminants deposited on the ground will normally travel very slowly into the soil. Contaminants may fall directly onto the surface of lakes and rivers where they can infiltrate ground water supplies. Streams and lake currents can transport contaminants many miles in a few hours.

Fish and marine life

Fish and other marine life raised in ponds, or taken from rivers, streams or lakes may continue to be harvested unless the Michigan Department of Natural Resources, the Michigan Department of Agriculture or the Michigan Department of Public Health have determined, through laboratory analysis of samples, that they are contaminated.



Crops in the field

Standing crops generally should be allowed to grow to maturity. The level of radiation exposure to plants that is likely to occur will not affect their growth. Most contaminants will be washed off by rain or will diminish in strength naturally to safe levels during the growing process. If special harvesting procedures are necessary, your Cooperative Extension Service agent will advise you.

Pasture and forage plants usually retain very little of the radioactive material deposited on them. The extent to which they collect and retain contaminants depends on the amount and type of contaminants involved, foliage characteristics and the amount of rain and wind occurring after the nuclear incident.



Fruits and vegetables in the field

Unprotected plants may have particles of contaminants on their surfaces. Leaves, pods and fruits should be washed, brushed, scrubbed or peeled before eating. Some leafy vegetables may be eaten after removal of the outer layers and thorough washing.

Ripe fruits and vegetables may be lost through spoilage if high levels of contamination prevent field workers from harvesting them. Those that do not need to be harvested immediately can be salvaged later when the area is safe for harvesting.

Honey and apiary products

Honey and bee hives should be sampled and analyzed by the Michigan Department of Public Health and the Michigan Department of Agriculture if radioactive contamination is detected in the area. Contact your Cooperative Extension Service agent for guidance.

Roots and tubers

Potatoes, carrots and similar plants can generally be eaten after they are thoroughly washed and peeled to remove soil particles and contaminants.

Contaminated farm products

If particles of radioactive material are present in large amounts, you may be advised not to use, consume or sell garden produce or animal products until the environment and food products are sampled and assessed by the

The presence of contamination may not mean that all of your crops will be lost. Iodine 131, an element produced in nuclear plants that could be released accidentally, loses half of its radioactivity in eight days.

Milk Contamination

Milk contaminated at low levels by iodine 131 may be converted to powdered milk or cheese and then stored while the iodine's radioactivity diminishes. It also may be usable as animal feed.

Do not destroy food or feed unless spoilage has made it inedible. Generally, contaminated products may be salvageable after adequate time passes and they are properly processed. Your Cooperative Extension Service agent can provide specific information.

Other plants or wildlife

Wild plants, such as native herbs, mushrooms, dandelion greens, spearmint, peppermint or wintergreen may have particles of contamination on their surfaces. They should be washed, brushed, scrubbed or peeled before eating.

Wild game, such as deer, rabbit, squirrel, pheasant or partridge may have ingested contaminants through their normal browse. You may be advised by the Michigan Department of Natural Resources, the Michigan Department of Public Health or the Michigan Department of Agriculture not to consume wild game until it has been sampled and assessed as safe.



All radioactive materials lose their radioactivity over time. Inert gases released from commercial nuclear-power plants lose their radioactivity in a matter of minutes, for example. Wind or heavy rain tend to remove radioactive material rapidly from plant surfaces. In some cases, however, hard rain falling on contaminated soil could splash the soil onto plant surfaces, thus increasing the amount of radioactive material on low-standing plants.

Soil recovery

Several steps may be taken to restore soils contaminated in a nuclear incident. Non-use for a period of time may be required. In a worst-case situation, heavily contaminated soil may require removal and disposal elsewhere. Such drastic action may not be feasible for large fields, but may be appropriate for small plots or areas such as walkways near buildings where frequent human contact is likely. In less-severe situations, fiber crops may be planted instead of fruits and vegetables. Deep plowing may be employed to keep radioactive contaminants below the root zone while the radioactivity decays over time. Liming may be used to limit the absorption of specific radioactive elements by crops. The Soil Conservation Service of the U.S. Department of Agriculture will provide farmers with guidance as to the best means of restoring valuable soils to productive use.

Food processors and distributors

Following a radiological emergency, governmental officials may restrict the movement of food products and withhold them from the marketplace if they are found to be contaminated. These products should not be released until they are considered to be safe for consumption or until a decision has been made to dispose of them. You will be instructed on how to safely handle and dispose of contaminated food products by the Michigan Department of Agriculture.

Who to contact for more information

Cooperative Extension Service Agents near Cook Plant

Berrien County Cooperative
Extension Service
5060 St. Joseph Avenue
Stevensville, Michigan
Telephone: (616) 429-2425

Benton Harbor Project
Benton Harbor, Michigan
Telephone: (616) 925-3948

If you have questions about a real or potential emergency, you also can contact the local Michigan Department of Agriculture:

Michigan Department
of Agriculture
4032 M-139
St. Joseph, Michigan
Telephone: (616) 428-2546

1994 PLANNING CALENDAR

Please use this calendar for your 1994 planning needs and for a glance ahead at the year 1995 on page 28.

If you keep this calendar handy for use throughout the year, it should be easier to find in case you need it for a serious emergency in Berrien County. It's also a good idea to review the emergency information in this booklet from time to time so you and your family are familiar with its content.

1994

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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*Tune to a TV or radio station on page 3
for emergency information
whenever you hear sirens.*

DECEMBER
S M T W T F S
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

FEBRUARY
S M T W T F S
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28

*Siren test— 1
1 p.m.*

New Year's Day

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Jr. Day	18 Cook Center opens	19	20	21	22
23 30	24 31	25	26	27	28	29

February

1994

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>JANUARY</p> <p>S M T W T F S</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>MARCH</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	1	2	3	4	<p><i>Siren test—</i> 5 <i>1 p.m.</i></p>
6	7	8	9	10	11	<p>12</p> <p><i>Lincoln's</i> <i>Birthday</i></p>
13	<p>14</p> <p><i>Valentine's Day</i></p>	15	<p>16</p> <p><i>Ash Wednesday</i></p>	17	18	<p>19</p> <p><i>Sports Card &</i> <i>Comic Book</i> <i>Show</i> <i>Cook Center</i></p>
<p>20</p> <p><i>Sports Card &</i> <i>Comic Book</i> <i>Show</i> <i>Cook Center</i></p>	<p>21</p> <p><i>Washington—</i> <i>Lincoln Day</i></p>	<p>22</p> <p><i>Washington's</i> <i>Birthday</i></p>	23	24	25	26
27	28	<p><i>TV and</i> <i>radio</i> <i>stations</i></p> <p> <i>WNDU-TV 16</i> <i>WSBT-TV 22</i> <i>WSJV-TV 28</i> </p> <p> <i>WHFB-AM 1060</i> <i>WNIL-AM 1290</i> <i>WSJM-AM 1400</i> <i>WCSY-AM 940</i> </p> <p> <i>WHFB-FM 99.9</i> <i>WAOR-FM 95.3</i> <i>WIRX-FM 107</i> <i>WCSY-FM 98.3</i> </p> <p> <i>WAUS-FM 90.7</i> <i>WEFM-FM 95.9</i> <i>WCSE-FM 97.5</i> </p>				

1994

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY S M T W T F S 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	APRIL S M T W T F S 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	1	2	3	4	<i>Siren test— 1 p.m.</i> 5
6	7	8	9	10	11	12 <i>Amish Country Show Cook Center</i>
13 <i>Amish Country Show Cook Center</i>	14	15	16	17 <i>St. Patrick's Day</i>	18	19 <i>Health Fair Cook Center</i>
20 <i>Health Fair Cook Center</i>	21	22	23	24	25	26
27 <i>Palm Sunday Passover</i>	28	29	30	31	<i>If told to seek shelter, stay indoors, follow broadcast instructions and read page 4.</i>	

April

1994

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<p><i>If told to evacuate, leave right away, follow broadcast instructions and read page 5.</i></p>			<p>MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			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			<p>MAY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	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					<p>1</p> <p>Good Friday</p>	<p>Siren test— 2 1 p.m.</p>
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<p>3</p> <p>Easter Sunday</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Michiana Orchid Society Show Cook Center</p>																																																																																				
<p>10</p> <p>Michiana Orchid Society Show Cook Center</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>																																																																																				
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>Antique Show Cook Center</p>																																																																																				
<p>24</p> <p>Antique Show Cook Center</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>																																																																																				

1994

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	Siren test— 1 p.m. 7
8 Mother's Day	9	10	11	12	13	14 Model Train, Plane & Auto Show Cook Center
15 Model Train, Plane & Auto Show Cook Center	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day	31	APRIL S M T W T F S 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	JUNE S M T W T F S 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	Make a list of emergency phone numbers, personal instructions and supplies. Use page 6.	

June

1994

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Study the map of the Emergency Planning Zone (EPZ) and locations of reception centers on page 7.</i>			1	2	3	4 <i>Siren test— 1 p.m.</i> <i>Barrien Towne & Country Quilters Show Cook Center</i>
5 <i>Barrien Towne & Country Quilters Show Cook Center</i>	6	7	8	9	10	11 <i>Frontier Days Cook Center</i>
12 <i>Frontier Days Cook Center</i>	13	14 <i>Gast, Handy, Whitlow Art Exhibit begins at Cook Center Flag Day</i>	15	16	17	18
19 <i>Father's Day</i>	20	21	22	23	24 <i>Gast, Handy, Whitlow Art Exhibit ends at Cook Center</i>	25 <i>Varied Arts & Crafts Show Cook Center</i>
26 <i>Varied Arts & Crafts Show Cook Center</i>	27	28 <i>Carol Shahboz Art Exhibit begins at Cook Center</i>	29	30	MAY S M T W T F S 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	JULY S M T W T F S 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

1994

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<p><i>If you have Special Needs, read page 4.</i></p>			<p>JUNE</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S				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			<p>AUGUST</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		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				<p>1</p>	<p>Siren test— 1 p.m.</p> <p>2</p>
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3	4 Independence Day	5	6	7	8	9																																																																																				
10 Carol Shahboz Art Exhibit ends at Cook Center	11	12 Bob Williams Art Exhibit begins at Cook Center	13	14	15	16																																																																																				
17	18	19	20	21	22 Bob Williams Art Exhibit ends at Cook Center	23 Flower Show & Sale Cook Center																																																																																				
<p>Flower Show & Sale Cook Center</p> <p>24</p> <p>Berrien Artists Guild Exhibit ends at Cook Ctr.</p> <p>31</p>	25	26 Berrien Artists Guild Exhibit begins at Cook Center	27	28	29	30																																																																																				

August

1994

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>JULY</div> <div>SMTWTFS</div> <div>12345678910111213141516171819202122232425262728293031</div>	1	2 <div>Charlotte Bass Quilt Exhibit begins at Cook Center</div>	3	4	5	Siren test— 1 p.m. 6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 <div>Charlotte Bass Quilt Exhibit ends at Cook Center</div>	22	23 <div>Art Exhibit begins at Cook Center</div>	24	25	26	27
28	29	30	31	<div>SEPTEMBER</div> <div>SMTWTFS</div> <div>123456789101112131415161718192021222324252627282930</div>	Follow Advance planning instructions on page 29 before an emergency so you'll be prepared.	

1994

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																	
<p><i>There are four terms used to describe a nuclear emergency: Unusual Event, Alert, Site Area Emergency and General Emergency. For details, read page 30.</i></p>			<p>AUGUST</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		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				1	2	<p>Siren test— 1 p.m.</p> <p>3</p>							
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4 Art Exhibit ends at Cook Center	5 Labor Day	6 Rosh Hashanah	7	8	9	10 Doll Show Cook Center																																																	
11 Doll Show Cook Center	12	13	14	15 Yom Kippur	16	17																																																	
18	19	20	21	22	23	24 Berrien Springs Civic League Arts & Crafts Show Cook Center																																																	
25 Berrien Springs Civic League Arts & Crafts Show Cook Center	26	27	28	29	30	<p>OCTOBER</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							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					
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October

1994

SUNDAY**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

If you have questions or need more information about emergency planning, contact any of the offices listed on page 2.

SEPTEMBER
S M T W T F S
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

NOVEMBER
S M T W T F S
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

Siren test— 1
1 p.m.

Stamp & Coin
Collectors Show
Cook Center

2

Stamp & Coin
Collectors Show
Cook Center

3**4****5****6****7****8****9****10**

Columbus Day
Observed

11**12**

Columbus Day

13**14****15**

Antique Show
Cook Center

16

Antique Show
Cook Center

17**18****19****20****21****22**

Fingerprint
Day
Cook
Center

23**24****25****26****27****28****29****30****31** Halloween

1994

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
<p>OCTOBER</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							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						<p>DECEMBER</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S					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	1	2	3	4	<p>Siren test— 1 p.m. 5</p> <p>Fruitbelt Woodcarvers Show Cook Center</p>
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6 Fruitbelt Woodcarvers Show Cook Center	7	8 Election Day	9	10	11 Veterans Day	12																																																																																											
13	14	15	16	17	18	19 Festival of Arts & Crafts Cook Center																																																																																											
20 Festival of Arts & Crafts Cook Center	21	22	23	24 Thanksgiving Day	25	26																																																																																											
27	28 Hanukkah	29	30	<p>Know the facts about radiation by reading pages 31 and 32.</p>																																																																																													

December

1994

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<p><i>Learn more about Cook Nuclear Plant and other forms of energy by visiting Cook Energy Information Center.</i></p>		<p>NOVEMBER</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			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				<p>JANUARY</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	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					1	2	<p><i>Siren test—1 p.m.</i></p> <p><i>Holiday Arts & Crafts Show at Cook Center</i></p>
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1995 at a glance

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Advance planning

The worst thing about any serious emergency is that it often catches people off guard. The best way to stay safe in an emergency is to know what to do ahead of time. This requires advance planning. Here are five steps you can take *now* to prepare for any emergency:

1. After you and your family know what this *Emergency Information Calendar* says, use it throughout the year or put it where all family members can find it in case it's needed.
2. Keep your important papers, checkbook, credit cards, bank books, extra keys, a first-aid kit and other essential items—such as a portable radio, flashlight and extra batteries—together in a safe place. Then you can find them quickly in an emergency. See page 5 for other essential items you may need.
3. Make a list of personal instructions and supplies you and family members may need in case you have to leave quickly. You can use page 6 to make-up your list.
4. Keep your car or vehicle in good running order. Fill your gas tank whenever it gets below half. If you don't have a car or know someone close by who will drive you in an emergency, please fill out the Special-Needs card in the front of the booklet. Mail it right away. You don't need a stamp.
5. If you know someone who has Special Needs—blind, hearing impaired, handicapped—make sure they get a Special-Needs card. You might help them fill out and mail the card. Also, if you know someone who is blind or who does not read well, please read this booklet to them.



Nuclear emergency terms.

1. Unusual Event

A minor problem that varies from normal or routine operations. No release of radioactive material is expected. Federal, state and county officials will be notified, but 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. Federal, state and county officials will be asked to stand by, but it is not likely you will have to do anything.

3. Site Area Emergency

A more serious situation that could result in the 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 of the public in a limited area near the plant site boundary. If so, the sirens may sound and you will be told by the TV and radio stations on page 3 if shelter or evacuation is necessary.

4. General Emergency

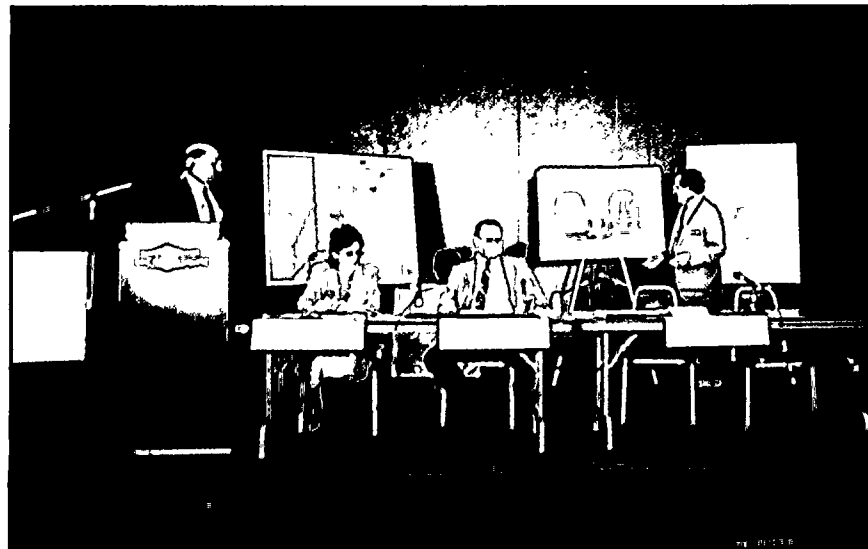
This is the most serious situation at the plant. It could result in the release of a large amount of radioactive material outside the plant site boundary. All federal, state and county officials will provide help as needed. Protective measures may be required of the public as far as 10 miles from the plant. The sirens will sound and you will be told by the TV and radio stations on page 3 if shelter or evacuation is necessary.

If the emergency in Berrien County is due to an incident at Cook Nuclear Plant, there are four terms that will be used to describe the situation. They are listed at left in order of their importance with number 1 being the least serious, number 2 more serious, and so on.

Because of the many safeguards built into the Cook Nuclear Plant, chances of a serious incident requiring you to seek shelter or evacuate are very slim. In most cases, evacuation is ordered as a safety measure before any danger can come to you or your family. Federal law, however, requires the public to be told what to do in case there ever is a significant release of radioactive material from the Cook Plant. Again, keep this *Emergency Information Calendar* handy and become familiar with its contents.

Remember, the early-warning sirens will sound if shelter or evacuation is necessary (except for monthly tests). When the sirens sound, listen to a TV or radio station on page 3 for emergency information.

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



Local officials practice regularly to be prepared for a real emergency.

Facts about radiation

Radiation is not new or limited to nuclear-power plants. Each of us is exposed to some radiation every moment of our lives from radioactive materials all around us.

Natural background radiation

The sun covers the earth with cosmic radiation. Some rocks and minerals give off small amounts of radiation, such as radon gas. Radioactive particles are in the air and in our food and water. Many building materials also contain radiation. Even our bodies are mildly radioactive. All together, radiation from these sources is called natural background radiation.

Ionizing radiation

Although the term radiation is very broad and includes such things as light, heat and radio waves, it is most often used to mean "ionizing" radiation. This is radiation that can produce charged particles, called "ions," in materials it strikes.

Human-made radiation

Ionizing radiation also comes from human sources. It is used in the medical field to diagnose and treat disease. Science and industry use radiation for research and to x-ray welds, for example. Other human-made sources include color TV, smoke detectors, some luminous-dial watches and clocks, and nuclear power.

Measuring radiation

Like radio waves, ionizing radiation is invisible, silent, tasteless and odorless. But it can be measured with special instruments. To measure the amount of radiation a person receives, a unit called a millirem (mrem) is used. One mrem is quite small. It's equal to:

- moving to a ground elevation 100 feet higher for a year, or
- viewing color TV an hour a day for a year, or
- spending five days in the mountains.

Radiation sources could include:

Natural background radiation mrem/year

<i>air.....</i>	<i>200</i>
<i>food and water.....</i>	<i>40</i>
<i>cosmic.....</i>	<i>25-30</i>
<i>Earth.....</i>	<i>28</i>
<i>building materials.....</i>	<i>7-10</i>

Human-made radiation

<i>chest x-ray.....</i>	<i>10-20</i>
<i>coast-to-coast airline flight.....</i>	<i>5</i>
<i>watching color TV one hour per day.....</i>	<i>1</i>
<i>living next to Cook Plant.....</i>	<i>less than 1</i>

On average, a person living in the U.S. receives about 360 mrem per year from all radiation sources. Because of the low elevation and absence of radioactive geologic formations, a person living within 10 miles of the Cook Plant receives an average of only about 175 mrem per year from both natural and human-made radiation sources. Such low-level radiation is not considered harmful and is well below the safe limits of 5,000 mrem per year set by the Nuclear Regulatory Commission (NRC) for nuclear-plant workers.

Effects of radiation

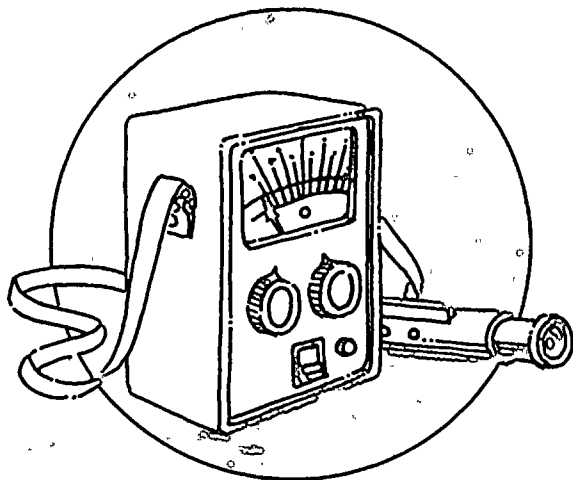
Just as too much exposure to the sun can cause painful sunburn, too much exposure to certain levels and types of radiation can have harmful effects. But it takes radiation doses of over 20,000 mrem, received within a day, to produce effects measurable by a trained doctor. Very large doses of 50,000 to 100,000 mrem are required before an individual feels any ill effects. Harm from radiation depends on:

- the length of time you are exposed,
- how far you are from the source,
- the amount your body is exposed to and which part, and
- how much material you inhale or take into your body.

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

Obviously, the less radiation you are exposed to, the less chance you have of receiving any harmful effects. It's for this reason that emergency planning takes place in and around nuclear-power plants. Like so many things we live with, radiation need not be harmful if treated with caution and common sense.

Cook Plant workers often check radiation levels both inside and outside the plant. If an accident did happen, state and federal health experts also would be called in to take radiation readings beyond the plant site boundary. These readings would determine what steps, if any, you and your family would need to take to protect yourselves.



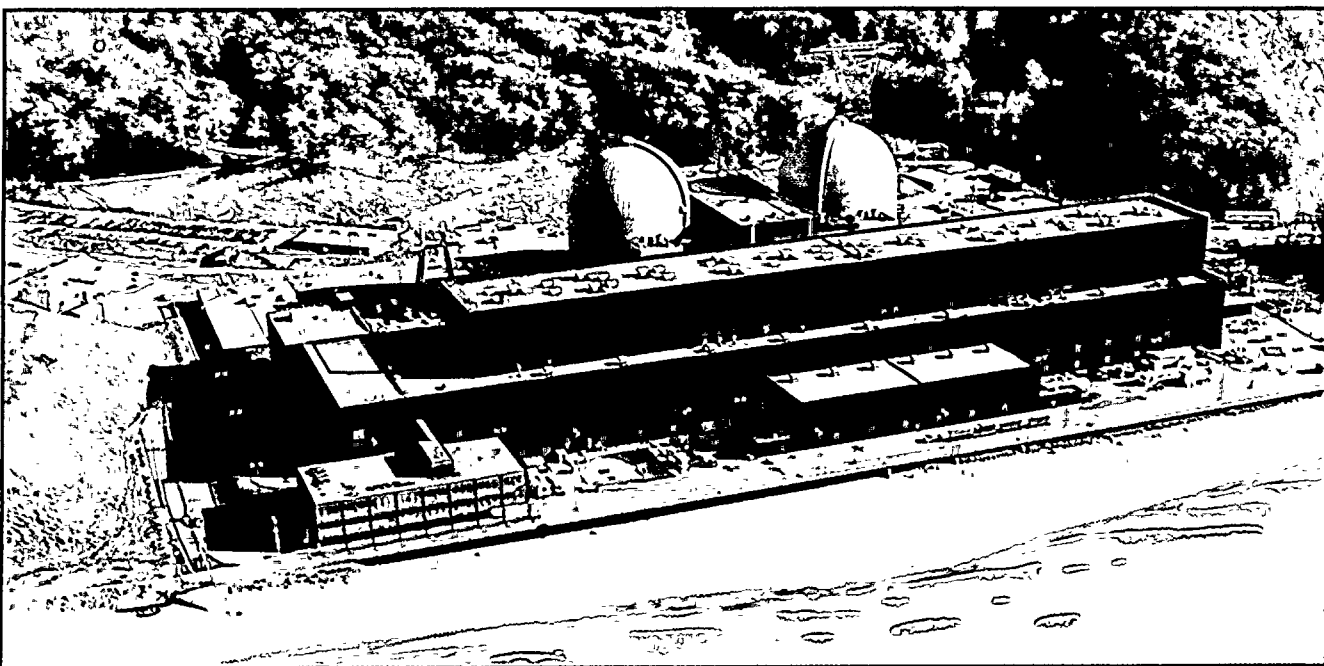
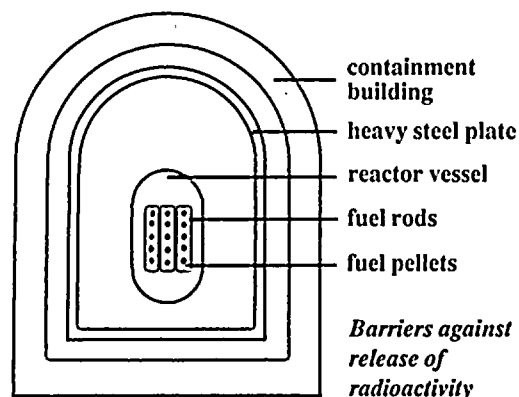
A Geiger counter is used to check radiation levels.

Ⓒ : About Cook Nuclear Plant

It's important to remember that nuclear-power plants have many protective barriers to keep radiation inside the plant. The nuclear fuel itself is made into protective pellets. The pellets are covered with metal and placed inside a reactor vessel made of eight-inch-thick steel. This vessel is then enclosed in a containment building made of reinforced concrete three-and-a-half feet thick and lined with a heavy steel plate.

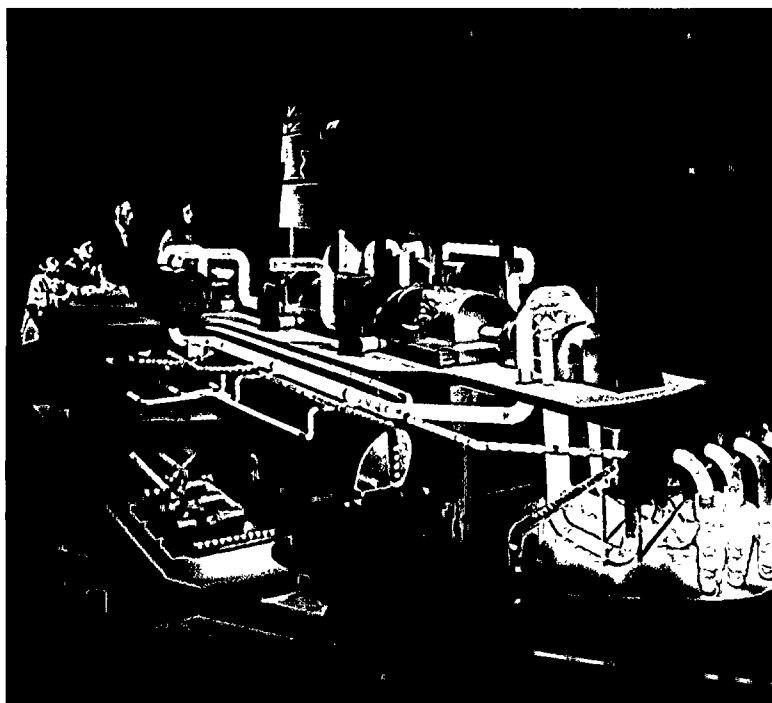
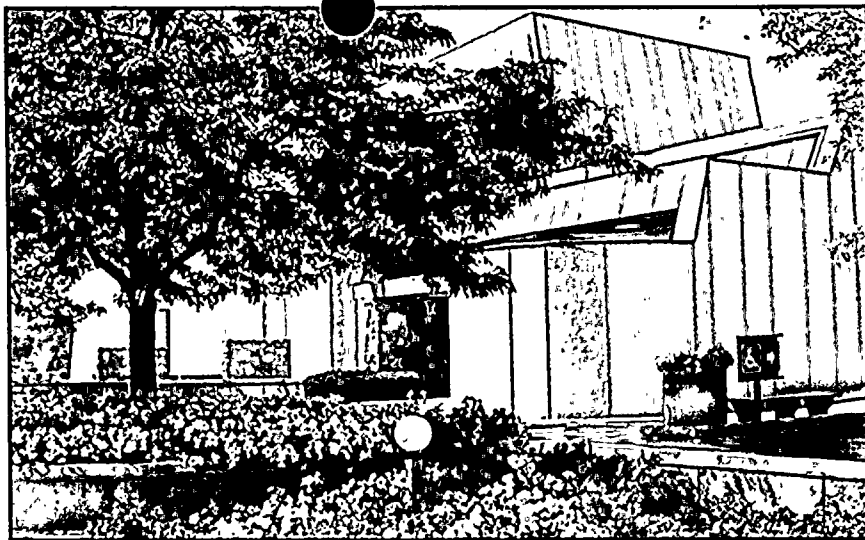
The main difference between nuclear and fossil-fuel plants is the way they generate the heat that produces steam that turns the turbine-generator—which makes electricity. In a fossil-fueled plant—which burns coal, oil or natural gas—flames from the combustion process are the source of heat. At Cook Plant, the fissioning (or splitting) of Uranium 235 atoms in the fuel elements produces the heat.

Indiana Michigan Power and its parent company, American Electric Power, started building the Cook Plant in August 1968. Unit 1, rated at 1,020 megawatts, began operating commercially August 23, 1975. Unit 2, rated at 1,090 megawatts, entered commercial operation July 1, 1978.



The Cook Nuclear Plant on Lake Michigan at Bridgman.

Visit Cook Energy Information Center



A tour of Cook Energy Information Center includes three exciting theater shows which provide a panorama of electric-energy production along with a detailed model, above, of the Cook Nuclear Plant.

If you would like to learn more about the Cook Plant and how it works, you're welcome to visit the Cook Energy Information Center next to the plant on Lake Michigan at Bridgman. There's no admission charge.

Just take I-94 to Bridgman exit 16 and go north three-and-a-half miles on Red Arrow Highway. The Center is open Tuesday through Sunday, 10 a.m. to 5 p.m., mid-January to mid-December, but closed holidays.

Separate tours can be arranged for schools and groups. Call (616) 465-6101 or (616) 983-2028 for more information or to reserve a time.



The Nature Trail

The newest attraction at I&M's Cook Energy Information Center at Bridgman is very, very old—old as the hills, in fact, because it *is* the hills. Or, to be more exact, the sand dunes on which both the Cook Nuclear Plant and neighboring information center are built.

Visitors to the Center have an opportunity to learn more about the natural history of the dunes by walking over and around several of them on The Nature Trail north of the facility. Actually, the new attraction consists of two trails with a third planned for the future.

The Overlook Trail is about a half-mile long and passes through beach, foredune and forest habitat. It includes a spectacular view of Lake Michigan.

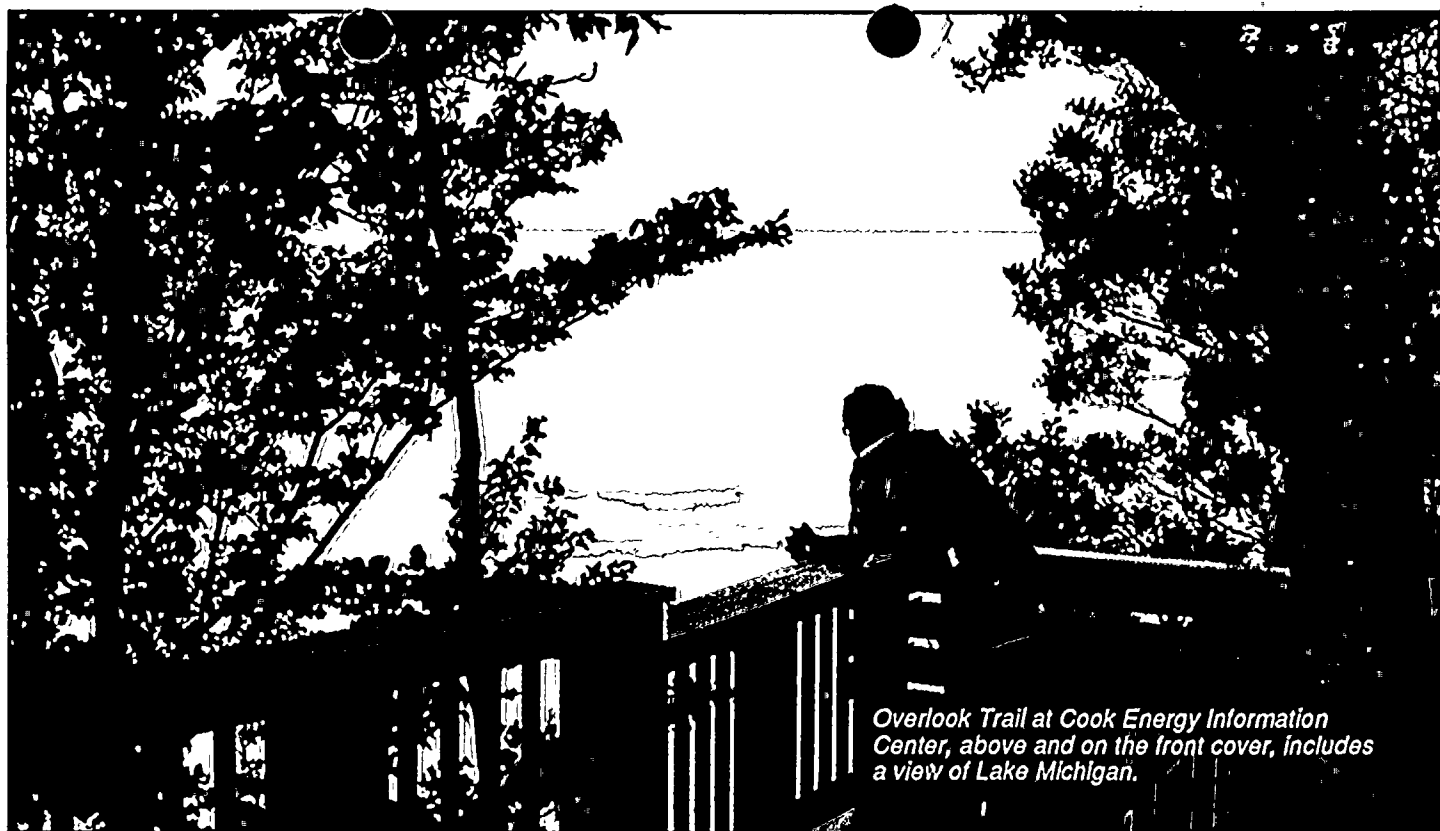
The Nipissing Dune Trail is on a tall parabolic (bowl-shaped) dune and also covers wooded terrain. It's about three-quarters-of-a-mile long.

The third trail, called the Wetlands Trail, will extend eastward through about a mile of forest and wetland habitat.

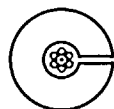
The sand dunes at the Cook site are part of a 16-mile stretch of dunes a half-mile wide next to Lake Michigan known as the Grand Marais Embayment, which starts at Glenlord Beach and extends south to Lakeshore.

The Nature Trail is ideal for naturalists, students and the public to study the dunes. Hiking on top of and between the dunes gives visitors a feel for the size and shape of the parabolic dunes. The trails are considered very strenuous for hikers, however.

*The Nipissing Dune Trail at
Cook Energy Information Center.*



Overlook Trail at Cook Energy Information Center, above and on the front cover, includes a view of Lake Michigan.



**Cook Energy
Information Center
Box 115
Bridgman, MI 49106**



**BULK RATE
U.S. POSTAGE PAID
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MAILERS**

EMERGENCY INFORMATION

PLEASE READ AND KEEP!